



CIVIC CENTER

CAMPUS CHRONICLE

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

DEAR TENANTS:

Welcome to the latest edition of the *Civic Center Campus Chronicle*.

Well, let's hope the fog will lift from those last few summer months and we will now get some beautiful sunshine and warm weather in September and October, as is typical in our great City!

This issue includes a lot of useful and helpful information to keep you fit, active, and stress free. Read through tips to make your snacks at meeting times more healthy at work, and take those new habits with you outside of work as well. As always, the issue contains a variety of recycling ideas and some fun activities for you to enjoy in the City.

Have safe and healthy bbqs for Labor Day, and help root the Giants into a possible post-season run this Fall!

Please continue to send comments and feedback regarding the newsletter or any building issue of concern.

Amy L. Brown

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



New Smart Parking Meters Installed for Pilot Project

The San Francisco Municipal Transportation Agency (SFMTA) has launched the first phase of new parking meter installation for the SFpark pilot project. Approximately 190 new smart meters have replaced existing meters in Hayes Valley and the Civic Center. Over the next several months, nearly 5,100 new meters will be installed in SFpark pilot areas, which also include the Financial District, SOMA, the Mission, Fisherman's Wharf, the Marina, and the Fillmore District. Funding for eighty percent of the SFpark project comes from a \$19.8 million grant from the U.S. Department of Transportation's Urban Partnership Program. Funding for the remaining twenty percent comes from SFMTA.

SFpark combines new parking management technology and approaches to make parking in the City more convenient. Each new meter will accept credit/debit cards, coins, and eventually SFMTA parking cards. In addition, SFpark strategies will include real-time parking availability information, longer time limits, and demand-responsive pricing. By managing parking so that it is easier to find, drivers will circle and double-park less. This will help to keep streets clear for buses and emergency vehicles, make roads safer for cyclists and pedestrians, and reduce greenhouse gas emissions. SFpark will evaluate the results from these pilot areas to develop an intelligent parking management system that can be implemented across San Francisco.

Less circling and double parking combined with longer time limits and new meters will have many benefits:

- Faster and more reliable Muni service — Muni is better able to stay on schedule with less double parking and congestion.
- Better air quality and fewer greenhouse gas emissions — Less circling means less traffic, less driving, and less pollution.
- Improved safety — Less circling means less traffic which in turn means fewer car, bicycle, and pedestrian collisions.
- Fewer parking tickets — With longer time limits and easier ways to pay at the meter, it will be easy for drivers to avoid parking tickets.

Together, the benefits of SFpark's improved parking management will help to make San Francisco's neighborhoods more pleasant, sustainable, and economically vibrant.

To learn more about SFpark, visit <http://www.sfpark.org>.



We Welcome your Feedback!

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

HEALTHY MEETING EATING

A healthy diet and physical activity can reduce the risk of chronic disease. Make it easier for people to make healthy food choices by providing healthy food at meetings, conferences, trainings, and other work-related gatherings.

General Guidelines:

- Serve low calorie and low fat foods. Avoid heavily processed foods with trans fats
- Serve fruits and vegetables instead of doughnuts or cookies
- Serve small portions (e.g. cut bagels in halves or quarters)
- Serve fat free or 1% milk, soy milk, or unsweetened iced tea instead of soft drinks
- Provide pitchers of water
- Provide low fat milk, fat free half & half, and/or lactose free milk for coffee



Food Suggestions for Meetings:

- Fresh fruit - whole or cut up
- Whole grain muffins (cut in halves or quarters)
- Whole grain breads instead of Danish, croissants, cinnamon rolls, or doughnuts
- Whole grain bagels with low fat cream cheese, jam, or hummus (cut in halves or quarters and avoid cheese, chocolate chip, or salt bagels)
- Low fat yogurt, soy yogurt
- Low sugar breakfast cereal
- String cheese
- Baked Chips with salsa
- Whole grain crackers, low salt pretzels, graham crackers, fig bars
- Dried fruit or trail mix
- Raw vegetables with low fat dip or hummus

For more information, visit these links:

Feeling Good Project: <http://www.sfdph.org/dph/comupg/oprograms/MCH/FeelingGood.asp>

Food Label Reading:

<http://www.cfsan.fda.gov/~dms/foodlab.html>

Food Safety: <http://www.fightbac.org>

Learn more about whole grains, trans fats, and other nutrition information:

<http://www.mypyramid.gov>

Interactive Menu Planner:

<http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

Sample Menus:

http://www.mypyramid.gov/downloads/sample_menu.pdf

http://www.sph.umn.edu/img/assets/9103/Nutrition_Guide_2008.pdf

SECURITY TIP

To All Employees in City Hall and all Civic Center Campus:

Be advised to keep your valuables put away and locked any time you are away from your desk or work station. In the recent months, several laptops and other personal valuables have been stolen right out of offices and conference rooms. Keep an eye out for non-employees who don't belong on your floor or area and who seem to be lingering with no business at hand, especially at lunch time or toward the end of the day.



The Sheriff's Deputies have escorted several suspicious looking people out of City Hall in the last month and are advising employees to be more diligent by not leaving valuables unattended or offices unnecessarily unlocked.

City Hall employees; please contact the Sheriff's Control at 4-7251 to report any suspicious activity.

Do you know how much sugar you are drinking?



Soda is the #1 source of added sugar in the American diet.



There are 10 teaspoons of sugar in just one 12-ounce can of regular soda.



Juice is also loaded with sugar – two small juice boxes contain more sugar than one can of soda!

Calculate teaspoons of sugar in a bottle in 2 steps:

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 110	
Total Fat 0g	% Daily Value*
Sodium 50 mg	2%
Total Carbohydrate 31g	10%
Sugars 31g	
Protein 0g	

- 1) Divide grams of sugar by 4
- 2) Multiply by servings per container

Example:

- 1) $31g \div 4 = 7.75$ tsp
- 2) $7.75 \text{ tsp} \times 2.5 \text{ svg} \approx 20$ tps of sugar in the bottle

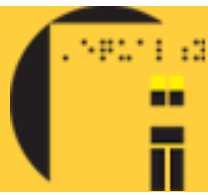
Isn't it time to Rethink Your Drink?
Take the **Soda Free Summer Challenge.**
www.sodafreesummer.org



RETHINK
your
drink

This message is brought to you by Shape Up SF.
Making it fun and easy to eat well and move more.
www.shapeupsf.org





LightHouse

for the Blind and Visually Impaired

Please Touch Community Garden Launch

Last month, the Real Estate Division, in partnership with the LightHouse for the Blind, launched the start of a new purpose for the vacant lot on Grove Street, across from City Hall. Over the next year, this lot will be transformed into a beautiful urban arts garden, to be planted and maintained by LightHouse program participants and members of the blind community. Spearheaded by local artist Gk Callahan, the garden will be unlike any other in the area - unlike any other in the nation. Blind artists and clients will create art, including painted planters and sculpture, to fill the garden along with herbs, flowers, and vegetables.

Please Touch Community Garden collaborators include the Tenderloin Neighborhood Development Corporation and the Mayor's Office on Housing. Funding for the project is provided in part by the San Francisco Arts Commission.

For more information, visit www.lighthouse-sf.org.



Bryan Bashin, CEO/Executive Director of Lighthouse, G.K. Callahan, and John Updike, Assistant Director of Real Estate



THE GIANTS & SEPTEMBER BASEBALL

The month of September means something to baseball fans. This is the month that everyone talks about at the beginning of the season; this is the month that matters. In April, it is common to hear quotes like "3 losses in a row don't mean anything until September", or "giving up the game winning home run now will make him tougher in September", and the list goes on. The San Francisco Giants are in the hunt for a playoff spot, and there's no better time than September for a team to make a statement about their intent to play post-season baseball. The San Francisco Giants have a scrappy mix of brash young pitchers, talented veterans, and several up and coming stars. As the summer AND the playoff race heat up, don't forget to make plans to catch a Giants game - who knows, you may see that pivotal moment when a team transforms from "pretender" to "contender".

Notables:

- Barry Zito is finally pitching up to his capabilities, and he's starting to give Giants fans a taste of what the A's fans got from Zito in his early years in Oakland...
- Aubrey Huff, signed in the off-season to a one year contract, has been blistering the ball for the Giants and may be able to put this team on his shoulders and lead the way...
- The Giants open September with 10 out of their first 14 games against division rivals the Dodgers and the Padres, this stretch of games may tell the tale...





SAN FRANCISCO FLEET WEEK

OCTOBER 7 - 12, 2010

CALENDAR OF EVENTS

Thursday, 7 October:

- Navy LHD ship transits under Golden Gate Bridge
- Media event highlighting role of Military in disaster relief

Friday, 8 October:

- Public ship visits
- Demonstrations of humanitarian assistance/disaster relief capabilities
- Athletic competition with sports clubs
- Full Airshow rehearsal from 1pm to 4pm with the Blue Angels scheduled for 3pm

Saturday, 9 October:

- Parade of Ships from Golden Gate Bridge to various Piers
- Military Band concert
- Fleet Week Airshow, 1pm to 4pm viewing from the waterfront

- Blue Angel performance at 3pm
- Blue Angel autograph session and evening military band concert at Huntington Park
- FREE Navy In Space Exhibit, Fort Mason Bldg D, Room 100, 9am - 5pm

Sunday, 10 October:

- Combined Italian Heritage/Fleet Week Parade, involving marching Navy, Marine and Coast Guard Units with Colors, Military Bands
- Public ship visits
- Fleet Week Airshow, 1pm to 4pm viewing from the waterfront,
- Blue Angel performance at 3pm
- Band Concert at Washington Square
- Half-time band performance for SF 49 football game
- FREE Navy In Space Exhibit, Fort Mason Bldg D, Room 100, 9am - 5pm

Monday, 11 October:

- Ship visits continue
- Band challenge event in Golden Gate Park Band Shell with local high schools bands competing

Tuesday, 12 October: Ships depart

To buy tickets and for more information,
visit: www.fleetweek.us.

OCT. 10 – ITALIAN HERITAGE

San Francisco's **142nd ANNUAL ITALIAN HERITAGE PARADE** on Sunday, October 10, 2010, as the City's oldest civic event and the nation's oldest Italian-American parade and community celebration winds its way from Fisherman's Wharf to North Beach. A San Francisco institution since it was established in 1868, the 2010 Parade is promising to be bigger, better and more colorful than ever.

Highlights include dozens of handcrafted parade floats featuring Bay Area businesses, community groups, and Italian organizations; local high school Italian clubs and marching bands; special appearances by "Christopher Columbus" and Queen Isabella and Her Court; festive open-air dining and Italian wine and food specials at North Beach restaurants lining the Parade route; performances by a variety of traditional Italian musicians and performance artists; and special appearances by Bay Area and Italian-American celebrities.



The Parade begins at 12:30 pm at the foot of Jefferson and Stockton Streets in Fisherman's Wharf, proceeds south through North Beach on Columbus Avenue, and ends in Washington Square in front of Sts. Peter and Paul Church. Parade viewing is available throughout the route. Admission to all Parade activities-including the Ferrari Sportscar display in Washington Square Park and a variety of hands-on activities for children and families is free.

For more information, visit www.sfcolumbusday.org.

REDUCE AND REUSE IN THE WORKPLACE

Of course, we all should know by now how important recycling is for the environment. Most, if not all, offices in the Civic Center Campus have blue recycling bins at every desk and in all kitchens. But while “recycle” seems to get all the attention out of the three Rs, “reduce” and “reuse” often get overlooked.

Beyond recycling, many other important green practices for the workplace can contribute substantially to protecting the environment. Before you even think about recycling, what should come to mind first are reducing waste and reusing whatever you can at the workplace. Reducing consumption and waste and reusing materials contribute the most to a cleaner environment and a healthier earth.

Some tips for reducing usage and waste at the workplace are:

- Print only what you need.
- Print on both sides of the paper, especially less important documents. This practice helps to reduce paper usage and waste by 50%!

- Reduce the use of paper by sending information or documents via email, rather than hard copy files or faxes.
- Make use of electronic posters and banners, instead of paper ones.
- Share newspapers and magazines between offices and divisions, rather than providing a set for each individual unit.
- Make use of reusable porcelain or metal mugs for coffee breaks, instead of disposable or Styrofoam ones.
- Bring your lunch in reusable containers rather than paper or plastic bags that must be discarded after a single use.
- Reuse scrap paper for taking notes.
- Reuse cardboard boxes for storage purposes at the workplace.
- Reuse envelopes for internal office mail.



LOST AND FOUND

The Story of One Lucky Rabbit

Along with building maintenance, vehicle pool and bike room administration, and emergency response and support services, City Hall’s Lost and Found is one of the many duties City Hall Building Management undertakes. Over the years, a wide variety of items have been recovered by our office, including: cell phones, keys, clothing, false teeth, passports, baby strollers (without a baby), etc. This past July, Building Management staff was surprised to receive our first living Lost and Found item.



This cute, cuddly, fluffy bunny was spotted hopping near the City Hall grounds one afternoon when one of our very own City Hall Sheriff’s Deputies sprung into action and rescued the lost hare. Once we logged the lost bunny in our Lost and Found files, Animal Care and Control (ACC) was called to pick up our furry footed friend.

Building Management staff, concerned of the fate of the lost bunny, did a little follow up with ACC and found that City Hall’s favorite Lost and Found item was redeemed by its owner. “Maddie” escaped from her owner three days before she showed up at City Hall. The owner had posted flyers all over the area and thanks to the Deputy Sheriff’s swift action, Maddie and her owner were reunited!

THE SAN FRANCISCO ARTS COMMISSION GALLERY (SFAC)

ART IN CITY HALL

It's all about the Night at City Hall for the San Francisco Arts Commission Gallery. As the waning months of the summer approach, the SFAC Gallery is opening a new exhibition as part of the Art in City Hall program as well as continuing to showcase the banner project in the North Light Court.

The SFAC Gallery, in partnership with PhotoAlliance, is thrilled to present *Night/Light: Bay Area Photographers Take Aim After Dark*, a juried exhibition featuring over 100 works by 26 Bay Area photographers who have captured the stillness and the unexpected movements of the night. The subject matter ranges from landscapes and cityscapes to chaos and beautiful abstractions of light in the lighttime. The opening reception for *Night/Light* will be on Thursday, September 16, from 5:30pm to 7:30pm. The exhibition will run from September 16, 2010 through January 14, 2011. Participating artists include; Jay Ach, Barbara Collins, Tamara Danoyan, Armand Emamdjomeh, Miguel Farias, Linda Fitch, Andy Frazer, Terri Garland, Lenny Greenwald, Sandrine Hermand-Grisel, Mark Jermenko, Daniel Konhauser, Oren Lukatz, Vanessa Marsh, Genevieve Masse, Kristopher Parra, Keith Petersen, Shawn Peterson,



Image credit: Christina Seely: Lux, Fort Mason, San Francisco, 2008

Jesse Pollock, Chris Rochelle, Greta & Manu Schnetzler, Jeff St. Andrews, Stephen Thomson, Lena Tsakami, Don Whitebread, Cynthia Wood and Nina Zeininger.

Also on view in City Hall's North Light Court is *Christina Seely: Lux*. An exhibition of large-scale photographic banners representing *LUX*, an extensive artist project about both the beauty of manmade light and the impacts of resource overconsumption. This banner installation

features portraits of cities within the most brightly illuminated regions on NASA's map of the Earth at night. Seely's beautiful and haunting images bring to the fore issues related to light pollution and the overconsumption of resources.

Engaged in both art and environmental circles, Seely employs her *Lux* series to portray the tension created by human dominance over the planet. The SFAC Gallery

wishes to create a platform for this visual eco-conversation, utilizing *Lux* as the impetus from which to engage the City in a public dialogue around global warming and energy consumption.

No matter what part of the night excites or intrigues you the most, the San Francisco Arts Commission Gallery and the Art in City Hall program has something for you to see and experience.

SEEN AND HEARD



Chris Schulman
Office of Small Business
City Hall, Room 110

Q: What was the last message you "tweeted"?

A: I don't use Twitter.

Q: What is your best "green" tip?

A: Don't be lazy: compost your coffee cups and food containers at work.

Q: Would you rather read an e-book or an actual book?

A: Actual book, from the library.



Janin Cordoba
General Services Agency IT
City Hall, Room 432

Q: What is your current Facebook status?

A: I'm on day 8 of the Insanity challenge, it's a crazy workout by Shaun T, the same maker of P90X. I feel the pain!!! But it's working.

Q: What is your favorite restaurant in San Francisco?

A: My favorite restaurant of the week, I'd rather say, is San Tung Chinese Restaurant on Irving. I love the chicken wings!

Q: What is your best "green" tip?

A: Here's a simple one: drive cool, and I don't mean use the AC. Driving fast with a heavy foot only eats up your gas and wears down your breaks.



Mike DeLong
City Hall Building Management
City Hall, Room 8

Q: What is your favorite restaurant in SF?

A: The Stinking Rose

Q: What are your favorite hobbies?

A: Making my homemade wine and BBQ sauce, and, of course, paintball tournaments!

Q: What is your favorite movie?

A: The Book of Eli.