



# under the dome

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City Hall Building Management  
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San Francisco, CA 94102  
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A City Hall Building Management newsletter created specifically for City employees

## Dear Tenants:

The feedback that we have received for publishing "Under the Dome", the monthly Building Management Newsletter here at City Hall has been tremendous. Many people have written to us about how they anxiously await the new version every month! These comments are so great to hear, so for that we thank you.

As we continue to expand and improve the "Under the Dome" content and mission, I would like to introduce a new facet of the newsletter that you will continue to see in this January/February issue. Every month will feature a "SHAPE UP" section which will provide tips, direction and ideas to finding success in leading a healthy lifestyle.

Our mission has always been to provide the tenants of City Hall with valuable and interesting information to keep you better informed of your workplace surroundings, supports, and amenities. At this time we are also committing ourselves to assisting in fostering a happy, healthy work environment for the most valuable resource the City has—its employees. While providing you with useful information, we would also like to make this newsletter fun and interactive by providing articles that pertain to everyone. Please feel free to continue to offer us feedback on our publications. Our success depends on your satisfaction!

Regards,

**Lesley Giovannelli**

BUILDING SERVICES MANAGER  
CITY HALL BUILDING MANAGEMENT

## We Welcome your Feedback!

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

# HAPPY NEW YEAR! WELCOME TO 2007!

## Top Ten New Year's Resolutions

Every December thousands of people around the world take the beginning of a new year to reflect on the past and create a goal for the year to improve their own lives. Whether we vow to make it to the gym five days a week, quit smoking, or learn a new language, I think we can all relate to the feeling of prospect and promise that a new year brings. We see this as a chance for a fresh start, a new vision.....a path to the new and improved version of ourselves! On the other hand, many of us have also had experience with the resolution that never was. Is it too much pressure that inevitably leads to our demise, or is it the lack of excitement after January has come and gone and we are feeling less inspired to do something new? Either way, if you are working on a new resolution for 2007 or just reflecting on ideas from years past—check out our top ten list and see if your resolution made the list!

1. Lose weight/eat healthy
2. Exercise more frequently
3. Quit smoking
4. Give back to the community
5. Take a vacation
6. Spend more time with family and friends
7. Pay off credit card bills
8. Learn something new
9. Find a new romance
10. Get organized at home/in the office



# Martin Luther King, Jr.

1929—1968, American clergyman and civil rights leader



SOURCE: ASSOCIATED PRESS/WORLD WIDE PHOTOS

Born in Atlanta, Georgia, Dr. Martin Luther King, Jr., graduated from Morehouse College (B.A., 1948), Crozer Theological Seminary (B.D., 1951), and Boston University (Ph.D., 1955). The son of the pastor of the Ebenezer Baptist Church in Atlanta, King was ordained in 1947 and became (1954) minister of a Baptist church in Montgomery, Ala. He led the black boycott (1955-56) of segregated city bus lines and in 1956 gained a major victory and prestige as a civil-rights leader when Montgomery

buses began to operate on a desegregated basis.

King organized the Southern Christian Leadership Conference (SCLC), which gave him a base to pursue further civil-rights activities, first in the South and later nationwide. His philosophy of nonviolent resistance led to his arrest on numerous occasions in the 1950s and 60s. His campaigns had mixed success, but the protest he led in Birmingham, Ala., in 1963 brought him worldwide attention. He spearheaded the Aug., 1963, March on Washington, which brought together more than 200,000 people. In 1964 he was awarded the Nobel Peace Prize.

King's leadership in the civil-rights movement was challenged in the mid-1960s as others grew more militant. His interests,

however, widened from civil rights to include criticism of the Vietnam War and a deeper concern over poverty. His plans for a Poor People's March to Washington were interrupted (1968) for a trip to Memphis, Tenn., in support of striking sanitation workers. On Apr. 4, 1968, he was shot and killed as he stood on the balcony of the Lorraine Motel (since 1991 a civil-rights museum).

James Earl Ray, a career criminal, pleaded guilty to the murder and was convicted, but he soon recanted, claiming he was duped into his plea. Ray's conviction was subsequently upheld, but he eventually received support from members of King's family, who believed King to have been the victim of a conspiracy. Ray died in prison in 1998. In a jury trial in Memphis in 1999 the King family won a wrongful-death judgment against Loyd Jowers, who claimed (1993) that he had arranged the killing for a Mafia figure. Many experts, however, were unconvinced by the verdict, and in 2000, after an 18-month investigation, the Justice Dept. discredited Jowers and concluded that there was no evidence of an assassination plot.

King wrote *Stride toward Freedom* (1958), *Why We Can't Wait* (1964), and *Where Do We Go from Here: Chaos or Community?* (1967). His birthday is a national holiday, celebrated on the third Monday in January. King's wife, Coretta Scott King, has carried on various aspects of his work. She also wrote *My Life with Martin Luther King* (1989).

See biographies by K. L. Smith and I. G. Zepp, Jr. (1974), S. Oates (1982), and M. Frady (2001); C. S. King, *My Life with Martin Luther King, Jr.* (1969); D. J. Garrow, *Bearing the Cross* (1986); T. Branch, *Parting the Waters* (1988) and *Pillar of Fire* (1997); M. E. Dyson, *I May Not Get There with You* (2000).

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## Safety Reminder Corner Medical Emergencies

To report an  
**EMERGENCY:**

Call **9-911** then call  
City Hall Security  
at **554-7251**

Anyone working in City Hall may witness a medical emergency. It is crucial to assist persons experiencing a medical emergency immediately. If you encounter an individual at City Hall who is in need of medical attention:

### DO NOT

- Attempt to move the injured individual.
- Give the injured individual medication.
- Add to the person's distress or fears by conversing with or about the ill or injured person.

### DO

- Remain calm.
- Report the medical emergency immediately by calling City Hall Security at 554-7251.
- Wait with the individual for emergency personnel to respond.
- Make room for emergency personnel when they arrive.
- Allow emergency personnel time and space to attend to the individual.
- Remain at the scene to assist the investigating emergency personnel with gathering pertinent information about the medical emergency.

### HOW TO REPORT A MEDICAL EMERGENCY AT CITY HALL

- Contact City Hall Security immediately by calling 554-7251.
- Speak calmly and slowly.
- Provide your full name.
- Provide the telephone extension you are calling from.
- Provide a brief description of the medical emergency.
- Stay on the phone with City Hall Security until instructed to do otherwise.



# ART IN CITY HALL

## China Today:

### Mark Leong and the Chinese Artist Network

8am-8pm, Monday-Friday. Ground Level.

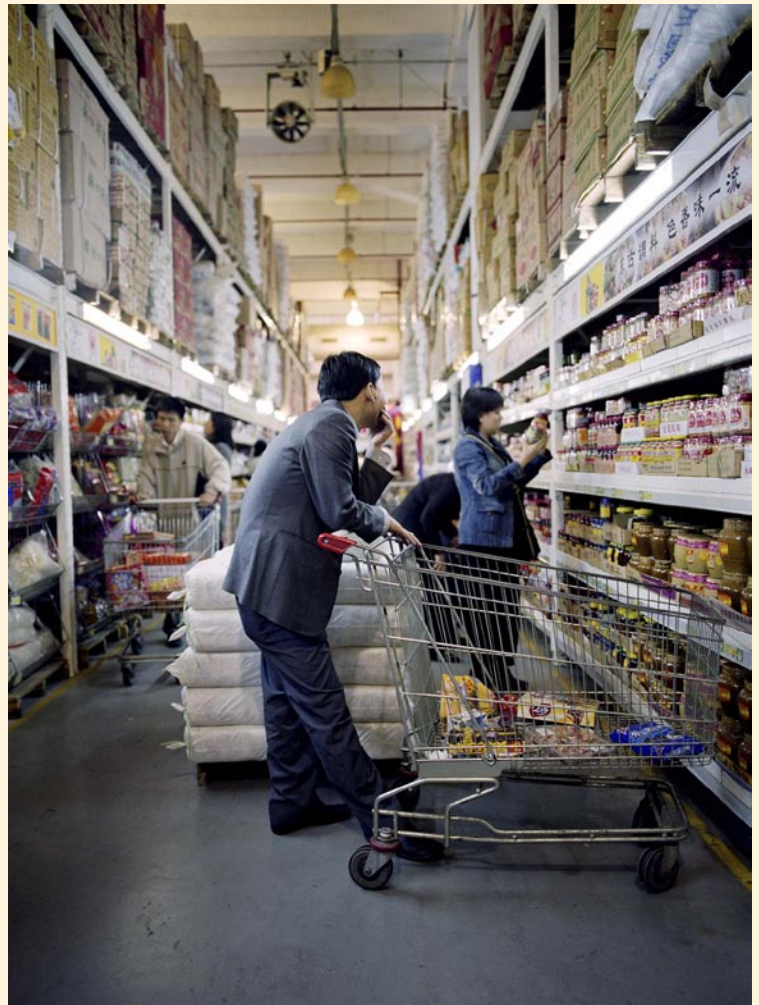
December 21, 2006-March 23, 2007

In 2007 the San Francisco Art Commission Gallery has joined forces with the San Francisco-based nonprofit PhotoAlliance ([www.photoalliance.org](http://www.photoalliance.org)) to program Art at City Hall. Our first collaborative curatorial effort is China Today, which features two photographic exhibitions, a solo exhibition by Bay Area artist Mark Leong, and a group exhibition featuring Chinese artists represented by the Fremont-based Chinese Artist Network.

Arriving in mainland China by chance just a day after the 1989 Tiananmen Square crackdown, Mark Leong stayed to explore the contradictions of a rapidly changing but still intensely traditional Chinese society. Living in Beijing and traveling across China over the past sixteen years, he has captured images that astonish both in their power and in their access to subtle currents of everyday life - official and underground. His recent body of color work, *The Heaviness of Consumption*, documents the effects of China's growing market culture on both rural and urban Chinese.

Since the early 1990s, China has emerged from socialist isolation to open shop as the world's factory -- the source, it seems, of nearly everything manufactured on earth. Now, after a generation of profit and prosperity, the Chinese super-producers are also becoming mega-consumers. No longer limited to needs dictated (and provided for) by the Communist Party, this is a new era of personal choices and desires, broadened by the forces of technology, urbanization, globalization and the one-child policy. Everything-- from education to sex -- is a commodity. And as the wealth distributes itself unevenly across this vast population, the greatest fear is to be left behind.

New Photography, presented by Chinese Artist Network, features a wide variety of photographic works by young Chinese artists. CAN, a Fremont-based nonprofit organization, is committed to promoting the work of emerging Chinese artists through providing both exhibition opportunities and a strong Internet presence on their web site. The works in this exhibition represent a recent movement by young Chinese artists away from traditional photographic constraints toward more conceptual and experimental styles of photography. Although China has a voracious consumer culture, there are still very few galleries that exhibit cutting edge photography, so most of the represented artists are establishing their careers through exhibitions in Europe and the US.



*Mark Leong, Beijing, 2004, digital color prints*

Art at City Hall is presented by the San Francisco Arts Commission Gallery, a program of the San Francisco Arts Commission, and is funded by the Grants for the Arts program of the San Francisco Hotel Tax Fund.

## COMMUNITY CLEAN TEAM

**Join the Clean Team to keep San Francisco clean, green, and beautiful!**

The Community Clean Team visits a different district of the city each month, coordinating volunteers to sweep streets and sidewalks, tend to neighborhood trees and plants, work on gardening projects, and paint out graffiti in parks, schools, and neighborhoods all over the district.

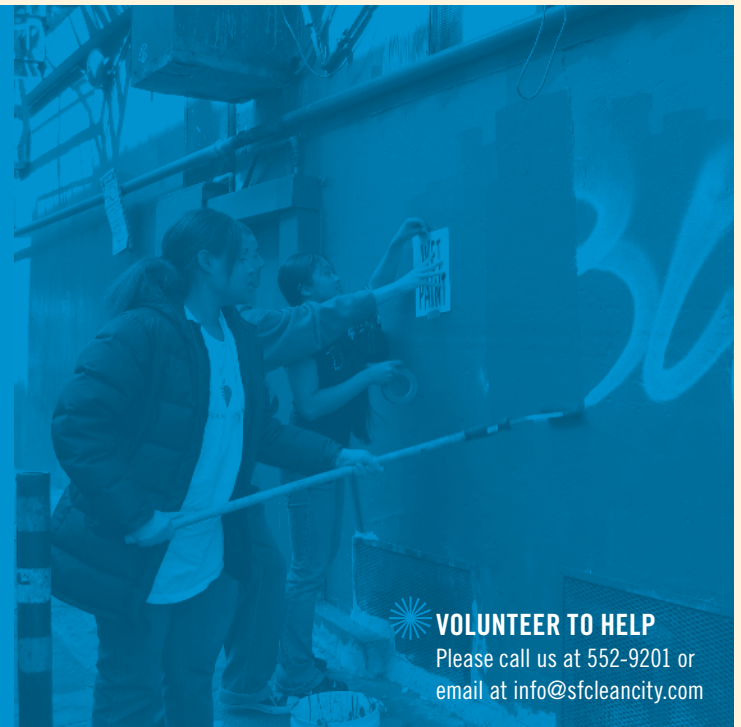
### Community Clean Team Events

Events are on Saturday mornings from 9am to noon. All supplies are provided, and lunch is served after the event at the main kickoff site. Events are rain or shine. Please dress accordingly--no shorts or open-toed shoes. Please let us know if you would like to set up a satellite cleanup site in your district, or if you have any cleanup suggestions.

The Community Clean Team is a partnership between San Francisco Clean City Coalition and San Francisco Department of Public Works.



Sponsored in part by:



### VOLUNTEER TO HELP

Please call us at 552-9201 or email at [info@sfcleancity.com](mailto:info@sfcleancity.com)

# Scene and Heard

## What are you reading?

"I am currently re-reading Dr. Zhivago, by Boris Pasternak. I like to read it in the wintertime when I am reminded of snow and ear muffs! I also recently read excerpts of the book Charlottes Web, by E. B White to a group of students visiting City Hall."

**Ellen Schumer**  
Arts Commission,  
City Hall Docent Program Manager



## What is your favorite vacation spot?

"I am going to have to go with Kapalua, on the island of Maui, Hawaii. There are amazing beaches, sunsets and overall I have great memories of this trip I took with my wife."

**Rick DeMartini**  
City Hall Building Management



## What are you watching?

"Sportscenter!"

**Julius Gawaran**  
Department of Elections



## THE NORTH LIGHT COURT CAFÉ IS TEMPORARILY CLOSED.

If you have any questions, comments  
or ideas regarding the café, please contact:

Corry Mehigan  
BUILDING GENERAL MANAGER  
415-554-4915  
corry.mehigan@sfgov.org

OR

Lesley Giovannelli  
BUILDING SERVICES MANAGER  
415-554-5780  
lesley.giovannelli@sfgov.org

# What's on your iPod ???

## Wade Crowfoot, Office of the Mayor

### ARTIST

Joshua Radin  
The Bittersweets  
Coldplay

### SONG

"Star Mile"  
"Bag of Bones"  
"Warning Sign"

## Katy Tang, Office of the Mayor

### ARTIST

Joe Strummer  
& The Mescaleros  
Yann Tierson  
Frou Frou  
Chris Botti

### SONG

"Mondo Bongo"  
"Comptine d'un autre ete:  
L'apres midi"  
"Breathe In"  
"Drive Time"

## City Hall Café

Tucked in the southwest corner of the ground floor (room 040), employees and visitors can stop for a bite to eat at the popular City Hall Café. The Café opens every morning at 6:30am, supplying early birds with fresh coffee, pastries, and assorted breakfast goodies.

For lunch, patrons can find fresh homemade cuisine including sushi, udon noodle soups, and teriyaki beef or chicken. There are also lunchtime staples such as made-to-order sandwiches, salads, and daily soup specials.

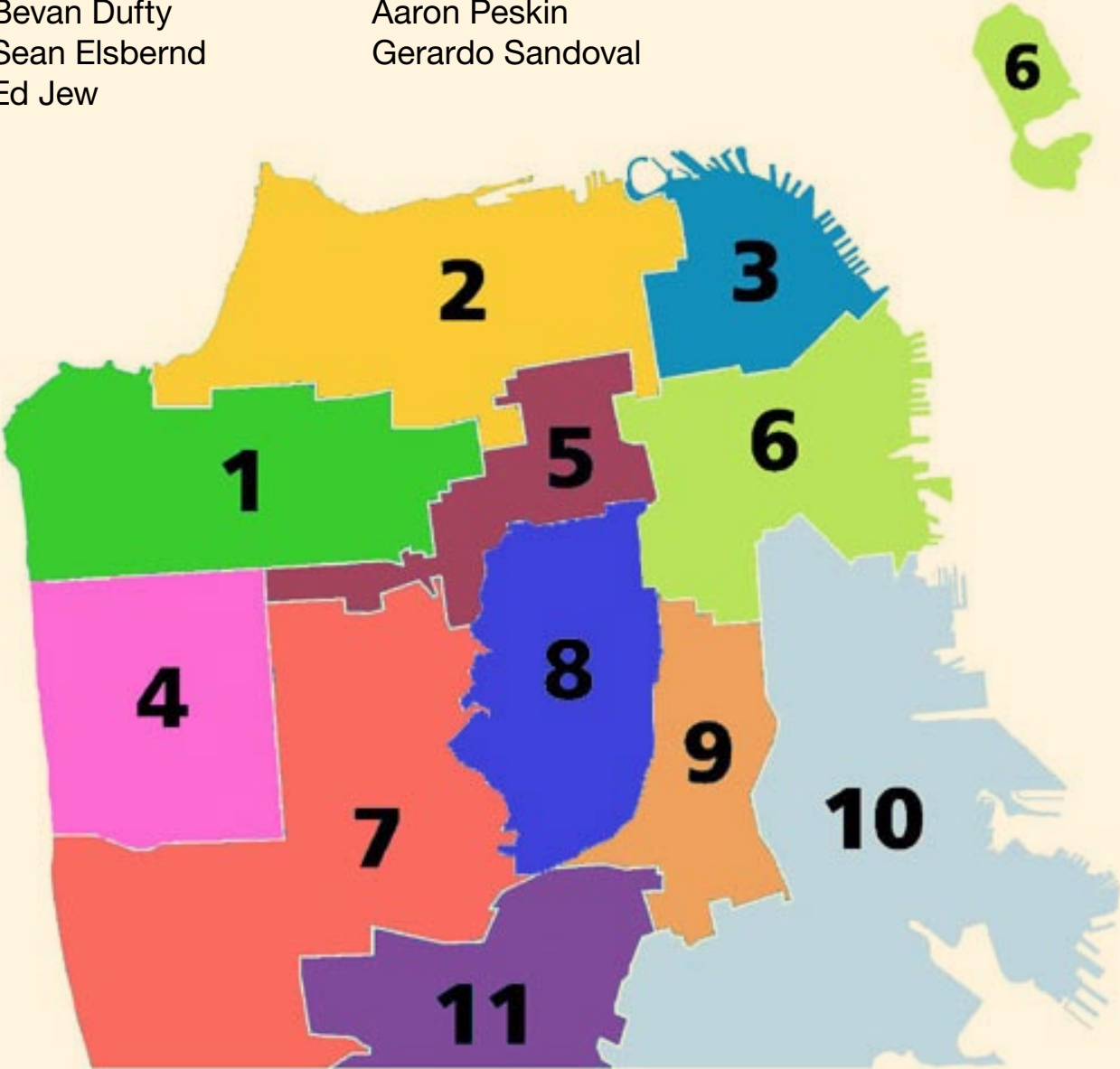
With experience in owning and operating their own restaurant, City Hall Café staff takes pride in their unique menu and homemade foods.

City Hall Café also offers a wide variety of snacks, candy, and beverages to satisfy all of your cravings. Open Monday through Friday until 4pm. Contact the Café at (415) 554-4947 or email [cityhallcafe@hotmail.com](mailto:cityhallcafe@hotmail.com).

# DO YOU KNOW YOUR SUPERVISOR?

Michela Alioto-Pier  
Tom Ammiano  
Chris Daly  
Bevan Dufty  
Sean Elsbernd  
Ed Jew

Sophie Maxwell  
Jake McGoldrick  
Ross Mirkarimi  
Aaron Peskin  
Gerardo Sandoval



D1	_____	D7	_____
D2	_____	D8	_____
D3	_____	D9	_____
D4	_____	D10	_____
D5	_____	D11	_____
D6	_____		

Answers:  
D1 - Jake McGoldrick  
D2 - Michela Alioto-Pier  
D3 - Aaron Peskin  
D4 - Ed Jew  
D5 - Ross Mirkarimi  
D6 - Chris Daly  
D7 - Sean Elsbernd  
D8 - Bevan Dufty  
D9 - Tom Ammiano  
D10 - Sophie Maxwell  
D11 - Gerardo Sandoval





## FEATURED HIKE OF THE MONTH:

### Crissy Field, GGNRA/National Park Service

#### 1. How do I get there?

FROM SAN FRANCISCO, drive west on Marina Boulevard. At the intersection with Lyon Street, where Doyle Drive diverges left to the Golden Gate Bridge, continue straight onto Mason. Look for the East Beach entrance on the right. FROM MARIN, drive south across the Golden Gate Bridge, and use the Lombard Street entrance to the Presidio. Turn right onto Lincoln, turn right again at Halleck, and continue straight to Mason. Turn right and look for the East Beach entrance on the left.

#### 2. Where can I park? Are there restrooms available?

No parking or entrance fees. Parking in large lots that fill up quickly. There is overflow parking under the Golden Gate Bridge approach; look for signs near Halleck. Muni buses 28, 29, and 43 serve the area. Restrooms, pay phones, and drinking water near the parking lot and at Crissy Field Center; there are portable toilets in a few locations as well. There are designated handicapped parking spaces, wheelchair accessible restrooms, and trails are perfectly suited to wheelchairs.

#### 3. Is there anywhere to get something to eat and drink?

Crissy Field Center has a small cafe with sandwiches and coffee, the Warming Hut. Gas, stores, and more restaurant options on Lombard Street. No camping.

#### 4. Can I bike or bring my dog there?

Trails are open to walkers and cyclists (I didn't see any rules posted regarding equestrians, who are unlikely). Dogs permitted, although some areas are closed to them.

#### 5. How difficult is the walk?

This 3.3 mile out and back walk is easy

Information obtained from: [www.bahiker.com/sfhikes](http://www.bahiker.com/sfhikes)



## LOG ON, CLEAN UP:

### A Green City's Fave Sites

**ArborDay.com** – San Francisco nonprofit Friends of the Urban Forest organizes neighbors to get their hands dirty planting 1200 air-cleansing trees each year, says executive director Kelly Quirke. The National Arbor Day Foundation's website lists similar organizations by state and sells Give-a-Tree cards: For each \$5 card, a tree is planted in a national forest.

**Zipcar.com** – This car sharing company announced plans to double its San Francisco fleet, allowing members to reserve vehicles by the hour. Zipcar and a similar company, Flexcar, now serve 38 cities combined; follow their customers' lead by carpooling and driving only when you need to.

**www.newdream.org/junkmail** – The Bay Area Recycling Coalition's Outreach Junk Mail Reduction Campaign helps locals save trees by cutting back on their direct mail; visit this site to do the same no matter where you live. Return to sender: pesky, paper-wasting, tree-killing junk mail.

**NiagaraConservation.com** – The showerheads, toilets, garden hose nozzles and other products on this site can help prevent water waste. San Franciscans get dough for saving H2O: "We give rebates to people who purchase high-efficiency appliances, up to \$200 per washing machine and \$125 per toilet," says Susan Leal, general manager of the San Francisco Public Utilities Commission. Check your utilities provider's website to see if you're eligible for similar savings.

Self Magazine. November, 2006.



## Double Your Chances of Quitting Tobacco

Quitting smoking isn't easy but it is a fight you can win. By using at least one of the ways listed below for your quit attempt, you can double your chances of being successful. By using more than one of the ideas listed below, you double your chances of staying quit for good!

### Self help materials

Self help materials are available to help you quit smoking, no matter where you are in the process. These materials can help you learn how to prepare for your quit attempt, develop strategies to help with cravings, and prevent relapse once you have quit. The self-help materials offer proven methods that are easy to follow and can keep your motivation high.

### Support programs

Support programs can be in a variety of forms – group smoking cessation programs, telephone counseling programs, or support groups. To learn about the options available in your community, contact the American Cancer Society at 1-800-ACS-2345 or [www.cancer.org](http://www.cancer.org).

### Telephone counseling

Telephone counseling is a proven, confidential, counseling program completed by telephone that will support and help you stay focused on your reasons for quitting.

### Nicotine replacement therapy (NRT)

Nicotine replacement therapy can relieve many of the nicotine withdrawal symptoms that occur when a person stops smoking. NRT can double a person's chance of successfully quitting. Talk to your doctor about a strategy that might work for you.

For more information on kicking your habit, call 1-800-ACS-2345 or log onto [www.cancer.org/smokeout](http://www.cancer.org/smokeout)



30 Years of Inspiring  
Smokers to Quit

Great American  
Smokeout®



# ActiveforLIFE at CCSF

*COMING SOON TO A WORKSITE NEAR YOU...*

## Need help encouraging your employees to Shape UP?

### Participate in Active for Life 2007!

**What is Active for Life?** Active for Life is the American Cancer Society's flexible 10-week worksite wellness program that has demonstrated success in increasing levels of physical activity among participants. The program combines individual and group strategies that help people change their behavior.

**Active for Life uses an individual approach.** The program encourages participants to set their own goals based on how active they are, and how active they want to become. Physical activity can be moderate (like walking, yard work or taking the stairs) or more intense (like running or tennis). Participants receive a point for each minute they are active daily and record the number of points they earn toward their total point goal. This helps people keep track of their progress, and they are then rewarded for working toward their goals.

**Active for Life uses a team approach.** Each participant is a member of a team led by a captain who provides support to help members reach their goals. Being part of a team provides encouragement and motivation. Teams are rewarded as members make progress toward their goals.

Active for Life helps employees reach their personal goals by teaching them the skills they need to change their behavior and providing them with social support to lead a more active lifestyle. The end result is a more productive and healthy workforce.



### Does Active for Life Really Work?

The Active for Life program has been evaluated in worksites across the country since 1996. These evaluations have shown that people who participate in Active for Life programs increase their levels of physical activity. In addition, they report benefits from the program such as feeling better emotionally and physically, feeling more productive and less stressed, and having more energy. There is a high degree of satisfaction with the program and the majority of participants say they would do it again.

**The bottom line: Active for Life works.**

### Active for Life Program Timeline

November	Identify department's AFL coordinator
December	Department-specific program planning with American Cancer Society liaison
Mid January	Team Captain Orientations, by conference call
Late January	Department kickoff events
February 5	Program start date
April 15	Program end date

Contact Priscilla Morse, CCSF Department of Human Resources, at [Priscilla.Morse@sfgov.org](mailto:Priscilla.Morse@sfgov.org) or Brooke Rodgers, American Cancer Society, at [brooke.rodgers@cancer.org](mailto:brooke.rodgers@cancer.org) for more info.

## January and February in San Francisco History

January 9, 1847	First San Francisco newspaper published (California Star)
January 30, 1847	Yerba Buena renamed San Francisco
January 24, 1848	James Marshall finds gold in Sutter's Mill in Coloma, CA
February 28, 1849	First boat load of gold rush prospectors arrives in San Francisco from east coast
February 22, 1860	Organized baseball played in San Francisco for the first time
January 18, 1869	Elegant California Theater opens in San Francisco
February 17, 1878	First telephone exchange in San Francisco opens with 18 phones
February 5, 1887	Snow falls on San Francisco
February 23, 1887	Congress grants Seal Rocks to San Francisco
February 7, 1889	Astronomical Society of the Pacific holds first meeting in San Francisco
February 9, 1891	First shipment of asparagus arrives in San Francisco from Sacramento
February 18, 1899	80 degrees Fahrenheit in San Francisco
February 18, 1899	San Francisco named as a port of dispatch for Army transports
February 23, 1900	Steamer "Rio de Janeiro" sinks in San Francisco Bay
February 20, 1902	Heavy surf breaks over Seal Rocks and damages Sutro Baths
January 7, 1911	First airplane bombing experiments with explosives
February 7, 1914	Steel work completed on Exposition (Civic) Auditorium
February 16, 1914	First airplane flight from Los Angeles to San Francisco
January 25, 1915	Transcontinental telephone service inaugurated (New York to San Francisco)
January 25, 1915	Alexander Graham Bell in New York calls Thomas Watson in San Francisco
February 20, 1915	Panama-Pacific International Exposition opens in San Francisco
February 21, 1915	World's Fair in San Francisco opens
February 15, 1917	SF Public Library (Main Branch at Civic center) dedicated
January 2, 1921	DeYoung Museum in Golden Gate Park opens
February 23, 1921	First U.S. transcontinental air mail flight arrives in New York City from San Francisco
January 5, 1933	Work on Golden Gate Bridge begins
February 11, 1936	Pumping begins to build Treasure Island in San Francisco Bay
February 18, 1939	Golden Gate International Exposition opens on Treasure Island
February 12, 1945	San Francisco selected for site of United Nations Conference
January 17, 1957	9-county commission recommends creation of BART
February 8, 1957	San Francisco Public Library's bookmobile initiated in front of City Hall
January 21, 1962	Snow falls in San Francisco
February 20, 1963	Willie Mays of the San Francisco Giants signs a record \$100,000 per year contract
February 28, 1970	Bicycles permitted to cross the Golden Gate Bridge
February 4, 1974	Patricia Hearst kidnapped by Symbionese Liberation Army
January 23, 1979	Willie Mays elected to Baseball Hall of Fame
February 1, 1979	Patricia Hearst is released from a San Francisco prison for bank robbery
January 24, 1982	Superbowl XVI: San Francisco 49ers beat Cincinnati Bengals, 26-21
January 24, 1982	Superbowl MVP: Joe Montana, San Francisco, QB
January 29, 1995	Superbowl XXIX: San Francisco 49ers beat San Diego Chargers, 49-26 in Miami
January 29, 1995	Superbowl MVP: Steve Young, San Francisco, QB
February 20, 1997	San Francisco Giants Barry Bonds signs record \$22.9M 2-year contract