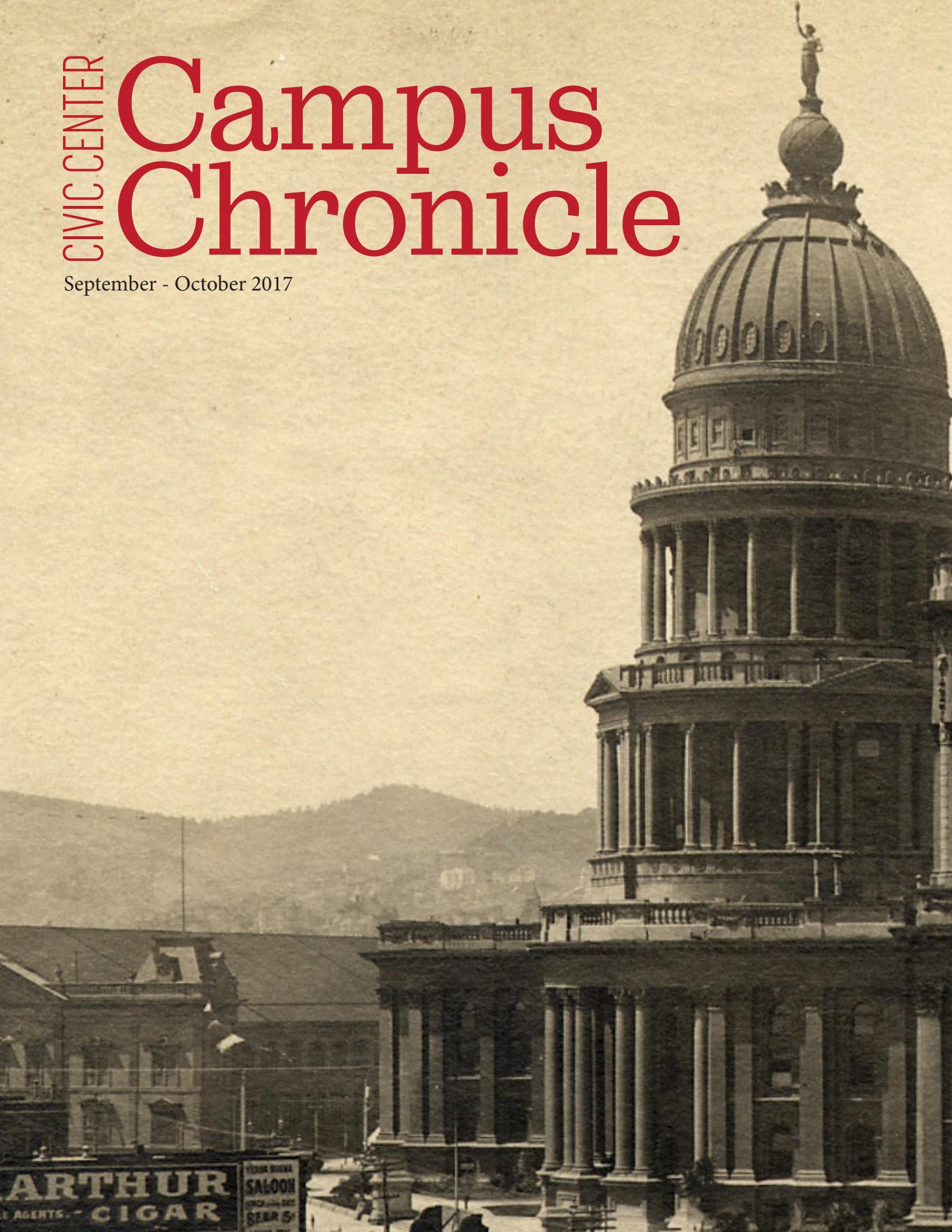


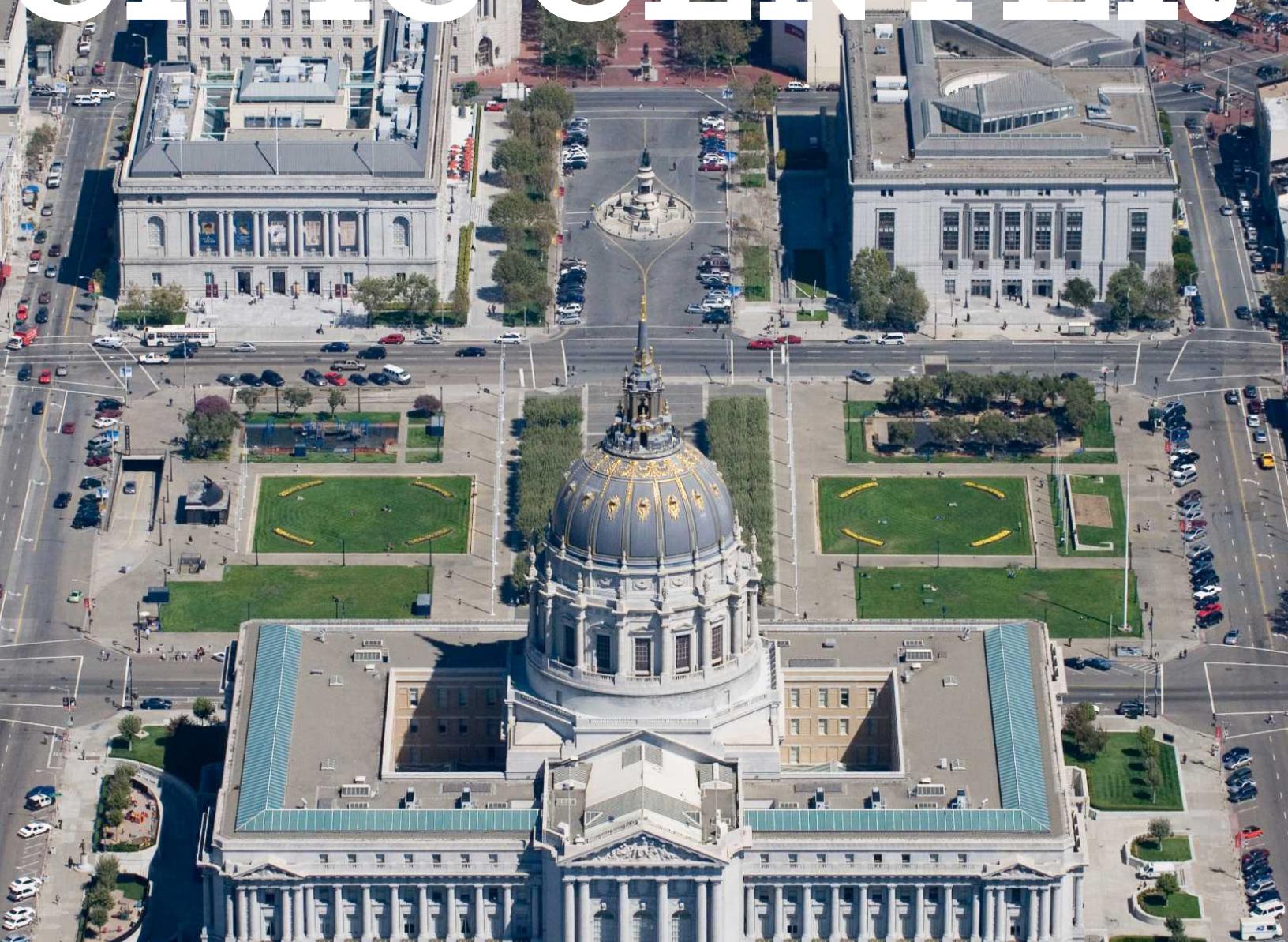
CIVIC CENTER

# Campus Chronicle

September - October 2017



# CIVIC CENTER



Dear Tenants:

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

School is back in session, summer vacations are behind us, and we begin to look ahead toward fall. As we've seen from the recent devastating storms in Texas and Florida, and the recoveries there that are so dependent on adequate preparedness, there is no better time than the present to run through your emergency checklists, both for the office and at home. We've included some reminders in this issue on this very important topic.

Take a look at the "30 Day Sugar Free Challenge" detailed in this issue. Gather a group of office mates or friends and do it together. I know I am going to try it!

Enjoy this latest issue. We always welcome suggestions, comments, or ideas for future articles.

Thanks!

John Updike



John Updike  
Director of Real Estate  
City & County of San Francisco



# 30 Day Sugar Free Challenge

Just reading the title of this article probably made you gasp. What? No Sugar? Many of us think we could never get by without it. The truth is, we all can, and should take steps to substantially, if not wholly, cut sugar out of our diets.

## **By now, everyone should know that sugar, among other things:**

- Causes tooth decay
- Can lead to liver disease
- Can lead to insulin resistance and Diabetes
- Is highly addictive
- Is the leading contributor to obesity in children and adults
- Can raise your cholesterol

## **Make it easier by doing the following:**

- Drink 6 (12 ounce) glasses of plain water each day.
- Have a healthy breakfast.
- Avoid processed foods.
- Find sugar free recipes online.
- Plan ahead and prep meals for the week.
- Get support! Take the challenge with your whole family or group of friends.
- Keep on track, the cravings will subside.

**N**ow is the time to challenge yourself to eliminate all added sugar from your life. This means no refined sugar, natural sweeteners, or artificial sweeteners. Foods that have added sugar of any kind are not allowed. You might be surprised to learn that sugar has many names and is often disguised in the ingredient list. Reading the fine print on ingredient label is absolutely necessary for this challenge. Some other names of sugar are: sucrose, high fructose corn syrup, fruit juice concentrate, maltose, dextrose, lactose, rice syrup, barley malt, and agave.

Many people associate sugar with soda, cookies, cakes, and other treats. You will be surprised to find sugar on the label of chicken broth, salad dressings, pasta sauces, bacon, mustard, and almost all bread. Once you begin removing added sugar from your daily intake, you will start to enjoy the real taste of foods. Apples, after going sugar free, will start to taste like a sweet treat!

The challenge goes for one entire month. For 30 days, your goal is to avoid sugar in foods, drinks, and condiments. Do some preparation first, by planning your sugar free meals, getting your ingredients ready, and ridding your pantry of all those sugary temptations. Remember, those who stick with the challenge for an entire month will benefit the most. The goal of this challenge is to break sugar addiction and lose excess weight and body fat.

After the challenge is over, make your new habits of reading ingredient labels and steering clear of processed foods a permanent lifestyle change. Slowly add back some sugar with real fruit. You may also add in some unrefined sugar that has some nutritional value, such as raw honey, sucanat, coconut palm sugar, molasses, and 100% pure maple syrup. All of these natural sweeteners have nutrients that cannot be found in refined sugar and artificial sweeteners. Remember, even unrefined sweeteners can pack on the pounds if eaten on a regular basis.

Look forward to feeling healthier, losing weight, less cravings, clearer skin, improved sleep, better moods, and knowing you no longer need to rely on refined sugar!

# BE PREPARED!

**E**arthquakes can happen at any time of the year and occur without warning. Each year the state of California holds a statewide earthquake drill, with this year's occurring on October 19, 2017. Now is the perfect time to restock your earthquake preparedness kit (think 72 hours, don't forget your pets.) The Great California Shakeout also reminds us to not only hold a yearly drill at work, but also to review your family plan at home. Read more for tips and links to more info.



Ruins of City Hall After the 1906 Earthquake

## Before An Earthquake

- Practice how to "Drop, Cover, and Hold On!"

Plan and practice how to Drop to the ground, Cover your head and neck with your arms, and if a safer place is nearby that you can get to without exposing yourself to flying debris, crawl to it and Hold On to maintain cover.

To react quickly you must practice often. You may only have seconds to protect yourself in an earthquake.

- Secure items that could fall or move and cause injuries or damage, e.g., bookshelves, mirrors, light fixtures, televisions, computers, hot water heaters.
- Store critical supplies (e.g., water, medication) and documents.
- Plan how you will communicate with family members, including multiple methods by making a family emergency communication plan.



# During an Earthquake

- Drop down onto your hands and knees so the earthquake doesn't knock you down.
  - Hold on to any sturdy covering so you can move with it until the shaking stops.
  - People who use wheelchairs or other mobility devices should lock their wheels, lean forward, and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available.
  - Cover your head and neck with your arms to protect yourself from falling debris.
  - Stay where you are until the shaking stops. Assess the situation. Do not get in a doorway as this does not provide protection from falling or flying objects, and you may not be able to remain standing.
  - If you are outdoors when the shaking starts, move away from buildings, streetlights, and utility wires. Once in the open, "Drop, Cover, and Hold On." Stay there until the shaking stops.
  - If you are in danger from falling objects, and you can move safely, crawl for additional cover under a sturdy desk or table.
- If no sturdy shelter is nearby, crawl away from windows, next to an interior wall. Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures or furniture.

# After an Earthquake

- When the shaking stops, look around. If the building is damaged and there is a clear path to safety, leave the building and go to an open space away
- Tap on a pipe or wall or use a whistle, if you have one, so that rescuers can locate you.
- If you are trapped, do not move about or kick up dust.
- If you have a cell phone with you, use it to call or text for help.
- Be prepared to "Drop, Cover, and Hold on" in the likely event of aftershocks.
- Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.

## Links for More Information



# Art in City Hall



Tabitha Soren, Marco Scutaro, San Francisco Giants, 2014. Unique tintype

Please visit our exhibitions at:  
Main Gallery, 401 Van Ness, Suite 126. Tues – Sat, 11am – 6pm  
SF City Hall, 1 Dr. Carlton B. Goodlett Pl. Mon – Fri, 8am – 8pm

In 2003, Bay Area-based photographer and former news journalist Tabitha Soren met the 2002 draft picks for the Oakland A's. For the past fifteen years, Soren has followed many of these players throughout their careers, as well as additional players from other teams, photographing their lives both on and off the field. Fantasy Life: Baseball and the American Dream is the culmination of Soren's ambitious project and is now on view in Ground Floor and North Light Court of City Hall!

Soren's images depict the ups and downs of professional baseball, featuring both recognizable players who made it to the majors, such as Nick Swisher and Joe Blanton, but also powerful images of minor and major leaguers who ultimately were forced to build careers outside of baseball. "Baseball is a place full of luck and uncertainty, of heroism and vulnerability," Soren says. For Soren, these players' lives are emblematic of the American Dream. "Every one of us has a dream and is striving for something. Like the players I've profiled, we all stumble, fall, fail, and try to recover."

In addition to Soren's intimate and thoughtful images that line the walls of City Hall's Ground Floor, Fantasy Life includes

# Seen & Heard



Matthew Rector  
First 5 San Francisco  
IMPACT Hub Regional Coordinator  
Fox Plaza



Margaret A. McArthur  
Commission Liaison  
SF Recreation and Park Commission  
501 Stanyan Street

## What is your favorite app?

No surprise: the 'Local Motion' vehicle pool app! Our agency's lead role in managing state-funded early learning system quality improvement initiatives takes us to many cities in the Bay Area. Local Motion makes fleet management a breeze, saving us a lot of time and trouble.

## What is your favorite restaurant in San Francisco?

I have a 3-way tie: Turtle Tower (order the Phở #5); Pauline's Pizza (a farm-to-table pioneer); and Puerto Allegre (family-style Mexican). All three are among the more 'family-friendly' restaurants in the City. That's an increasingly difficult criteria to fulfill but an important one for our family, with 2 preschool-aged kids.

## What is your best travel tip?

When driving home to the City from Monterey County and points south on the El Camino Real (Highway-101), avoid the inevitable traffic crunch between Prunedale and Mountain View and take a relaxing drive instead. Turn off on Hwy-183 in Salinas and travel through Castroville, Moss Landing, Watsonville, Santa Cruz, Davenport, Pescadero, Half Moon Bay, and Pacifica. There are so many great little restaurants, shops, and things to do. In some conditions it doesn't take much more time (fun little stops notwithstanding...). Make a day of it!

## What is your favorite restaurant in San Francisco?

I could never just name one restaurant as the quality of restaurants and the diversity of cuisines make it impossible to choose. The one thing I do know is that wherever I go I will find something I like.

## What's your favorite outdoor activity to do in SF?

Despite living here for 20 plus years I still find that there is so much to discover. I enjoy walking because it gives me the opportunity to start some new conversations, discover new places or visit my favorite spots.

## Name your favorite vacation spot that you have been to?

Italy

# Green Scene



## John A. Legnitto Environmental Learning Center



The John A. Legnitto Environmental Learning Center (ELC) at Recology San Francisco is where the public goes to learn more about resource recovery and the environment. Named after one of our most loved general managers who passed away in April 2014, the ELC is utilized for school field trips, tours, and other educational meetings. The ELC houses a classroom, the Recology Artist in Residence Program offices, and a gallery featuring work made by past artists.

## RECOLOGY FACILITY TOURS

Sign up for a facility tour to learn more about materials processing, zero waste efforts in San Francisco, and the Recology Artist in Residence Program

Recology offers public tours on the 3rd Saturday and 4th Wednesday of each month. Both tours include an overview of Recology and recycling operations in San Francisco and a visit to the art studio and sculpture garden.

### Third Saturday Tour:

Geared toward adults interested in learning more about the Recology Artist in Residence Program, and required for those who intend on applying for an artist residency. This tour does not include a visit to Recycle Central at Pier 96 (the Recology San Francisco recycling and sorting facility).

### Fourth Wednesday Tour:

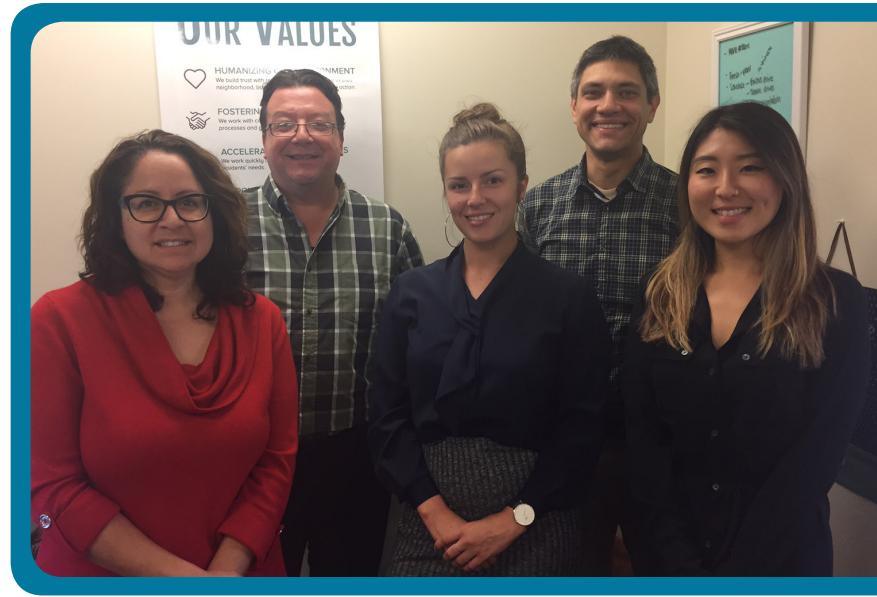
Focuses on recycling, and includes a visit to Recycle Central at Pier 96 (the Recology San Francisco recycling and sorting facility).

**To make a reservation,  
please call (415) 330-9943**

### Please note:

- Tours include a walk up three long flights of stairs and walking on uneven surfaces and hills
- Certain areas of the facility may be extremely slippery
- Tours involve loud noises, strong smells and dust
- Attendees must wear closed-toe, comfortable walking shoes (no sandals)
- For safety reasons, tours are not allowed for children under nine years of age
- Tours are not held if it is raining
- Tours take approximately two hours to complete; visitors must be able to complete the entire tour

# Meet the Mayor's Fix-It Team

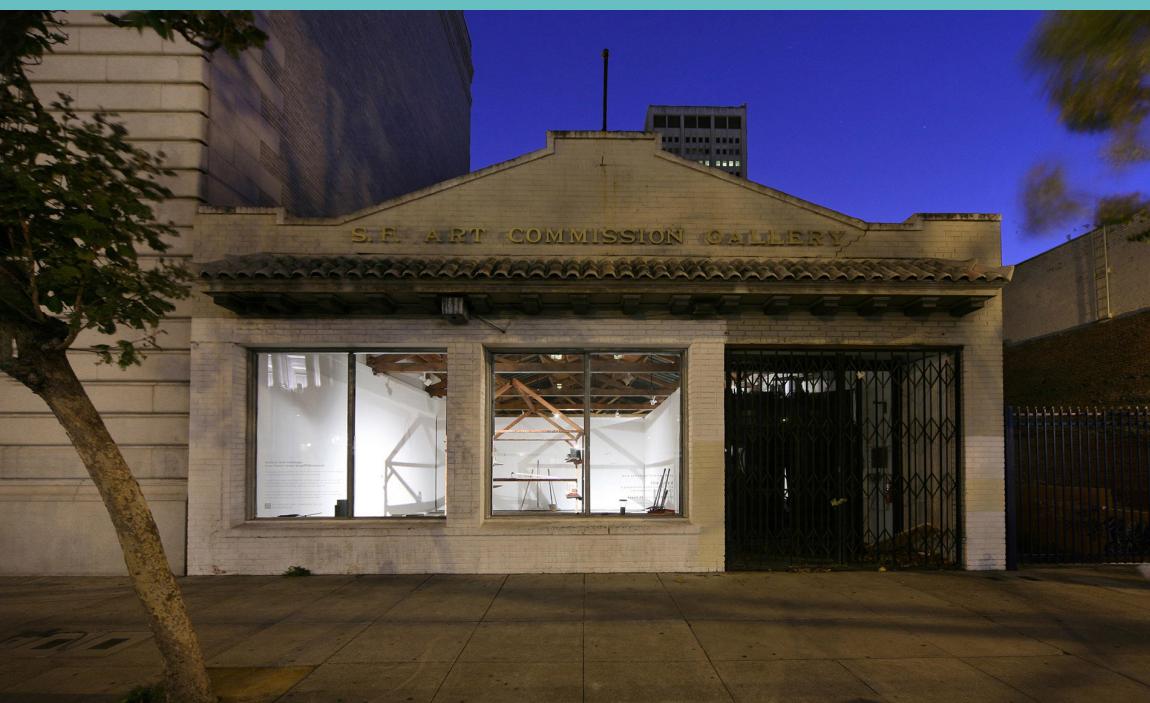


**S**ince May 2016, the Fix-It Team has been at work in neighborhoods throughout the city implementing the Mayor's Safe & Clean Neighborhoods Promise: "All residents are entitled to feel safe in their homes and neighborhoods. All residents are entitled to clean, well maintained public spaces and facilitate, such as parks, public transportation, sidewalks and streets."

Fix-It Director, Sandra Zuniga, and her team – Ian Schneider, Ronnie Rodriguez, Cassie Hoeprich and Lydia Cho – partner with residents and city agencies to improve quality of life in San Francisco's neighborhoods. Collectively, the Team's background includes Public Works, 311, Planning and the Office of Economic and Workforce Development. Fix-It collaborates with residents to identify safety and cleanliness concerns in each of the 25 Fix-It neighborhoods and coordinate with the responsible city

departments to deliver services better and faster. Throughout the entire process, they meet with residents in person, spend time in their communities and report back with results. Key partner agencies include San Francisco Public Works, San Francisco Public Utilities Commission, San Francisco Municipal Transportation Agency, the Recreation and Park Department, the Department of Homelessness and Supportive Housing, the Homeless Outreach Team, the Department of Public Health and the San Francisco Police Department. The partnering agencies work in tandem to resolve concerns raised by residents through a series of community meetings and community walks with residents. Their website is still in-progress, so if you have any questions about Fix-It or would like to learn more about the Fix-It Zones, reach out to the team at [FixItTeam@sfgov.org](mailto:FixItTeam@sfgov.org).

# 155 Grove Street Celebration



**J**oin the San Francisco Arts Commission Galleries (SFAC Galleries) for the final program at 155 Grove Street Window Installation Site. After 47 years of nearly continuous operation, the SFAC Galleries will conclude programming the Grove Street location in order to focus its resources on its beautiful, expanded Main Gallery in the War Memorial Veterans Building.

This event is both a closing and an opening! We've invited two local artists—Cliff Hengst and Martin Venezky—to help us say farewell with a performance and the final window installation. Using hundreds of 4"x6" photographs taken of the Grove Street space and the surrounding Civic Center neighborhood, renowned graphic design Martin Venezky weaves together a graphic mural that will inspire viewers to slow down and take a closer look. Celebrated painter and performance artist Cliff Hengst is the master of ceremonies for the closing event. Wearing a handmade musical suit, Hengst will lead a lively procession that begins at 155 Grove Street and moves to the new Main Gallery with stops along the way. The performance ends with a reception and remarks inside the new Main Gallery at 401 Van Ness.

**Saturday, September 30, 2017**  
**6:00 PM to 8:00 PM**  
**SFAC Galleries Window Installation**  
**Site**  
**155 Grove Street**

# The Commons



**T**he Commons on 3rd Thursday is September 21 from 5pm - 9pm. The event is a free "block party" featuring live music on three stages, roller skating by the Church of 8 Wheels, food trucks, over-21 beverages, games such as bocce ball and skee ball, a balloon sculpture installation, and other activities for all ages in Civic Center Plaza, UN Plaza, and Fulton Street between the Asian Art Museum and the San Francisco Main Public Library. Bring your colleagues, friends and family and help us spread the word!

Headlining the September event will be French Cassettes and EagleWolfSnake on Fulton Street, Omega LIVE Band in Civic Center Plaza and DUCKWRTH in UN Plaza – unique and compelling performers highlighting the diversity of California's music scene. Church of 8 Wheels is bringing the roller rink outside, setting up a funky skate rink on Fulton Street. Free skate rentals will be available to the public to skate the night away on eight wheels.

Bi-Rite Creamery will be a featured food vendor in Civic Center Plaza, showcasing their ice cream and other menu items to customers in their future location; they will operate a new café kiosk in Civic Center Plaza in February 2018, when the new playgrounds open. Off



the Grid food trucks will include Cochinita, It's All Gravy, Kokio Republic, Lamas Peruvian Food, SAJJ and QBC. And the Tenderloin Museum is curating an outdoor art gallery in UN Plaza, highlighting a selection of works from area artists Ira Watkins, Darwin Bell, and JB Higgins.

The Commons on 3rd Thursdays is a public-private partnership among the City of San Francisco, Another Planet Entertainment, Off the Grid, Noise Pop, and the Civic Center Community Benefit District. The event series grew out of the Civic Center Commons initiative, a strategic effort led by the City of San Francisco and community partners to transform daily experiences in these public spaces and create a unified, inclusive civic "commons." As a result of the effort, visitors to the area also will experience a dynamic sound installation in UN Plaza, courtesy of the Exploratorium, an outdoor art gallery by the Asian Art Museum, and a new yarn wrapping installation on trees throughout the area. The latest installment includes a cluster of three knitted giraffes in Civic Center Plaza, with parrots on their way to Fulton Street and octopuses to UN Plaza later this month. The yarn artists Knits for Life will be on hand with a knitting demonstration at the September 21 event.



the  
commons  
**block  
party**

— FREE —  
3RD THURSDAYS