

CIVIC CENTER

Campus Chronicle

March - April 2018



CIVIC CENTER



Dear Tenants:

Welcome to the latest edition of the Civic Center Campus Chronicle. As you walk around the campus these days you will run into new, up and coming projects everywhere you look. This issue highlights some of these great improvements to our area.

We also always want to keep our employees healthy and active, so you will find tips and helpful information inside. Remember, no one should try to "tough it out" and come to work sick. By staying home when you are ill, you are decreasing the chances of infecting your coworkers.

Enjoy.

John Updike



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

49 South Van Ness

Construction has begun at 49 South Van Ness! The building will provide 460,000 square feet to serve as the new work home for over 1,600 City employees with Public Works, Department of Building Inspection, Planning Department, DPH Environmental Health Services, Board of Appeals, Entertainment Commission, Office of Short Term Rentals and more.

Located on South Van Ness Avenue, between Market and Mission Streets, 49 South Van Ness will be a major update to the workplace—modern, sustainable, and healthy. The new space will emphasize more conference space and collaboration areas. In addition, the building provides great amenities, such as an onsite childcare facility and outdoor patios. The 16-story office building is also planned to be LEED Gold certified. This means that it's been designed with sustainability and staff well-being in mind. The work environment will feature lots of daylight and views, low-VOC furniture and finishes, solar roof panels, a graywater system, EV parking spaces, bicycle parking and access to shower facilities.



49 South Van Ness will also be the location of San Francisco's new 'one-stop' permit center. The new center will collocate various agencies and departments in one location, and represents a terrific opportunity to improve operational efficiencies and workspaces and make permitting processes easier for both staff and the public. While the move isn't happening until Spring 2020, preparations for it have already begun. The City will be keeping you informed about this process, and will provide ways to answer your questions and collect and incorporate your thoughts in the coming months.



Seen & Heard

What do you like about the City?

My whole family was born in the City. My mom and her 8 brothers and sisters; my brothers and sisters and I, were all born at Letterman Army Hospital. We are all original San Franciscans.

What is your favorite website?

YouTube, I like it because anytime I need to look up something I can just type the word into the search bar and "wallah" hundreds of videos appear on the subject.

What's your favorite activity to do coming into SF?

Driving on the Bay Bridge making videos and taking photos of the amazingly beautiful views. And the Bay lights at night are like a light show, stunning.



Nathan Rodis
San Francisco Public Works
City Hall, Room 348

What is your favorite app?

The Weather Channel is a great app, especially for those of us who commute to work.

What is your favorite restaurant in San Francisco?

San Tung on Irving Street and 11th Avenue. I started going there with my family almost 25 years ago when they were a 6 table restaurant. I recommend their dumplings, steamed pot stickers, dry fried chicken and black bean sauce noodles.

What is your favorite "tourist" activity to do in the City?

Walk the Golden Gate Bridge



Cheryl Yancey
Storekeeper
Real Estate Division
25 Van Ness, Suite 400

What is your favorite lunch spot near Civic Center?

I have a bunch but if I had to narrow it down I'd say Lers Ros Thai and Chez Maman in Hayes Valley are definitely two of my favorites.

What is your best "green" tip?

Take the stairs! I always encourage people to use the stairs when going up and down City Hall. It's good for you and lessens the use of our vintage elevators.

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

I love taking my dog to the beach to catch some sun, swim and workout. Fort Funston is hands down our favorite spot.



Celenia Castro
Office of the Treasurer &
Tax Collector
City Hall, Room 140

By Mothers, For Mothers

Mamava is a company committed to transforming the culture of breastfeeding by making it easier for more women to achieve their breastfeeding goals. In order to do so, they created the Mamava Suite, a self-contained mobile lactation pod. These suites are equipped with seating, a fold-down table, an electrical outlet for plugging in a pump, and a door that can be locked for privacy. The goal with these lactation suites is to provide privacy, cleanliness, and all a mother would need to use a breast pump or nurse an infant, while simultaneously reminding passersby that breastfeeding should be supported and celebrated.

Finding a Supportive Space

Mamava has taken its mission of providing nursing mothers with private places to nourish their babies beyond their suites by creating the Mamava Application for iPhone and Android. The App is needed to access a suite, so it is highly recommended that mothers download and install the App before they require access to the suites. The App will give the location of the nearest private and dedicated place to nurse. Not only does the App list the 400 Mamava Suites implemented across the country, but it also identifies over 2,500 Mamava-approved (i.e. not a restroom) lactation accommodations.

The Mamava suite in City Hall, located in the McAllister Lobby, was implemented one year ago, and Mamava has been expanding in the San Francisco Bay Area ever since. Learn more at <https://www.mamava.com/>.



Green Scene



New Items for the Blue Bin

One of the latest developments from Recology and the San Francisco Department of the Environment is the acceptance of new items into the blue recycling bin. Many of these items used to go into the black waste bin, but new Recology processes have allowed for the recycling of these materials. The new items acceptable for recycling are as follows:

- Plastic bags/plastic wrap: You can now recycle clean plastic bags. First, collect all your clean plastic bags and use one of them to store the rest. This can then be put into the recycling bin.
- Paper coffee cups: Simply place the cup, sleeve, and plastic lid into the blue bin, no need to sort these items between bins! However, the cup must be empty before recycling, so please rinse out your leftover beverage.
- Milk and juice cartons: Just as with coffee cups, simply empty the contents of the carton before placing them into the blue bin.
- Ice cream containers: Empty (and clean) ice cream containers now go into the blue bin, along with their lids.
- Soy milk or soup cartons: As these cartons are becoming more and more popular for food storage, it only makes sense to be able to recycle them. Just as with any other food or drink storage product, simply make sure there is no leftover food or drink before recycling it.
- Fabric: If the product is potentially reusable, visit www.recyclewhere.org to learn where to recycle it. If it is not usable, put the clean fabric in a clear plastic bag, then into the blue bin. Fabric with rips and holes are okay, as well as socks who have lost their match! However, please do not recycle shoes or belts, as these may contain leather or rubber, which are not recyclable.



In our modern world, staying green is more important than ever. We must each do our part to keep our city clean, and Recology is doing its part by accepting more items to be recycled.

For more information, visit www.recology.com/recology-san-francisco.

Here's a look at what you can recycle!

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RECYCLE

RECICLAR



SFRcycles.org



SF Environment
Our home. Our city. Our planet.
A Department of the City and County of San Francisco

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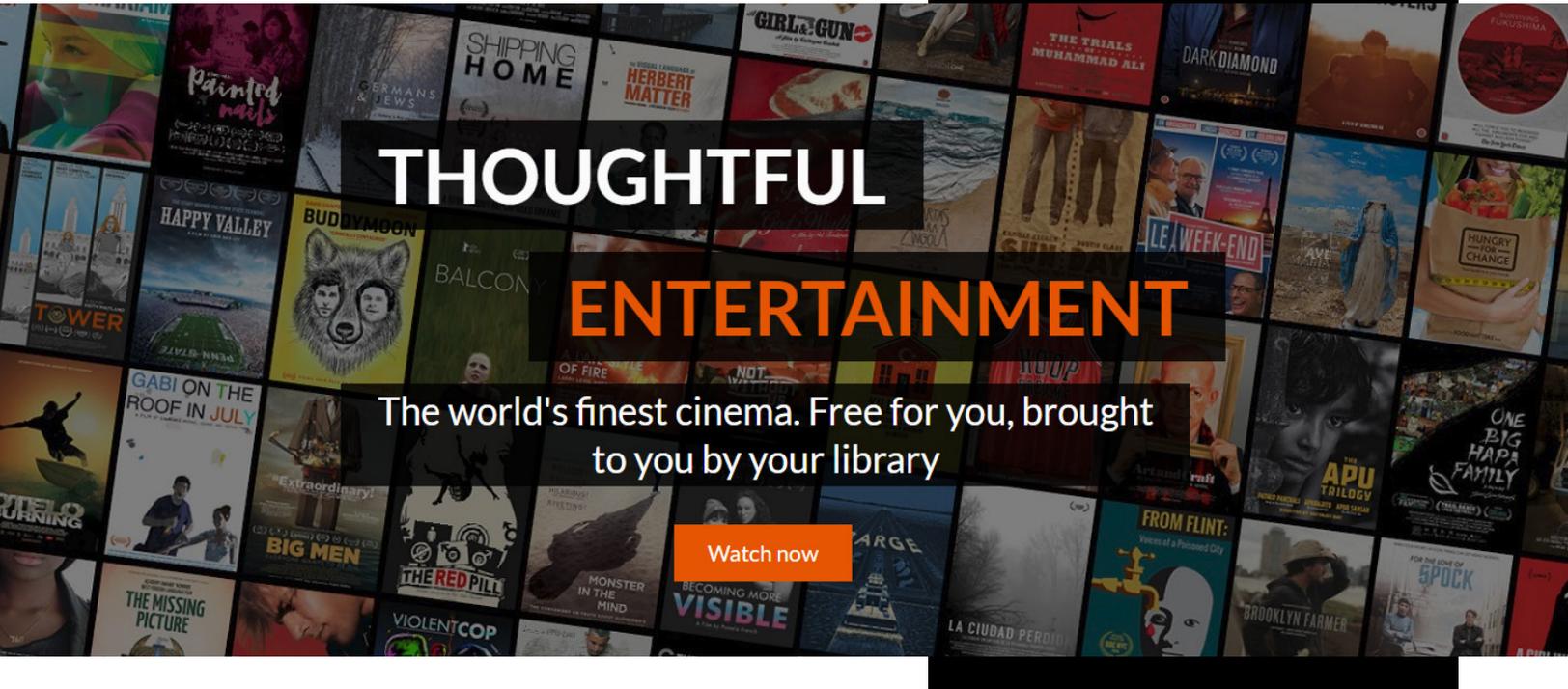
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Check Out 8 Free Movies a Month!

kanopy



THOUGHTFUL ENTERTAINMENT

The world's finest cinema. Free for you, brought
to you by your library

Watch now

The San Francisco Public Library has debuted Kanopy, an online streaming platform that will allow library guests to watch more than 30,000 documentaries, classic films, and rare independent releases. Kanopy, which is based in San Francisco, introduced the program last year at the New York Public Library and the Los Angeles Public Library.

To use Kanopy, users need a valid library card, which San Francisco residents can sign up for at www.sfpl.org, and an internet connection. Each card holder can stream Kanopy online, on Roku, iOS, and Android (and soon, Apple TV) to watch up to eight films per month on the SFPL's dime. Film credits are then re-upped on the first of the month.

The extensive collection of films is accessible at Kanopy's site. Currently, it showcases locally-oriented categories including "Top Picks from the San Francisco Film Society," "Life in the Bay Area," "The LGBTQ Community," and "Movies Based in the Bay Area." The latter category includes the classic 1950 noir "Woman on the Run," starring Ann Sheridan and Dennis O'Keefe.

Browse Kanopy's offerings at www.sfpl.kanopystreaming.com.

Stay Active During the Rainy Season!

Some days, it's just really difficult to go outside, especially in the winter months. It can be rainy or cold, and the sun may already set by the time you get off work. So what are you going to do to get some exercise, especially if you don't have a gym membership to rely on or want to stay healthy and exercise at home on a budget? Here are a few ideas for staying active when the outdoors are not so inviting.

Jump Rope

While it may seem like a child's toy, a jump rope is a very useful tool for staying in shape. A great way to get your heart pumping is to use the jump rope; you'll find yourself out of breath after a short time! Try jumping on both feet, then alternating back and forth between your left and right foot to exercise both legs.

Stair Stepping

Stair stepping is a great exercise to do in your home, even if you don't have a set of stairs available. Find the biggest book you own (or a sturdy chair), put it in front of the TV, and step up and down while watching your favorite show. You may not work up a sweat like you would with a jump rope, but you will be keeping your body active and healthy.

Walking in Place

Walking has consistently shown to be a fantastic way to keep oneself in shape. However, if it's raining outside, a walk around town might not sound so fantastic. You can still walk around your own home, or even while standing in place while reading the newspaper or watching television. In addition, you may want to add some High Knees to your walk, as they will get your heart pumping even more. Try bringing your knees as high as possible during each stride.

Cleaning

This one may come as a surprise, but cleaning can actually be very physical! This is especially true when sweeping, mopping, or using a vacuum cleaner. The next time you are unable to go out for a run or bike ride, try cleaning up around the house instead! Not only will you get the satisfaction from exercise, you end up with a satisfying result – a clean house.





How Long are you Contagious with a Cold or Flu?

The common cold and flu are respiratory ailments caused by viral strains in the body. While both of these illnesses are contagious, the length of time that people are contagious with them varies.

The seasonal cold is one of the most common respiratory sicknesses in humans. According to the Centers for Disease Control and Prevention (CDC), millions of cases of the common cold are reported each year in the United States alone. The symptoms of the common cold are caused by the body's response to the virus rather than the virus itself. Most cases of common cold are spread through sneezing, coughing, and people touching contaminated surfaces. This suggests that people are most contagious once symptoms appear.

As the symptoms of the cold begin to reduce, the risk of spreading the illness goes down, though the risk is still there. The average cold lasts anywhere from 3-10 days, so people should expect to be contagious during that period. There are a couple reasons for the common cold's widespread reach. The symptoms of the cold are caused by a large number of different viral strains, such as rhinoviruses, adenoviruses, and coronaviruses. It is nearly impossible for the body to build up resistance to all of these viral strains at once. The viral strains also adapt to their environment and they have learned to do this to survive the human immune system.

The influenza virus, also known as the common flu, is a highly contagious respiratory virus that affects all age groups. The virus has a different effect on every person, and symptoms can range from mild to life-threatening. There are millions of cases of the flu virus each year.

The main difference between the flu and a cold is in the symptoms. Flu symptoms are more severe than those caused by a cold and affect the whole body. The common cold typically just affects the upper airway.

Like with the common cold, it is still possible to spread the virus during the entire time the flu symptoms are present. Most flu symptoms last from 2-10 days. People can expect to be contagious during that entire period.

Another reason the flu is so contagious is that it continually evolves. Normally, when the body gets over an infection, it remembers how to fight off that particular virus. Because the flu virus is constantly evolving, the body is rarely dealing with the same flu virus twice. This leads to some people contracting the flu year after year.

How to Stop the Cold and Flu from Spreading



The most important factor in reducing the spread of viral infections, such as the cold and flu is to create healthful habits during the cold and flu season.

Drinking plenty of water, eating a healthful diet, and getting plenty of rest are advised. These simple practices can help to make the time spent with the illness as comfortable as possible.

When symptoms are showing, a few steps that people can take to protect others from catching the illnesses are:

Covering a cough

When people cough or sneeze, it is important to cover the mouth and nose with a tissue or the elbow of a sleeve if no tissue is available. The spray of saliva or mucus caused from a cough or sneeze contains the viruses that may increase the risk of spreading.

Getting rid of tissues

If possible, people should throw tissues away immediately after use. Using a new tissue each time decreases contact with the virus and keeps hands as clean as possible.

Washing frequently

Reducing the spread of the cold and flu virus can be as simple as washing hands frequently, especially after coming into contact with bodily fluids. If it is impossible to wash hands frequently, people should try to avoid direct contact with other people or public items like telephones and door handles.

If symptoms are difficult to manage properly, some people choose to stay home from work or school and opt out of social activities. This helps prevent the spread of illness while also taking care of personal well-being.

- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese (Body Mass Index, or BMI, of 40 or greater)

If you (or your child) are in one of the groups above and develop flu-like symptoms, consult a health care provider to get advice about seeking medical care. Also, it's possible for otherwise healthy people to develop severe illness, so any one concerned about their illness should consult their doctor.

There are "emergency warning signs" that should signal anyone to seek medical care urgently.

Are there medicines to with flu?

Yes. Antiviral drugs are prescribed as a liquid or an inhaled powder) that work inside your body. While a flu vaccine is an important step in preventing flu, it is a second line of defense to treat flu. Antiviral drugs are not sold over the counter; you must have a prescription to get them. They are not a substitute for vaccination.

How long should I stay away from others?

CDC recommends that you stay away from others for 24 hours after your fever is gone without the use of a fever-reducer for care or for other necessities. Stay away from others as much as possible to prevent making others sick. Cover your nose and sneezes and wash hands frequently. If you have a fever, you may have flu symptoms for up to 5 days after you get flu symptoms.

Emergency Warning Signs In Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Flu Symptoms can include:

- fever *
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

For more information, visit

<http://www.flu.gov>

<http://www.cdc.gov/flu>

or call

800-CDC-INFO.

treat infection

cription medicines (pills, that fight against the flu ine is the first and most flu, antiviral drugs are a at the flu if you get sick. ver-the-counter; you et them. Antiviral drugs ation.

home if I'm sick?

stay home for at least 24 except to get medical (Your fever should be er-reducing medicine.) ch as possible to keep tinue to cover coughs even after you return ow that even if you don't u and be contagious if

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August 2010
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Flu & You



Centers for Disease
Control and Prevention
National Center for Immunization
and Respiratory Diseases



Asian Art Museum Plans Major Expansion





San Francisco's Asian Art Museum will soon begin construction on its \$90 million expansion. The Civic Center institution, boasting one of the most expansive Asian art collections in the world, gears up to update its historic yet confined space. The new pavilion will contribute to making the area a vibrant part of San Francisco's diverse cultural landscape.

- Construction should begin in early 2018 with hopes to open to the public by summer of 2019.
- It will add 13,000 square feet of additional exhibition space.
- The current designs call for a "pavilion and art terrace" on the museum's Hyde Street side. The art terrace, located on the rooftop, will measure roughly 7,500 square feet. It will be a "venue for contemporary sculpture and commissioned installations."
- The glass and terra-cotta addition will contain a new gallery and outdoor sculpture gallery/terrace; the project will also include a new education center and other technological upgrades throughout the museum.
- The museum will not close. Rather, it will remain open throughout construction, but certain galleries will close at different times to accommodate the work.
- The expansion will grow the Museum's current building, a 1917 Beaux Arts structure, originally San Francisco's Main Library, adapted by Italian architect Gae Aulenti in 2003.
- Technological improvements will be installed throughout the Museum's galleries, with touchscreens offering multilingual support, wayfinding assistance, and information on museum events.
- Regular updates will be provided on the museum's website: www.asianart.org.

Election News



In January 2018, the Board of Supervisors appointed Mark Farrell as Mayor to fill the vacancy in that office created upon Mayor Ed Lee's passing. Mayor Farrell will serve until voters elect a candidate for Mayor in the June 5, 2018 election. The person elected in June will then serve as Mayor for the remainder of Ed Lee's term, which ends on January 8, 2020. The contest for Mayor will again appear on the ballot for the November 2019 election and the elected candidate will be sworn to office on January 8, 2020 for a four-year term.

The person elected Mayor in the June 2018 election can be sworn into office immediately after the Board of Supervisors declares the official results, most likely in early to mid-July. The Department of Elections must first certify the election results before the Board can take action and formally declare the results.

Mayor Farrell appointed Catherine Stefani to fill the vacant seat for Board of Supervisors, District 2, created when the Board appointed Mayor Farrell. The District 2 seat will appear on the November 2018 ballot as regularly scheduled and the elected candidate will take office on January 8, 2020, for a four-year term.

As a reminder, the last day to register to vote is Monday, May 21, 2018. You may check your registration status by using the Department's Voter Registration Status Lookup tool: <http://sfelections.org/tools/reglookup/>.



Next Scheduled San Francisco Election:

June 5, 2018