

July 4 —  
Remember our  
history

# Western Edition HP JOURNAL

July 2014

Bridging San Francisco communities through nonprofit services

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Cedric Moore	Publisher
Gretchen Quandt	Editor
Joe D'Arcy	Designer
Ivonne Calderon	Designer

## Writers

Lindsay Adams, Sam Felsing, Thomas Figg-Hoblyn, Julie McCoy

## Photographers

Breana Rae Flores, Mike McCoy

## Columnists

Midgett, Erik Peper, Ph.D.

The Western Edition now publishes quarterly. The next issue will be in October 2014. View the newspaper online, [www.thewesternedition.com](http://www.thewesternedition.com)

## The 2014 Fillmore Jazz Festival has spectacular lineups



[Left to Right]: Teri Odabi, Eddy Street stage, July 5, noon–1:30 p.m.; photo by James Knox via [www.Flickr.com](http://www.Flickr.com). Ila Cantor, Sutter Street stage, July 6, 10:15–11:45 a.m.; photo via [www.theintersection.org](http://www.theintersection.org). Kim Naley, California Street stage, July 5, 4:15–5:45 p.m.; photo via [www.kimnalley.com](http://www.kimnalley.com).

By Lindsay Adams

This year's Fillmore Jazz Festival, the largest free jazz festival on the West Coast will take place on Friday, July 5th and Saturday, July 6th from 10 a.m. to 6 p.m. on San Francisco's Fillmore Street between Jackson and Eddy Streets.

Commemorating its 30-year anniversary, the event will be a tribute to the women of jazz —

“Celebrating Women in Jazz and Beyond.”

“After the festival last year, I started preparing the lineup for 2014 and sketching artists that either hadn't played in a long time or had never played in the festival,” recalled Jason Olaine, the festival artistic director. He stated, “I already had a handful of women already booked, and my wife suggested that I feature great women

artists in the Bay Area.”

Every performance at the festival will be by groups led by women, groups featuring women, or groups entirely composed of women. Some of the artists and groups scheduled to appear include: Kim Nalley; Darlene Coleman; Kitty Margolis; Ila Cantor; Lavay Smith & Her Red Hot Skillet Lickers; Gabrielle Walter-Clay; and the Bayonics. For

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## St. Francis Square Co-op celebrates 50 years



Former residents of St. Francis Square Co-op attend 50th anniversary exhibit at SFPL. Photo by Breana Rae Flores.

By Julie McCoy

St. Francis Square — the first co-op in San Francisco to provide affordable, multiethnic housing — is celebrating its 50th anniversary with an exhibit at the San Francisco Public Library.

Entitled “St. Francis Square: 50 Years of Cooperative Living,” the exhibit began in June and runs through August 23rd.

St. Francis Square opened its doors at the end of 1963 and became a co-op in 1964.

“I felt it was an important part

of San Francisco history, especially as it had to do with the history of redevelopment in the Western Addition,” said Janet Tom, a St. Francis Square resident who thought of the idea of doing the exhibit and helped to set it up.

“It was unique because it was built to be homes owned by families of moderate income, of all races in the area — African American, Caucasian and Asian — and to be run by its residents as a co-operative,” said Tom. “Even now, there are not that many co-ops in San Francisco. Most people don't even

know what they are. However, there are a few here in San Francisco. Some are low-to-moderate income; some are on the high end. But by and large, the big co-ops are mainly in New York.”

Today, there are about 300 resident-owned units in St. Francis Square. A two-bedroom unit with a patio or deck sells for about \$350,000 to \$400,000.

The area covers three square blocks. Sidewalks in the area are named after ships — for example, Galilee, Western Shore, Inca,

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## David Chiu of SF Board of Supervisors runs for 17th Assembly District



David Chiu spends a restful moment among pollarded sycamore trees in Civic Center Plaza, a National Historic Landmark that was designed by Thomas Church for the War Memorial Opera House complex. Photo by Mike McCoy.

By Julie McCoy

David Chiu has been involved in local politics for years and has no plans to slow down any time soon.

Chiu was asked how he got into politics and what he loved about politics. He was also asked what has kept him going all these years.

Chiu responded: "In college, I was fascinated by the history of the civil rights movement, which inspired me to go to law school and pursue a public service career. Almost 20 years ago, I first came to San Francisco to work for a civil rights organization rooted in the African American community. For years, I threw myself into community activism — chairing the Youth Leadership Institute, a neighborhood association, an affordable housing nonprofit. In 2008, I decided to run for the board of supervisors because City Hall was not as functional as it should have been, and I was moved to see if we could bring about positive change in our communities. While politics can sometimes be incredibly frustrating, this is what keeps me going. Working with people to create concrete solutions to the issues facing our neighborhoods never gets old."

Chiu is the president of the San Francisco Board of Supervisors and is the supervisor of District 3, which encompasses the northeastern corner of the city, including Chinatown,

North Beach, the Financial District and Fisherman's Wharf.

On any given day, Chiu is working on a plethora of issues, including job creation, affordable housing, balancing the city's budget and making the city more family-friendly. "My role is to move forward legislation and policies to help all of our diverse San Franciscans," he said. "I view the role of supervisor as bringing diverse communities together to reach consensus and deliver results, addressing the most challenging issues of the day."

A self-described "champion for affordable housing," Chiu worked with Sophie Maxwell to spearhead the Bayview Hunters Point Shipyard Project to clean up a highly toxic area and provide 10,500 units of housing — the majority of which is deemed affordable housing. "This was a difficult and contentious issue," he said.

In 2011, Chiu's vote on the board of supervisors in favor of replacing rent-controlled townhomes in San Francisco's Park Merced neighborhood with new energy-efficient units resulted in approval of the project. Units where rents are currently controlled will remain that way, but new ones will be rented or sold at market rate. Chiu said he continues to support the project.

Chiu added this about his stand on the Park Merced housing demolition:

"Park Merced's 1,500 units

were built after World War II, and 70 years later, they are rapidly deteriorating; if we simply wait for the homes to crumble to the ground, current residents would have zero protections to find affordable housing in our city. Instead, my office crafted many pages of protections to legally guarantee current residents new safe 21st century homes at their existing rent-controlled rates for the rest of their natural lives, in a new, sustainable neighborhood next to a school, public transit and small businesses," Chiu said.

Chiu added, "We ensured the developer would cover all relocation costs, and also created a \$200 million security fund to make sure that promises to the Park Merced tenants would be kept. We did all of this while adding thousands of new units to our city's overburdened housing stock — a total of 8,900 units — and I am proud that we were able to get this accomplished."

Chiu is the first Asian American to serve as District 3 supervisor, the first Asian American to serve as board president and the first supervisor to be elected to three consecutive terms as the board president.

Chiu was asked what it is like, or what does it mean to him to be the first Asian American to serve as the District 3 supervisor, the board president, and the first supervisor to be elected to three terms as the board president.

Chiu said, "It still amazes

me to think that just six years ago, there was only one Asian American serving on the board of supervisors; no Asian American had ever served as board president, and the oldest Chinatown in the country — in my district — had never been represented by an Asian American. In a relatively short period of time, Asian American political representation in San Francisco has significantly changed, and I am humbled to be a part of that."

Chiu emphasized, "I have also been incredibly honored that my colleagues on the Board of Supervisors have chosen me to serve as President for an unprecedented three consecutive terms. I think this speaks to the fact that our efforts to bring all sides to the table has successfully changed the tone at City Hall and is working for San Francisco."

When Chiu was asked how he would describe his leadership style, he answered, "Bringing people together to deliver results best sums up my approach to leadership. As elected officials, we have a duty to keep our doors open to all members of the community, even when we disagree with them. I truly believe that a diversity of ideas is necessary to create good public policy. In my time as President of the Board of Supervisors, we have been able to tackle some of our city's toughest issues by making sure that all stakeholders have a seat

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## SF News Briefs

By Sam Felsing

### Fillmore Jazz Festival

After their Fourth of July fireworks have flamed out and their barbecues have been cleaned, San Franciscans can make their way to the Fillmore Jazz Festival, happening in 2014 on Independence Day weekend, July 5 and 6.

The jazz festival is the largest of its kind on the West Coast, attracting some 100,000 people each year. Its 12 stages span 12 city blocks along Fillmore, from Jackson to Eddy Streets, and it attracts artists of all kinds, not only jazz musicians.

While listening to the tunes of musicians such as Faye Carol, Kitty Margolis and Janice Maxie Reid, festival goers will be able to explore the event's many fine arts & crafts booths, as well as a number of dining vendors.

To learn more about the Fillmore Jazz Festival, visit <http://www.fillmorejazzfestival.com/>.

### San Francisco Marathon

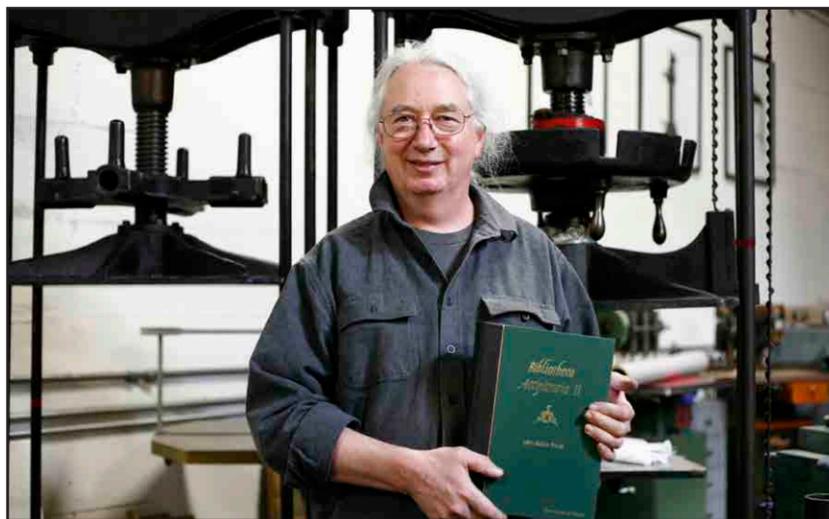
San Francisco occupies only about 47 square miles. Those 47 square miles are packed with everything from skyscrapers to cable cars to parks. They are also highly dense, with 17,000 people per square mile. Yet somehow or another, each year the organizers of the San Francisco Marathon manage to carve out 26 miles of the city for their race. This year, the Marathon will happen on July 27.

Marathon runners will start their day at 5:30 a.m. They will begin their race at the Ferry Building, and then make their way up through the Marina and Presidio and onto the Golden Gate Bridge. They will cross the



SF Marathon runners entering Golden Gate Bridge. Photo via <http://griseldacardona.wordpress.com/>.

bridge twice, going to and coming back from Marin. They will loop around Golden Gate Park, make their way through the Panhandle, head toward AT&T Park, and then end near where they started off, a short distance



Tim James at Taurus Bookbindery. Photo via <http://kalw.org/term/litography-project>.

from the Ferry Building. San Francisco residents should plan their travel schedules accordingly.

Not all runners will need to participate in the full marathon. People will also have the options of participating in a half-marathon or a 5k race. A bold group of 100 runners will also get a chance to participate in a 52.4 mile run. However, these double-marathoners will have to raise \$1,000 for charity, agree to start their race at midnight, and have to put up with traffic laws while running, as no San Francisco streets will be closed during the first half of the 52.4 mile race. People can also just watch the race.

To find out more about the San Francisco Marathon, go to: <http://www.thesfmarathon.com/race-weekend/course-entertainment/>.

### The Litography Project

From City Lights in North Beach — where Allen Ginsberg and Jack Kerouac used to hang out — to McSweeney's Publishing in the Mission — office of Pulitzer Prize finalist Dave Eggers — San Francisco is filled with plenty of notable literary landmarks. To showcase these relevant literary areas, a group of writers, reporters and designers have created the Litography Project.

The project's overseers wish to create an online interactive map highlighting all of San Francisco's literary contributions from the past, present and future. Map users will not just be able to see

where certain literary happenings take/took place, they will be able to read writings about them, view photography and videos about them, and listen to stories about them.

The founders of the

Litography Project created a Kickstarter campaign to raise funds to create their map. The group's funding goal of \$19,200 was reached in April, but they are still taking donations in hopes of hiring more editors and extending their coverage to the East Bay.

If readers are interested in contributing, or simply learning more, they are directed to: <https://www.kickstarter.com/projects/thelitographyproject/the-litography-project>.

### San Francisco CARES

It does not take more than a stroll along Market Street to see that San Francisco has a mental health problem. There, people frequently talk loudly to themselves or willfully relieve themselves on the street. Despite spending \$2.7 billion on social services each year, city government has frequently struggled with how to help these people. It now may have a solution.

In May, Mayor Ed Lee introduced the Contact, Assess, Recover & Ensure Success — CARES — initiative. The initiative's purpose is to better help San Francisco's mentally ill and extreme substance abusers. Some of the immediate goals of the initiative are to expand the city's Community Independence Placement Project, add a new psychiatric respite center to San Francisco General hospital, and provide more mental health caseworkers to patients and their family members. The city also plans on better coordinating mental health responses and data sharing practices among city departments.

The CARES initiative is the result of the work of a 21-member task force that Mayor Lee set up to review how the city could better respond to the needs of its severely mentally ill and addicted residents. The task force found that San Francisco has multiple ways to help, but that it fails to coordinate its efforts effectively. The task force's recommendations are the basis of

the CARES initiative's goals.

### San Francisco Nightlife

Despite much of the city closing at 2 a.m., an hour that many young people bemoan as unreasonably early, San Francisco does actually have a vibrant nightlife. The nightlife industry has brought in as much as \$4.2 Billion dollars in revenue for the City. Now Supervisor Scott Weiner and Mayor Lee want to make it easier for the industry to work within San Francisco.

The politicians recently introduced NightlifeSF — a new initiative aimed at making it easier for proprietors, or prospective proprietors of nightlife establishments in San Francisco to get through the City's red tape for their venues.

A dedicated manager in the City's Office of Economic and Workforce Development — OEWD — oversees the project. The manager maintains a handbook for nightlife business owners that explains how to meet municipal requirements, how to gain access to City-sponsored loans and grants, and how to adhere to neighborhood policies and procedures. It also gives



GAP store at 890 Market St. Photo via Google Images.

people tips on how to start new nightlife businesses.

The OEWD manager also works to promote nightlife businesses to the general public, both through personal and electronic means. One outreach method used by the employees is the [www.NightlifeSF.org](http://www.NightlifeSF.org) website, which not only gives nightlife business owners a portal in which to take care of their city obligations, it also helps promote their businesses to tourists and residents alike.

Readers interested in learning more about San Francisco's nightlife scene can find this information by visiting the [www.NightlifeSF.org](http://www.NightlifeSF.org) website.

## Cancer-causing agents in food and atmosphere in American life



[Clockwise from Top]: "Pollution" by Billy Wilson via [www.Flickr.com](http://www.Flickr.com); "Chemotherapy" by Kate Nanley via [www.Flickr.com](http://www.Flickr.com); "Hope" by Darren Tunnicliff via [www.Flickr.com](http://www.Flickr.com).

By Thomas Figg-Hoblyn

The Bay Area is under attack from an insidious foe that is wreaking havoc on the population — cancer — and it is mostly man-made.

If you are like me, you know somebody in your circle of friends, family, and acquaintances who has cancer, or who died from cancer.

One of my favorite professors recently got cancer.

Another of my favorite professor's wife recently died from cancer.

Another professor's daughter has two friends that have cancer.

Two prominent men whom I knew at City College of San Francisco got cancer.

Both of my friend's brothers died of cancer.

So did her mother.

My father's best childhood friend died from cancer.

My son's step-grandmother beat cancer once, and now it is back.

I also know a single mom who is raising three children whose mother died from cancer and whose father is now terminally ill with cancer.

Then there are the whispers I hear about cancer in the hallways and streets of San Francisco.

The more I listen, the more I hear — cancer ... cancer ... cancer.

### What is going on?

According to an extensive 240-page report on cancer completed in 2009 by the President's Panel on Cancer, 21 percent of Americans will die from cancer and 41 percent will acquire some form of cancer in their lifetime.

The panel blames environmental causes — such as chemicals, pesticides and air pollution.

It appears as if cancer, mostly from environmental sources, is gripping our society — and killing it off.

It is stated in the report that American people — even before they are born — are bombarded continually with myriad combinations of dangerous exposures, and that citizens are exposed to hundreds of chemicals and toxins that are unregulated, and in many cases unknown.

### It gets worse

Our water and even our food are full of dangerous chemicals and toxins as well, according to the report.

With the Bay Area's population at approximately 7,000,000, approximately 2,870,000 people will get cancer, and as many as 1,470,000 will die from cancer — according to the Federal government's own studies.

So, as you walk down the street take a look around you. Odds are that someone to your left, to your right, behind you, or

in front of you will die of cancer.

That person has a face, a life, and a family, but when they die they will become merely a statistic.

Further, breast cancer in the Bay Area is running up to 20 percent higher than in the rest of America.

The producers of the report wrote that it was concerned to find that the true burden of environmentally induced cancer has been grossly underestimated. With nearly 80,000 chemicals on the market in the United States, many of which are used by millions of Americans in their daily lives and are understudied and largely unregulated, all Americans carry foreign chemicals in their bodies.

### Sources and Types of environmental contaminants

According to the report, "manufacturing and other industrial products and processes are responsible for a great many of the hazardous occupational and environmental exposures experienced by Americans. Many of these contaminants — even substances banned more than 30 years ago — remain ubiquitous in the environment because they break down very slowly, if at all.

The entire U.S. population is exposed on a daily basis to numerous agricultural chemicals. Pesticides approved for use by the U.S. Environmental Protection Agency — EPA — contain nearly 900 active ingredients, many of which are toxic. Many of the solvents, fillers, and other chemicals listed as inert ingredients on pesticide labels also are toxic, but are not required to be tested for their potential to cause chronic diseases such as cancer.

Many known or suspected carcinogens have since found their way into soil, air, water, and numerous consumer products.

Mobile source air emissions, such as from cars, trucks, other passenger vehicles, ships — especially diesel particulate pollution — are responsible for approximately 30 percent of cancer resulting from air pollution.

Regulated chemicals in drinking water include 53 organic chemicals. However, an analysis of more than 2 million drinking water test results acquired from 42 state water offices found 260 contaminants in tap water. Of these, 141 contaminants have no safety standards. At least 40 of the unregulated contaminants were detected in tap water consumed by at least 1 million people.

Bottled water is regulated by the U.S. Food and Drug Administration — FDA, and while standards for lead content are more stringent than federal public water standards, other quality standards are the same as federal limits for public water supplies. Bottlers, however, are not required to disclose either the content or the source of their water, as is the case for public supplies. One study detected caffeine, the pharmaceutical acetaminophen, arsenic, radioactive isotopes, nitrates and ammonia from fertilizer residue, and industrial chemicals including solvents, degreasing agents, and propellants.



### Call to Action

Our own federal government warns us in the report about the state of cancer in America, and according to their findings, "The prevailing regulatory approach in the United States is reactionary rather than precautionary." That is, instead of taking preventive action when uncertainty exists about the potential harm a chemical or other environmental contaminant may cause, a hazard must be incontrovertibly demonstrated before action to ameliorate it is initiated. Moreover, instead of requiring industry or other proponents of

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## Health and Wellness

Cancer continued from page 4



"Pesticide Spraying" by Don McCullough via [www.Flickr.com](http://www.Flickr.com); "Warning" by Corey Holms via [www.Flickr.com](http://www.Flickr.com).

specific chemicals, devices, or activities to prove their safety, the public bears the burden of proving that a given environmental exposure is harmful.

The panel concluded that Americans need to determine the full extent of environmental influences on cancer. At this time, they do not know how much environmental exposures influence cancer risk and related immune and endocrine dysfunction.

The government states that our nation needs a comprehensive, cohesive policy agenda regarding environmental contaminants and protection of human health. Environmental health, including cancer risk, has been largely excluded from overall national policy on protecting and improving the health of Americans. It is more effective to prevent disease than to treat it, but cancer prevention efforts have focused narrowly on smoking, other lifestyle behaviors, and chemopreventive interventions."

### Stronger Regulation Is Needed

According to the President's panel of experts, "Weak laws and regulations, inefficient enforcement, regulatory complexity, and fragmented authority allow avoidable exposures to known or suspected cancer-causing and cancer-promoting agents to continue and proliferate in



the workplace and the community. Existing regulations, and the exposure assessments on which they are based, are outdated in most cases, and many known or suspected carcinogens are completely unregulated. Enforcement of most existing regulations is poor."

The U.S. by nature is a capitalistic industrial complex, and as this report makes it clear that the current regulation system is ineffective, and it appears that Americans are awash in cancer activating chemicals and compounds.

Furthermore, organizations purporting to fight against cancer, as well as the medical community, focus on fixing the problem instead of addressing the cause.

The truth is that the American Cancer Society, for example, is one of the richest nonprofits in the world, and according to experts such as Dr. Samuel Epstein, professor emeritus of Environmental and Occupational Health at the University of Illinois at Chicago School of Public Health, the American Cancer Society is helping to lose the battle against cancer.

People who participate in the American Cancer Society fundraising events probably have no idea that they are raising money for a giant wealthy foundation guided by people who profit from cancer treatment.

Epstein stated in a report that The American Cancer Society is fixated on damage control, including diagnosis and treatment, and on basic molecular biology, with indifference or even hostility to cancer prevention.

According to a report and press release by the Cancer Prevention Coalition, the American Cancer Society is an "old boy's network" that is primarily interested in the accumulation of wealth for a variety of interested parties.

The coalition also pointed out that the American Cancer Society Foundation's board of trustees included corporate executives from the pharmaceutical, investment banking, and media industries.

About 16% of the American Cancer Society funding goes to research and about the same

amount goes to patient support along annual timelines. However, huge amounts also go to highly paid executives.

In an investigation by Project Censored in 2010, it was stated that the American Cancer Society is getting wealthy from the public and funding from surgeons, drug companies, and corporations that profit from cancer cures, noting that more than half the funds raised go for overhead, salaries, and fringe benefits for its executives and employees while most direct community services are handled by unpaid volunteers.

The value of cash reserves and real estate totals over \$1 billion.

But what the Project Censored story — sourced from the International Journal of Health Services — points out, which is possibly most alarming, is how conflicts of interest affect ACS's approach to cancer prevention: "With a philosophy that emphasizes faulty lifestyles rather than environmental hazards, the ACS has refused to provide scientific testimony needed for the regulation of occupational and environmental carcinogens.

Project Censored echoed the findings from the federal study on cancer, which places the crux of the blame on environmental carcinogens, such as chemicals, pesticides, radiation, and air pollution.

So while the American Cancer Society remains focused on the effect — and not the cause — many of its interests continue to profit from cancer.

Hospitals, doctors, drug companies, and manufacturers, all profit from treating cancer. Cancer cannot really be cured or stopped until the environment is cleaned up, through eliminating deadly chemicals, pesticides, air-pollution, radiation, the broken atmosphere, and the poisons and toxins left over from military bases and factories from a military-industrial complex gone wild.

### Get Involved

A good place to start would be eliminating fossil fuels.

Think about it. If you run your car inside your garage, the poisonous gas emitted from the exhaust can kill you in a matter of minutes.

When you sit in a car in traffic surrounded by thousands of other cars emitting that same poisonous gas, do you think you are immune from the air pollution? You are not. You are being slowly poisoned. Furthermore, the carcinogens are breaking apart into the environment, as heavy particulates fall to the

ground to be washed into the water table and as the lighter particulates rise into the air — and into your lungs.

Our only hope is for the people to come together and make the change.

The corporations, who build the cars, supply the fuel and everything else that goes along with the gas automobile, will not stop on their own accord.

The government, by its own admittance, cannot regulate pollution. Only a conscious shift of unprecedented proportion by the people can stop the demise.

If we can come together on this one issue — the elimination of fossil-fueled vehicles — then, that could be the starting point to change our whole perception of our existence. From there we could prohibit the manufacture of dangerous chemicals, unnecessary radiation, pesticides, plastics and all man-made toxins which are linked to causing cancer.

We would realize how ignorant and reckless our current activities are as we pollute and pump deadly chemicals into our air, water and land by the tons, pretending that it is not there.

For cancer rates as high as 41 percent, the most significant effect an individual citizen can have, according to the federal government, aside from avoiding carcinogens altogether, is to get involved through self-advocacy.

In fact, if we can turn self-advocacy into group-advocacy, then we can take our world back, and make it safe and beautiful once again.

This report can be found at [http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP\\_Report\\_08-09\\_508.pdf](http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP_Report_08-09_508.pdf).

### Other sources

[http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP\\_Report\\_08-09\\_508.pdf](http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP_Report_08-09_508.pdf)

<http://prostatecancerinfo-link.net/2011/03/17/a-memo-to-the-board-of-directors-of-the-american-cancer-society/>

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<http://www.projectcensored.org/3-financially-bloated-american-cancer-society-fails-to-prevent-cancer/>

[http://community.acsevents.org/site/PageServer?pagename=C\\_IL\\_Discovery\\_Ball\\_MoneyPage](http://community.acsevents.org/site/PageServer?pagename=C_IL_Discovery_Ball_MoneyPage)

<http://www.cdc.gov/cancer/dcp/data/state.htm?mobile=nocontent>

## Corporate Philanthropy

# GreenLight funds Bay Area nonprofits that help youths go to college

By Julie McCoy

Just like a gardener, GreenLight Fund plants a seed, waters it and watches it grow into something bigger. GreenLight identifies high-performing nonprofits and then helps them start from scratch in a new location.

Specifically, GreenLight finds organizations throughout the country that address issues affecting urban, low-income youth and families and then helps those nonprofits get into a new geography where they can thrive and grow.

Founded and headquartered in Boston, GreenLight has an office in San Francisco at 3900 Geary Blvd., as well as another office in Philadelphia, both of which opened in March 2012. Six full-time staff work at all three locations. Interns and fellows also contribute.

Staff and an advisory council conduct rigorous due diligence and local landscape analysis on organizations, then select the ones they believe are most likely to succeed in a new area and are therefore the most worthy of funding.

"We are a funder, a board member and an advisor (for the



organizations we choose)," said Casey Johnson, the executive director of GreenLight Bay Area. "We really are there to help them get their program off the ground as soon as possible."

In the Bay Area, GreenLight invests in the cities of San Francisco, San Jose and Oakland, as well as other communities in San Francisco, Alameda, Contra Costa, Marin, Napa, Santa Clara, Solano and Sonoma counties.

GreenLight receives funding from community investors including the Bank of America, the National Charitable Fund, and the Social Innovation Fund — a federal program that provides federal money.

The Social Innovation Fund aims to address the achievement and opportunity gap for low-income children and youth. GreenLight was selected as a Social Innovation Fund — SIF grantee by the Federal Corporation for National and Community Service in 2012.

Currently, GreenLight provides funding and support to Genesys Works and uAspire,



[Clockwise from Top]: Ervin Willis, Jr., and his mother Lisa Marie Lewis at BUILD financial aid night with uAspire; Monica Hayden, uAspire program director, and Envision Academy senior, Mahogany Alexander; photos courtesy of uAspire.org. Executive Director Casey Johnson of Greenlight Fund Bay Area; photo courtesy of the Greenlight Fund. Executive Director Lara Fox of uAspire Bay Area; photo courtesy of uAspire.org.

both of which help low-income high school students get into college. Thanks to funding from GreenLight, Genesys and uAspire are now able to grow their network of services throughout the Bay Area.

Both Genesys Works and uAspire have each been awarded grants of \$1.165 million over the course of five years.

Genesys Works changes the



lives of underprivileged high school students by providing them with meaningful internships at major companies during their senior year in high school.

After an 8-week intensive training program, students work at one of Genesys Works' client companies, where they get the tools they need to succeed as professionals in the corporate world.

Peter Katz, the executive director of Genesys Works, stated what he likes about GreenLight: "There's a whole mission — how do we make these organizations established elsewhere and help them start up elsewhere?"

Katz noted, "To have an organization that wants to give you money, advice ... They really have been a partner more than a founder. It is so different than an organization that drops money on your doorstep, then leaves. GreenLight has been very strategic in terms of where they put their efforts."

Katz said that without the funding, Genesys Works would have had to take more time to get itself established and would have had to cut back on the number

of students it serves. Katz also said that without the funding the curriculum would not be as robust as it is now, and he would recommend GreenLight "in a heartbeat."

Meanwhile, GreenLight's other recipient of funding in San Francisco, uAspire, ensures that all young people have the information and resources necessary for a post-secondary education.

To accomplish this, uAspire partners with schools and community organizations to provide free financial aid advice and advocacy to young people and families to help them overcome the financial barriers to higher education.

Executive Director Lara Fox of uAspire Bay Area, said GreenLight has opened doors for her organization. "It's much easier to be brand new," she said. "It's been really helpful. It's hard to underscore the importance of an organization that helps you get into a new geography. In addition to providing seed funding, they're providing a network. The benefits of being a grantee are the financial support and the network they bring."

Fox added, "I feel like it's really exciting having GreenLight bring us to a new geography. We get to serve more students. We get to build on the success that they already have in place. It's kind of a value-add. I think they work in a very collaborative way. They're not here to set an agenda. They're here to meet needs. They're here to strategically target needs that are being less targeted than others."

What is a typical day like for GreenLight's Johnson? On any given day, she is making confer-

ence calls, doing research, talking to organizations that are thinking of coming into Bay Area and learning more about what they do. She also serves on the board of Genesys Works and uAspire.

"It's a little bit of this and a little bit of that, depending on what quarter we're in," Johnson said. "I try to meet people face-to-face to build those relationships. It's a potpourri. It's a little bit of everything. It's fascinating. You wear 100 hats."

GreenLight Fund was founded in Boston by venture capitalist John Simon and Margaret Hill, who had a nonprofit background. "The two of them came together in a wonderful way," Johnson said.

The future looks bright for GreenLight Fund, Johnson noted. "It's a big time for us. I'm excited to see five years from now where GreenLight Fund will be. We're hearing from investors who are intrigued by our model."

The goal is to find another two or three organizations this year in which to invest and award



them funding next year.

GreenLight hopes to someday have a location in the Midwest, because it's not an area where the fund currently has a presence, according to Johnson.

More information about the fund can be found at <http://greenlightfund.org/>.

## Neighborhood News

By Thomas Figg-Hoblyn

### Alamo Square

*Tour Bus Restriction Update for July*



Tour bus restrictions are now in place on residential streets bounded by Webster, Fell, and Divisadero Streets, as well as Golden Gate Ave. If you see a tour bus on the streets within this area, please contact SFPD 415-553-0123 and report the tour bus company, date, and time of incident. You can also email your photo of the tour bus — with the tour bus company name showing — to Jerry.Robbins@sfmta.com, SFPDParkStation@sfgov.org, and SFPDNorthernStation@sfgov.org.

*2014 Alamo Square Flea Market in the Works*

The annual flea market is in the works for the Alamo Square Neighborhood Association, and details are coming soon. They are finalizing the logistics for the 2014 Alamo Square Flea Market, and will post updates on their website and Facebook page once they have the plan finalized. To subscribe to the mailing list and to connect with the association's Facebook for the latest details, visit [www.alaosq.org](http://www.alaosq.org).

*Weekly Alamo Square Play Group, Every Tuesday in July 10 a.m.-12p.m.*

For families with infants and toddlers, held at the Alamo Square Park playground, just west of Steiner and Grove. Contact [playgroups@alamosq.org](mailto:playgroups@alamosq.org).

### Bayview Hunters Point

*Wajeedah Hameed, Black Coalition on AIDS/Rafiki Wellness, July 6, 4-6 p.m.*

Vocalist Wajeedah Hameed brings her personal version of jazz, R&B, pop, and gospel to the stage for a good cause at the Rafiki Wellness, 601 Cesar Chavez — between 3rd Street and Pier 80. Call 415.615.9945, or visit [www.bcoa.org](http://www.bcoa.org) for more information. \$8-\$10.

*Legends of Candlestick, July 12, 7 p.m.*

Come bid your goodbyes to Candlestick with Joe Montana, Jerry Rice, Roger Craig, Dwight Clark, and other pigskin heroes

facing off against a team led by Super Bowl XIX rival Dan Marino in this flag football farewell to the stadium that hosted so many historic 49er victories. 415.467.1994. \$30-\$50 advance tickets.

*"3rd On Third" Arts & Music Festival, July 17, 5-8 p.m.*

A FREE community-wide arts celebration for the whole family, including pop-up galleries, food trucks, a beer and wine garden, a special children's zone with free art-making activities, and the "Stern Grove On The Road" stage featuring Bayview talent. Third Street between Palou and McKinnon; visit [www.3rdonthird.com](http://www.3rdonthird.com), or call 415.742.1753.

### Fillmore

*Jazz Heritage Center features work of visual artists July 3-6*

A reception will be held at the gallery on July 3 from 6-8 p.m. for viewing the works of Thomas Tany, Charles Unger and Nancy Hom. The show will be on July 5-6 from 3:30-8:30 p.m. All works will be priced from \$5.00. Free music will be provided on July 5 from 6-8 p.m. by Stephanie Woodford&Friends, and on July 6 from 6-8 p.m. by Groove 8. The gallery is located at 1320 Fillmore St. More information can be found at [www.jazzheritagecenter.org/](http://www.jazzheritagecenter.org/), or by calling 415.255.7745.

*The 2014 Fillmore Jazz Festival, July 5-6, 10 a.m.-6 p.m.*

The largest free jazz festival on the West Coast will take place on Friday, July 5 and Saturday, July 6 from 10 a.m. to 6 p.m. on San Francisco's famed jazz sanctuary between Jackson and Eddy Streets.

*Salsa Festival July 11th and 12th. 7:30 p.m.-1 a.m.*

The salsa festival occupies the Fillmore Street jazz grounds for two nights. Held between Eddy and Geary Streets, with 14 music clubs, shops and restaurants participating in the event. More information can be found at <http://www.salsafestivalfillmore.com/>.



*Dance Out Diabetes, July 12, 1-3 p.m. Free*

Free dance classes and health screenings presented by Dance Out Diabetes, AETNA Foundation and AAACC. Reservations are recommended and can be made at [www.dancediabetes.org](http://www.dancediabetes.org), or call 877.765.4386. Held at African

American Art & Cultural Center Complex, 762 Fulton St.

*Jimmy Cliff will be performing on July 19 at 9 p.m.*

The iconic Reggae hero Jimmy Cliff rolls out his hits at the Fillmore this July. Don't miss this legend play at an intimate setting. 1805 Geary Blvd. Visit the [www.fillmore.com](http://www.fillmore.com) for more information and ticket pricing.

*Fillmore farmers market, Saturdays in July, 9 a.m.-1p.m.*

The Fillmore farmers market is back for another great season of fresh and seasonal fruits and vegetables, and great family fun. Fillmore Center Plaza, 1475 Fillmore St. Visit [www.pcfma.com/fillmore](http://www.pcfma.com/fillmore) for more information.

### Hayes Valley

*Rickshaw Stop's Nerd Nite, July 16, 7 p.m.*

Nerd Nite is an informal gathering of nerds who get together for nerdy things. It's like the Discovery Channel with perks. Nerd Nite is an institution in major cities across America, and now in San Francisco. Rickshaw Stop, 155 Fell St. Visit [www.rickshaw-stop.com](http://www.rickshaw-stop.com), or call 415.861.2011. Tickets go on sale on July 9 for \$8.

*The Authentic You! Featuring Tina D'elia, July 30, 5:30-8:30 p.m.*

Boost your career and life with performance and acting training techniques to enhance your presentation skills and confidence with Tina at the LGBT Community Center located on 1800 Market St. Visit [www.sfccenter.org](http://www.sfccenter.org) for more information.

*The Dream Queen's Review at Auntie Charlie's Lounge, Wed., July 9 and 23 at 9:30 p.m.*

One of the City's best and most glittery drag shows is showing at Auntie Charlie's Lounge located at 133 Turk St. Visit [auntiecharlies-lounge.com](http://auntiecharlies-lounge.com), or call 415.441.2922 for more information.

### Japantown

*Beginners Ukulele, July 5, 11 a.m.-12:30 p.m.*

Entry level ukulele class for beginners. No prior experience required. Call 415.567.5505, or visit [www.jccnc.org](http://www.jccnc.org) for more information and fees.

*Senior Women's Writing, July 7, 10 a.m.-12:00 p.m.*

Spend the morning creating personal memoirs, journaling,

or writing poems, essays, letters, and sharing them among friends. \$44 members and \$50 non-members. For more information call 415.567.5505, or visit [www.jccnc.org](http://www.jccnc.org).

*Japan Day & Bon Odori, July 13, 1-6:15 p.m.*

Come celebrate the cultural heritage of Japan during this family friendly event, which will feature some of the Bay Area's leading performers in the Japanese art; including taiko, martial arts, koto, and more. Event will be held at the Japantown Peace Plaza, Post Street at Buchanan Street. Free. Visit [www.sfjapantown.org](http://www.sfjapantown.org) for more details.

*J-POP 2014 SUMMIT Festival, July 19-20*

Japanese pop culture stars are featured in this annual festival in Japantown, along with music, fashion, and film. Fashion shows, contests and live performances will be given. More information can be found at [www.jpjpop.com](http://www.jpjpop.com).

*Annual Japan Film Festival, July 19-27*



Opening during the 2014 J-POP festival, the Japan Film Festival of San Francisco — JFFSF — showcases 20 unique films. Films will be shown at the New People Cinema, 1746 Post St. Film trailers and screening times can be found at [www.jffsf.org](http://www.jffsf.org).

### NoPa

*Divisadero Farmers Market, Every Sunday in July, 10 a.m.-2 p.m.*

The Divisadero Farmers Market offers fresh and seasonal fruits and vegetables. Market located on Grove Street between Divisadero & Broderick Streets. Visit [www.pcfma.com/divisadero](http://www.pcfma.com/divisadero) for more information.

*Panhandle Park Community Work Day, July 8, 9-11 a.m.*

Meet at the Bulletin Board near the playground and be part of something good. The Bulletin Board is near the playground near Masonic and Fell. Visit [www.panhandlepark.blogspot.com](http://www.panhandlepark.blogspot.com) for more information.

*SFPD Park Station Community Meeting, July 8, 6-7:30 p.m.*

Monthly meeting open to the public to discuss new or ongoing issues, located at 1899 Waller St.

For more information, contact [Caitlin@fuf.net](mailto:Caitlin@fuf.net) or (415) 268-0772.

## SF internships in manufacturing



Adina Whitaker interned at Timbuk2, learning on-the-job manufacturing production skills. Photo courtesy of SFMade.

By Thomas Figg-Hoblyn

The nonprofit SFMade is driving a campaign to help low-income college bound high school students from diverse backgrounds in San Francisco get connected with meaningful paid internships this summer at local manufacturers so that the young workers can develop personal and professional skills that will help them succeed.

SFMade's mission is to build and support a vibrant manufacturing sector in San Francisco, which sustains companies producing locally-made products, encourages entrepreneurship and innovation, and creates employment opportunities for a diverse local workforce.

The nonprofit created its own internship program last summer in partnership with Juma Ventures and funding from JP Morgan Chase. The pilot internship program placed 40 low-income youth in paid internships with local manufacturing businesses, making everything from chocolate to clothing to jewelry.

This summer, SFMade has joined forces with the United Way and its MatchBridge program as part of San Francisco's Summer Job+ program — which is geared toward helping young adults aged 16–24 find summer employment.

The goal of 2014 is 7,000 jobs.

MatchBridge is United Way of the Bay Area's youth employment program, focused on placing young persons in jobs and internships that enable work-based learning. Their mission is to create pathways for them to gain early work experiences so they will become financially secure as adults.

The program coaches MatchBridge participants throughout the job search process, helping them gain exposure to careers and a positive future. Not only does this help

them build professional skills, confidence and a stronger work ethic, it also builds motivation to complete high school and go on to college or other types of education.

Adina Whitaker, an intern at the local manufacturer Timbuk2 — who worked on redesigning the company's production area and helped to create a recycling program — said she learned how to prioritize multiple projects at one time and how to communicate clearly with different members of a team. "This is the first internship where I'm not just cutting and pasting into a spreadsheet," she said. "I learned how to be a leader."

SFMade's Manufacturing Workforce and Hiring Manager, Claire Michaels, said that she loves hearing the students speak at the end of their internships about what they've learned. She added that she can tell that they've gotten a lot out of their experiences, especially from bonding with their supervisors.

Many interns will work for local manufacturers who are part of the SFMade family, which has as many as 400 local companies building products in and around the City.

Interns assist with projects, including marketing, research, compiling reports, and production projects. Additionally, interns perform administrative tasks, and most importantly, are exposed to the career in which they are interested by first hand shadowing of a staff member and attending company meetings.

Michaels said she understands that young people need skills and work experience to successfully enter the workforce, and SFMade wanted to make sure that the next generation of San Francisco residents has access to quality jobs at manufacturing businesses.

"SFMade is excited to be

*continued on page 9*

## Midgett's Corner DECISIONS

Did you have to make a decision? Was it recently or in the past? Was it beneficial or a disadvantage to you? Who did the decision affect?



will you be clear and concise with a mellow non-threatening tone in your voice?

### Moving where?

Decisions are difficult, no matter what the circumstances. The following are why some decisions need to be thought through. Adopting a biracial child. Parenting alone. Asking for a raise. Moving to a new town or state. Dissolving a marriage or close friendship.

**"Smile, be happy.  
TIME is a precious  
moment."**

### Adopting a biracial child

As a counselor, I viewed how some adults were not prepared to take this job. I call it a job because research needs to be done about the individual's race and culture. If you are a different nationality, the differences could affect the upbringing of the child. Some of my clients who had adopted children of other races had difficulty as the children started middle school. Although I am a visibly brown African American, I was raised in the Caribbean culture in Boston. My parents migrated there. During my youth and adult years along with my family, we were made fun off because of our speech and language.

### Parenting alone

Why? Did you make a list of the responsibilities that you will endure until the age of 18 years old? Yes, that is how long they stay home, or longer. I always wanted children so they were no mistake. I had two marriages — which is a long story — but let's say their sperm benefited my need. The children were in the plan during the courting stages. Suzy is 49, and Jordan is 51 years old. I dealt with some of the rough teen years with my daughter, yet we got through them. My son gave me peace. The girls chased Jordan. My children were normal, and we had fun together. They didn't do substances; I was lucky. I worked in that field as a counselor. I observed the heartbreak many parents went through with their teenagers.

### Asking for a raise

Do you deserve one? Did you make a list of your job performances that warranted one? Is the list well prepared? So when you ask for the raise,

Why? What are the benefits? Can you afford to move? Will you move alone or with someone? Have you considered the weather? In an emergency do you have friends or family to call on? What about your finances? When I relocated from New York with my two children I had a plan. I had a substantial amount of money and my family was here. I came out with teaching references to make finding a job was easy. I know it isn't the same today. So plan wisely when you make that quantum leap. Be sure there are more pluses than minuses — that you are not running to get away from a relationship, but a move that will benefit your lifestyle.

Spring is good, fall is pleasant, snow is cold, and ice is slippery. Keep in mind you're not 25 years old, and age can be a factor, and what are the benefits of moving. If you are older than 50, some places won't take your medical plan.

List the fun activities you did today and plan to do for the weekend.

Smile, be happy. TIME is a precious moment.

Email can be sent to [Midgettscorner@aol.com](mailto:Midgettscorner@aol.com). Her blog can be viewed on Facebook [<https://www.facebook.com/mary.midgett>]. Midgett is the author of New York Flavor with a San Francisco Beat and Brown on Brown Black Women's Erotica.

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## Learning and Education

### St. Francis Square Co-op continued from page 1



[Clockwise from Top]: Betty Traynor, St. Francis Square resident and past board president at left; Susan Goldstein, City Archivist and Manager, SF History Center, SFPL; and Janet Tom, St. Francis Square resident and SPPL librarian. Exhibit on opening day at the Main Library. St. Francis Square 92-year-old architect Claude Stoller [in blue shirt] viewing exhibit. Photos by Breana Rae Flores.

Quickstep and Zampa — an appropriate move, given that St. Francis Square was sponsored by the International Longshore and Warehouse Union — ILWU — and the Pacific Maritime Association — PMA.

The ILWU's vision was to build affordable housing that could be controlled by the residents and represent all races and groups in the community.

"The goal of the exhibit is to make people aware that this place was a union-made project," Tom said. "I think it's unique because San Francisco has nothing like this. People of all ages and races live together. I hope that people from The Square [and others] will come and see what a special place it is."

The exhibit features photographs of the square taken over the years. There are also photos of famous people, such as Alice Walker and Tillie Olsen, who lived in the St. Francis Square. The exhibit also includes images of the ships for which the sidewalks in the square are named.

Additionally, the exhibit features articles and drawings by a man named Eugene Mattingly,



who lived in St. Francis Square for more than 40 years and contributed to its newsletter.

"It will show some of the history," said Betty Traynor, one of the organizers of the exhibit and a former board member of St. Francis Square. "It's kind of a unique beginning. An effort was really made to have it African American, Asian and Caucasian. We have many articles that indicate that will be the case. About 10 percent of the original people are still here. It was an investment. They [the ILWU] got some money back, some return on their investment. Also, the fact that they wanted it to be a co-op. It's not a high-rise. It's garden apartments. It is family-oriented. It's growing again and we're getting more families in."

Traynor added, "We want to emphasize that we are a democratic community [in terms of how the co-op is managed]. That we can rely on each other. That neighbors help neighbors. It's a little treasure in the community. Demographically, we started being a completely integrated community, and that remains the same. I personally love living here. It's a real community. That's what I like about it. It's reasonably priced."

Susan Goldstein, who works at the library as a city archivist and also manages the San Francisco History Center, said: "We're just glad to be highlighting neighborhoods or parts of neighborhoods people might not know about. I hope people learn a little history and San Francisco

politics. I feel like people don't know about this. It's just a nice celebration that they have lasted this long."

Goldstein expects the number of people to see the exhibit to be in the "high hundreds to low thousands." It took about six months to plan. "The residents have been doing a lot of the work," she said. "I think it's nice that the library can support community exhibits like this. I am definitely interested in these historical stories."

Norm Young, President of the square's board of directors and one of the original residents in the square, said: "I hope they see the cooperative example works and has been [working] for 50 years. I hope everybody who can go down and see it. Of course, we get new people all the time. People sell and people buy, it's just like any neighborhood. It's just like the town I grew up in Massachusetts."



Young, whose daughter Jennifer also lives in The Square, will give a walking tour of the area this month as part of LaborFest activities.

Carol Cuenod was one of the first people to move into St. Francis Square and still lives there. "It represents a very successful effort to bring affordable housing representing three major groups of people — Asian, black and white — living together in harmony for 50 years," she said. "Our roofs have solar panels. We get our electricity and hot water from sunshine. It saves us a tremendous amount of money. We're proud of it."

"The library, with Janet

along with the others, thought an exhibit would be a appropriate for our 50th anniversary," added Cuenod. "It will reflect a celebration of a neighborhood that started 50 years ago and has been thriving. It represents something that was copied. There were other developments in the Western Addition that took our formula and made it work."

Carl Gallagher was in the square when it first opened, moved out and has now returned. "I think it does a good job considering the amount of space that was available," he said. "Middle-class families could move in, build equity and move on and the cycle could perpetuate itself. I think it has proven itself over the years."

Gallagher added, "I'd like to see them [exhibit attendees] get two messages. It's a unique piece of history, and the fact that it represents a marvelous opportunity for our kids to grow up in a multicultural and multi-ethnic environment. I think it was good for them. You can create middle-class housing in San Francisco and you can create a social milieu that is truly beneficial. The good part of this is — it's one people overlook because they take it for granted."

### Interested?

View the exhibit at the main library, 100 Larkin St., in the San Francisco History Room on the sixth floor until Aug. 23, <http://sfpl.org/index.php?pg=1016884001>.

Resident tour guides will conduct a walking tour of St. Francis Square on July 9 from 3–4 p.m. as part of Bay Area LaborFest activities in July. More information can be found under the July 9 date on the calendar at <http://www.laborfest.net/2014/2014schedule.htm>.

### SF Internships continued from page 8

partnering with the United Way — they are vital to the process of recruiting, matching, and providing job readiness training and support for the interns," Michaels said.

According to SFMade's statistics, 2013 marked a third straight year of increase to the rate of new job creation for the manufacturing sector in San Francisco — adding almost 13 percent net new jobs, as compared with 10.5 percent in 2011 and 12.5 percent in 2012.

There are more opportunities now for youth as local manufacturing grows.

Sponsoring organizations submit an intern job description, including any existing skills deemed mandatory for the position. Then candidates who submit an intern application are reviewed by MatchBridge and screened against the intern job description to determine the best fit for the intern's interest and skill set.

MatchBridge sends the intern manager prescreened resumes of potential intern applicants to review. Then SFMade businesses interview their choice of potential interns and select their favorite candidate.

After its resounding success last year, Juma Ventures is replicating last year's internship program in New York this summer, and SFMade has provided technical assistance.

After the first cohort, according to Michaels, 79% of businesses said they would consider hiring their intern — assuming they had funds to do so — and 35% actually did.

Michaels is a driving force behind the program, saying that she likes talking to businesses about their first jobs or internships and helping them to think of projects for their interns.

"I also like bringing together a diverse group of local manufacturers making everything from mattresses to kimchi and helping the young people to understand that people still make things right here in San Francisco," Michaels said.

Local manufacturers who want to learn more about SFMade can visit [www.sfmade.org](http://www.sfmade.org), and young adults interested in internships can also find more information at [www.sfsummerjobs.org](http://www.sfsummerjobs.org).

## Increasing strength and mood by changing posture and sitting habits



Sitting in a collapsed position versus sitting in an upright position; photos by Jana Asenbrennerova, reprinted by permission from Gorter and Peper [2011]. Below, graph of perceptions of mood and strength in different postural settings. Photo and graph courtesy of Eric Peper, Ph.D.

By Erik Peper, Ph.D.

*“Don’t slouch! How many times do I have to tell you to sit up straight?”*

*“I couldn’t believe it, I could not think of any positive thoughts while looking down?”*

Body posture is part of our nonverbal communication; it sometimes projects how we feel. We may collapse when we receive bad news or jump up with joy when we achieve our goal. More and more we sit collapsed for many hours with our spine in flexion. We crane our heads forward to read text messages, a tablet, a computer screen, or to watch TV. Our bodies collapse when we think hopeless, helpless, powerless thoughts, or when we are exhausted. We tend to slouch and feel “down” when depressed.

We often shrink and collapse to protect ourselves from danger when we are threatened. In prehistoric times this reaction would protect us from predators as we were still prey. Now we may still give the same reaction when we worry or respond to demands from our boss. At those moments, we may blank out and have difficulty to think and plan for future events. When the body reacts defensively, the whole body-mind is concerned with immediate survival. Rational and abstract thinking is reduced as we attempt to escape.

When standing tall, we occupy more space and tend to project power and authority to others and to ourselves. When we feel happy, we walk erect with a bounce in our step. Emotions and thoughts affect our posture and energy levels; conversely, posture and energy affect our emotions

and thoughts. At San Francisco State University, we have researched how posture changes physical strength and access to past memories. Experience this in the following practice — you will need a partner to do this.

### How posture affects strength

Stand behind your partner and ask them to lift their right arm straight out as shown in the photo. Apply gentle pressure downward at the right wrist while your partner attempts to resist the downward pressure. Apply enough pressure downward so that the right arm begins to go down. Relax and repeat the same exercise with the left arm. Then relax.

Describe to each other how easy it was to resist the downward pressure and how much effort it took to press the arm down while standing tall then when slouched.

In our just completed study in the Netherlands with my colleague Annette Booiman, we observed that 98% of the participants felt significantly stronger to resist the downward pressure when they stood in a tall position than when they stood in the collapsed position as shown in Figure 2.

The subjective experience of strength may be a metaphor of how posture affects our thoughts, emotions, hormones and immune system. When slouching we experience less strength to resist, and it is much more challenging to project authority, think creatively and successfully solve problems. Obviously, the loss of strength mainly related to the change in the shoulder

mechanics; however, the collapsed body position contributes to feeling hopeless, helpless, and powerless.

With my colleague Dr. Vietta Wilson [Wilson & Peper, 2004], we discovered that in the collapsed position it was very difficult to evoke positive and empowering memories as compared to the upright position. For more information see the article by Wilson and Peper: <http://biofeedbackhealth.files.wordpress.com/2013/01/the-effects-of-posture-on-mood.pdf>.

Consistently, my students at San Francisco State University have reported that when they blank out on exams or class presentations, if they stop for a moment, change their posture and breathe, they can think again. Similarly, clients who are captured by worry and discomfort, when they shift position and look up, find it is easier to think of new options. Explore for this yourself.

### How posture affects memory recall

Sit comfortably at the edge of a chair and then collapse downward so that your back is rounded like the letter C. Let your head tilt forward and look at the floor between your thighs as shown in figure 3.

While in this position, bring to mind hopeless, helpless, powerless, and depressive memories

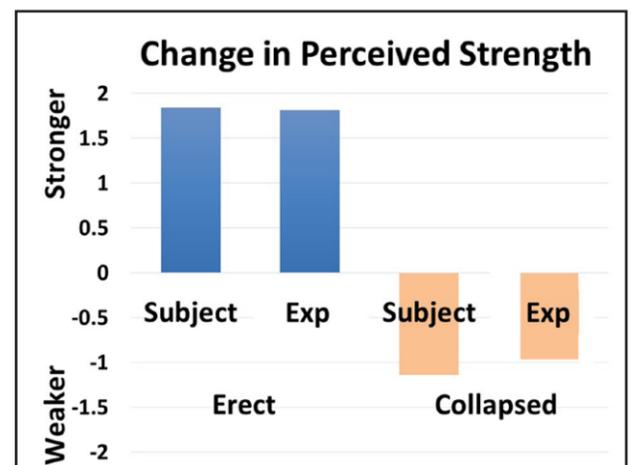
one after the other for thirty seconds. Then, let go of those thoughts and images and, without changing your position and still looking downward, recall empowering, positive, and happy memories one after the other for thirty seconds.

Shift position and sit up erect, with your back almost slightly arched and your head held tall while looking slightly upward as shown in figure 4.

Ask yourself: In which position was it easier to evoke negative memories, and in which position was it easier to evoke empowering, positive, and happy memories?

Overwhelmingly, participants report that in the downward position it was much easier to recall negative and hopeless memories. And, in the upright position, it was easier to recall positive and empowering memories. In many cases, participants reported that when they looked down, they could not evoke any positive and empowering memories. It is not surprising that when people feel optimistic about the future, they say, “Things are looking up.”

Mind and body affect each other. The increase in depression and fatigue may be in part be caused by the body position of sitting collapsed at work, at home and walking a slouched pattern. By shifting body movement and position from slouching to skipping one’s subjective energy may significantly increase. For more information see <http://peperperspective.com/2012/09/30/take-charge-of-your-energy-level-and-depression-with-movement-and-posture/>.



### Take charge, lighten your mood and give yourself the opportunity to be empowered and hopeful

When feeling down, acknowledge the feeling and say, “At this moment, I feel overwhelmed, and I’m not sure what to do” or whatever phrase fits the felt emotions. When your energy is low, again acknowledge this to yourself: “At this moment I feel exhausted,”

*continued on page 12*

## Perspectives

David Chiu continued from page 2



at the table.”

Chiu has passed more legislation than anyone currently on the San Francisco Board of Supervisors. For his legislative work, he has been recognized by many organizations, including the San Francisco Women’s Political Committee, Alice B. Toklas LGBT Democratic Club, Raoul Wallenberg Jewish Democratic Club and Housing Action Coalition.

Scott Weiner, supervisor for District 8, noted, “David is a terrific legislator and one of the most thoughtful policymakers around. Time after time, he takes on difficult issues and finds a way to come to a resolution. He’s also very engaged in his district. He’s been a strong partner to me in our work to improve transit access, take new approaches to our housing crisis, improve investment in infrastructure, and generally improve our residents’ quality of life.”

John Baldo, an activist who is involved in politics and lives in the Western Addition, said Chiu “is a consensus builder. He is a hard worker.”

What stands out about Chiu is “his relentless work to make San Francisco a better place,” Baldo said. “He truly believes in this city and the diversity of San Francisco. He has a proven track record of getting things done.”

Baldo further noted that Chiu “puts political risks aside in favor of solving San Francisco’s most complicated issues, which comes with a lot of political risk. The guy works relentlessly, brings all people to the table.

He has done so much to build affordable housing as well as make San Francisco more affordable.”

Chiu was questioned whether there was anything else that he had done in the Western Addition in terms of affordable housing, and whether he had any other important experience in the Western Addition or Bayview that should be mentioned.

Chiu replied, “As a former criminal prosecutor, I worked with residents and crime victims from every neighborhood in the city to protect public safety, including residents from the Western Addition and Bayview. As board president, I have worked to make sure we’re creating jobs, providing necessary social services, and meeting the needs of working families, particularly for residents from the Western Addition and Bayview.”

Now Chiu is running for the California Assembly to represent San Francisco’s 17th Assembly District. His opponent is Supervisor David Campos, who currently serves as the District 9 supervisor.

Chiu was asked what he would try to accomplish in the California State Assembly if elected.

“It has been an honor and a privilege and I would like to continue to serve the neighbors of the assembly district,” Chiu said. “I have been working all over the assembly district to mediate disputes and move forward policies that have helped all San Franciscans. I have been

honored to receive contributions from every corner of the district.

Chiu further stated, “My top priorities in the assembly would be to address the increasingly vital need for more affordable housing in San Francisco and throughout California, to fight for our state’s schools and workforce development programs, and to invest in greater public transportation for an ever-growing city in an ever-growing state. Whether we’re talking about building new homes, improving public education, or making sure MUNI runs on time, San Francisco is dependent on support and resources from the state government. I want to make sure that our city continues moving forward by working to make sure that San Franciscans are getting their fair share from Sacramento.”

Chiu was then asked to indicate who contributors to his campaign were. His response was, “A list of contributions to our campaign through the last fundraising deadline is publicly available through the California Secretary of State’s office.”

Chiu continued, “On a broader level, I’ve been touched by the diversity of support that I’ve received throughout my campaign for the assembly. In the course of this race, our campaign has had a far greater number of small, individual donors than our opponent. Our contributors have included people from every corner of San Francisco, who represent the wide scope of working families and professionals from throughout our city.”

Chiu is an advocate for families and women, noted Democratic County Central Committee Member Leah Pimentel, a volunteer on his campaign for the California Assembly. She pointed out that Chiu created the Family Friendly Workplace Ordinance and the consulting company he works with on his campaigns is at least half women.

“David is very passionate about his work,” Pimentel said. “He tries to get people to come together. He supports families and women. He has definitely been an effective supervisor.”

Pimentel admires Chiu’s “ability to multitask and understand the demographics and bring different groups of people together.”

The first son of immigrant parents, Chiu grew up in Boston and received his undergrad-

uate law degree and master’s in public policy degree from Harvard. In the mid-1990s, he served as Democratic Counsel to the U.S. Senate Constitution Subcommittee, and he was Senator Paul Simon’s aide to the U.S. Senate Budget Committee.

When Chiu moved to San Francisco, he served as a criminal prosecutor at the San Francisco District Attorney’s Office and was also a civil rights attorney with the Lawyers’ Committee for Civil Rights. In 1999, Chiu became a founder of the public affairs technology company Grassroots Enterprise, where he served as Chief Operating Officer until 2008.

Before he ran for office, Chiu was a hands-on leader in San Francisco. He served as a small business commissioner, was president of the Greater Bay Area Asian American Bar Association, a board member of Partners Enduring Domestic Abuse, and he also chaired the boards of the Youth Leadership Institute, the Chinatown Community Development Center and Lower Polk Neighbors.

Chiu has been elected three times to the San Francisco Democratic County Central Committee, and he chaired the 13th Assembly District Democratic Committee — before the 13th became the 17th Assembly District.

Chiu has been named a Young Global Leader by the World Economic Forum, an American Memorial Marshall Fellow, and also one of the “Best Attorneys under 40” by the National Asian Pacific American Bar Association.

In 2008, out of a competitive field of nine candidates, Chiu was elected to the San Francisco Board of Supervisors, representing the city’s world-famous northeast neighborhoods and tourism, retail and downtown financial districts.

Last October, Chiu married his longtime girlfriend Candace Chen, a public interest lawyer who represents immigrant and foster care youth. A third-generation San Franciscan, Chen’s grandmother lived in Chinatown, and her mother is a public school teacher.

More information about Chiu’s campaign can be found at [VoteDavidChiu.com](http://VoteDavidChiu.com), or by calling 415.846.8108.

**“As elected officials, we have a duty to keep our doors open to all members of the community, even when we disagree with them.”**

## Community Events

### Jazz Festival continued from page 1

a complete list of performers and the performance itinerary, please visit the festival website at [www.fillmorejazzfestival.com](http://www.fillmorejazzfestival.com). Most of the artists are from the Bay Area, and all either live or have lived in the Bay.

Throughout the festival, there will be three different stages — one on California Street, one on Eddy Street, and one on Sutter Street. The California Street stage will feature tradition-

Con Ache. The Eddie Street stage will be dedicated to blues and rhythm and blues — R&B — showcasing artists such as Janice Maxie Reid.

Along with a constant variety of performances, there will be plenty of food booths, wine and beer gardens, and artistic crafts for sale. One area in particular will be devoted to children, with games and other activities for children.

“There will be a lot of very unique and individualized artwork, clothes, and even furniture,” said Olaine. “Restaurants and shops that line the streets where the festival is will be open. It’s a great opportunity to get familiar with the Fillmore area.”

San Francisco’s Fillmore District has been long tied to jazz music. During

World War II, legends such as Ella Fitzgerald, Duke Ellington, Count Basie, and Billie Holliday all performed in clubs lining the historic street.



al jazz, such as the Oakland Jazz Choir, while the Sutter Street stage will be more contemporary, highlighting jazz with international influence, such as Azucar



[Top]: Student ensemble from the California Jazz Conservatory performing at The Sound Room in Oakland with Chris Sullivan on alto saxophone; photo via [www.cjc.edu/event/cjc-student-performances/](http://www.cjc.edu/event/cjc-student-performances/). [Below]: Kim Nalley at Petaluma performance; photo via [www.kimnalley.com](http://www.kimnalley.com).

“It was the Harlem of the West,” recalled Olaine. “In the 1940’s, the Fillmore District was a booming cultural center for jazz. Louie Armstrong, Billie Holliday ... they all came through the Fillmore.”

Then came the 60s and large-scale renovation. The area began to become more “gentrified,” filling with apartment building and parking lots. Still, the original musical drive and inspiration of the district remained.

David Rosenbaum, the famous jazz historian, ran the Melrose Record shop on Fillmore Street, and employed then high school student Maya Angelou. Artists, including Isaac Stern, The Grateful Dead, Janis Joplin, Mel Blanc and Alan Ginsberg, all

passed through the Fillmore.

Gentrification continued throughout the 70s, until the Fillmore’s spirit of jazz music resurfaced in the 80s. Consequently, the first Fillmore Jazz Festival was launched in 1985 by multiple merchant associations.

Today, the Fillmore District continues to celebrate jazz music and its rich history with its annual festival.

“It’s a way to stay connected with family,” explained Olaine. “By family, I mean the people in the music community. I see them as family.”

### Posture and mood continued from page 10

or “At this moment, I feel tired,” or whatever phrase fits the feeling. As you acknowledge it, be sure to state “at this moment.” The phrase “at this moment” is correct and accurate. It implies *what* is occurring without a self-suggestion that the feeling will continue, which helps to avoid the idea that this *was, is, and will always be*. The reality is that whatever we are experiencing is always limited to this moment, as no one knows what will occur in the future. This leaves the future open to improvement.

Remind yourself that you can shift your mood by changing your posture. When you’re outside, focus on the clouds mov-

ing across the sky, the flight of birds, or leaves on the trees. In your home, you can focus on inspiring art on the wall or photos of family members you love and who love you. When you hang pictures, hang them higher than you normally would so that you must look up. You can also put pictures above your desk to remind yourself to look up and to evoke positive memories.

These two studies point out that psychology needs to incorporate body posture and movement as part of the therapeutic and teaching process. Without teaching how to change body posture only one half of the mind-body equation that underlies health

and illness is impacted.

Each time you collapse or have negative thoughts, change your position and sit up and look up. Arrange your world so that you are erect — for example, stand while working at the computer; use a separate keyboard with your laptop so that the top of the screen is at eye level, or place a pillow in your lower back when sitting. Finally, every so often, get up and move while alternately reach up with your arms into the sky as if picking fruits which you can not quite reach.

*After having done these two practices, I realized how powerful*

*my body affects my mood and energy level. Now each time I am aware that I collapse, I take a breath, shift my position, look up, and often stand up and stretch. To my surprise, I have so much more energy and my negative depressive mood has lifted.*

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## MarketPlace

Lindsay Adams — Writer  
[lindsaychristineadams@gmail.com](mailto:lindsaychristineadams@gmail.com)

Jennie Butler —  
Writer & Photographer  
[jrosebutz@gmail.com](mailto:jrosebutz@gmail.com)

Ivonne Calderon — Designer  
[IvonneC88@gmail.com](mailto:IvonneC88@gmail.com)

Joe D'Arcy — Designer  
[joedarcy1@gmail.com](mailto:joedarcy1@gmail.com)

Sam Felsing — Writer  
[samfelsing@hotmail.com](mailto:samfelsing@hotmail.com)

Thomas Figg-Hoblyn — Writer  
[scooptfh@gmail.com](mailto:scooptfh@gmail.com)

Leland Fox — Photographer  
[lelandfox2@gmail.com](mailto:lelandfox2@gmail.com)

Breana Rae Flores — Photographer  
[breanaf@sbcglobal.net](mailto:breanaf@sbcglobal.net)

Michael Griffin — Photographer  
[michaelgriffinphotography@gmail.com](mailto:michaelgriffinphotography@gmail.com)

Claire Kirshner — Photographer  
[cgkirshner@gmail.com](mailto:cgkirshner@gmail.com)

Mike McCoy — Photographer  
[mmccoy912@aol.com](mailto:mmccoy912@aol.com)

Julie (Gordon) McCoy — Writer  
[Juliegordon111@comcast.net](mailto:Juliegordon111@comcast.net)

Frank Vaughn — Writer  
[f.vaughn@comcast.net](mailto:f.vaughn@comcast.net)