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Have a wonderful fall season!

Western Edition HP JOURNAL

OCTOBER 2016

Bridging San Francisco communities through nonprofit services

In This Issue...



Program Director Dorian Luey — Leap Arts in Education, page 1



Executive Director Donn K Harris — SFUSD ArtsCenter, page 5



Principal and Founder Douglas Burnham — envelope a+d, page 1

Contents

SF News Briefs	3
Neighborhood News	7
Community Voices	8
MarketPlace	12

Cedric Moore	Publisher
Gretchen Quandt	Editor
Joe D'Arcy	Designer

Writers

Aryana Farsai, Sam Felsing, Paul Kenyon Krantz, Laurie MacDougall

Photographers

Aryana Farsai, Paul Kenyon Krantz, Laurie MacDougall

Columnists

Midgett, Erik Peper, PhD

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Leap Arts holds Sandcastle Classic at Ocean Beach



October 2015 Metro-Sandwyn-Mayer Team for sandcastle building at Ocean Beach. Photo courtesy of www.leaparts.org.

By Paul Kenyon Krantz

Leap Arts in Education is hosting its 34th annual Sandcastle Classic fundraiser. It happens to be Northern California's largest sandcastle competition. It will take place on Saturday, October 15th from 11 a.m. to 4 p.m. on Ocean Beach near Balboa Street. The event is free and open to the public.

Thousands of spectators are expected to attend Leap's Sandcastle Classic, including representatives from over 25 schools and more than 300 sponsors and advertisers. Beyond awe-struck sandcastle gazing, the event will also include food trucks, a raffle, and live musical performances by "MAD NOISE" and "The Pocket."

If you are not familiar with Leap, you can find out more on its website,

www.leaparts.org, where it is shown that "Leap's mission is to provide high-quality arts education programs that help students build skills to achieve their fullest potential."

Leap places professional artists in K-5th grade classrooms in order to provide hands-on instruction in the arts for elementary students. Leap is working with more than 6,000 stu-

continued on page 9

Proxy – Creative enterprise for re-thinking public space



Proxy 2011, Ben Eine Mural, Future Cities Lab Trilux Pavilion, Museum of Craft and Design. Photo courtesy of Yosh Asato, Proxy.

By Laurie MacDougall

Proxy is a temporary 2-block project in the heart of Hayes Valley — a flexible environment of food, art, culture, and retail, housed within renovated shipping containers. Yes, shipping containers.

For decades, the site was a derelict asphalt parking lot surrounded by a chain-link fence. Now it is a vibrant changing environment celebrating experimentation and new

ideas — a commons for the neighborhood and visitors to gather, eat, play and schmooze.

The shipping containers are the clue that, most amazing of all, none of it is meant to last.

The lots occupied by proxy are earmarked by the city to become affordable housing units. However, in the meantime the space includes several thriving food and retail businesses and an open outdoor theater

providing innovative programming that's free and open to the public.

This lab of ideas for making the most of underutilized but high-value space in the midst of a city is being watched by people who think about, and care about, the role of public space in enriching neighborhood life within San Francisco, and in cities around the globe.

What does proxy do?

Proxy began in 2010, and it is intended to disappear in 2020. It emerged slowly, innovation by innovation, and in 2016, it holds four different ideas within its idiosyncratic embrace:

Proxy EVENT/PLAY

The open space holds many possibilities for public use. At the north end is the outdoor Walk-in Theater, with state-of-the-art screen and sound capabilities; an outdoor fitness structure in frequent use by trainers and their clients; and a public plaza that can be transformed for cultural events, or provide seating for meeting neighbors, reading, or enjoying the lively street scene.

continued on page 6

Toreano Norris endeavors to promote healthy family recreation time

By Laurie MacDougall

A sticker on the back of Toreano Norris' smartphone bears a drawing of a bumble bee with the word "present" underneath. When he wants time out from his busy schedule to spend with his family, he puts his smartphone facedown on the table with the sticker facing up to remind him to "bee present."

Clearly, Toreano is a devoted and thoughtful family man. He has spent considerable time thinking about the dilemma faced by every parent — how to negotiate the hectic time demands of modern life with the need to spend quality time with a growing family. The importance of family time, unrushed, uninterrupted, unmediated, is apparent to Toreano, and follows from growing up in a family of educators. "My mom, aunt and sister? All teachers. Coming from that sort of environment, I recognize the value of family time. It's always been important, a huge sense of pride to me, to spend time with my family doing simple things."



Toreano Norris and family. [Left to right:] Satise, Lori and Zachary Norris, with his niece in front. [Below:] Illustrations from the Web, and and KangaZoom playroom photo. Family photo courtesy of Toreano Norris.

that did not exist in East Contra Costa County where they all lived and had raised their families.

The partners saw a need —

existed. What about "tweeners" and teens? While the partners loved what KangaZoom had to offer, their vision was much larger.

As Toreano describes the "ah hah" moment — "For a long time we couldn't find a space that would enable us to encompass all ages. Then we found the old Golf & Games site."

Golf & Games had been famous in its day for a go-cart track and many rooms full of cacophonous video games — a teen-age paradise, but very age-specific, so at first glance far from what the partners were envisioning. Occupying 3.33 acres, with a building measuring 7,540 square feet, it had sat vacant and unused for over 5 years before the partners found it. On the plus side, the space had lots and lots of interesting options to offer the fertile imaginations of the founders.

36 holes of mini-golf; two birthday party rooms; a toddler play area, and a number of bouncy rooms — including an obstacle course jumpy, Dora jumpy, slide jumpy and a wrecking ball jumpy; a select selection of video games, paying homage to the Golf & Games history; and a snack bar featuring kid-friendly food. As Toreano puts it, "Outside serves 'tweeners' and teens and adults. Inside, little kids do what they do best, which is jump and hop and run without stop."

And for adults, free Wi-Fi is an option. This is a tricky issue, however, as the presence of the Wi-Fi is a great benefit for adults, but the founders do not intend it to be a way adults can forget to "bee present" at KangaZoom.

With the public grand opening last month, the largest part of the original vision is fulfilled —



This has led Toreano, with two friends, to co-found KangaZoom, a youth entertainment center that fills an important community need for a safe environment that allows all ages — from toddlers to adults and everything in between — to play together, to spend quality time together, and to "bee present" with one another. KangaZoom opened just last month in Antioch, in East Contra Costa County.

Antioch is home to more residents 18 years of age or under than any other place in the county. And they saw an opportunity — there were lots of entertainment options, but they were all specific to distinct age groups. The partners stuck to their vision. According to Toreano, "We wanted to create something that could bring the whole family together. There was no place before that served all age groups. We wanted to create something all-encompassing." A major influence for Toreano was being raised in Oakland where, he says, full-family fun was a 5-minute drive, or a 15-minute bus ride away. "Our whole family often went to the Oakland Zoo or to Fairyland. There was nothing like that out here in East Contra Costa County."

They began what would turn out to be a long search for exactly what they envisioned. They found KangaZoom, a franchise operation specializing in bound installations and children's parties that was very appealing, but only for a small segment of the community they wanted to serve. With its child-friendly ambiance, it was ideal for toddlers and younger children, but suffered from the same disadvantage of the other age-specific options that already



After extensive renovation and re-thinking the potential of the space, KangaZoom now houses a wide variety of active entertainment activities: six batting cages (fastball and softball);

KangaZoom is the first, and only, one-stop family fun center in the area, chock full of entertainment options for the whole range of

continued on page 12



It all began when his longtime friend, Marcus Jefferson, lost his wife unexpectedly. Like the good friend that he is, Toreano jumped in to help him find a new direction for his life. Together with a third partner, Jesse Rivas, the friends realized they shared a mission, to provide a place for families to spend time together, something

SF News Briefs

By Sam Felsing

Fleet Week

In the early part of October, a visitor to San Francisco could be convinced that the city had been taken over by a military coup. Fighter planes will shake the city's buildings. Men and women in uniform will litter the streets. Naval ships and amphibious vehicles will be parked at the city's docks. Yet, despite the appearance of a hostile takeover, it will just be a celebration. The 2016 San Francisco Fleet Week runs from Oct. 3–Oct. 10.

Longtime residents of the city will know the drill, as Fleet Week's activities will be much the same as they've been in the past. Event staples such as the Parade of Ships and the Blue Angels will be back. Free tours of naval ships and amphibious vehicles will be offered to interested parties. A Humanitarian Assistance Village will be set up on the Marina Green, where residents can see interactive demonstrations of the ability of military and civilian agencies to respond to natural or manmade disasters.

To find the full schedule for Fleet Week, go to: <http://fleet-weeksf.org/>.

It's a Litquake

San Francisco's contribution to literature is enormous. Dashiell Hammett authored the "Maltese Falcon" in the city. Allen Ginsberg first performed his masterpiece "Howl" at the Six Gallery on Fillmore Street. Pulitzer Prize-nominated author Dave Eggers continues to publish his and other works at his headquarters of McSweeney's publishing house on Valencia Street. So the city is the perfect location for the annual Litquake Festival, happening in 2016 from Oct. 6–Oct. 15.

The Litquake Festival is a series of literary-themed celebrations that take place in locations throughout San Francisco and the entire Bay Area. The week's many happenings include a gala dedicated to William's Shakespeare's



Catalog of 2016 show via www.calendarofantiques.com.

400-year legacy; an LGBT Spotlight, highlighting authors in the lesbian, gay, bisexual and transgender communities; and a Silent Reading Party, where participants will bring books to read in absolute silence.

The festival is most known for its LitCrawl, where literature-crazed people will travel to multiple bars, galleries, cafes and bookstores over the course of three hours to hear stories from more than 400 writers.

To learn more about Litquake, go to <http://www.litquake.org/>.

Antiques Show

Looking for that rare first edition book? How about a painting from a nearly forgotten artist? Those items may be found at the San Francisco Fall Art & Antiques Show, happening this year from Oct. 27–30.

In its 35th year, the show is the oldest continuously operating art and antiques event on the West Coast. Each year, some 60 antique dealers come to San Francisco to sell and purchase silver, jewelry, ceramics, prints, paintings and books, among other items. The items come from an eclectic mix of styles and time periods.

The 2016 show will take place at the Festival Pavilion at the Fort Mason Center. The proceeds of the event will benefit Enterprise for Youth, a development agency that helps the city's youth find and retain jobs.

To find out more about the Fall Art & Antiques Fair, go to <http://www.sffas.org>.

Get to the Treasure Island Music Festival

Treasure Island has been molded and remolded many times to fit the needs of various groups and constituencies. In its history, the island has hosted a world's fair, a navy base, a seaplane airport, a movie set for "Indiana Jones and the Last Crusade," and a laboratory for the "Mythbusters," among other attractions. Since 2007, it has hosted the Treasure Island Music Festival, a world-class music celebration that will be leaving the island soon.

The 2016 festival will be the last year the Treasure Island Music Festival is held at its name-sake location. A change in venue is necessitated because the Great Lawn, the area where the festival has been held for the last decade, will soon be renovated as part of a larger redevelopment project that may make Treasure Island home to skyscrapers and a George Lucas-envisioned pop art museum. Though the festival will continue at another location in the future, its next venue has yet to be announced.

To send the current version of the music festival out in style, rapper Ice Cube and the Icelandic band Sigur Rós will headline the event. James Blake, Duke Dumont, Flight Facilities, Sylvan Esso, and Christine and the Queens will also perform, among other artists and bands.

The Treasure Island Music Festival takes place

Oct. 15–16. To find the full event lineup, go to: <http://lineup.treasureislandfestival.com/>.

It is election season again — in case you did not already know that

It is time to learn a new alphabet. This one goes from A–RR. These are the letters for the 25 local and regional measures on the 2016 San Francisco November ballot. That is in addition to the 17 state propositions people will also be voting on. Those wishing to get an early start on voting will get the chance on Oct. 10 — when absentee ballots will start hitting mailboxes. They can also head to San Francisco City Hall on Oct. 11, when the City will open its own early voting station for residents to perform their civic duty.

The 2016 ballot has a number of controversial and unusual propositions for people to vote on. Prop F and Prop N allow people as young as 16 and noncitizens to vote in some local elections. Prop H creates a public advocate position. The public advocate would investigate citizen complaints against city government and make recommendations for improving

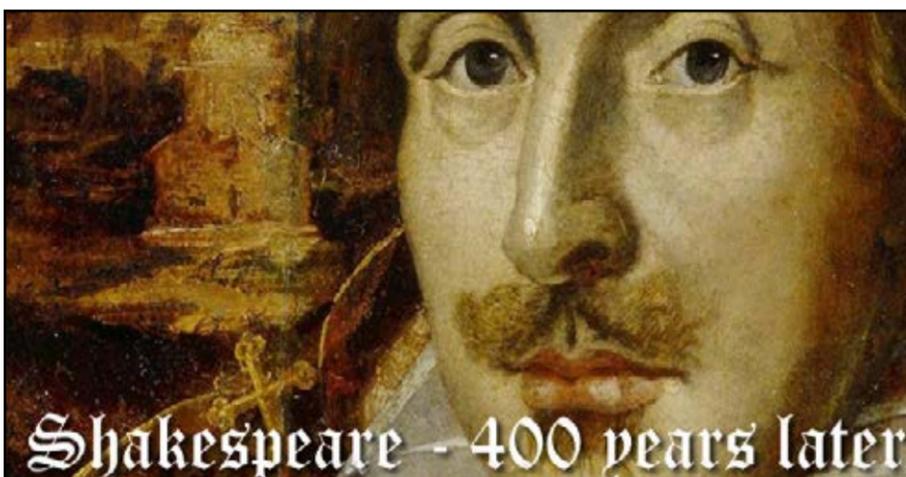


The 2016 festival poster via the web.

performance. Prop Q bans the sidewalk tent encampments made popular by the city's homeless, and Prop V puts a higher sales tax on sugar-sweetened beverages such as soda. The full list of measures can be found here: <http://sfgov.org/elections/local-ballot-measure-status>.

In addition to ballot measures, residents will also vote for their choices for the State Assembly and Senate, as well as the U.S. Congress and U.S. Senate. Residents of the supervisorial Districts 1, 3, 5, 7, and 9 will also get to choose their local legislative leaders.

It is easier than ever to register to vote, or to request an absentee ballot. This can now be done online at <http://registertovote.ca.gov/>. The last day to register to vote is Oct. 24.



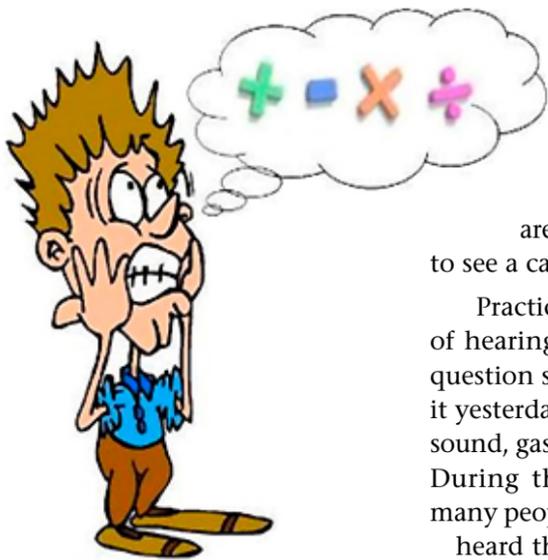
Litquake opening gala Oct. 7 at the San Francisco War Memorial and Performing Arts Center on Van Ness Avenue celebrates Shakespeare's legacy. Photo via the web.

Thinking aids — do you freeze up and cannot remember?

By Erik Peper, PhD

“I opened the exam booklet and I went blank.”

“When I got anxious, I took a slow breath, reminded myself that I would remember the material. I successfully passed the exam.”



www.kids-activities-learning-games.com

Blanking out on an exam or forgetting the memorized information can be a common experience of students even when they have worked hard to master the material. The experience of not recalling the information may be caused by poor study habits. Students often study while simultaneously listening to music, responding to text messages, or monitoring social network sites such as Facebook, Twitter, Instagram or Pinterest.

Other students study the material for one class, then shift immediately and study material from another class. While at home they study while sitting or lying on their bed. In addition, students have covertly incorporated cultural or familial inductions which state that math is difficult and/or that they do not have the aptitude for this material. These beliefs and dysfunctional study habits limit learning.

Blanking out on an exam or class presentation is usually caused by fear or performance anxiety, which triggers a stress response. At that moment, the brain is flooded with thoughts such as, “I can’t do it” or “I will fail,” or “What will people think?” The body responds as if you are being threatened for survival, and emotional reactivity and anxiety overwhelms cognition — resulting in an automatic “freeze” response of breath-holding or very shallow breathing. At that moment, you blank out.

Experience the effect of how breathing affects your thinking. Do the following practice with another person.

Have the person ask you a question, and the moment you hear the beginning of the ques-

tion, gasp as if you are shocked or surprised. React just as quickly and automatically as you would when you see a car speeding towards you. At that moment of shock or surprise, you do not think; you do not spend time identifying the car or look at who is driving. You reflexively and automatically jump out of the way. Similarly, when asked to answer the question, act as if you are as shocked or surprised to see a car racing towards you.

Practice gasping at the onset of hearing the beginning of the question such as, “What day was it yesterday?” At the onset of the sound, gasp as if startled or afraid. During the first few practices, many people wait until they have heard the whole phrase before gasping. This would be similar to seeing a car racing towards you and first thinking about the car; at that point you would be hit. Repeat this a few times till it is automatic.

Now change the breathing pattern from gasping to slow breathing, and practice this for a few times.

When you hear the beginning of the question, breathe slowly and then exhale.” Inhale slowly for about 4 seconds while allowing your abdomen to expand, and then exhale softly for about five or six seconds. Repeat practicing slow breathing in response to hearing the onset of the question until it is automatic.

Now repeat the two breathing patterns (gasp and slow breathing) while the person asks you a subtraction or math question, such as “Subtract 7 from 93.”

In our research with more than 100 college students, we found that students had significantly more difficulty, as well as self-reported anxiety, in solving

math problems when gasping than during slow breathing, as shown Figure 1.

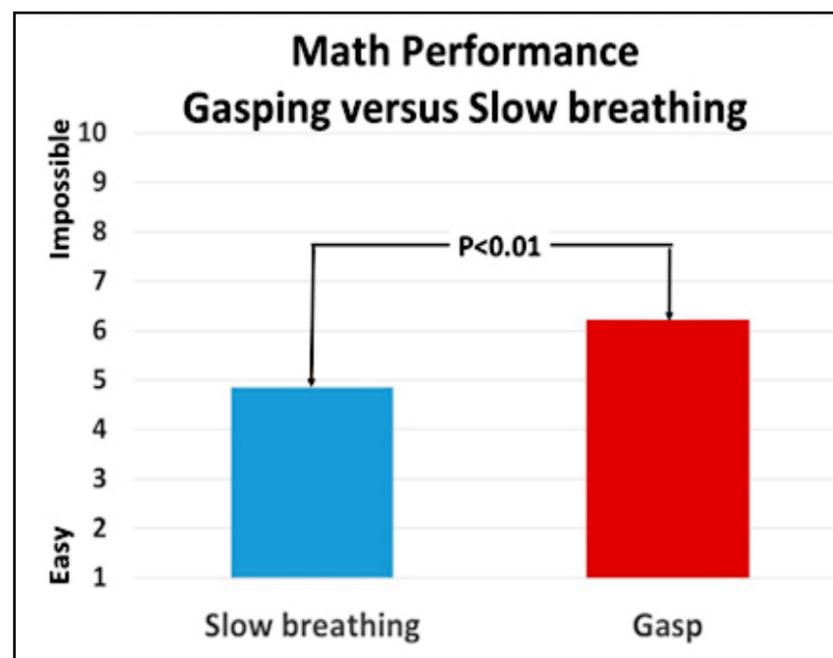
“When I gasped, my mind went blank; I could not process the simple subtraction. When I breathed slowly, I had no problem doing the subtractions. I never realized that breathing had such a big effect upon my performance.” — A 20 year old college student

Thus, when you are stressed and blank out, take a slow diaphragmatic breath to improve performance; however, it is only effective if you previously studied the materials effectively. To improve effective learning, incorporate the following concepts when studying.

1. **When approached with a question.** When you begin to study the material or attend a class, ask yourself a question that you would like to be answered. When you have a purpose, it is easier to stay emotionally present and remember the material.
2. **Process what you are learning with as many sensory cues as possible.** Take handwritten notes when reading the text or listening to your teacher. Afterwards meet with your friends in person or on Skype, and again discuss and review the materials. As you discuss the materials, add comments to your notes. Do not take notes on your computer because people can often type almost as quickly as someone speaks. The notes are not processed and are more like a court or medical transcriptionist, where the information flows from the ears to the fingers without anything staying in the brain. College students who take notes in class on a computer or tablets perform worse on exams than students who write notes. When you write your notes you have to process the mate-

rial and extract and synthesis relevant concepts.

3. **Review the notes and material before going to sleep.** Research has demonstrated that whatever material is in temporary memory before going to sleep will be more likely be stored in long term memory. This means that when you study something so that it is now stored in temporary memory, and then you study something else, the first material tends to be displaced by the more recent material and is what is stored in long term memory. This means that after studying do not watch movies, or text because whatever is the most recent material that is in your temporary memory — and most importantly to you, is preferentially processed first into permanent memory during sleep. Thus friends, just before you go to sleep, discuss and review the materials.
4. **Learning is state dependent.** Study and review the materials under similar conditions as those in which you will be tested. Without awareness, the learned content is covertly associated with environmental, emotional, social and kinesthetic cues. Thus, when you study in bed, the material is most easily accessed while lying down. When you study with music, the music becomes a retrieval trigger. Without knowing the materials encoded with the cues of lying down and your bed room or the music you are playing in the background, when you come to the exam room, none of the cues are there — thus, it is harder to remember.
5. **Avoid interruptions.** When studying, each time you become distracted by answering a text message or responding to social media, your concentration is disrupted. Imagine that learning is like scuba diving, and the learning occurs mainly at the bottom. Each interruption forces you to go to the surface, and it takes time to dive down again. Therefore, you learn much less than if you stayed at the bottom the whole time.
6. **Develop a ritual for studying.** Do a ritual before beginning the studying and repeat it during the studying — such as three slow breaths. This way the ritual becomes a structure cue associated with the learned material. When you come to exam and you do not remember or are anxious, perform the same ritual which



By permission from: Lee, S. et. al. *Effect of Breathing Style on Math Problem Solving*. Presented at the 47th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Seattle WA, March 9-12, 2016.

continued on page 9

Nonprofit News

Renovating historic landmarks in Hayes Valley for arts education



Former Commerce High educational site being renovated by SFUSD for an arts center. Below: Close-ups of building undergoing renovation. All building photos by Laurie MacDougall.

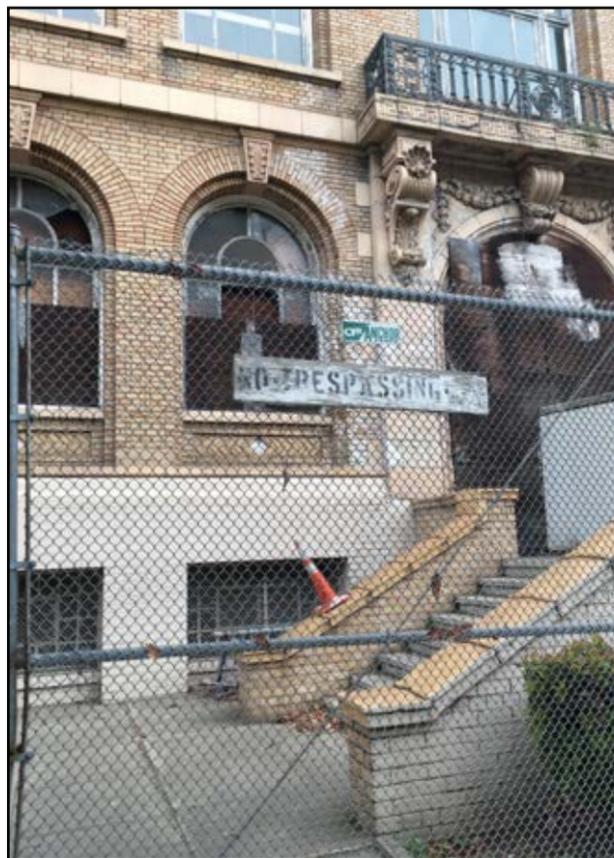
By Laurie MacDougall

Decades of intense effort to bring a hub for arts education to a square block of decaying buildings in the center of the Hayes Valley performing arts district are finally bearing fruit. Renovation is proceeding on the art education hub for the entire San Francisco school district — SFUSD — and Donn K. Harris has been hired as the new Executive Director for Creativity and the Arts position as of July 1.

Harris will be tasked with realizing the vision for the SFUSD ArtsCenter — a new epicenter for the school district's commitment to arts education, creativity and innovation. The center will be located in the heart of the performing arts district of San Francisco, in Hayes Valley. The site is located on a square block owned by SFUSD — known as the former Commerce High site — fronting Van Ness Avenue between Hayes and Fell Streets. The west side of the site sits across Gough Street from the newly opened San Francisco Jazz Center. The north side sits across Hayes Street from the San Francisco Symphony. The San Francisco Opera House and the San Francisco Ballet are located two blocks to the north, and the Conservatory of Music is two blocks to the south.

The location is central to the vision for the ArtsCenter for which Harris is taking responsibility. Due to its prestigious location, the renovated buildings are perfectly situated to bring the heart of the school district's commitment to arts education to the heart of the performing arts district to provide synergies not otherwise possible. The vision for the ArtsCenter is to consolidate arts education for all 57,000 students, 4,000 teachers and 120 schools in

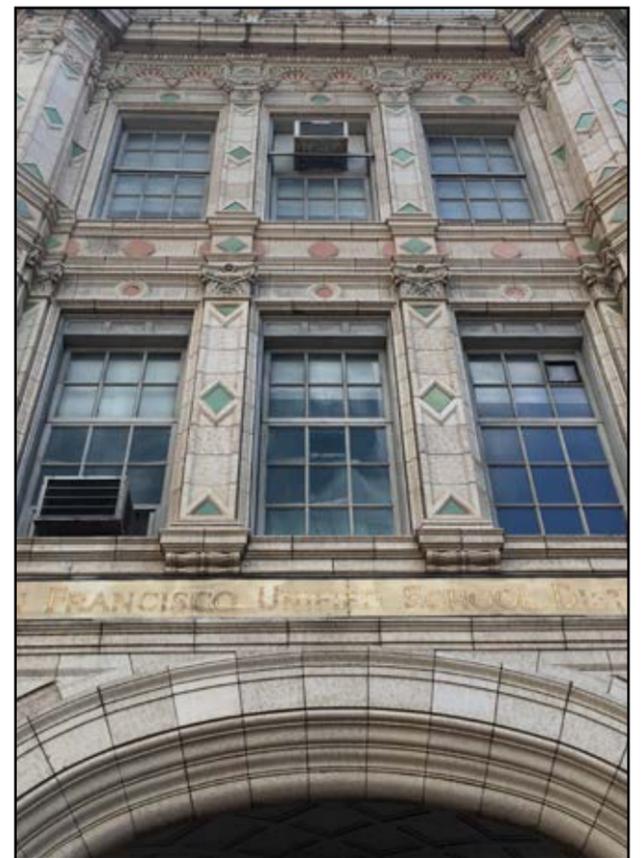
the San Francisco school district; a home will also be provided for the Ruth Asawa San Francisco School of the Arts — SOTA — a highly regarded public high school now in temporary quarters at the former McAteer High School site. The ArtsCenter is envisioned as a hub for all arts education activity in the district, including teacher's professional development programs; resources for parents and students; a library; practice and rehearsal rooms; and conference rooms for arts education uses.



The master plan for the ArtsCenter calls for renovation of several existing buildings that are collectively designated as San Francisco Historic Landmark No. 140. The buildings suffered varying degrees of damage in the 1987 Loma Prieta earthquake, and one of them is made of unreinforced

concrete, which caused it to be re-tagged decades ago. SFUSD is in the final stages of determining the plan for this monumental city block. Designs for renovation of the space are being refined by the architect, Mark Cavagnero, who designed the award-winning San Francisco Jazz Center across the street. The projected cost of realizing this arts education hub is estimated to be around \$300 million, half of which would need to be raised from private sources. It is expected that the public funds needed will be included in a

earthquake and fire of 1906. In the immediate aftermath of the disaster, Newton J. Tharp was appointed City Architect, charged with designing and rebuilding the city's municipal buildings, including firehouses, courthouses, and public schools. The school was rebuilt on Grove Street, but in 1913 had to be moved a third time to make room for the new Civic Center Plaza. Renamed the Newton J. Tharp Commercial School, the 8,000-ton building was moved five blocks to its cur-



school district bond in November.

The site has a long and illustrious history of public service — as a school, and as an administrative center for the school district.

The Commercial School began life in 1883 on a different site as a small high school. It moved twice, and was destroyed in the

rent site at 170 Fell St., where it has remained for 101 years.

The next big change came in 1926, when the Board of Education approved a plan to build two additions to the Fell Street Campus — the Commerce High School at 135 Van Ness

continued on page 8

Nonprofit News

continued from page 1



[Top:] African American Shakespeare Festival, September 2015, Cultural Corridor Festival via the Web. [Below:] Viewers of cultural program at proxy. Photo by Lane Johnson.

Proxy EAT

The open space also provides room for a combination of diverse eateries and rotating selection of food trucks. Currently housed in shipping containers are Smitten Ice Cream — a success story all its own — Ritual Coffee, a juice bar, and the al fresco Biergarten, a wildly successful spin-off of the popular Hayes Valley institution, Suppenkuche.

Proxy ART

A moveable feast of curated art installations, all temporary, inside shipping containers or tents.

Proxy STOREFRONT

Small-scale pop-ups contain new and unique offerings, sometimes in gift trucks (think food truck, only with presents on offer instead of edibles), sometimes in shipping containers. City Bikes, a bike rental operation and one of proxy's earliest vendors, has moved into larger and larger shipping containers as the business has quintupled since first setting up in 2011. Presently the most ambitious retail space is Aether, high-end clothing in a structure composed of three stacked shipping containers.

How does this temporary idea work as a business model?

From the beginning, proxy's brainstorm was to create a lab for micro-enterprise operations, enabling new businesses to start in a tiny footprint. It's affordable for start-ups, and the location is superb. The proxy model lowers the economic barriers to entry, making it possible for new small businesses to participate and, as has happened with proxy's tenants, grow in a sustainable way.

The poster child for the potential of this entrepreneurial approach is proxy's first vendor, Smitten Ice Cream.

Smitten's owner had devised a method for using liquid nitrogen to make astonishingly smooth and tasty ice cream on the spot, and had been operating at flea markets out of a red Radio Flyer Wagon prior to joining the proxy experiment. She opened for busi-

ness in early 2011 in a re-purposed shipping container. Only 5 years later, Smitten Ice Cream has expanded from the Radio Flyer wagon to include brick and mortar sites in Pacific Heights, Marina, Lafayette, Rockridge, Los Altos and El Segundo in southern California. World domination appears to be on the horizon.

Overall, the idea has proven to be pure gold. Provide small, flexible and temporary start-up space as a low-risk business opportunity on well-located scraps of land, presently lying fallow, undeveloped, and watch a vibrant commons emerge, one that promotes community, creates jobs, and contributes to the civility of the neighborhood.



How did proxy come into being?

In 2010, in the midst of a severe economic downturn, San Francisco's Mayor's Office requested proposals for temporary uses on the last City-owned vacant lots remaining after the earthquake-damaged Central Freeway was removed in the late 1980s. The creation of Octavia Boulevard as a thoroughfare with a public park, Patricia's Green, at its northern end, catalyzed the gradual development along the Octavia corridor, leaving only a few snippets of land along the east side of Octavia undeveloped.

City planners imagined there might be temporary uses for the two largest parcels, across from Patricia's Green, fronting directly on Hayes Street, while awaiting funding for the ultimate end envisioned for the space — affordable housing. The original timeframe

for this project was to be three years. However, because the city has had difficulty securing the funding necessary for the affordable housing project, coupled with the amazing success of proxy, the original lease has been extended again — now due to expire in 2020, when proxy will cease to exist.

The task was formidable, but a visionary young architect named Douglas Burnham, head of a wildly creative but undercapitalized young architectural firm called Envelope a+d took on the challenge to design and create temporary structures in a way that would produce enough revenue to make it viable. They won the contract, and almost immediately the timeframe had to be extended as it took almost a year to secure the permits to proceed. According to Burnham, "the building department didn't know what to do with us. It was a temporary project, but we had to meet the same regulations they applied to permanent infrastructures." Burnham and his associates sought out prospective vendors and developed design strategies that utilized low-cost easily-deployable modules, principally shipping containers, and built coalitions with neighborhood groups, local business owners and city officials.

Burnham said, "We got excited about the possibility of creating a new model for urban development, a 'flexible urbanism' that can temporarily transform underused by high-value urban areas into thriving cultural spaces that bring economic vitality to otherwise fallow sites. As a model it could be applied to other sites in San Francisco, or to other cities. This larger sense of the potential of the project beyond this site made proxy a thoughtfully conceived full-scale urban experiment."

What about the cultural part of the equation?

While ways had to be found to make operating the space financially viable, it was never viewed by Burnham and his associates as a purely commercial endeavor. Building community spirit through well-designed public space is his goal, so in addition to the economic development aspects of proxy, from the beginning Burnham and his associates envisioned proxy as a vibrant public space, where cultural, commerce and community converge.

The form this took was to create a nonprofit to curate interesting and unusual cultural events in the space. To accomplish this, the nonprofit, called Here For Now, launched a public fundraising campaign to build the Walk-In Theater. The idea was to use minimal means to create a lively cultural place without walls. The

screen is 20 feet by 49 feet, and audio and visual capacities are state-of-the art. The public space seats up to 450 people on blankets and folding chairs. Families and picnics are welcome.

Programming is curated by Here For Now, using collaborations with larger cultural institutions eager to step outside their walls to secure new audiences. Program collaborators include S.F. Jazz, the S.F. Film Festival, and The Exploratorium and, for the second year in a row, Sundance and Toronto Film Festivals.

In fact, you can take advantage of a great opportunity to have the proxy experience this month. The pop-up proxy Fall Film Festival is back for the second year, starting September 23 and running for five Friday evenings in a row, ending on the 21st of October. The Film Festival will feature Indie films fresh from the Sundance and Toronto Film Festivals, centering around the theme of celebrating the different voices of America in this election year.

What does the future hold?

Don't wait too long to visit proxy in the heart of Hayes Valley, because after 2020 it will be gone forever.

But the larger picture for this type of "flexible urbanism" is bright. Looking ahead, economic uncertainty looms across the globe. Projects such as proxy offer cities a strategy for remaining not only economically viable, but relevant, able to adapt to the rapid changes being propelled by contemporary culture. As visionary Donald Burnham puts it, "These experiments require designers, developers, philanthropists and city agencies to operate beyond a bottom-line mode of thinking and consider the creation of places of quality and diversity within the city as a higher calling. This ethic of 'flexible urbanism' extends beyond the deployment of vendors in mobile containers to urge thinking about the city as a vibrant, living construct that is constantly in the process of becoming."

FOR MORE INFORMATION:

- About affordable housing, and the status of development plans for the proxy site:
San Francisco Mayor's Office of Economic and Workforce Development
415.554.6969
- About proxy and its programs, including the film lineup for the Second Annual Proxy Fall Film Festival:
www.herefornowsf.org
www.proxyssf.net

Neighborhood News

By Laurie MacDougall

Alamo Square

Marcus Books, the nation's oldest African American bookstore, has reopened in the lobby of the African American Art and Culture Complex

Drop by and check out the historic independent bookseller, Marcus Books, in its new incarnation as part of the African American Art and Culture Complex — AAACC. Marcus Books first opened in the 1960s, specializing in titles by and about African Americans. It lost its lease in the Fillmore in 2014, but the bookshop has reopened within the lobby of the AAACC in a unique partnership to create a meeting ground and learning environment for the entire community. The African American Art & Culture Center is located at 762 Fulton St. For more information, visit the AAACC website at <http://www.aaacc.org>.



Tour Bus Restriction Update

Tour buses continue to behave badly around Alamo Square. So badly, in fact, they were the subject of a recent report on "People Behaving Badly" on KRON. Buses have been prohibited from the streets bounded by Webster, Fell, Divisadero and Golden Gate Avenue since 2013, but continue to be a problem. 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 Tom.Maguire@sfmta.com, or SFPDParkStation@sfgov.org, or SFPDNorthernStation@sfgov.org.

Update on regular events usually scheduled at Alamo Square Park

The weekly Alamo Square playgroup for toddlers, usually scheduled for Tuesday mornings, is on hold until completion of the Alamos Square construction. Alamo Square Bark, however, is hosting playgroups for furry family members at other parks around the city. You can learn more about when they're scheduled at www.facebook.com/alamosquarebark/.

Bayview Hunters Point

Free Open Studios, Hunters Point Shipyard and Islais Creek Studios, October 15 and 16 from 11:00 a.m. to 6:00 p.m.

The Hunters Point Shipyard Artists — HPSA — is a community of artists who rent studios in the former U.S. naval shipyard on Hunters Point in the Bayview community of San Francisco and in the nearby Islais Creek Studios. An artist's community since 1983, and now one of the largest artist colonies in America, the Hunters Point Shipyard boasts more than 250 artists. The public is invited to see the artists at work, and view their art, available for purchase, including ceramics, drawings, jewelry, metal arts and welding, paints, photography, lithography and sculpture. For further information and detailed directions, visit www.thePointart.com, email info@thePointart.com, or call (415.822.9675).



ings to be recognized by the City of San Francisco as an historical landmark — its designation is Landmark #8.

The month of October offers an opportunity to inspect the results of the renovation when you bring the whole family to the Halloween haunted house. Of course, there is also trick-or-treating along 3rd St between Evans and Williams with many participating merchants. BVOH is located at 4705 Third Street. For further information, call 415.824.0386, or send an email to info.bvoh@bvoh.org.

Fillmore

Literacy Hour every Saturday in October, for kindergarten and first grade level (10:30 a.m. to 11:30 a.m.), and second and third grade level (1:00 p.m. to 2:00 p.m.), at the Western Addition Branch Library, free

The Literacy Hour offers an opportunity for your child to learn to read and build writing skills with one-on-one tutors through fun games, phonics instruction, and read-alouds, every Saturday throughout October. Tutors work from 10:30–11:30 a.m. with children at skill levels from just learning the alphabet to reading chapter books at kindergarten through first grade level, and from 1:00–2:00 p.m., they work with children with skills ranging from just learning the alphabet to reading chapter books at the second and third grade level. The Western Addition Branch is located at 1550 Scott St.

Jazz at the Fillmore Farmers Market, every Saturday, 9 a.m.–1:00 p.m., Fillmore Center Plaza, free

The Fillmore Farmers Market is the only farmers market in San Francisco, and one of the few in the nation, to offer free live jazz for shoppers. Local musicians perform live jazz in the Plaza

while you stock up on fall fruit and vegetables. Everything for sale is California-grown by the very farmers that planted, nurtured and harvested the crops. Artisanal baked goods and cheeses are for sale as well, and you can snack on samples from local Fillmore restaurants. The Plaza is located at 1475 Fillmore Street.

Community meeting at the Northern Police Station on Fillmore Street, Oct. 6, 6:00 p.m.

Meetings are held at the Northern Police Station at 1125 Fillmore St. in the Community Room on the second Thursday of every month, beginning at 6 P.M. Come to the October meeting to discuss community issues or concerns. For more information, call (415) 614-3400, or email SFPDNorthernStation@sfgov.org.

Hayes Valley

Celebration of Middle Eastern Heritage, special events in October, Main Library, free

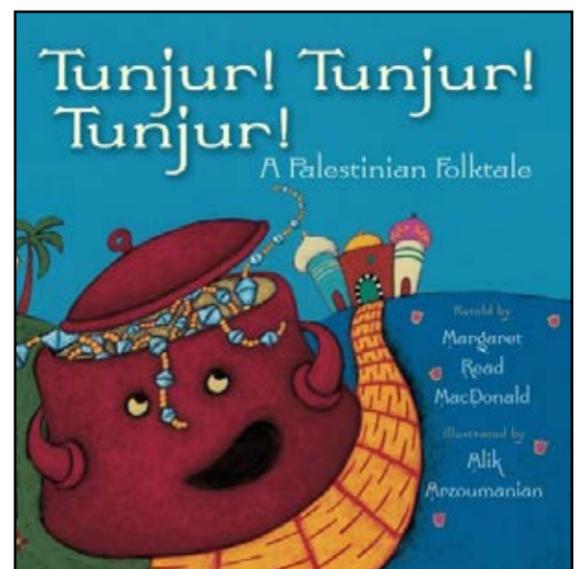
The Public Library is just concluding its large-scale, all-branch program recognizing the cultures and people from the Middle East who reside in the Bay Area. But you can still catch a few unusual events at the Main Library. First, on exhibit this month, and ending January 1, 2017 in the Skylight Gallery, Al Mutanabbi Street Starts Here: In Defense of Culture, featuring the work of 50 artists and

Nu2u, a thrift shop with a social mission opens its doors in Bayview

Do good, feel good and look good. What a combination! You can get it all by shopping at Nu2u, a new social enterprise run by Project Bayview, created to give women an opportunity to learn job skills and turn their lives around. The shop offers clothing for all ages, as well as antiques, appliances and other necessities. It is located at 5009 Third Street, next to the Bayview/Linda Brooks-Burton Public Library. Hours are 10:30 a.m. to 6:30 p.m., Monday, Tuesday, Thursday and Friday, from 10:30 a.m. to 5:30 p.m. on Wednesday, and from 10:30 a.m. to 2:30 p.m. on Saturday. For more information, visit their website at www.nu2usf.org.

Halloween haunted house at the newly re-opened Bayview Opera House, October 31, 5.00 to 9:00 p.m., free admission

The Bayview Opera House reopened last month after being closed for extensive renovations for over one year. Originally built in 1888 as a Masonic Hall, it has retained its character as a space designed for community activity and was one of the earliest build-



printmakers from around the world, who created their works in commemoration and solidarity to support the booksellers in Baghdad, whose lives were irrevocably changed by a car bomb set off in their street in 2007. And on Tuesday, October 25, enjoy a unique opportunity to experience Arabic violin virtuoso Georges Lammam and poets Elmaz

continued on page 11

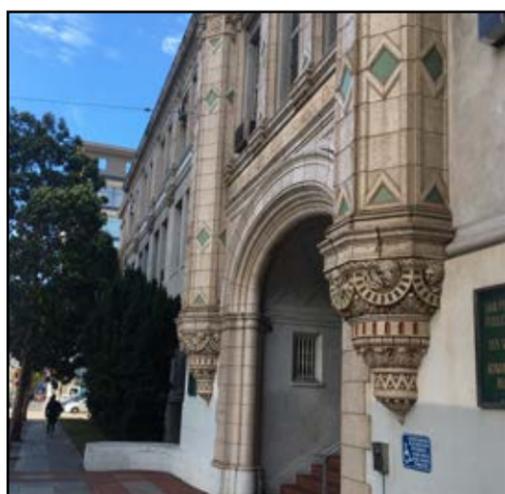
Community Voices

continued from page 5



Donn K. Harris is the new executive director for the Creativity and the Arts program at SFUSD. Photo via www.cac.ca.gov/news.

Ave., and the Nourse Auditorium at 275 Hayes St. Over the years the campus fell on hard times as more schools opened across the city, and the Commercial School campus lost enrollment. By 1952 the Board of Education closed the buildings at 170 Fell and 135 Van Ness to students, reassigning them to schools across the city, and the buildings became offices for the Board of Education's administrative staff and storage. The Nourse Auditorium remained in use until the late 1960s.



In 1981, The Newton J. Tharp Commercial School, the Nourse Auditorium, and the School of Commerce were collectively designated as San Francisco City Historical Landmark no. 140. But the 1989 Loma Prieta earthquake caused significant damage to all three buildings, with the Tharp building at 170 Fell St., constructed of unreinforced masonry, sustaining the worst of it. The cost of retrofitting it was deemed prohibitive, so it was red-tagged and has remained empty since then. Through FEMA funding, major damage was able to be repaired at 135 Van Ness, and the building has continued to house administrative offices for SFUSD. The Nourse Auditorium was retrofitted in 2013 and reopened as the Nourse Theater — presently housing the City Arts and Lectures program on a multiyear lease —

but is slated for another overhaul with the rest of the site.

During the last two decades, the final resolution of the future of the buildings has been fiercely debated. The conundrum is that the buildings cannot be demolished because of their designation as historic landmarks, but renovation is always considerably more expensive than new construction. Further, because the Tharp building in particular is of unreinforced masonry, making the buildings safe — particularly for children — makes it a very expensive project to undertake. The vision of activating the site to serve the entire city as a centerpiece of arts education is therefore crucial to securing funding from public and private sources.

With the hiring of Donn K. Harris for the position of Executive Director for Creativity and the Arts for SFUSD, the school district has taken a crucial step in moving toward realization of the long-held dream for the buildings as an ArtsCenter at the heart of the performing arts district. His experience makes him the perfect person to spearhead the next stage of the SFUSD ArtsCenter development.

Harris was principal of the School of the Arts for seven years, then assumed the role of Executive and Artistic Director of Oakland School of the Arts — OSA — where he led major development and expansion efforts since 2007.

SFUSD Superintendent of Schools Richard A. Carranza cited the importance of this new stage in the history of the site, saying, "We are excited to have Mr. Harris rejoining SFUSD in this important leadership role. There is no better person to help us capture the great opportunities we have in front of us."

Midgett's Corner

AGEING/DATING

By Midgett

How old are you? Are you reading this column for the first time? I will write a brief history about myself and see if this fits your profile. Then I will discuss dating and the aspects of it.

I arrived in San Francisco on August 21, 1974 — a divorcée with two children, Susan age 9, and Jordan age 12. Dating was not on the agenda. My career and children were my priority.

Teaching, writing and speaking blossomed. My social and ME life was great. I didn't understand then the importance of the ME life. My children started meeting friends and enjoying their new environment here in San Francisco. Next thing I knew I was having 40th, 50th and 60th birthdays. From my personal experience and talking to friends, children leave the nest and branch out between the ages of 14 and 16.

"... it is up to you to find that ME time. It is never too late. Especially as you get older."

I am not assuming that all readers have children and am just using my example to show the responsibilities I had, but was able to have a life with them. I did not let them stop me having ME time. Marriage with a husband along with work can take time away from yourself. But it is up to you to find that ME time. It is never too late. Especially as you get older. When I lived in New York, I and my 10 girlfriends would get together once a month. We had partners but our ME time was more important.

Once a month on a Saturday late evening, 10 of us took turns cooking a fabulous late dinner for ourselves, made drinks and played Pokeno for pennies until five or six in the morning. I lived in a large complex and safe neighborhood. All within distance of our apartment buildings. We were all married black women who worked. We did more talking about business then playing the game.

The formula for writing in your English class is almost the same for dating. Who, what, where, why and how?

Before I break down the formula, these questions are also inclusive for gays, lesbians and other genders. The human touch on a social or sexual level can



renew something that is missing in your life.

So let's start with the "who."

WHO do you want to date? Is ethnicity important? Do you have concerns about the individual's

height or weight? Why? Are you overweight? Conscious of your height? Date your ex?

What kind of person in these categories would you consider? Here are three examples.

Goodwill: Needy, needs assurance constantly. Limited income. Mother's boy or girl. No adventuress spirit. Jealous and being clinging. Demanding. Has never been self-motivated. Constant complainer.

Vintage: Older but still kicking. Not one foot in the grave and loves to go out. Positive thinker. Talkative. Self-assured. Still working since retiring. Loves the job. Not a workaholic. Will make time for you. Not overbearing. Has personal friends and lives alone.

Imani: Oh yes! This is the way to go. Looks and smells good. Not overbearing or conceited. Assertive and clear expressing verbally about needs and wants.

Where will you meet? Dinner party? Friends? Dating Service: (table for 6)? At a bar, bus, park or picnic? Swimming pool? On the job? Somewhere in the vicinity, but not close or the same floor. On line meeting service? Coffee shop? Conference. Or just a pickup?

Why do you want to date? Are you lonely? The children are leaving home, the empty nest syndrome. You just had a recent breakup with boyfriend.

To be continued ...

Your e-mail is always welcome at midgettsf@aol.com. It can be viewed on "Midgetts host of older black women's issues" at <https://www.youtube.com/watch?v=TzXGu4PlrJg>.

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Learning and Education

continued from page 4

will allow easier access to the memory.

7. **Change your internal language.** What we overtly or covertly say and believe is what we become. When you say, “I am stupid,” or “I can’t do math, and besides my mother also could not do math.” or “It is too difficult

to learn,” you become powerless — which increases your stress and inhibits cognitive function. Instead, change your internal language so that it implies that you can master the materials, such as, “I need more time to study and practice the material,” or “Learning just takes time, and at this moment for me it

may take a bit longer than for someone else.”

Take charge of your study habits, and practice slower breathing during studying and test-taking. Similar to many of our students, you may experience a significant improvement in learning, remembering, accessing and processing information.

Eirk Peper is a professor at San Francisco State University in the College of Health and Social Sciences. He may be contacted by email at epeper@sfu.edu or erik.peper@gmail.com. More information can also be found on his website at www.biofeedbackhealth.org, or on his blog at <https://pepererspective.com/>.

continued from page 1



[Clockwise, from top:] Leap web banner for 2016 event; 2015 sand sculptures by competing teams, and member of Fukuda team working on sandcastle project. Photos courtesy of www.leaparts.org.

dents from 25 elementary schools within the Bay Area.

Leap was founded in 1979, largely in response to the passing of California Proposition 13, which dramatically reduced state funding for education and as a consequence practically eliminated teaching of the arts from public elementary schools. The lack of funding and resources for art education has continued to be an issue in public schools, despite mounting evidence that participation in the arts is vital to a well-rounded education.

It has been found in numerous studies that students who are given opportunities in the arts

all students equally, regardless of their socioeconomic backgrounds. In a national sample of 25,000 students, those with high levels of arts-learning experiences earned higher grades and performed better on standardized tests than those with little or no involvement in the arts.”

“Giving all kids a real shot at a quality education is what inspires me to do this work every day,” said Executive Director of Leap Arts Jill Dineen. “The year I started kindergarten is the same year that the state of California cut arts funding. As a student who was drawn to the performing arts, I

really needed that creative vehicle to express myself, build confidence, and expand my universe.”

Dineen has since built her career around working with children and families in need, and within the public schools. As the executive director of Leap, Dineen

now gets to put it all together, and to actively work to support arts education opportunities for youths at underprivileged elementary schools all over the Bay Area.

The Sandcastle Classic is Leap’s largest fundraising event. The goal for 2016 is to raise \$300,000. That is roughly one-third of the nonprofit’s entire operating budget for the 2016-2017 school year. All funds raised by the Sandcastle Classic go directly toward maintaining Leap’s programs.

This specifically includes paying the contract fees for Leap Arts educators who will be bringing art classes to schools, as well as subsidizing the cost of Leap for schools who cannot afford Leap’s programming within their own budget constraints.

About 30 teams will be competing in the 2016 Sandcastle Classic. Teams are composed of a mix of elementary students along with professional engineers, architects, artists and other adult volunteers. A few of these teams have already been established. Among these

ing building skills, to construction — stretches out through weeks, and the event’s coordinators have ensured that both the young and the adults are involved in every stage throughout.

The adult professionals first meet with the students on their team to brainstorm ideas for what kind of Sandcastle sculpture they would like to build. This year’s theme is “Makers and Movers,” so one may expect to see sandcastle sculptures featuring authors, inventors, political leaders, and revolutionaries, as well as machines and technology that has furthered humanity’s cultural evolution.

After a team has selected its subject, the young artists and professionals are both encouraged to draw up blueprints and building



tend to perform better academically and socially, and these benefits can be lifelong. In his introduction to a report titled, “The Arts and Achievement in At-Risk Youth,” Rocco Landesman stated that “Children and teenagers who participated in arts education programs have shown more positive academic and social outcomes in comparison to students who did not participate in those programs.”

According to Leap, “Studies also show that the arts benefit



are the Sandy Warhols contest team — partnering with Dianne Feinstein Elementary and others — and the ArtiSANDS contest team — partnering with Rosa Parks Elementary.

If designing and building an elaborate sandcastle with youthful teams sounds like an easy task, think again. As the Sandcastle Classic has evolved, so has the level of intensity with which the teams take on their castle projects. The whole process — from brainstorming, to designing, to practic-

plans, or to make models of the sculpture to be created in sand. They also attend workshops leading up to the event, where they learn about topics such as the ideal water/sand ratio for sculpting, and sandcastle sculptor skills training.

Leap is still looking for volunteers and sponsors to get involved with the 2016 competition. If you are interested, check out www.leaparts.org, or send an email to events@leaparts.org for more information.

Taking supplements lightly – a complementary approach

By Aryana Farsai

Why take a multivitamin? Why not just assume that you are getting enough nutrition from your food? There are many reasons — one is that in the modern world we are exposed to chronic stress and environmental toxins that are far greater than any other time in history. This can deplete vitamins as the body attempts to repair itself from these stressors.

A general rule of thumb is that if you are aware that you are under a higher level of stress, then take a high-potency multivitamin. You should understand that these higher potency vitamins can be really helpful, but they also contain ratios of individual vitamins that do not exist in nature. Therefore, if you choose to take a high-potency vitamin most days, or every day, remember to take a rest for a few days whenever a bottle is finished.

If you are sensitive to a strong high-potency vitamin — for example, some people will get an upset stomach if there is too high of a concentration of vitamin B in one pill. If this happens, try a whole food-based vitamin. These tend to be easier on the digestive tract and organs of elimination due to their lower natural potency.



Samples of vitamins with labeling certifications, including "non-GMO," "ICS" or Certified Organic, and "IFOS" or International Fish Oil Standards labels. Photos by Aryana Farsai.

most days, or sometimes. This is in order to not overload the organs of the body by giving them more than it is naturally able to process. In shopping for and identifying a good quality multivitamin, look for brands that are whole food-based, or even fermented. This is because having vitamins in a whole food base adds coenzymes to the multivitamin — which increases nutrient absorption.

Some water-soluble vitamins are eliminated in water, others in fats — therefore, it is important to cycle periods of rest after taking any particular supplement. The usual advice is that if you are taking a multivitamin every day, at the end of each bottle take a few days off for every month you were on it. This lets the liver and kidneys have a break in processing those extra nutrients.

There are other supplements such as fish oils, where you need to be concerned about the cleanliness of the processing plants themselves — as well as the methods and solvents used to extract the oils. For this reason, International Fish Oil Standards — IFOS — certified manufacturers are recommended. One prominent manufacturer has a Gold LEED certified factory, and this means their manufacturing standards are at the highest level when considered from an environmental impact perspective.

That about covers recommendations for multivitamins and fish oil; what else might be necessary to take as a daily supplement? A B-complex nourishes the nervous system, and vitamin C restores cellular health — either one or both are great daily additions. An easy way of determining which you might want is that B boosts the

nervous system, and C boosts the immune system.

Another way to determine what may be a good daily supplement is to check in with yourself. If you are healthy — but perhaps you just want greater performance in mental creativity — you can try supplementing with oils and multivitamins for most days. Also, perhaps women may want to supplement with iron and calcium, and everyone may want some magnesium. Magnesium in small amounts is the Holy Grail of the nervous system — literally every neurological function runs off of it. A great form is to take magnesium in an ionic powder in your water bottle. This means that the magnesium is in its most absorbable form.

Further, if you are injured or are recovering from a physical injury, ask yourself what can you do to supplement that area. If you broke a bone, take a calcium-magnesium blend for the duration of healing. If you want increased mental performance, you can take medicinal mushrooms or other adaptogenic herbs.

Another way to restore natural energy reserves by healing the adrenal glands is to go with adaptogens. There are very common ones, such as ginseng, Rhodiola and maca — but my favorites are the middle-of-the-road ones, such as ashwaganda, eulethero, and holy basil. Taken by itself, each has great properties to help you relax, enhance energy levels, and aid concentration; taken as a trinity, their effects are orders of magnitude better for the healing and repair of the whole nervous system, especially the adrenal glands.

As with any supplement, it is important to understand that with each of them you can take them every day, or every other day, or a few times a week — whatever floats your boat. However, moderation is encouraged, and being

wise when it comes to not taking too many supplements — the amount will be different for each person. For myself, it is between 5–8 pills a day; for my friend A, it might be 12; and for my friend B, it might literally be 25 a day. But that is something to do with caution and to work up to taking a larger amount. Some people just have their protocol dialed in, and they are not faulted for that, however, using caution and taking breaks are highly encouraged when using supplements.

Of note are the following labeling certifications commonly seen on high-quality supplements:

GMP – (<http://www.fda.gov/Food/GuidanceRegulation/CGMP/ucm079496.htm>)

Good Manufacturing Practice is a seal regulated by FDA, providing guidelines for manufacturing, testing, and quality assurance to ensure that a product is safe for human or animal consumption or use.

USP – (<http://www.usp.org>)

This certification states that the product **contains the ingredients listed on the label, in the declared potency and amounts, does not contain harmful levels of specified contaminants, will break down and release into the body within a specified amount of time, and it has been made according to FDA current Good Manufacturing Practices using sanitary and well-controlled procedures.**



IFOS – (<http://www.nutra-source.ca/ifos/>)

The International Fish Oil Standards™ (IFOS™) Program is the only third party testing and certification program for fish oils. IFOS sets the world's highest standards for purity, potency and freshness.



Non-GMO Project – (<http://www.nongmoproject.org/>)

The Non-GMO Project is a mission-driven nonprofit organization offering a third-party non-GMO verification program to the standard consumers expect.



Food-based vitamins also have what are known as coenzymes — nonprotein compounds that are essential for the absorption of enzymes. This means that water-soluble vitamins can last up to four times longer in the body than a lab-formulated vitamin. There is an additional cost for food-based vitamins, but they are definitely worth it in terms of using moderation in supplementation to let the body gain as much health as possible. Use a practical method of taking a few supplements most days, along with conscious rest periods after taking each supplement to let the detoxification organs cycle through accumulated materials.

Along with the choice to consume any supplement, it is important to gauge the overall value of taking the supplement every day,

Neighborhood News

continued from page 7



Abinader, Lorene Zarou-Zouzounis and Tarik “Excentrick” Kazaleh performing their work.

Hope Levy’s ongoing fitness workshops for personal health continue at the Main Library until Oct. 26

A free 6-week class for managing health conditions, such as high blood pressure, arthritis and diabetes, continues to be held at the Main Library on Wednesdays from 10–12 p.m. at the Learning Studio on the fifth floor. The class was developed by Stanford University School of Medicine. Those who are interested can contact Ken Wong at 415.550.6002 or Irene Solis at 415.550.6003 to sign up.

Piano Department Recital, Wednesday, October 12, 8:00 p.m.–10:00 p.m. at the Conservatory of Music, free

Students of the Piano Department of the Conservatory of Music will provide an exceptional evening of music in the Sol Joseph Recital Hall. The event is free, and reservations are not required. The Conservatory of Music is located at 50 Oak St. For further information, call (415) 503-6275.



The Second Annual Proxy Fall Film Festival will be presented Friday evenings in October on an outdoor screen, after dark, free

On Fridays, October 1, 8, 15 and 21, enjoy film al fresco in the middle of bustling Hayes Valley.

Bring your honey, a picnic basket, and blankets or foldup chairs for an evening of some of the latest and most interesting independent cinema, straight from the Sundance and Toronto Film Festivals. The Proxy Walk-In Theater is located at the corner of Hayes Street and Octavia Boulevard. Admission to all showings of the Film Festival is free. For a listing of what’s playing each evening, visit Proxy’s website at www.proxysf.net.

Japantown

Annual Halloween Carnival, Friday October 28, 6:00–8:30 p.m., JCCCNC, \$7 admission at the door

Every little ghoulish and goblin will have a wicked good time at the JCCCNC Halloween Carnival for the whole family, featuring games and prizes, tricks and treats, arts and crafts and goodies to eat! Kids and parents alike will delight in the Haunted Hallway, frisky bouncehouse, and the costume contest with prizes. Added this year for the first time is an onigiri (rice ball) decorating con-

test. JCCCNC is located at 1840 Sutter St. For further information, call (415) 567-5505 or visit the website at <http://www.jcccnc.org/programs-events/annual-programs/halloween-carnival>.

Early Bat Dinner, Friday, October 28, 5:00–6:00 p.m., benefitting JCYC Japantown Youth Leaders Program, \$6 for kids, \$8 for adults

The JCYC Early Bat Dinner will be held just before the JCCCNC Annual Holiday Carnival and in the same place, so what could be easier? The Early Bat Dinner menu will delight the younger generation: Spooky Spaghetti, Goblin’s Salad, and Count Dracula’s

Garlic Bread, with a delicious Frankenstein’s Funk Punch. All for a great cause. Advance reservations are required. For more information or to make a reservation, use the JCCCNC information above.

Free Spooktacular Halloween Party and Trick-or-Treat, Sunday, October 30th, 1:00–5:00 p.m., Japantown Peace Plaza

Japantown loves Halloween, and in case the family has some energy left after Friday at the JCCCNC, on Sunday head down to the Japan Center, which will host its fifth annual Spooktacular Halloween Party complete with mall-wide games, decorations, a bouncy house, arts and crafts, face painting & removable tattoos. Children in costume

and Dine: Songs about Food and Kvetching.” Selected songs range from old chestnuts to new originals, jazzy instrumentals to a cappella Bulgarian folk songs, sublime ballads to ridiculous novelties, all accompanied by Brody’s multi-faceted Experimental Love Orchestra. Tickets are \$15 in advance, and \$17 at the door. Doors open 25 minutes before the concert. St. Cyprian’s Church is located at 20978 Turk St. For more information, or to buy tickets in advance, visit the website at www.noevalleymusicseries.com.



SFPD Park Station community meetings, Park Station, Tuesday, October 11, 6:00 p.m.

The second Tuesday of each month, the Park Station holds a community meeting to provide input, express concerns and/or deliver compliments. The station



will be able to trick-or-treat in East and West Malls by visiting participating retailers for candy and surprises. The Peace Plaza is located at Post and Buchanan Streets.

NOPA

The 30th annual Evening of Song, Saturday, October 1 at S.F. Lives Arts at Cyprian’s, and the fun starts at 8:00 p.m.

If you’re a fan of the quirky and astonishing, don’t miss the Evening of Song. Each year Music Director Joshua Brody invites a few dozen of his closest friends to join the mayhem. Songs always — more or less — follow a theme, which this year is “Whine

is located at 1899 Waller St. For further information, call 242-3000, or visit the website at www.parkstation.org

Divisadero farmers market, every Sunday in October, 10 a.m.–2 p.m.

The Divisadero Farmers Market offers seasonal, organic fare, flowers, and artisanal goodies such as empanadas, jams, humus. The Market is located on Grove Street between Divisadero and Broderick Streets. Visit <http://www.farmersmarketscalendar.com/blog/divisadero-certified-farmers-market/> for more information.

Perspectives

continued from page 2

ages and interests in a growing family. It's a place where every family member is covered by some suitable activity.

But there's another dimension to the vision that is very important to Toreano, one that will be developed in the future, when after-school programs have been incorporated into the space. For example, when the party rooms are not being used for parties, they can be used by teachers for tutoring, or other after-school activities to serve local youths. Toreano's family background comes through loud and clear when he talks about the educational possibilities of KangaZoom. "We want to utilize the space to create a learning environment. We're already in contact with schools in the area to explore what they need, to see where there's a fit."

Toreano acknowledges his passion for education. "I guess education is in my DNA. I got into retail management by accident. I started at Home Depot as a cashier and kept getting promoted to managerial positions. I worked my way up in retail management for nearly 20 years. What I enjoyed most was developing talent, training and bringing out the best in employees. I guess I found my way to be an educator."

This background and his particular skills have influenced the business plan for KangaZoom.

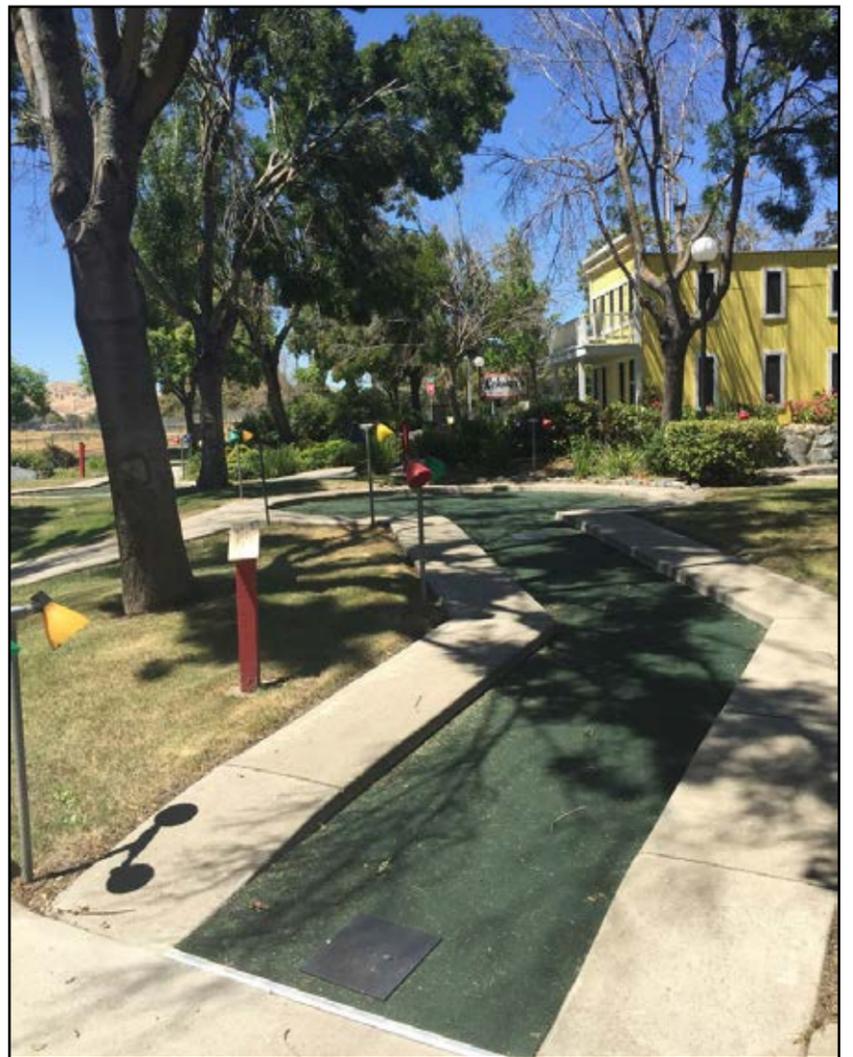
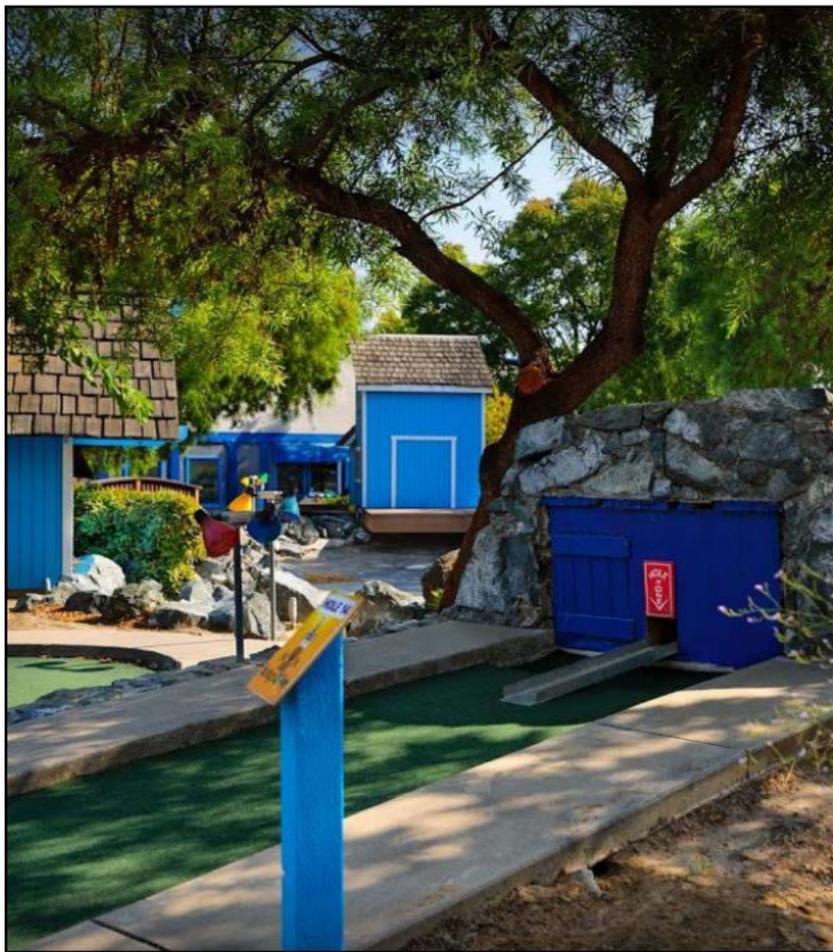
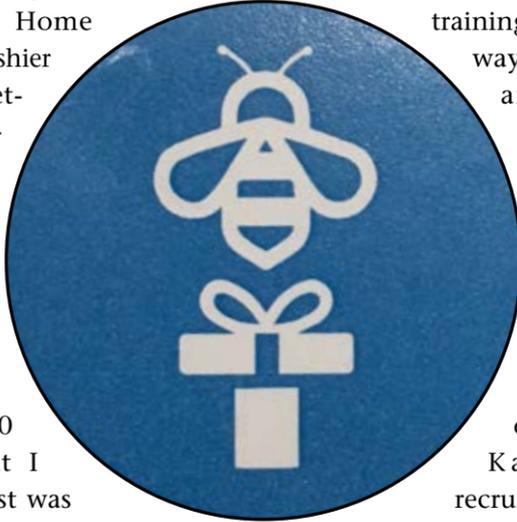
"We've created a team to operate KangaZoom. I believe in developing talent, finding people who want to see kids have fun, training them in our way of thinking and operating and, giving them a feeling of ownership in us as a start-up." As an example, one of the ways KangaZoom recruits raw talent is by working with different organizations that serve veterans.

What does the future hold? According to Toreano, "The long-term dream is to see this grow into what we can be, taking this

model to other areas that need it, expanding learning activities and opportunities for active play." For example, the space that used to house the go-cart track is currently unused. However, according to Toreano, "We're not bringing back the go-carts, but ideas we're bouncing around include an expanded BBQ and picnic area, and a radio-controlled car track."

But these are details. The partners held on to their original vision, and it has been realized. Wherever the dream takes the original concept in the future, KangaZoom in Antioch will always foster the goal to "bee present" with your family, whenever you possibly can.

KangaZoom is open every day from noon to 8 p.m. at 501 Auto Center Drive in Antioch, and the telephone number is 925.776.4386.



[Top:] "Bee present" logo on Toreano's cellphone. Photo by Toreano Norris.
 [Above, left and right:] Miniature golf course at KangaZoom. Photo via the web.

MarketPlace

Danielle (Dani) Clark — Writer
 liberatemymadnessdc@gmail.com

Joe D'Arcy — Designer
 joedarcy1@gmail.com

Rebecca Duran — Writer
 Rebeccaduran6@gmail.com

Aryana Farsai — Writer
 aryana.farsai@gmail.com

Sam Felsing — Writer
 samfelsing@hotmail.com

Breana Rae Flores — Photographer
 breanaf@sbcglobal.net

Michael Griffin — Photographer
 michaelgriffinphotography@gmail.com

Claire Kirshner — Photographer
 cgkirshner@gmail.com

Paul Kenyon Krantz — Writer
 pkkrantz@usfca.edu

Lisa Lee — Writer
 lisa.ellee@gmail.com

Laurie Macdougall — Writer
 odduck@earthlink.net

Jeffery Mendenhall — Writer
 jeffery.a.mendenhall@gmail.com

Mike McCoy — Photographer
 mmccoy912@aol.com

Peter Rapine — Writer
 p.rapine@gmail.com

Frank Vaugn — Writer
 f.vaugn@comcast.net