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-

Proxy – Creative enterprise for re-thinking public space

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 cue 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

It all began when his longtime friend, Marcus Jefferson, lost his wife unexpectedly. Like the good friend, Marcus Jefferson, lost his wife unexpectedly. The importance of family time, unplagued, 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.”

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 “be present!” with one another. KangaZoom opened just last month in Antioch, in East Contra Costa County.

KangaZoom is the first, and only, youth entertainment center specializing in bound installation and re-thinking the potential of the space, KangaZoom now houses a wide variety of active entertainment activities: six batting cages (fastball and softball); 36 holes of mini-golf; two birth- day party rooms; a toddler play area, and a number of bouncy rooms — including an obstacle course jump, Dora jump, slide jump and a wrecking ball jump; 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 “be present” at KangaZoom.

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

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**It's a Litquake**

San Francisco's contribution to literature is enormous. Dashiel Hammett authored the “Maltese Falcon” in the city; Allen Ginsberg first performed his masterpiece “Howl” at the Six Gallery on Valencia Street. So the city is the perfect location for the annual Litquake Festival, happening in 2016 from Oct. 6–Oct. 15.

The festival has been held for the last year and will continue at another location in the future, its name changed because of a move in the last decade, will soon be renovated 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 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://registerstovote.ca.gov/. The last day to register to vote is Oct. 24.

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**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.**

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**THE SAN FRANCISCO FALL ANTIQUES SHOW**

Benefitting Enterprise for High School Students


**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.

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

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 overwhelm cognizence — 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 question, and the moment you practice with another person. At that moment, you blank out. Practice gasping at the onset of hearing the beginning of the question, 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. 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, 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 first 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 who 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 material 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 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 most 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
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 arts 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 — facing 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 McClymonds 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 1967 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 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 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 current 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
Lane Johnson.

African American Shakespeare Festival, September 2015, Cultural Corridor

continued from page 1

Smitten's owner had devised a method for using liquid nitrogen to make ice cream in a tiny footprint. It's affordable and temporary start-up space for micro-enterprise operations, sometimes in shipping containers or tents. From the beginning, proxy’s brainstorm was to create a lab for micro-enterprise operations, enabling new businesses to start by temporarily filling underused urban spaces. The original 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 underutilized 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.”

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 to build an 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+ 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.

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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 part of the equation to the economic development aspects of proxy, from the beginning Burnham and his associates envisioned 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 officials to work together 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.herefornow.org www.proxy.sf.net
Alamo Square

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

The weekly Alamo Square playgroup for toddlers, usually scheduled at Alamo Square Park, 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 them at www.alamosquarebark.org.

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 hosts 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 art and welding, paintings, photography, lithography and sculpture. For further information and detailed directions, visit www.thePointArt.com, email info@thePointArt.com, or call (415) 822-9675.

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 SFPDParkStations@sfgov.org, or SFPDNorthernStation@sfgov.org.

Update on regular events usually scheduled at Alamo Square Park

- The western edition.com
- The western edition.com
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 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 center of art 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.”

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 divorcee 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 to go. Looks and smells good. 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.


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

To be continued ...

Your e-mail is always welcome at midgetts@aol.com. I can be viewed on “Midgetts host of older black women’s issues” at https://www.youtube.com/watch?v=TzXGva4Fylg.
Learning and Education

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@sfsu.edu or eirk.peper@gmail.com. More information can also be found on his website at www.biofeedbackhealth.org, or on his blog at https://peperrespective.com/.

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*Continued from page 1*

...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 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 are given opportunities in the arts have shown more positive outcomes in comparison to students who did not participate in these programs."

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

― Give 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 $100,000. That is roughly one-third of the non-profit'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 contracted 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 are the Sandy Warhols contest team — partnering with Dianne Feinstein Elementary and others — and the AntiSANDS contest team — partnering with Rosa Parks Elementary.

It 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 building, 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 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.

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[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.
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 stresses.

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 read and 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.

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 be 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 might 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 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 the 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:

- IFOS (http://www.ifos.com)
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.

- 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 Practice (GMP) processes using sanitary and well-controlled procedures.

IFOS – (http://www.nutr source.ca/ifos/)
The Non-GMO Project is a mission-driven nonprofit organization offering a third-party non-GMO verification program to the standard consumers expect.
The Second Annual Proxy Fall Film Festival will be presented Friday evenings in October on an outdoor screen, after dark. 

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.

Piano Department Recital, Wednesday, October 12, 8:00 p.m.

The Annual Piano Department Recital, Friday, October 28, 5:00–6:00 p.m., benefiting JCYC Japantown Youth Leaders Program, $6 for kids, $8 for adults.

The JCYC Early Bat Dinner will be held just before the JCCCN 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 JCCCN information above.

Japantown

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

Every little ghoul and goblin will have a wicked good time at the JCCCN 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 contest.

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

The JCYC Early Bat Dinner will be held just before the JCCCN 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 JCCCN 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 JCCCN, 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 & remov- able tattoos. Children in costume 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.

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 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/divisaderocertified-farmers-market/ for more information.
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.