

FREE - Please recycle!

Enjoy the crisp days of autumn!

# Western Edition HP JOURNAL

OCTOBER 2017

Bridging San Francisco communities through nonprofit services

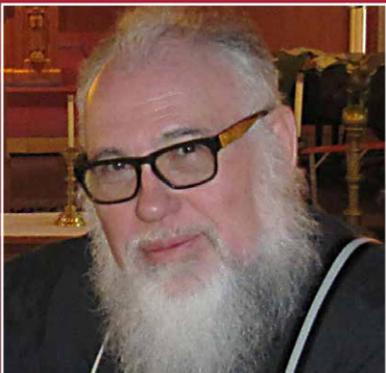
## In This Issue...



Programs Director Allison Snopek of ArtSpan, page 1



Founder Kendra Stitt-Robins of Project Night Night, page 5



Reverend Thomas C. Jackson of St. Cyprian's, page 10

## Contents

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

Cedric Moore	Publisher
Gretchen Quandt	Editor
Joe D'Arcy	Designer

## Writers/Photographers

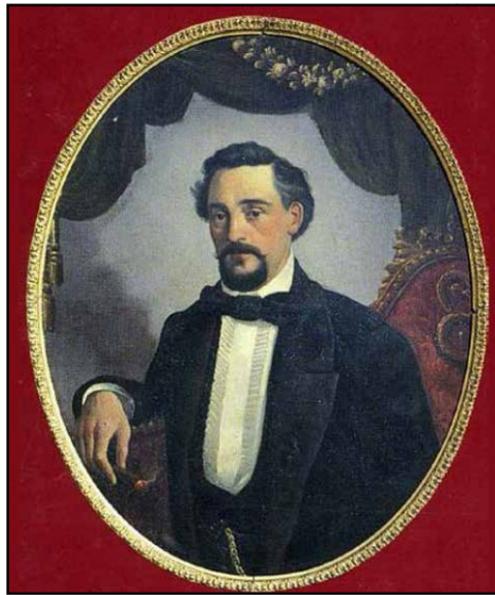
Chelsea Eiben  
Aryana Farsai  
Sam Felsing  
Daniel J. Lilly  
Laurie MacDougall  
Jake Murphy  
Michael Orion Powell Deschamps  
Brett Yates

## Columnists

Midgett, Erik Peper, PhD

The Western Edition now publishes quarterly. The next issue will be in January 2018. View the newspaper online, [www.thewesternedition.com](http://www.thewesternedition.com)

## Newhall Foundation gives grants to SF nonprofits



[Left]: Portrait of Henry Mayo Newhall via [www.newhallfoundation.org](http://www.newhallfoundation.org). [Right]: Meritus scholars benefitting from a grant by the Newhall Foundation. Photo courtesy of the Meritus College Fund.



By Jake Murphy

When looking for a link between California's pioneer past and today, one can still find points of impact. The Henry Mayo Newhall Foundation supports programs that focus on the youth, families, and seniors.

According to its website, the Foundation's endowment comes from Newhall family members and "supports philanthropic activities in the communities where H.M.

Newhall lived or had business interests."

Henry Mayo —H.M — Newhall was an American businessman who came out to California inspired by the gold rush of the 1850s. He quickly gained success through his auction house. Later, he invested in railroads connecting San Francisco to other growing towns throughout California. Along the way, Henry Mayo Newhall became a benefactor for many social and educational institutions.

The foundation was started in 1963 and is managed by a board of 13 family members. Twice each year, the board meets to review and process grant applications and conduct onsite visits for prospective recipients. The goal behind the Henry Mayo Newhall Foundation is to improve the quality of life in all the communities associated with the foundation's namesake. These areas consist of San Francisco, the Santa Clarita Valley in Los Angeles County,

*continued on page 11*

## ArtSpan initiates its 2017 series of city Open Studios

By Daniel J. Lilly

About to begin its 42nd year, SF Open Studios — SFOS — is the longest running open studio event in the country. In 2017, ArtSpan, the organization behind SF Open Studios, has extended the program to cover five weekends, bridging the gap between San Francisco-based artists and the general population.

The free event, which begins the weekend of October 14 and 15, will feature the work of over 800 local artists. Each weekend, SF Open Studios will take place in a different area of the city, with a map and schedule available on ArtSpan's website. The event begins with Bayview on the first weekend, with the Western Addition, NoPa, Hayes Valley, and many other nearby neighborhoods celebrating SF Open Studios on the fourth weekend, November 4 and 5. Participating artists' studios will be open to the public from 11 a.m. to 6 p.m.

Bayview is also home to one of the biggest SF Open Studios events each year — the Hunters Point Shipyard Artists — HPSA. The nation's largest art community opens



[Left-Right]: ArtSpan staff includes Jennifer DeRuff, 2017 Guide Editor; Dianne Hoffman, Programs Assistant; Joen Madonna, Executive Director; and Allison Snopek, Programs Director. Photo courtesy of ArtSpan.

its doors to the public October 14 and 15, offering free admission and even boasting ample free parking. The event will include an Annual Art Auction, and plenty of food and beverage vendors.

Since 1975, SF Open Studios has been a way for San Francisco locals to connect with artists living and working within the community. At first, the event was simply a collection of artists who agreed to open their studios to the public for one week-

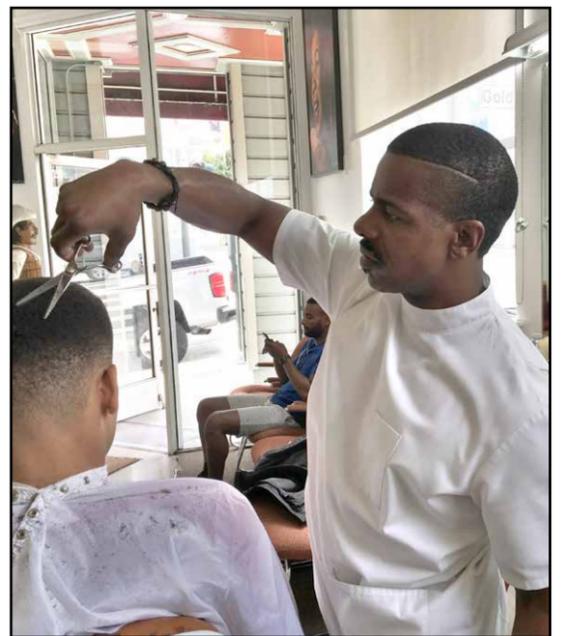
end. It existed that way as a small, private enterprise, until ArtSpan was founded in 1991 as a 501(c)(3) non-profit corporation to manage the growing event.

ArtSpan is currently managed by a board of directors that includes former Chief Curator of ARTworkSF, Matt McKinley. Based on the belief that art and artists play a vital role in contemporary society, ArtSpan works

*continued on page 9*

## Perspectives

# Transitions and traditions overlap at Chicago's Barber Shop



[Left-Right and below]: Neighborhood barbers working as associates at Chicago's Barber Shop include Jon, AJ and Kenneth El-Amin. The shop is owned by Robert Hardin and managed by El-Amin; however, each barber works independently with his own line of clients, who make appointments with the barbers via cell phones. An exterior awning sign shows that the shop offers full barbering services. Photos by Brett Yates.

By Brett Yates

Chicago's II — the barbershop whose traditional red, white, and blue spiraled poles have decorated the storefront at 1000 Divisadero St. for nearly two decades — began as the offspring of a chain of black-owned barbershops on Fillmore Street. However, contrary to its name, it was not the second barbershop in the neighborhood called Chicago's. In fact, it was the fourth.

The first Chicago's — founded by an Illinois transplant in honor of his hometown — opened in 1952 at Fillmore and Ellis and fell victim to urban renewal in 1968. In the meantime, two more Fillmore-based locations began operations — Chicago Barbershop #2 at Sutter, and New Chicago Barbershop #3 at Geary — but when their owner was shot and killed on a trip to San Diego, the chain splintered, with the barbershops retaining only a loose affiliation, according to longtime barber Robert Hardin.

The longest-lasting was New Chicago Barbershop #3, which closed in 2013 after 60 years of business at 1551 Fillmore St., where Willie Brown was a regular. By the time Hardin, a New Chicago Barbershop #3 alumnus, opened Chicago's II on Divisadero, the first Chicago Barbershop and Chicago Barbershop #2 had both disappeared; his new location, therefore, became the second extant Chicago's in the Western Addition — hence the name Chicago's II, with a roman numeral to differentiate it from the earlier sequel. Now, it's the only Chicago's in town, and the sign outside says simply CHICAGO'S, but locals still know it as Chicago's II.

In Hardin's view, Chicago's II has been able to carry on the Chicago's legacy successfully because it “took the past” and

“moved it” into the present, evolving alongside its neighborhood without compromising its core identity. With the erosion of San Francisco's African American population, which peaked at about 100,000 in 1970 before dwindling to less than half that number today, Hardin recognized that “there was not enough support here” to sustain a conventional black barbershop. “The handwriting was on the wall,” he said.

Chicago's II remains perhaps San Francisco's most iconic black-owned barbershop, but Hardin's staff now includes Asian, white, Arab, and Latino barbers. He mentioned that their newest hire was a barber from Moscow who could speak “four or five languages.” Hardin also continues to cut hair himself, as he has for half a century, right alongside his fresh-faced employees in their twenties. The staff is “a good reflection of the neighborhood” itself, said manager Kenneth El-Amin.

all generations.” His coworker Jack, who grew up in the Western Addition, added, “You can sit down and feel like you're at an old-school barbershop rather than a new hipster barbershop.”

Each of the barbers at Chicago's II knows how to cut all types of hair, and together they serve a clientele as diverse as they are. “All kinds of people come in here,” said Ramy, who has worked at Chicago's II for three years. “We treat everybody the same.”

El-Amin explained that the customers are not preoccupied by the ethnic makeup of the staff and that, “at the end of the day, it comes down to” the quality of the haircut, but an effort has been made to ensure that customers from all walks of life “feel comfortable” in the barbershop's communal setting. Although the staff is all male, women come for haircuts, too. In Ramy's words, there are “good vibes around here. Everybody's on the same page.”

bers except two: “Come to work; do the right thing.”

Jon, who previously worked in retail and security, said that he has “a lot more freedom” as a barber. “You're responsible for yourself.” The shop's official hours are 9 a.m. to 6 p.m., but he usually comes in around 10 a.m. and sometimes stays as late as 7 or 8 p.m.

Similar to many of the barbers at Chicago's II, Jon started out by cutting his own hair. “My dad used to cut my hair,” he recounted, but after his parents' divorce, he did not have anyone to do it. “I just took it into my own hands,” he said. Ramy first cut hair in his garage when he could not otherwise find work: “I went and bought me some clippers,” he recalled, and he practiced on friends by offering free haircuts. When they started asking him for appointments, he started charging them, and eventually he decided to make a legitimate career of it. Hardin, for his part, put it bluntly: “I don't fit the profile of corporate America.”

Yet the barbers at Chicago's II value comradery as much as they do their independence, and the atmosphere of the barbershop is lively with banter and jokes. “We have a lot of talk,” said Jon, and the customers enjoy it as much as the staff does. “A barbershop is a place where the guys go,” Ramy elaborated. “There's nothing like having a good conversation and giving them a good cut.”

Some of the young barbers have already accumulated a roster of regular clients as devoted as those of Hardin or El-Amin, who has been at Chicago's for 15 years. Daniel, who was hired eight months ago, said that he has customers who visit him “weekly.” A J, a 21-year-old barber, strives to win over the shop's walk-ins: “If they like the haircut, I give them a card, and they come back.”



Jon, a 27-year-old barber, used to work at a newer barbershop but said he much prefers Chicago's II, commenting that there “wasn't really any knowledge” at his previous workplace. “Here, you get

The managerial philosophy at Chicago's II regards all employees, young and old, as equals. “Everybody here is a shot-caller,” Hardin said, emphasizing that there are “no rules” for his bar-

## SF News Briefs

By Sam Felsing

### Fleet Week

While its military bases may no longer be active, San Francisco still takes the time once a year to honor the country's men and women in uniform — and see some cool aerial maneuvers while at it.

Fleet Week sails into San Francisco on Oct. 1. While the week is primarily famous for its spectacular aerial shows — especially those performed by the Blue Angels flying group — there are a number of other events worthy of everyone's consideration. Among these are: K9 Heroes Bark at the Park, which honors the nation's dog heroes; the Fleet Week High School Band Challenge, where bands compete against each other for money for school music programs; along with ship tours, where interested parties can get a glimpse of the day-to-day lives of U.S. and Canadian sailors by touring naval destroyers, cruisers and amphibious carriers from both countries.

Learn more about Fleet Week at <https://fleetweeksf.org/>.

### Hardly Strictly Bluegrass

One of the greatest arts gifts ever given to San Francisco returns this year on Oct. 6. The Hardly Strictly Bluegrass Festival — the free 3-day concert paid for by the late Warren Hellman's estate — will take place at Hellman Hollow in Golden Gate Park and will feature seven stages and more than 90 acts.

The 2017 lineup includes performances by Steve Earle, Emmylou Harris, Patty Griffin, Buddy Miller and Lucinda Williams. Bands including the Flatliners, the Sons of the Soul Revivers, Nancy & the Lambchops and Ornette's Primetime Time Band Reunion will also perform.

The full lineup can be found at <http://www.hardlystrictlybluegrass.com/2017/>.



Cyndi Lauper performing at the 2016 festival. Photo via *Hardly Strictly Bluegrass* web archives.

val, takes place at various locations across the city from Oct. 6 to Oct. 14.

During its 8-day run, bookworms can take part in a number of seminars, talks, walks, lunches and tours. Activities on the schedule for 2017 include: Heroes: A Night of Stories with Porchlight, where storytellers tell hero-themed tales; Art of the YA Novel, where novelist Malena Watrous moderates a panel of young adult authors; and Longform Fiction from Europe, which includes readings and discussions from Europe's top novelists currently on book tours.

While the festival is packed and crammed with events, it is most famous for its closing night activity, the Lit Crawl. During the crawl, literature enthusiasts travel to multiple bars, galleries, cafes and bookstores over the course of three hours to drink, eat and hear stories from multiple writers.

To learn more about Litquake's events, go to <https://litquake2017.sched.com/>.

### SF Open Studios

While many artists have fled San Francisco for cheaper living and studio space in the East Bay and other Bay Area locations, the city still maintains a vibrant art community. Starting this month, more than 800 of the city's artists

showing off the works of artists in different regions of the city, so no weekend is similar to others. The regions cover all city neighborhoods, so if art admirers are not captivated by the works of artists in the Presidio one weekend, they may be more inspired by the works of artists in the Dogpatch the following weekend.

Learn more about SF Open Studios at <https://www.artspan.org/events-programs/visit-sf-open-studios>.



Epiphany dancer, Jhia Jackson, alongside a San Francisco trolley. Photo via [www.epiphanydance.org](http://www.epiphanydance.org).

### San Francisco Dance Film Festival

After *La La Land* won — but then did not win — Best Picture at the Academy Awards in 2016, San Francisco fans of dance movies may have wondered where they could get their next fix of the genre. They do not need to look much further than their own city.

The 8th Annual San Francisco Dance Film Festival begins on Oct. 20 and will run through Oct. 23. As its title suggests, the festival features more than 90 fictional and nonfictional films showcasing dance styles from across the world. The event also includes opening and closing receptions, post-screening discussions, live dance performances, and an exhibition of 360°/VR films.

To find the full lineup of the festival, go to <http://www.sfdancefilmfest.org/>.

### Trolley Dances

Imagine sitting on Muni, pulling up to a station, and then suddenly seeing a group of dancers break out into performance just outside the train. It may not be much of a stretch of the imagination to regular Muni riders, but it could come as a surprise to some that at least once year these dances are actually scheduled to happen.

Epiphany Dance Theater will present its 14th Annual SF Trolley Dances on Oct. 21 and Oct. 22. Those traveling along the N-Judah line, starting in SOMA and ending in the Sunset, may be privileged to see various dance performance at multiple points along the route. Each of the dances will be tailored to the neighborhoods in which it takes place, which will be "inspired by the cultural, architectural, ethnological, historical, and other riches of the city's neighborhoods," according to <http://www.epiphanydance.org/>.

### San Francisco Fall Art & Antiques Fair

The San Francisco Fall Art & Antiques Fair — the oldest continuously operating international art and antiques fair on the West Coast — returns in 2017 on Oct. 26 and concludes on Oct. 29. Taking place at the Festival Pavilion at Fort Mason Center, the fair will house some 60 dealers from across the United States and Europe selling a range of items, such as silver pieces, rugs, paintings, photographs, books and more.

Attendees of the fair can participate in a series of guest lectures, book signings and cocktail hour talks given by architects, interior designers, authors, and historians. Learn more about the fall event at <http://www.sffas.org/>.



ArtSpan 2017 Open Studios announcement posted on Facebook. Image via Google.

### Litquake

Shortly before the 28th anniversary of the Loma Prieta Earthquake — Oct. 17, by the way — a different type of "quake" will hit the city: Litquake, San Francisco's annual literary festi-

— specializing in photography, painting, printmaking, sculpturing and other forms of expression — will open up their studios for visitors to experience their works.

SF Open Studios is a 5-weekend long event that begins on Oct. 12. Each weekend is dedicated to

## Emotional control through mindfulness as path to mental health

By Erik Peper, PhD

Are you out of control and reacting in anger? If you are fuming in anger, exploding in rage, shaking in fear, or trembling with anxiety, what can you do? And, what can you do if it is the other person? How can you control your emotions, and what can you do if you are reacting to a friend or colleague who is out of control? There are many useful self-directed approaches and traditional advice, such as, "Count to 10 before you speak"; "Sleep on it before acting on the decision you have made"; "Practice stress reduction techniques, such as mindfulness meditation"; "Leave the situation"; or "Wait 24 hours before clicking "send" on an angry email response."

These suggestions are intended to help reduce the strong negative emotions which could cause people to lash out at or totally withdraw from the perceived threat. These techniques allow us to react more *cool headed* and rationally, and to recognize how our responses would impact other people, preventing future blow back from their excessive emotional response. It could also interrupt an escalating argument. Despite our best efforts, it can be difficult to change our emotional reactions, especially when we feel threatened. We respond in anger to a perceived injustice and continue to worry late at night as we lie restlessly in bed.

Emotional regulation, as described by Professor Gross, Professor of Psychology at Stanford University, consists of: 1) awareness that there is a need for an unhelpful emotion to be regulated, such as noticing an increase in heart rate or worry; 2) selecting a strategy to regulate the emotion, such as thinking about positive memories, such as a loving grandparent, or by practicing breathing; 3) implementing and acting on this strategy, which means doing the strategy at that very moment when we do not want to, and all our impulses are saying, "I am right, don't change"; and 4) constant followup to check if what we are doing is effective, and if not, what needs to be improved.

This approach can be very effective, and may work even better by combining multiple strategies instead of only one technique. As Professor Abraham Maslow pointed out, "I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail." Often we believe that we can have more self-control than we actually have. **A psychological behavioral approach may underestimate the role of biological factors such as diet, exhaustion and exercise, which underlie emotional regulation.**

Think of a 4-year-old child throwing a temper tantrum. As a parent, it not useful to discuss with the child what is going on. Each suggestion may increase the tantrum. Instead, the parent thinks, "My child is exhausted or hungry." (How many tantrums do not occur when the child stays up after bedtime, or just before dinner?) The millennial phrase "hangry" is the combination of hunger and anger.

The knowledge that food may prevent or reduce conflict is reflected in the cultural wisdom of most countries except the United States. In the Middle East, you are offered tea and sweets before buying a small rug at the bazaar; in Japan or China, you are invited to a meal before beginning a business transaction. The food will raise your blood glucose levels and encourage digestion, which triggers a physiological state that is the opposite of that triggered by anger or fear. It may also evoke positive feelings associated with eating, such as family gatherings or parties. As the food and drink are a gift, it may allow you to perceive the other person more positively. Thus, it is easier to be collegial and react less negatively in challenging situations.

How to apply this wisdom:

- 1) When a person is out of control, see them not as an adult, but as the 4-year-old child who is having a tantrum and probably needs sleep and food. (Most likely their blood sugar is low) Begin in the same way as you would with a 4-year-old. Take time out, give some food, and let them get some sleep. Then in the clear light of the next day, after having eating a nutritious breakfast — not just a cup of coffee with a muffin — discuss and resolve what happened the evening before that triggered the outburst. Keep in mind that whatever people have said or did was the only way they could have responded at that moment. They experienced their survival being threatened. Remember, how in a past moment of anger, you said something very hurtful. At the moment when the words left your mouth, you wished you could reel them back, as you realized that it would be almost impossible to repair this damage.

From a biological perspective, you were hijacked by the amygdale, which is part of our emotional brain. The amygdala processes information milliseconds earlier than the rational brain, and it acts protectively before our rational brain, the neo-cortex, can assess the situation and respond.

- 2) Implement the cultural wisdom of eating together first, and then discussing business or challenging issues. Do not send a negative message by email or mail, since that allows the person to react asynchronously without having the social feedback to modulate his/her emotions.

Self-regulation of unhelpful emotions is very challenging, because negative emotions trigger the body's defense reactions which prepare it for flight and fight. At that point, it is more and more difficult to perceive the long term consequences of our action, since our only desire is to survive and win. We are hijacked by our amygdale, and all of our body's processes are mobilized for immediate self-protection and survival. Even our cognitions change, and we tend to interpret any information more negatively, and may assume that there is a harmful intent. As we are more captured by our emotions, it becomes more and more challenging to implement emotional regulation strategies.

One useful approach is to recognize that once the defense reaction has been activated, it is not the time to resolve conflict. In working with couples by Dr. Gottman and colleagues at their Seattle Love lab, they discovered that when couples argued and their heart rate went over 100, a possible biological marker of sympathetic activation, that if that person spontaneously took a time-out and did self-soothing and then returned to resolve the issue, those couples had a lower divorce rate and higher marital happiness than the couples who continued the arguments.

One of the quickest ways to begin emotional regulation is to complete the fight/flight defense reaction. This means interrupting whatever you are doing, and as one option, exercise vigorously in a workout where you push yourself to capture all your attention. After you have done a vigorous workout, emotional regulation

is much easier, as the ruminating thoughts have decreased or stopped.

How to use this approach:

When you are upset, or the person with whom you are talking is upset or angry, take a break. Take a time out and do exercise to complete the fight/flight response that was activated by the negative emotions. This is not always possible in a business or social gathering. Instead, excuse yourself with a white lie such as, "I am sorry I need to go to the bathroom." In the bathroom, do the following 5-minute exercise that was that was taught by Rinpoche Tarthang Tulku of the Nyingma tradition of Tibetan Buddhism as an approach to stop ruminating thoughts, as shown in the photo below.



Peper illustrates a Tibetan Buddhist relaxation pose as taught by Rinpoche Tarthang Tulku. Photo by Erik Peper, PhD.

- 1) Stand on your toes with the heels touching each other and raised up from the floor with the knees bent. Place your hands on your sides, and breathe slowly and deeply. Do this next to a wall you can reach with your hand to steady you if you lose your balance. Stay in this position for as long as five minutes. Do not straighten up; keep squatting. In a very short time, your attention will be drawn and captured by the burning sensation.

continued on page 9

## Nonprofit News

# Project Night Night's compassion for children expands nationwide



By Chelsea Eiben

No child should feel scared — especially a child who is homeless.

Project Night Night — PNN — is a multi-award winning nonprofit organization, receiving over 11 awards since they began 12 years ago in 2005.

PNN provides care bags for homeless children between six and 12 years old with families. Each care bag contains a new stuffed animal, blanket and book. PNN has thousands of volunteers and has serviced all 50 states.

The organization was founded by Kendra Robins — a lawyer and Bay-area resident. Robins noticed her 1-year-old son was unable to sleep whenever he was away from home, such as being at a friend's house or on vacation. Robins soon discovered that when her son had his favorite blanket, stuffed animal and “thousandth reading of Goodnight Moon,” that he slept soundly, while having familiar security tokens of home in his arms and heart.

Upon this realization, Robins determined that all children need these cornerstones to comfort them and give a feeling of security, particularly homeless children. Robins decided right then and there to dedicate her life to this new cause, positively changing the lives of homeless children nationwide.

When I first spoke to Robins about her organization, I was heartened to hear that not only are they helping children in shelters nationwide, but they are currently generating all their efforts

and the organization was working on sending more bags to Florida as we spoke. When I asked Robins what her future plans were for Project Night Night, she replied that they would love to expand, but that would require additional resources.

PNN receives numerous requests from the 825 social service agencies they work with across the United States, and it is invariably occupied with high frequency demands. In San Francisco alone, there are more than 100 shelters, and PNN services at least 30 of these shelters.

The organization relies on networking via word-of-mouth. Funding is not spent on marketing or outreach. The feedback from shelters has been very positive, with ongoing requests for PNN bags.



The goal of Project Night Night is for all homeless children to have the security of a new stuffed animal, book and blanket. There are between 5,000–10,000 off-site volunteers for the organization. The volunteers are managed by Jessica Bryan. Volunteers can be of any age, and are used to help make the care bags through PNN's Adopt a Night Night Package program.



[Clockwise, from top]: Organization's logo; Founder Kendra Stitt-Robins; volunteers assembling donation packages with all-new items; children in a shelter who each received a bag; photo of a Project Night Night donation bag. Photos courtesy of Project Night Night.

ners with many corporations for team-building Night Night package assembly events which take place at the corporate offices.

PNN also supplies low-income schools, as well as churches. As previously mentioned, a large amount of work is done to assist children affected by natural disasters.

While speaking with a decade-long volunteer with Project Night Night, Beth McKillop, I learned why Project Night Night is such an integral part of her and her children's lives. Beth said she likes the concept of PNN; it resonates with

her, as she has two children. She appreciates the “very profound security” the cause centers around.

When asked what her most memorable part of volunteering with PNN has been, Beth recalled seeing the look on her children's faces when they first saw other children on the street in San Francisco receiving their donation bags and witnessing what misfortune looks like on fellow children.

Recently, Beth saw a newspaper photo of bags for children in Texas during Hurricane Harvey and turned to tell

her daughter, “See that, you made that bag!”

San Francisco has benefited immensely from the aid of Project Night Night, and the organization could use all the help it can get. As

homelessness continues to be an issue in San Francisco, it is more imperative than ever that people become aware of organizations such as Project Night Night. The number of people on the streets of San Francisco is nearly twice the number in San Jose, and three times the number in Oakland.



San Francisco ranks second to New York in homelessness. There are 795 homeless persons for every 100,000 residents. Statistics show that the average renter in San Francisco spends 41 percent of income on an apartment, lives paycheck to paycheck, and saves nothing for an emergency. These statistics demonstrate that the homelessness problem is not going to go away anytime soon, and the homeless children will continue to need some semblance of security — when all hope seems futile.

I am grateful for Project Night Night and the positive effect this organization is having on children in San Francisco and nationwide, bringing children a little closer to a peaceful night's sleep.

The organization can be contacted by email at Kendra@ProjectNightNight.org, and the website is www.projectnightnight.org.



towards helping children suffering from the two recent disastrous hurricanes, Hurricane Harvey and Hurricane Irma.

More than 500 bags were instantly sent to children in Texas,

Every \$20 donation is directed towards making a high quality care bag, each one containing only new items. All funding is obtained from individual and corporate donations. PNN part-

## Minding your EFAs — knowing their role in reducing inflammation



[Clockwise, from top]: High quality concentrated fish oil with abundant omega-3s; examples of non-GMO purity and testing certification labels; vegetarian sources of omega 3s include flaxseed oil.

By Aryana Farsai

Even if your diet is balanced with an assortment of healthy foods, it is still important to consume two essential fatty acids: linoleic acid — LA — an omega-6, and alpha-linolenic acid — ALA — an omega-3. These are essential because the body cannot make them, however many people choose to consume EFAs for health reasons. Different EFAs soothe different types of inflammation.

In a brief overview of common areas of inflammation, inflammation can surround joint tissues, be in the digestive tract, or even be in the skin — think about eczema. For as many different areas of the body as there are, there can be as many areas of inflammation.

Fatty acids provide the nutrients for the body to make prostaglandins, these are cells that increase or decrease inflammation in the body.

Essential fatty acids should be consumed throughout one's life in order to promote health and longevity. Those who are older in age, or who suffer inflammatory conditions, can benefit from a higher dose of EFAs. The suggested serving can be double the label claim for a suggested dose. For example, if a serving size is two softgels, then taking up to 4 softgels a day if over 40 years old can be a good thing. EFAs take time to replenish in the body, and if you start earlier with supplementing EFAs, then you can mitigate some age-related inflammation.

When starting EFAs, expect for it to take from a few weeks to a month or more to receive benefits, based on total consumption. That means if you take four capsules of fish or flax oil a day, you will receive greater benefits and more rapidly than by taking two capsules a day.

There are many excellent reasons for choosing to supplement with one of the omega fatty acid products on the market, including

ones that have higher concentrations of eicosapentaenoic acid, or EPA, and docosahexaenoic acid, or DHA. These fatty acids are found in fatty cold-water fish that produce them from alpha-linolenic acid, or ALA, obtained from plants or seaweed sources.

In this article, I will explain the differences between these oils and their role in inflammation reduction.

First, while understanding that fish oil is the easiest way to get a good amount of two of the most important omega-3 fatty acids, EPA and DHA — it is not absolutely necessary to consume these in a fish oil supplement.



You can choose to consume flax oil that is high in ALA, because the body naturally converts it into needed EPA and DHA. Several supplement makers will list the press date on the bottle — and that is something that is really important for flax oil, since it is imperative not to consume oil flax after being open 1–3 months because of oxidative stress spoiling the oil. A good rule of thumb is twice the length of time as the number of servings. For example, if you buy a 30-serving bottle, you should try to consume it within 60 days for best freshness. A flax oil compound is a living molecule, and oxygen degrades it over time. This can be mitigated by consuming it fresh, or in capsule form. Always use the “Best By” date or “Expiration Date” to determine if your flax oil is still good to con-

sume or not. If your liquid flax oil changes in taste to an acrid bitter taste, discard it immediately.

You can choose DHA and EPA that come from algae as well, so it is a good choice for vegetarians. There are several manufacturers that specialize in algae oil, but watch out for the serving size, it could be up to 4 a day to get the right amount of EFA and DHA.

EPA is essential for the cardiovascular system, and can help smooth the arterial walls of blood vessels — improving vascular health. EPA concentrates hold upwards of 600 mg of EPA per serving, but athletes and people with circulatory or joint inflammatory conditions may need to consume twice or more that suggested dose.

DHA is the fuel of the nervous system, the gas that drives nervous system impulses around the body. The brain uses DHA in every function, and about 500 mg a day is said to help memory, lower inflammation in joints, and promote healthy inflammation response.

Gamma linolenic acid, or GLA, is an omega-6 that is commonly made from the borage flower. GLA is highly recommended for people with a history of eczema, and other skin irritation or over-dryness. Black Currant Oil, Evening Primrose Oil, and Black Seed Oil

concerns such as dryness, or other irritations.

Sea buckthorn is very high in omega-7, and it can also help with eczema. It comes in seed oil softgels and also in a juice — which is quite refreshing, and it is very good to reduce all types of inflammation, especially skin inflammation.

Here is a quick guide for making the right supplement choice easier, and suggested daily doses.

1-2 tbsp. oil flax oil — for everyone, regardless of dietary preference; it gives ALA.

1-2 softgels evening primrose oil — for persons with extra dry skin, eczema, eyes; it gives GLA.

1 softgel black seed oil — for persons with extra dry skin, eczema, eyes; it gives GLA.

1 – 2 softgels sea buckthorn oil, or 1 ounce sea buckthorn juice.

Fish oil — EPA/DHA Concentrate.

2-4 capsules, or 1–2 tsp. liquid, or 1 tbsp. smoothie— it gives DHA, and EPA.

Inflammation can happen systemically, or at different points around the body – at any age. While it is true that generally we get more inflammation as we age, it is not specifically true that this has to be the case. I have met many people who would have been prone to specific areas of inflammation had they not chosen to alter their diet and lifestyle to become less sedentary, and to practice good decision-making skills when eating foods. Lastly, an adequate source of supplementation of a decent quality to enhance health over time is advisable.

Remember, these guidelines are given as instructions on what and how to take anti-inflammatories if you decide to take them. However, always check with your doctor first, as your MD will know your personal history and will be

able to advise you if you have any medical condition that will affect your taking any of these aids to reduce inflammation in the body.



ing inflammation of the skin. GLA moisturizes all the mucous membranes, especially eyes, and it can be advisable for people with eye

able to advise you if you have any medical condition that will affect your taking any of these aids to reduce inflammation in the body.

## Neighborhood News

By Laurie MacDougall

### Alamo Square

*Park Greening Volunteer Event, Alamo Square Park, Saturday, Oct. 7, 9 a.m.–12 noon*

The park has reopened, with lots of new low-maintenance plantings, but volunteers are still needed for the recurring monthly workday hosted by the Alamo



Square Neighborhood Association to help with gardening, weeding and general park maintenance. Meet at the tennis courts, and bring gardening gloves if you have them. If you're coming, please contact [park@alamosq.org](mailto:park@alamosq.org) so organizers can get a head count. Coffee will be provided.

#### Tour Bus Restriction Update

Tour buses continue to behave badly around Alamo Square. Buses have been prohibited from the streets bounded by Webster, Fell, Divisadero and Golden Gate Ave. since 2013, but remain a problem. If you see a tour bus on the streets within this area, please contact The SFPD at 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](mailto:Tom.Maguire@sfmta.com), [SFPDParkStation@sfgov.org](mailto:SFPDParkStation@sfgov.org), and [SFPDNorthernStation@sfgov.org](mailto:SFPDNorthernStation@sfgov.org).

*Weekly Alamo Square playgroup, every Tuesday, 10a.m.–12 noon*

The playgroup is back, now that the park is open. Families with infants and toddlers from newborns to 3-year-olds gather weekly for this regular playdate. Come make new friends, and connect with old ones. All are welcome to join. The playgroup is held at the playground in Alamo Square Park, just west of Steiner and Grove. Learn more by contacting [playgroups@alamosq.org](mailto:playgroups@alamosq.org).

### Bayview Hunters Point

*Bayview Farmers Market pilot project is extended through October on Sundays, 10:00 a.m.–2:00 p.m. at 1598 Yosemite Ave*

The Bayview Farmers Market kicked off in August as a pilot project. If interest remains high, it will be made a permanent event. While that's being decided, if you haven't checked it out yet, come to enjoy far more than gorgeous produce. There's live music, and the vendors accept a variety of payments, including CalFresh and Market Match. Meet your neighbors and eat healthy!

*Volunteer to work at Palou Phelps Mini-Park/Open Space, Oct. 7, from 10:00 a.m.–12:00 noon, at 1801 Palou Ave*

The first Saturday of every month, the Natural Resources Division of SF Recreation and Parks hosts a recurring restoration project at Palou Phelps. This unique urban native wildflower grassland prairie is known for its trails, city views, and as a habitat for a variety of bird species. Volunteers should wear closed-toed shoes, long pants and layers. Event will take place regardless of weather conditions.



*Halloween community celebration, Bayview Opera House, Tuesday, Oct. 31, 5:00–7:30 p.m., free admission*

Join your neighbors at the Bayview Opera House for the celebration, which will feature the Underground Pop-Up Market, performances and art activities for the whole family. As usual, there will be a scary — but not too scary! — haunted house, a costume contest and other fun things to do. And, of course, trick-or-treating will be hosted by many participating merchants along 3rd St between Evans and Williams. BVOH is located at 4705 Third St. For further information, call 415.824.0386 or email [info.bvoh@bvoh.org](mailto:info.bvoh@bvoh.org).

### Fillmore

*Preschool Storytime, Tuesday, Oct. 17, from 10:00 a.m.–10:30 a.m., at the Western Addition Branch Library, free*

Bring preschoolers ages three to five for an interactive experience based stories, songs, finger-play and more. Groups of five or more should call ahead to confirm space. The Western Addition Branch is located at 1550 Scott St.

*Community meeting at the Northern Police Station on Fillmore Street, Oct. 12, 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](mailto:SFPDNorthernStation@sfgov.org).

*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 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 St.

### Hayes Valley

*3D Computer Printing Class, Wednesday, Oct. 18, 6–7 p.m., San Francisco Main Library, free*

This is a unique opportunity to learn the basics about creating 3D printed models — everyone is welcome, no experience needed. At the Library's Computer Training Center, you'll work with instructors who will be using laptop computers and the program Tinkercad to help you create 3D designs. Your design will be printed for you and ready for pickup after the event. For further information, call 415.557.4400. The Main is located at 100 Larkin St.

*"Storytelling through Solo Song" — a voice recital by Baroque Ensemble students, Friday, Oct. 20, 10–7:30 p.m. at the Conservatory of Music, free*

Students of the Baroque Ensemble in the Voice Department of the Conservatory of Music will provide an exceptional evening of solo songs from the 14th century to the English ballad and Appalachian traditions. 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 Prepared Renter, free workshop offered on Monday, Oct. 16, 6:30 p.m.–8:30 p.m. by the SF LGBT Center*

San Francisco remains one of the most expensive cities in the U.S. in which to live. What are the options for those making less than \$42,800 per year? [This figure is based on Area Median Income for SF HUD; figures for a 1-person household, \$46,600 limit for a 2-person household.] In this 2-hour workshop you will learn

what is available, what it takes to qualify for these opportunities, and how to apply. Workshop will be held at the LGBT Center at 1800 Market St. Contact the center for further information at 415.865.5652, or email [leisab@sfccenter.org](mailto:leisab@sfccenter.org).

### Japantown

*Community Kitchen communal dinner, Tuesday, Oct. 10, 6:30 p.m.–9:00 p.m., at the Japanese Cultural and Community Center of Northern California*



This ongoing program is designed to bring together members of the community to learn Japanese and Japanese-American family recipes and share a multi-generational communal dinner. The menu items are: Tonjiru Pork Soup, Saba Shioyaki, and Hijiki Salad, and costs \$16 for JCCCNC

*continued on page 8*

## Community Voices

Neighborhood News continued from page 7



members, and \$20 for the general public. JCCNC is located at 1840 Sutter St. For further information, call 415.567.5505 or visit the website at <http://www.jccnc.org/programs-events>.

*Japanese-Language Book Discussion Group, Thursday, Oct. 12, 2-3:00 p.m. Western Addition Branch Library, free*

Take advantage of this rare opportunity to join your neighbors to discuss — in Japanese! — the books you love best. For further information, email [sska@sfpl.org](mailto:sska@sfpl.org). See below for the address.

*Japanese Parents Group, Thursday, Oct. 26, 10:00 p.m. to 12:00 p.m. Western Addition Branch Library, free*

And here's another opportunity for those interested in opportunities to savor the Japanese language. Specifically, this is a



Japanese language support group for new, expecting, and experienced parents who want to provide their children with an appreciation for Japanese culture and language through books, songs, rhymes and free play for children of all ages. For more information, contact [Yukari@JapaneseParentsGroup.gmail.com](mailto:Yukari@JapaneseParentsGroup.gmail.com). The Western Addition Branch Library is located at 1550 Scott St.

### NOPA

*Halloween Extravaganza, Tuesday, Oct. 31, 5-10:00 p.m., Grove Street between Central and Baker, free admission*

NOPNA — the North of Panhandle Neighborhood Association — with the generous help of a lot of neighbors, once again hosts what it calls "one of the most fabulous Halloween events around." The 2017 participants will enjoy a costume contest, a parade, haunted houses — more than one — and a LOT of trick-or-treating. Bring all the little ghouls and goblins for an evening of fun.

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

The second Tuesday of each month the Park Station holds a community meeting to provide input, express concerns, or deliver compliments. The station is located at 1899 Waller St. For further information, call 415.242.3000, or visit the website at [www.parkstation.org](http://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 and hummus. 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.

Midgett's Corner

## Courage!

Do you have the courage to live?

Do you have the courage to age?

What does that comment mean to you? The Webster's dictionary definition is: heart spirit; the attitude of facing and dealing with anything recognized as dangerous, difficult, or painful, instead of withdrawing from it; quality of being fearless or brave; the courage of one's conviction.

There are two things guaranteed you the day you were born. Death, and ageing.

As youngsters, our parents instill in us about being responsible. I constantly heard, "Pick up your toys; make your bed; go to school to get an education, so you can get a good job." What did all those words mean to you as you got older?

**"As youngsters, our parents instill in us about being responsible."**

I understood the meaning of picking up my toys, keeping my room clean because that was my responsibility, and helping with the chores in the house, but as I aged during my teen years, I didn't have a clue what all that badgering meant. Then one day when I reached the age of 14, my mother told me and my brothers that we had to get a job. We did, but it still didn't ring a bell. We got a job and gave our mother the money. We didn't get an allowance. So I guess my brothers and I were contributing to the household.

Then mother would go on about getting an education so we can get good jobs. Well, I still didn't get it. What was a good job?

**"Courage — I found it at age 19, after high school and a short stint at a business school which I hated."**

Keeping in mind this was in the forties, and I am 80 years old now.

My brother worked on an ice truck on the weekends. My other brother worked in a grocery store, and I babysat the neighbor's children. Were they good jobs? I still didn't have a clue.

I was aware there was a schoolteacher who lived next door to us. But going to college to



have that career didn't enter my mind. Another woman worked downtown running the elevator in Macy's department store. A well-known chef worked in an upscale restaurant called SLADES where

people came from all over the world to eat there. Did he need a college degree, I wonder? It was own and operated in the black area of Boston where I lived. A pharmacist was the owner of an appliance store like Sears but on a smaller scale, and also, a grocery store like the health food stores today; everything we purchased was in a bin, like Rainbow here in San Francisco, keeping in mind that this was in the forties.

I still wasn't clear about getting an education. Now that I think about it, I guess it meant finishing high school. No one in my family ever talked about college. I know my family owned homes and cars and took lavish vacations. My mother's family came from Trinidad, British West Indies, and my father's family came from South Carolina but migrated to Boston. My grandfather was a chef in one of the major hotels in Boston, and my father graduated from a school like Lowell in Boston. After graduation, he began working in the Post office.

Courage — I found it at age 19, after high school and a short stint at a business school which I hated. I joined the army, traveled, and made money, not a lot, but enough. With no regrets. I had the courage to get my degree at age 50, and am still having fun.

More of Midgett's Corner can be read at [www.thewesternedition.com](http://www.thewesternedition.com). You can e-mail me at [midgettsf@aol.com](mailto:midgettsf@aol.com), or view "Host for Older Black Women" on YouTube at <https://www.youtube.com/watch?v=ZODrsJMqImE>.

Western Edition  
HP JOURNAL

### Advertising Rates

Full Page	\$1200
Jr. Full Page	\$900
Half Page	\$800
Quarter Page	\$300
Eighth Page	\$150
Business Card	\$40

**415.439.8319**  
[www.thewesternedition.com](http://www.thewesternedition.com)

## Health and Wellness

### Mindfulness continued from page 4

- tion in your thighs. Continue. After five minutes stop, shake your legs and relax.
- 2) After this exercise, your thoughts have stopped; continue with the more cognitive approach of emotional self-regulation, or return to the meeting. Warming: Do not do this if you have hip, knee or ankle difficulty.
  - 3) Wear a heart monitor. When your heart rate increases 20–30 beats above your personal baseline rate during a discussion or conflict, the wearable monitor can signal you to stop and take time out. Then implement self-regulation practices, such as exercise, breath-

ing or meditation, to allow your arousal to decrease. When feeling more peaceful, return to the meeting.

These simple practices are powerful tools to augment emotional self-regulation and health. In my research with Lena Stampfli, an undergraduate student, we have observed that many students miss meals or have an unhealthy diet, and do not take the time to exercise. When San Francisco State University students implemented a 4-week self-healing project as part of a class experience, those students who choose to change their eating behavior — eating breakfast; not skipping meals; reducing caffeine and simple car-

bohydrates; and increasing proteins, fats and fresh vegetables; and implementing daily physical exercise, such as yoga, jogging or dancing — reported significant improvements in their subjective energy level, fewer emotional outbursts and improved quality of life. This was exemplified by the following three university student reports.

*“I thought I did not particularly like exercising and eating healthy, but when it is over I feel like I am on cloud nine!... I started to look forward to doing my exercises.”* – A.M.

*“I started to eat breakfast; I started biking to work and did a few [meditation] exercises before bed... I felt happier. I had a good outlook on*

*life and more energy to get through the day.”* – C.B.

*“I have learned that letting go of what no longer serves me allows room for healing and opportunities for growth... I can only imagine what years of healthy living could do for my wellbeing.”* – K.S.

My thanks to Pardis Miri, PhD, for her constructive comments.

Erik Peper, PhD, is a professor for the Institute of Holistic Health Studies in the Department of Health Education at San Francisco State University. He can be contacted at by email at erik.peper@gmail.com. His blog link is www.peperperspective.com, and his website is www.biofeedback-health.org.

### ArtSpan continued from page 1



[Above]: ArtSpan logo, via ArtSpan.  
[Below]: Art gallery at ArtSpan 2016 Art Launch; photo via <https://www.flickr.com/photos/artspan/sets/72157675788156455>.

to create inclusive art experiences in San Francisco, and showcase the unique talent of San Francisco artists throughout the world.

ArtSpan’s goal since the beginning has been to bring SF Open Studios to a broader, more inclusive audience. According to Snopek, that takes many forms. The organization works with business and studios throughout the city to make sure their programs reach a diverse audience. This was the driving force in increasing the duration of the event this year from four weekends up to five.

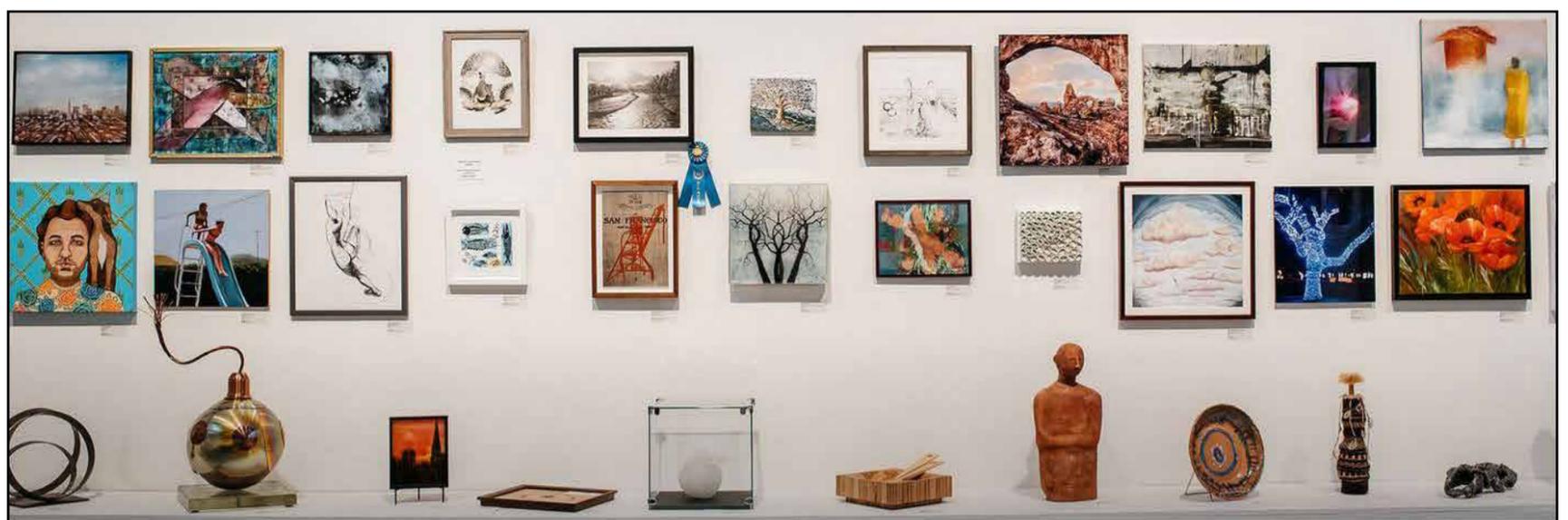
Although SF Open Studios is its flagship program, ArtSpan is host to nearly a dozen scheduled programs taking place throughout the year. These programs include organized community efforts to create art in public spaces; development workshops for aspiring artists; mixers to bring artists

Art Bar and The Mill, as well as All Good Pizza, Butchertown Gourmet, Market on Third, Trifusion Yoga Studio, and 3rd Street Village Gallery in Bayview. These showings also present additional opportunities for artists to sell their work.

Members of the organization, as well as the artists, believe in the power and value of those opportunities. Erik Rewitzer, one-half of the artist duo behind San Francisco’s 3 Fish Studios, and a board member for ArtSpan, illustrates the symbiotic way in which the organization helps artists, collectors, and the community. Rewitzer, who first joined SF Open Studios in 1998, said, “Open Studios gave me the framework for

San Francisco is finding affordable studio space. As a board member for ArtSpan, part of his focus is to ensure the city has affordable spaces for artists to work, and to provide “some security in keeping it affordable.”

ArtSpan consistently reaches out to artists that represent minority communities, including offering subsidization of the fee for participating in SF Open Studios. Even without assistance, individuals can join as a Participating Artist, enabling them to participate in Hub Exhibitions, Mentorships, and putting them on the map for the event, for \$70. The organization also offers a discount on fees for students.



According to Program Director Allison Snopek for ArtSpan, the unique history of SF Open Studios and the creative arts in San Francisco is what fuels the team’s passion. While she does note that ArtSpan manages the promotion and organization surrounding the event, she also admits that “without the enthusiasm of the artists, it wouldn’t happen.”

together with other communities; and seminars for art collectors on how to support local artists.

Coinciding with SF Open Studios once again this year is ArtSpan’s newer initiative — SFOS Hub Exhibitions. Since 2013, ArtSpan has partnered with local business to presents sneak previews of the work of SF Open Studios artists. The 2017 art will be on display in NoPa’s Madrone

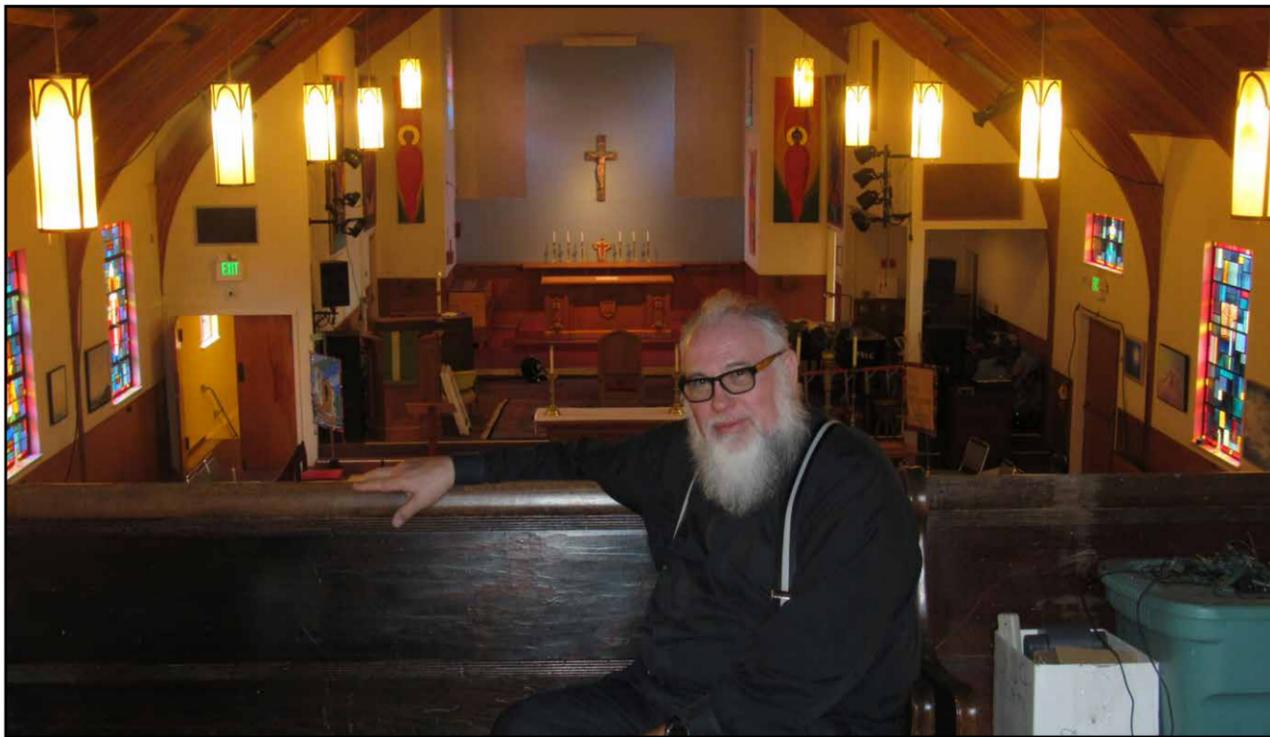
active engagement with the public regarding the viewing and selling of my art.”

Not only is he able to keep more from the sale of his art by eliminating galleries and selling directly at SF Open Studios, but the event has helped him build a community that can help sustain his career throughout the year. He points out that one of the biggest struggles of working as an artist in

ArtSpan subsists on membership fees, donations, and both corporate and individual sponsors. Their recent sponsors include Grants for the Arts, Blick Art Materials, and many local restaurants, hotels, studios, and other businesses. Information about SF Open Studios, including a map and schedule, can be found on the organization’s website at [www.artspan.org](http://www.artspan.org).

## Nonprofit News

# The quandary of religious nonprofits amid the city housing crisis



[Clockwise from top]: Reverend Thomas C. Jackson at St. Cyprian's; religious figures adorn stained glass windows at the church; sign for the St. John Coltrane Church is displayed on another section of St. Cyprian's, with which it shares devotional space. Photos by Michael Orion Powell Deschamps.

By Michael Orion Powell Deschamps

The Bay Area is rife with several nonprofits that exemplify a very contradictory social atmosphere in the region's major cities. On one hand, cities such as San Francisco or Berkeley demonstrate a dynamic, diverse and largely accepting population that allows all sorts of civil society institutions to flourish. However, because of the high desirability of living here, these nonprofits often are challenged financially simply to survive in such an expensive area, let alone to thrive or flourish.

of San Francisco's most dynamic and progressive houses of worship. St. John Coltrane Church is part of the African Orthodox Church, an offshoot of the Orthodox Catholic Church of America originally started by former Episcopalians in 1921. Much like Saint Columba Catholic Church in Oakland, which merges Catholic chants and African American folk songs, St. John Coltrane Church has a unique set up that appears more like a jazz nightclub than a traditional church. Each service starts with a meditation on Coltrane's music, followed by a sermon.

### "Rising displacement in the Bay Area"

A survey was taken by the Northern California Grantmakers — NCG — asking about the stability of operating a nonprofit in the Bay Area. A healthy amount of these nonprofits cater to people of color, women and other marginalized groups, making any possible relocation — especially to locations that make transportation more difficult for prospective clients — a big challenge. NCG cited that approximately 34,000 nonprofits exist in the Bay Area counties, and that more and more

on their long-term financial stability. While 68% said that they think they will have to make a decision about moving in the next five years, 76% said this is due to affordability. It was also noted that 38% of respondents had already moved, while 30% reported a decline in the material condition of their spaces.

The median price per square foot paid by respondents was \$1.47/sq. ft., and 63% of nonprofits rent exclusively, while only 12% own their space.

One respondent to the survey described the real estate climate in the Bay Area as "a scary time. We have been fortunate thus far, but we know that our landlord could decide at any time to increase our rent to market rate." Several respondents spoke of being "tolerated" by landlords who could change their mind at any time, with one respondent adding more specifically, "The lack of access to working capital makes sustaining rent and rent increases almost impossible."

Archbishop King remarked that despite a very dedicated and personally driven congregation, churchgoers often commute from as far out as Antioch or the South Bay. "I think that urban centers are being challenged all across the country when you have such displacement, and you have so many working-class people who are being sent out of the center,"



### Sharing Space

San Francisco's St. John Coltrane Church — the only house of worship in the country dedicated to the legendary jazz phenom — was forced to relocate last year after being faced with an eviction notice. The church was previously renting a facility with the West Bay Conference Center on Fillmore Street, where they paid \$1,600 a month to hold regular Sunday services. The Fillmore area also was a tumultuous climate for several businesses — Marcus Books and Yoshi's Jazz Club found themselves packing their bags, along with several local barber shops.

After being evicted from there last year, the church has now relocated to a new building on Turk Street, sharing its space with St. Cyprian's Episcopal Church — one

Despite its ties with orthodox denominations, an offer to share space with St. Cyprian's Episcopal Church stood out amongst a litany of differing offers when the church was forced to close its doors last year. St. Cyprian's has made a significant business out of renting the space it was granted — it promotes its space not only as a place for other houses of worship, but also as a "great space to share with performers, community organizers, neighborhood groups, and individuals," according to its website, thereby allowing space for weddings, family celebrations, and funerals. St. Cyprian's website also notes that their kitchen is available to rent by catering businesses. As St. John Coltrane's Archbishop King said in interview, "nonprofit" is a misnomer. If you don't profit, you perish."



have "expressed concern that space is becoming more difficult to obtain or to stay in."

The national real estate firm Commercial Real Estate Services — CBRE — recently assessed that since 2010, the average rent for office space in San Francisco has increased every quarter, or 122%. The tech industry is largely fingered as the culprit in turning Bay Area housing markets into one of the country's tightest markets.

At least 82% of respondents to an NCG survey said that they are "concerned about the negative impact of the real estate market

he said. "It's very difficult to survive as an institution."

### Policy Changes

San Francisco is a high demand area, and in a country such as ours, that is only going to mean fierce competition. However, steps can be made to make the conditions of life easier and make it more possible to operate an effective nonprofit organization. San Francisco successfully made the city college system free to residents of the city, so this may

*continued on page 11*

## Corporate Philanthropy

Newhall Foundation continued from page 1



Jason Walthall, the current interim director of the Meritus College Fund. Photo courtesy of Meritus.org.



Child in BAWCC Technology Program working on iPad. Photo courtesy of BAWCC.



Director Midge Wilson of Bay Area Women's and Children's Center. Photo courtesy of BAWCC.

and the Santa Maria Valley of Central California.

The H.M. Newhall Foundation provides impactful grant allocations to many social service and nonprofit organizations in San Francisco alone. In 2016, the Foundation allocated over \$800,000 to a variety of causes.

How does the Foundation choose recipients?

The Foundation prefers to award matching or challenge grants that leverage its support with funding from other donors.

According to Tony Newhall, a member of the Board of Trustees, the Foundation is “required to donate 5% of our assets” each year. The Board of Trustees meets bi-annually to review previous grants and award them from the \$40 million endowment for the coming year. The meetings, in November and March, allow for distant family members to convene and plan future site visits — \$2 million. The giving philosophy of the family of H.M. Newhall is to help causes large and small in the areas of California where he con-

ducted business. This ranges from big hospitals and colleges, as well as to a used car that an organization might need to get around. Tony Newhall noted in a phone interview that the Foundation does not like to give continuous funding but “rather focus on getting organizations running off the ground and self-sustained.”

The Newhall Foundation prefers to provide matching grants and challenge grants. This stems from the belief that money donated is not the only impor-

tant factor. Instead, it is valuable to press for concerted action.

There are three organizations of note that are benefiting from a Newhall Foundation donation in San Francisco: the Meritus College Fund, the 3rd Street Youth Center & Clinic, and the Bay Area Women's & Children's Center.

Meritus empowers low-income Bay Area youths who possess grit and ambition to succeed in college and prepare for opportunities post-graduation by

*continued on page 12*

Nonprofits continued from page 11



[Left to right]: Announcements on bulletin board at St. Cyprian's; Reverend Jackson at St. Cyprian's altar. Photos by Michael Orion Powell Deschamps.

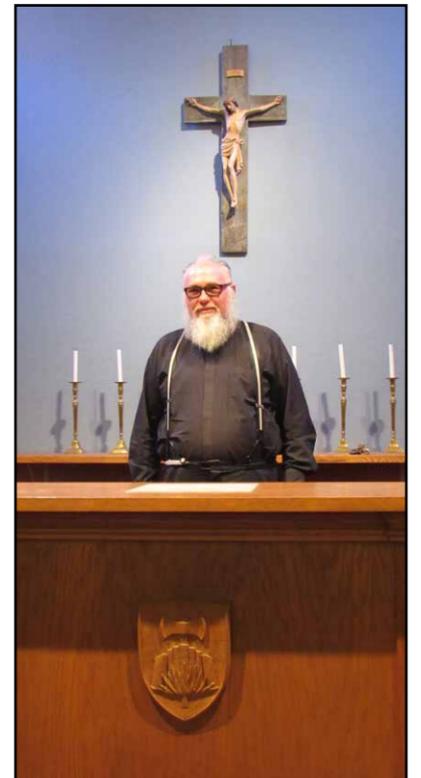
be a suitable climate for changes in some places.

One suggestion would be to allocate zoning, so that nonprofits can feel stable enough to work and be effective. Another policy suggestion would be an allocation within affordable housing developments — which is already under the purview of the city government. Our houses of worship are a big part of our human community; a space must be set aside so that they can grow and be effective.

### Other Challenges

In the midst of such a harsh housing climate, several organizations are promising a relief from the housing climate, while likely making a profit for themselves. Mercy Housing is a low-income housing institution funded by the Roman Catholic Church. Mercy Housing is a Catholic agency with a sparse track record — it maintains many of the low-income housing complexes in cities such as Seattle, including one where a police shooting occurred last year.

Twenty-two Presbyterian churches, along with St. John Coltrane's African Orthodox Church, have signed a letter directed to the mayor of San Francisco and the city's Roman



Catholic Diocese. The letter pronounced that “the residents of Midtown Apartments” had “paid the mortgage (nine years ago) for the 139-unit facility located at Divisadero and Geary Streets,” which Mercy Housing had been seeking to acquire as part of its subsidized housing projects. The implication was that Mercy Housing was pressuring these tenants out in order to make way for their own. “‘Mercy’ is in the name,” Archbishop King told me, “but they’re not being very merciful.”

# Corporate Philanthropy

**Newhall Foundation continued from page 11**

providing scholarships, individualized coaching and career mentoring and development.

Diana Wolf, who was the executive director of Meritus at the time of the interview, discussed how the funding from the Newhall Foundation helps the Meritus College Fund. She said, “The Henry Mayo Newhall Foundation most recently awarded us a matching grant to fund our Connections Program, through which we provide college students from low-income communities around the Bay Area with individualized college success advising and critical career development resources. By supporting the Connections Program, the Newhall Foundation allows Meritus to provide much more than just a scholarship check.”

Meritus believes that higher education is a critical step in addressing income disparity for motivated and talented youth. Socio-economic circumstance should not limit them from fully

families making less than \$40,000 per year.”

The money allows for programs like the Meritus Fund to do what they do best: Give people opportunity. To this end, 88% of Meritus Scholars graduate from college.

The 3rd Street Youth Center & Clinic also received a grant from the Newhall Foundation for the 2016 year. The grant money went to the Health Corps program to help Bayview Hunters Point youth to “become educated in health topics, learn about different careers in the field, get help applying to programs, and earn credits,” according to the website at <http://3rdstyouth.org/>.

Jesse Osorio took time out of his day at the 3rd Street Youth Center to talk about the importance of the Health Corps program.

“Health Corps is proving really beneficial. It helps fine-tune student’s needs, whether they want to be a nurse, therapist,



*[Clockwise, from top]: Students in the Health Corps Program at the 3rd Street Youth Center & Clinic; clinic logo at the entrance. Photos courtesy of Jesse Osorio, the Health Education Coordinator at the clinic. Children in the Tenderloin Technology Program at the Tenderloin Community School. Photo courtesy of BAWCC.*

The Newhall Foundation’s hope of kick-starting programs that then stand alone appears to be working with the Health Corps program at the 3rd Street Youth Center & Clinic.

The Bay Area Women’s & Children’s Center (BAWCC) is an invaluable asset to the Tenderloin

Technology Program at Tenderloin Community School for all 400 students. They learn computer, iPad and research skills, and create multimedia projects.”

The board members meet twice a year to figure out the best way their endowment may have an impact. They support



engaging in this transformative opportunity.

According to Wolf, “More than 30 of our 240 current Scholars hail from the Bayview or the Fillmore, as do many of our alumni. Meritus Scholars are selected based on academic achievement, demonstrated financial need, and resilience in the face of adversity. They earn high school GPAs between 3.0 and 3.7, and 7 in 10 come from

or community health worker. We can match them with different hospitals and schools.”

Osorio went on to talk about the cycle of students and the importance of sustaining the program. “A large chunk of the budget goes to the students, primarily people of color. We are on our fourth cycle of students and are seeing former students come back and help.”



neighborhood. According to its website, the center focuses entirely on the needs and issues of low-income families, children, and women in this multiethnic, inner city neighborhood.

The Newhall Foundation’s grant for the BAWCC provided funding the Technology Initiative at the Tenderloin Community School. The matching grant “established and staffs the

numerous philanthropic activities throughout California, and in high-need areas of the increasingly expensive San Francisco Bay Area.

The foundation and organizations listed in this article are a small example of what happens when two groups come together for a cause greater than themselves.

## MarketPlace



- |   |   |  |
|---|---|--|
| <p><b>Joe D'Arcy — Designer</b><br/>joedarcy1@gmail.com</p>                                 | <p><b>Veronica Felipe — Writer</b><br/>verfelipe417@gmail.com</p>         | <p><b>Nicole G. Manina — Writer</b><br/>nicole.manina@yahoo.com</p>          |
| <p><b>Diane Dahlstadt — Writer</b><br/>dianedahlstedt@gmail.com</p>                         | <p><b>Sam Felsing — Writer</b><br/>samfelsing@hotmail.com</p>             | <p><b>Jeffery Mendenhall — Writer</b><br/>jeffery.a.mendenhall@gmail.com</p> |
| <p><b>Michael Orion Powell Deschamps — Writer/Photographer</b><br/>mopowell07@gmail.com</p> | <p><b>Zak Huffaker — Writer/Photographer</b><br/>zjhuffaker@gmail.com</p> | <p><b>Jake Murphy — Writer</b><br/>jake.murph.du@gmail.com</p>               |
| <p><b>Chelsea Eiben — Writer</b><br/>chelsea.eiben@gmail.com</p>                            | <p><b>Daniel Joseph Lilly — Writer</b><br/>Sfpdaniel@gmail.com</p>        | <p><b>Danielle Owen — Writer</b><br/>danielle.elizabeth.owen@gmail.com</p>   |
| <p><b>Aryana Farsai — Writer</b><br/>aryana.farsai@gmail.com</p>                            | <p><b>Laurie Macdougall — Writer</b><br/>odduck@earthlink.net</p>         | <p><b>Frank Vagn — Writer</b><br/>f.vagn@comcast.net</p>                     |
|   |   | <p><b>Brett Yates — Writer/Photographer</b><br/>brettayates@gmail.com</p>    |