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# Western Edition HP JOURNAL

JULY 2016

Bridging San Francisco communities through nonprofit services

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## July festival brings jazz and tributes to the Fillmore



Guest saxophonist Grace Kelly performing in 2015 at the California Street stage with the Shayna Steele band. Photo by Vince Ei.

By Rebecca Duran

It is said that the Fillmore Jazz Festival is the jewel in the crown of the Fillmore District, with an important historical background going back to 1906.

When most of the city was in ruins, Fillmore Street was in the only viable commercial district, with many people of different ethnicities congregating to the area.

In 1915, Fillmore Street was the main gateway to the Pan-American Exhibition at the Palace of Fine Arts.

"It shows that Fillmore Street is the heart and soul of the commercial area of San Francisco," said Executive Director Vas Kiniris of the Fillmore Merchants Association, and one of the organizers of the Fillmore Jazz Festival.

Van Kiniris added that during the 1920s and 1930s Fillmore Street became the "Harlem of the West," and jazz clubs started forming during World War II that attracted famed jazz musicians and vocalists, such as Ella Fitzgerald, Duke Ellington, and Billie Holliday.

"These musical venues then changed along with Bill Graham in the 1960s, and a renaissance in the 1980s gave rise to a new generation," Van Kiniris said.

Van Kiniris noted that in 1985, the Fillmore Merchant's Association helped launch the first Fillmore Jazz Festival, which spread down below Geary Street in 1999 to what is known as the Jazz preservation District.

During this time, the festival has included such performers as

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## Free circus comes to Bayview Hunters Point!



Circus Bella Performance artists line up for bows after presenting lively entertainment to the Bayview audience. Photo courtesy of Anne Hamersky.

By Laurie MacDougall

In olden days, when the circus rolled into town every year, everyone in town closed up shop, grabbed the children and grampa, and scampered over to the field outside town to see what wonders had arrived on their doorstep.

These days, for the most part the circus has gone all uptown on us, and moved indoors into cushy-seated performing arts venues with

exorbitant ticket prices. So it is particularly delicious to discover that the old-time, open-air, one-ring traveling circus lives on, with all the ingredients intact — master jugglers, zany clowns, amazing circus artists, a live circus band, and the fun of an activity-packed Midway.

This magical taste of circus like it used to be will come to town on July 24, from noon to 4:00 p.m., and best of all, admission is FREE. So grab the kids and grampa, shut the shop, and

come to the Circus Festival for a day devoted to pure fun.

This will be the fifth year the Bayview Opera House — BVOH — presents the free circus festival. The opera house is a local community-based nonprofit. When not producing community events such as the Circus Festival, BVOH is busy with scores of ongoing programs, including free art classes for youths, co-

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## Are LED screens causing harm to the vision of computer users?

By Erik Peper, PhD

*Sleep has become more and more elusive since checking my cell phone before going to sleep.*

*Ouch, my eyes hurt when I flipped the light switch on and the room was flooded with light.*

*After working on my computer screen, the world looked blurry.*

*At night, the intense blue white LED headlights blinded me unlike the normal incandescent headlights.*

*My eyes become irritated and dry after looking at the computer screen.*

*More and more people are myopic and wear contacts lenses.*

*Many older people are suffering from macular degeneration and may go blind.*

*Migraine pain significantly decreased when a person looks at soft green light and significantly increased when looking at bright white light (Hamzelou, 2016).*

Vision problems are becoming more and more frequent. More and more children are nearsighted and need vision correction, while macular degeneration — a major cause of blindness for older adults — is becoming more prevalent (Schneider, 2016). As we look ahead into the future, a new epidemic is starting to roll in — compromised vision. Major culprits include:

1) Near visual stress caused by looking intensely at surfaces or objects 1–2 feet away, such as computer screens, tablets and cell phones, inhibits the eyes to relax and increases nearsightedness (Fernández-Montero et al., 2015).

2) Absence of visual relaxation and shifting focus from close to far distance. This ongoing increased focus decreases blinking rate and exhausts the eyes.

3) Absence of looking at the green coloring of vegetation that historically predominated our visual environment — a color that is relaxing for the eyes and body, especially when seen from a distance.

4) Sleep suppression and disturbance caused by working/reading/watching LED screens — computer screen, tablet, cell phone, TV, or e-readers such as Kindle Fire, or any tablet — before going to bed (Tosini et al., 2016). The blue light component produced by the LED screen suppresses melatonin production and interferes with sleep onset.

5) Extreme variation in light intensity damages the retina. The pupil, which normally contracts to protect the retina as light intensity increases, is too slow to respond to the sharp changes in light intensity. This is very similar to looking at the sun during a solar eclipse without eye protection. The intense sunlight literally

will burn/damage the retina and can induce blindness.

6) Harmful exposure of the blue light component of the LED screens or light bulbs may increase inflammation and damage to the macular area of the retina. This is often labeled as toxic blue light with a wavelength of 415–455nm (Roberts, 2011).

The light that illuminates our visual world and how our world conditions us to use our eyes is totally different from how our eyes evolved over the previous million years. Although our present life is far removed from our evolutionary past, that evolutionary past is embedded within us and controls much of our biology and psychology. Consider how we used to live for millennia.

*I look up and see vultures circling. It is not too far. I rapidly walk in the direction. I have a sense where the possible food source could be. As I walk I alternately look at the distance and close at the ground and scrubs. I continually scan the environment. Although there are shadows where I look, the light is of somewhat similar intensity unless I look directly at the sun. While doing tasks, I focus ahead where I will plant my feet, or at my food, or objects my hands are manipulating. I alternately shift from foreground to background. As I look in the distance and see the many green plants, my eyes relax.*

*In the morning, the natural light wakes me. The bright morning light wakes me, I stretch and move. As the day progresses the light becomes brighter; then at sunset the light becomes softer and the yellow orange red spectrum predominates.*

Whether we lived twenty thousand years ago in caves or communities, or two hundred years ago in small houses in cities or farms, sunlight illuminated our world. The sunlight warms us, is necessary for vitamin D production, and controls our biological circadian rhythms. Sunlight, and sometimes moonlight, provided the only source of illumination. Generally, we woke up with the light and went to sleep when the light disappeared. For thousands of years, humans have attempted to bring light to darkness to reduce danger. Light produced by fire for cooking and for protection against predators, and some form of oil lamps provided minimal illumination. These light sources were predominantly red and yellow. It was only with the application of gas and electrical illumination that lights became brighter. Usually, the light transitions were slow and gentle, which allowed the ciliary muscles of the iris to contract, thus making the pupil much smaller and reduced the influx of light to the retina, thereby protecting the retina from excessively fluctuating light intensity.

Exposure to light in the evening or night is very recent in evolutionary terms. For hundreds of thousands of years, the night was dark as we hid away in caves to avoid predators. The darkness allowed our eyes to regenerate. Only in the last few thousand years did candles or oil lamps with their yellow orange light illuminate the dark. Fear of the dark is primordial — in the dark we were the prey. During those prehistoric times, our fear was reduced by huddling together for warmth and safety as we slept. Now we turn on a nightlight while sleeping to feel safe, or to allow us to see in case we need to get up. For many of us, darkness still feels unsafe, and from birth, that fear became amplified by sleeping alone in a crib without feeling the tactile signals of safety provided by direct human contact.

Most people now live and work indoors, and we are no longer exposed to direct or indirect sunlight. Instead, we can illuminate our work and personal world 24 hours a day, and total darkness is elusive. Even when I close the shades in my bedroom, the blinking light of the smartphone charger, and the headlights of cars passing by penetrate the darkness. Upon entering a dark room, we throw the switch and the room instantly is flooded with light. This instant transition to full light pains the eyes as the eyes struggle to adapt by closing the iris. The retina was already impacted. Could this be one of the covert factors that contribute to the development of macular degeneration?

Historically, we mainly looked at reflected light and almost never at the light source — such as at the sun. Now we predominantly look directly into the light source of the light bulb, TV, computer, laptop, e-readers and smartphone screens. We are unaware that the light we see is not the same type of light as natural sunlight. It still appears white; however, that is an illusion. We live most of our lives indoors and illuminated by incandescent, fluorescent and LED light sources. These lights have limited spectrums and may lead to light malnutrition and blue light poisoning.

The most recent change has been the use of light-emitting diode, or LED — an electronic semiconductor device that emits light when an electric current passes through it. This is the process of flat TV, computer, tablet, cell phone screens and LED light bulbs. These bulbs are highly energy efficient and thus are being installed everywhere, but are a significant health hazard — which is described superbly and in detail by architect and lighting expert

Milena Simeonova at [www.lighting4health.com](http://www.lighting4health.com).

### What can you do to protect your eyes and improve your vision?

Use your eyes as much as possible in the manner that was done throughout most of our evolutionary history; this means:

1) Read and implement the practices described in the superb book, *Vision for Life: Ten Steps to Natural Eyesight Improvement*, by Meir Schneider, which has helped thousands of people maintain and improve their vision.

2) Take many vision breaks and look away from your screen. If possible look at the far distance and at green plants and trees to relax your eyes.

3) Do NOT use an LED e-reader; instead, use e-readers that can be read by reflective light such as a Kindle paperwhite e-reader.

4) Block direct intense light sources. Arrange them so that they illuminate the walls and you only see gradual light gradients of reflective light.

5) Install warm LED lighting — particularly for evening time — which has much less damaging blue light.

6) Install software such as flux on your computer that automatically adjusts your screen's color-temperature depending on the time of day and your location. Thus, when the sun sets, the colors of the screen change and become more yellow, orange, and red — thereby reducing the transmitted blue light (Robinson, 2015).

- Mac, Windows, and Linux computers: Flux is free at [www.justgetflux.com/](http://www.justgetflux.com/).

- Android or iPhones: install a “blue light filter” application.

7) Spend as much time as possible looking at far distances with soft green light backgrounds.

8) Encourage children to play outside, and do not allow young children to entertain themselves with screen time, especially when the eyes are developing (See my 2011 blog: Screens will hurt your children).

9) Limit screen time and increase movement and physical activity time.

10) Blink — and blink more — and relax your eyes. When visually stressed, blinking is inhibited because you do not want to miss the tiger who potentially could attack you. That is our evolutionary response pattern; however, there are no life threatening tigers around; thus allow yourself to blink. Do the following exercise to experience how your eyes

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## SF News Briefs

By Sam Felsing

### Jazz in the Fillmore

The Fillmore Jazz Festival, the largest free jazz festival on the West Coast, as well as a staple of the neighborhood in which it bears its name, returns in 2016 on July 2 and runs through July 3.

The festival annually averages about 100,000 visitors for two days of music, culture and cuisine. Visitors and vendors spread out between Jackson and Eddy Streets, where bands serenade them across three different stages.

The 2016 lineup includes the Contemporary Jazz Orchestra, the Sheldon Brown Group, the Gary Zellerbach Quartet, and the Jenna Mammina Trio, among many other performers.



The 2016 Fillmore Jazz Festival on July 2 and 3. Photo via Google

During the 1930s and 1940s, the Fillmore neighborhood's many clubs hosted Jazz greats such as Ella Fitzgerald, Duke Ellington, and Billie Holiday on a regular basis. Despite the neighborhood's history, it wasn't until the 1980s that Fillmore merchants first began the jazz festival.

To find out more about the jazz festival, go to <http://www.fillmorejazzfestival.com/>.

### AIDS Walk San Francisco

More than 1.2 million people in the United States are living with an HIV infection, according to the Centers for Disease Control and Prevention — CDC. San Francisco alone has nearly 16,000 people living with HIV/AIDs, one the largest populations of survivors in the United States. Though a great deal has been done to combat the disease, far more can be done.

That is the purpose of the AIDS Walk San Francisco — to do more. Though the walkers do most of their physical labor on the 6.2-mile course set up for the event, their major work is actually done beforehand. During that time, both the individuals and teams participating in the walk reach out to their friends,



Participants in 2015 SF AIDS walk. Photo via Google.

families, and co-workers to ask for donations. They also fundraise online via websites set up on <https://sf.aidswalk.net>, or take traditional donations in person, all to help fight the disease.

Past participants efforts have certainly paid off. Since its inception in 1987, the San Francisco Aids Walk has contributed \$86 million to programs and health services fighting the immunodeficiency disease.

The 2016 walk will take place on July 17. Part of the proceeds will go to Project Inform, San Francisco General Hospital's Ward 86, and Project Open Hand, among many other health and human services. To find out more, go to <https://sf.aidswalk.net/>.

tions and discussions on Jewish culture, identity and history. It will place over several weeks in theaters in San Francisco, Palo Alto, Berkeley, Oakland and San Rafael. To learn more about it, go to: <http://jfi.org/festival/sfjff-2016/>.

Finally, the Japan Film Festival of San Francisco will start on July 23. Presented as part of the J-POP Summit 2016 — an event dedicated to showcasing Japanese culture — the film festival is the only dedicated annual Japanese film event in the Bay Area. Go to <http://jffsf.org/2016/about/> to find out more.



For list of SF film festivals, see [www.sftourismtips.com/san-francisco-film-festivals.html](http://www.sftourismtips.com/san-francisco-film-festivals.html). Graphic via Google.

### Triple film festivals

San Francisco film lovers should rejoice. There will be not one, not two, but three film festivals taking place within the city in July.

First up is the Frozen Film Festival, an event dedicated to showing off the films of independent filmmakers, young artists, filmmakers of conscience, and artists from underserved communities. The festival will be held in the Mission District's Roxie Theatre and run from July 21–25. To learn more, see <http://www.frozenfilm-festival.com/>.

The San Francisco Jewish Film Festival will begin at the Castro Theater on July 21. The festival will feature more than 120 screenings of films relevant to the Jewish community, as well as presenta-

### San Francisco Marathon

Those not exhausted from the AIDs walk on July 17 will get another chance to test their physical endurance when the San Francisco Marathon kicks off on July 31.

The Marathon is not just one, but multiple races. Athletes of all of different skill sets can either participate in a 5k, a half marathon, a full marathon or an ultra marathon, where they will run the full marathon course twice. The courses will take runners by San Francisco landmarks, such as the Ferry Building, the Golden Gate Bridge, Coit Tower and AT&T Park.

Athletes interested in adding a charitable aspect to their marathon participation can sign up to help fundraise for some of the Marathon's official charities, such as Canine Companions for

Independence, Miles for Migraine, TEAMRAV: Racing for Veterans, and Tipping Point Community.

People interested in the race are encouraged to learn more about it at <http://www.thesfmarathon.com/>.

### Police Cameras

San Francisco has seen its fair share of police-related violence in the last year. There was the shooting of Mario Woods in December, and then the shooting death of an unarmed woman in her car in May — which ultimately led to the resignation of Police Chief Greg Suhr. Each incident brought about calls from citizens and politicians alike to hold police officers more accountable for their actions. On August 1, the San Francisco police force should get one step closer to full accountability.

August 1 is the expectant date that police officers within in San Francisco will begin wearing body cameras. This new development in police procedure comes after months of negotiations between the Police Officers Association and the Police Commission on proper usage of the cameras. Much of the negotiation was on when officers should be allowed to view videos of incidents in which they are involved.

In December, the Police Commission voted to let the Chief of Police have discretion on when officers should view videos of incidents, but after negotiation with the police union, it was decided that the new policy will be that officers will have to give an initial statement on incidents before being allowed to view their own videos of them. After viewing the videos, officers will then be subject to more lengthy interviews on the content.



SFPD body camera. Image via Google

While some police officers will begin wearing cameras in August, not all of the police force will be equipped. Mayor Lee's recent budget proposal has set aside \$6.2 million for a 2-year rollout of the cameras.

## Learning and Education

# Urban Ed Academy brings summer learning to disadvantaged youths

By Jeffery Mendenhall

Through a mixture of teaching, mentorship, and brotherhood, elementary students from Castro's Harvey Milk Civil Rights Academy and the Urban Ed Academy — UEA — from Bayview Hunters Point bridged a territorial and educational divide through a new summer program, Leaning into Literacy.

This new summer program brings boys in grades 3–6 together from different parts of San Francisco. It is hosted by Harvey Milk in partnership with UEA and targets underserved students of color according to Ron Machado, principal at Harvey Milk. The summer program began June 6 and ended June 30.

Machado said that UEA fit the profile necessary to make Leaning into Literacy a success. Academic Coaches from UEA bring in important components to the program, including a STEM curriculum — Science, Technology, Engineering, and Math — something Machado said few other organizations provide for this age group.

“UEA is unique in its scope and capacities,” Machado said. “I was looking around for a partner last year, and no other organization fit quite like UEA. We are starting small this year, but the hope is that in future years we can expand and serve more students.”

Since 2010, UEA — an independent educational nonprofit — has been striving to increase academic performance, increase school attendance, and decrease disciplinary actions in this age group. These goals line up with SFUSD's strategic plan in closing the achievement gap for boys of color, according to UEA Executive Director Randy Seriguchi, Jr.



Seriguchi said that 40 participants — 20 from Harvey Milk and 20 from UEA — sharpened their skills in six key academic and social components in a structured environment during the program. These components included math, financial literacy, coding, reading,



[Clockwise from top]: Students can review graphic information via projected instructional slides; they can also work on laptops while receiving individual instruction. Photos by Claire Kirshner.

urban electronics, and health and recreation. The UEA curriculum also incorporates character development, cultural awareness, and community service.

For UEA, this partnership broadened their scope, introducing reading/English language arts and financial literacy as curricular components.

According to Seriguchi, those UEA serves face larger achievement and opportunity gaps than nearly every other peer group. UEA is one of the few groups that focus solely on elementary-age boys of color.

According to Seriguchi, UEA brought in students from 13 elementary schools, which provided the opportunity for boys from different parts of the city to come together.

“We liked the idea of getting our core group of boys out of the Bayview for the summer program to expose them to more parts of the city,” Seriguchi said. “This is the first year we’ve partnered with Harvey Milk, and we look to partner with Harvey Milk next year.”

Along with academics, Machado said that the social and emotional skills of the participants were challenged and expanded upon. He said that it may be difficult for children from different neighborhoods to get along with each other in the beginning. This was the case when students from UEA first came to Harvey Milk.

Early into the second week of the summer program, Breayana Jackson, academic coach for UEA, said that the students’

natural inclination to be territorial began to chip away, ceding to diplomacy and cooperation.

“The UEA students are getting more comfortable in being in a different environment,” B. Jackson said. “There was a little bit of unease in the beginning from

the students of Harvey Milk and UEA since they are from different parts of town. In this second week things have tightened up.”

Jackie Jackson, parent of program participant Jamir, echoed this sentiment. Jamir attends Harvey Milk. “At first it was tough,” J. Jackson said. “Kids from other schools were coming into Harvey Milk and there were territorial issues. By the third and fourth day, the kids were more open to sharing.”

“A lot of these kids grow up without a father, and are without that role model like my son,” Jackson said. “It is great that my son has some positive male role models here. I just hope these kids can grow up and come together as friends instead of enemies.”

According to Machado, with the partnership of UEA there is one dedicated adult available to assist for every ten students.

“Our theory is that boys need to listen to their adult leaders, and we believe it’s easier for them to listen to those adults when they can immediately relate to them,” Seriguchi said.

Woven into the summer program are weekly field trips designed to further expose participants to other parts of the city — in which they may otherwise have not been afforded the opportunity.

In the first week, students, staff, volunteers, and parents visited the California Academy of Sciences. Seriguchi said the underpinning learning objective focused on STEM. In the second week the group went to Delores Park to focus on character development.

“During the field trip(s) the kids were really engaged and interested,” said the academic coach Jackson. “The boys asked many questions.”

This enthusiasm spilled over to parents, such as Jamir’s mother, who accompanied her son to the California Academy of Sciences.

She said that she didn’t know about UEA before, but would like to enroll Jamir in the UEA Saturday school — the SMART Saturday Academy — beginning this fall.

“The boys take away a lot each day from this program, and it doesn’t stop after they leave,” said Jackson, the academic coach. “A lot of the kids bring home questions. This gets the parents involved.”

Jamir’s mother said that she has noticed that her son’s interest in learning has grown. She said that he has ADHD, and learning to build practical things such as electric scooters has triggered this interest.

“We (UEA) will always have a chance to change the life trajectory of these boys at this young of an age,” Seriguchi said.

According to Seriguchi, this isn’t the first summer program that UEA has been involved with, though its main focus is SMART during the academic year. SMART is a program that serves more than 300 boys in Saturday enrichment courses for six hours.



SMART is designed to fill the educational gap, by supplementing educational hours that may have been lost during the school week through absenteeism and disciplinary action.

“By expanding academic activity to Saturday, increasing the literal number of classroom hours experienced by each boy, and decreasing the number of hours these boys spend at home or in the principal’s office while their peers continue to learn, we hope to hit our goals solidly,” Seriguchi said. “If we can do our job right, we should alleviate the load that other organizations have to bear later down the line,” he added.

Learning into Literacy is funded by a \$30,000 SFUSD Impact Grant made possible through the Quality Teacher and Education Act of 2008 — QTEA — according to Machado. These SFUSD grants are designed aid in recognition of promising growth.

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## Community Events

*continued from page 1*

hosting the monthly 3rd on Third community party, and in completing renovations to the building for its projected reopening in the fall.

Once again in 2016, the opera house is working with community developers to make the Circus Festival happen on the site of the PG&E former power plant, adjacent to Heron's Head Park. Thanks to the efforts of BVOH, once again Bayview neighbors will have a chance to experience what circus used to be, an all-out community get-together for the sheer joy of it, out in the open air, with the thrill of interaction between performers and audience members that only live performance — up-close and personal — can provide.

An old-time Midway will add to the fun, featuring a giant slide, pop-up food and craft vendors provided by another local non-profit, the Bayview Community Pop-Up Market. In addition, there will be a variety of booths, games and engaging art activities



designed to delight one and all.

But best of all, there'll be a full-on old-time circus, featuring Circus Bella and its special brand of derring-do, magic, laughter and original live music.

Circus Bella is part of a long-standing circus culture of devotion to craft and community, with deep roots in the Bay Area. Grampa will no doubt remember the legendary Pickle Family Circus — fondly remembered by older generations as “the Pickles” — which was not only active in the Bay Area, but also toured throughout California in the 60s and 70s.

“We are very much continuing in the tradition of the Pickle Family Circus,” said Abigail Munn, Circus Bella's director. Former

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Leaning into Literacy is further supported by My Brother's and Sister's Keeper, California Boys and Men of Color, and the San Francisco Department of Children, Youth, and their Families.

Landon Dickey, SFUSD Special Assistant for African American Achievement and Leadership,



*[Clockwise from top]: Contortionist displaying extreme acrobatic flexibility; ringmaster announcing upcoming performances; sensational juggling act by adept performers. Photos courtesy of Anne Hamersky.*

Pickles staff serve as artistic advisors for the Circus Bella artists, assuring that the quality of the circus arts presented is outstanding.

The theme of the 2016 Circus Bella performance will be “Out of Line.” According to Munn, “we'll be working with chaos, the perfect circus topic.” The circus skills on hand will include world-class juggling, including foot juggling, which has to be seen to be believed — hint: there are children involved in a classic foot juggling maneuver called the Risley — a contortionist and acrobats, trapeze artists and lots of clowns. This year will also feature a special guest artist — to be announced. The performance will close with “The Big Juggle.” According to Munn, “In the Pickles tradition, at the end everybody juggles!”

Once again for 2016, the opening act for Circus Bella will be the Prescott Circus Theater — also based in Oakland — a youth development/performing arts program. The program's director, David Hunt, was co-founder with Abigail Munn of Circus Bella. This after-school and summer training program uses circus and theater arts as a way of teaching perseverance, team building, consistency and diligence; the result is a troop of very talented upcoming young circus artists. The performance is called “Higher Ground,” consisting of a tribute to African stilt-dancing. In addition, other Prescott performers will be on hand all afternoon, mingling with the audience and the crowds on the Midway to showcase their

serves as a nominal partner in this initiative.

Visit the UEA website at [www.urbanedacademy.org](http://www.urbanedacademy.org) for further information on these initiatives and programs. Harvey Milk is one of eight schools to receive an Impact Grant this school year. You may also consult SFUSD's QTEA section at their website to view

skills, which include — in addition to stilt-dancing — juggling, acrobatics, clowning, improv and hambone body percussion.

Again, the Circus Bella Band will be on hand — live — under the direction of Rob Reich. Reich is not only the music director, but also composes the original music the Circus Bella Band plays to accompany the performers. The value of live music in a circus performance

cannot be underestimated. “We're organized in one way,” said Reich. “The music is written down. But things can get chaotic, the wind comes up, glitches happen, a prop is missing, or dropped. We have to be flexible and be free to improvise. No flinching allowed.” Munn is a big fan: “The band is so hot!” The Circus Bella Band consists of accordion, guitar, sousaphone, trumpet, trombone, violin and drums — if you have ever won-

dered what a sousaphone is, this is your chance to see one in action!

The circus festival will be held on the site of the former PG&E Hunters Point Power Plant, which is now decommissioned and dismantled. The site — re-dubbed NOW Hunters Point while long-term use for the site is being reimagined by community leaders — is located at the corner of Jennings Street and Cargo Way, immediately adjacent to Heron's Head Park, both located on the edge of the San Francisco Bay. The views are a spectacular background for the circus fun. See the sidebar for directions.

Event planners recommend that you arrive early for the best parking and the best seats. Then — prepare to be captivated!



As Munn described it, “The unique magic of the circus is to bring together a cross-section of people from all over town, all ages, sitting side by side, putting their phones down and interacting with us and each other. We all need that.”

### CIRCUS FESTIVAL

**When:** Sunday, July 24, noon to 4:00 p.m.

**Program:** Prescott Circus Theater African stilt walkers perform at 1:30, Circus Bella performs at 2:00 p.m. and the other Prescott Circus Theater performers will be on hand throughout the day. The Midway opens at noon and closes at 4:00 p.m.

**Admission:** FREE!!!

**Where:** The fun unfolds at NOW Hunters Point, the former site of the PG&E power plant, adjacent to Heron's Head Park in Bayview Hunters Point. By bus: Take the Muni No. 44 to Middle Point Road and Acacia Road. Walk north on Middle Point, which becomes Jennings Street. Continue one block to Cargo Way. The entrance will be on your right. By car from S.F.: Take Highway 101 south to Cesar Chavez Street/Potrero Avenue. Keep left at the fork and follow the sign for Cesar Chavez East/Bayshore Boulevard. Keep left at the next fork and merge onto Cesar Chavez Street. Turn right on Evans Avenue and left on Jennings Street. At Cargo Way (the first street you come to), the entrance will be on your right.

**Produced by:** NOW Hunters Point and the Bayview Opera House.

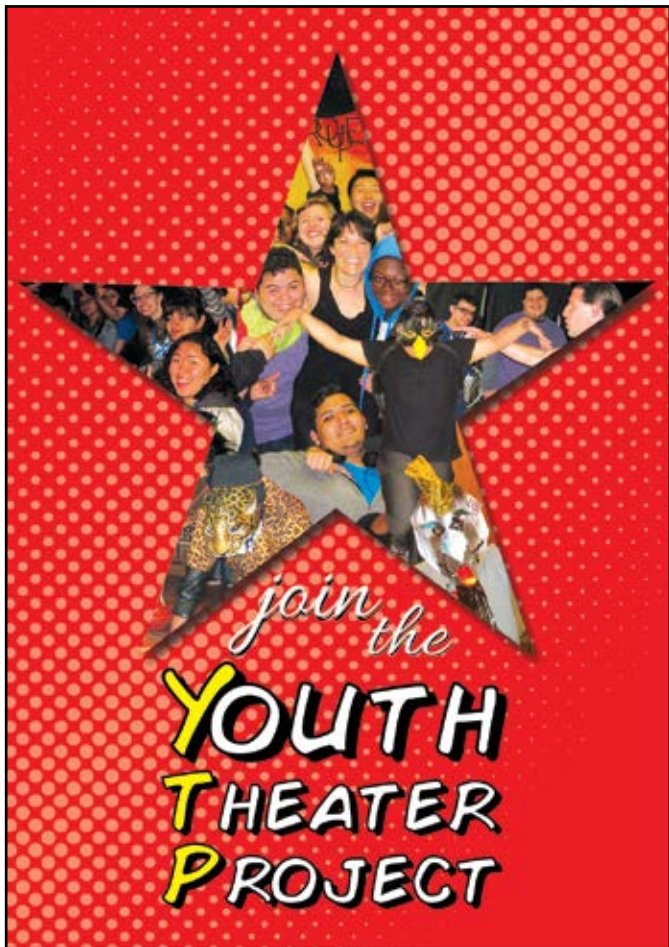
**For Further Information:** Call the Bayview Opera House at 415.824-0386, or visit the website at [www.BVOH.org](http://www.BVOH.org).

other grantees and their programs at <http://www.sfusd.edu/en/about-sfusd/voter-initiatives/voter-initiatives.html>. Landon Dickey, SFUSD Special Assistant for African American Achievement and Leadership, serves as a nominal partner in this initiative.



## Nonprofit News

## The SF Mime Troupe brings new summer comedy to Bay Area parks



[Clockwise from top]: the SFMT Youth Theatre Project gives high school students an opportunity to build theatrical skills; photos of 2016 musical, "Schooled." Photos via SFMT.

By Paul Krantz

The San Francisco Mime Troupe — SFMT — has been creating and organizing theatrical performances in and around the bay area for more than 55 years. What sets SFMT apart is the hard-hitting political satire that forms the basis of the troupe's every production; as well as the choice to make each and every show free and open to the public.

It is worth noting that "mime" in SFMT's title does not refer to pantomime. None of the troupe's performances include actors wearing black and white stripes silently interacting with a field of invis-



ible props. "Mime" as the SFMT intends, refers to the older meaning, "to mimic," which is exactly what the troupe does — it mimics happenings in the world today in order to raise awareness for current issues and promote social justice.

experienced dancer and mime, and an activist.

From early on, the SFMT brought its productions to the public sphere. SFMT put on its first outdoor performance of a play entitled, "The Dowry," at Washington Square Park in 1962. The play was performed for free, and at the end of the production a hat for the collection of donations was passed through the audience, marking the beginning of an SFMT tradition that continues to this day.

However, as quickly as the troupe gained notoriety in San Francisco's performing arts community, it also ran into opposition from the authorities.

Essentially, officials from the San Francisco Department of Parks and Recreation weren't happy with the troupe's performance of

"offensive and inappropriate" content.

City officials issued warnings, and SFMT and associated lawyers issued rebuttals, leading up to a hearing on August 4, 1965, in which SFMT's permit to perform was revoked.

It is also worth noting that SFMT can be boisterous. SFMT productions have been known to come in the form of musicals, complete with outbursts of emotionally charged dialogue, sing-a-longs, and even a marching band.

According to its website at [www.sfmt.org](http://www.sfmt.org), the mime troupe began as "an experimental project" which first premiered at an actor's workshop in 1959. The group's initial organizer, R.G. Davis, was an

SFMT's struggle against censorship reached a climactic moment on August 7, 1965 in Lafayette Park. Despite their lacking a permit, the troupe prepared for their performance while an audience of thousands gathered.

R.G. Davis set the stage for the audience, explaining the process thus far that had legally prohibited him and SFMT from putting on further performances. Then, knowing exactly what would happen next, R.G. Davis pulled a mask over his face and said into the microphone, "Today for your appreciation we perform an arrest." At that moment police grabbed R.G. Davis and removed him from the scene while an angry crowd yelled in protest. When the pandemonium died down, the show went on as planned, and the audience donated generously to aid SFMT with the legal fees that were eminent.

Davis lost the case against him in San Francisco without ever having a chance to introduce the fact that he and SFMT were facing censorship. However, thanks to the group's resilience and support from the surrounding community, SFMT managed to continue fighting the legal battle against them all the way to the Supreme Court.

Reconciliation for the group came in July 1966 when Supreme Court Judge Koresh ruled that the revocation of the troupe's permits to perform based on the content of their play was unconstitutional. Finally the SFMT had earned its right to practice free speech, and perform publicly in San Francisco's city parks.

Since that hard-won victory, SFMT has continued to produce theatre that promotes social justice year after year.

"The Troupe does a huge amount of research each year — reading articles, watching documentaries, doing interviews — all with an eye to finding issues that we feel will resonate best with the audience," said Michael Gene Sullivan, resident playwright with SFMT since 2000, and long-time Western Addition resident.

SFMT's next performance, entitled, "Schooled" will grapple with the issue of the privatization of public schools — and whether corporate sponsorship of some schools could be the answer to their funding problems. The next performance of "Schooled" is scheduled for Monday, July 4, starting at 2 p.m. in Dolores Park, followed by back to back performances at Live Oak Park in Berkeley on July 9 and 10.

If these dates do not fit your schedule, don't worry. The SFMT will continue performing its latest play in various venues around the Bay Area through September. A detailed schedule of the SFMT's summer performances can be found on the website at <http://www.sfmt.org>.



Funding for SFMT is made possible by donations from audiences and supporters of the troupe alike, as well as through grants and charitable donations made by a collection of corporations and local businesses.

For those who would like to become directly involved, the SFMT offers internships and workshops — however, applications for this season must be postmarked by July 1. Workshops are offered free in exchange for volunteer hours, or participants can choose to pay the entrance fee.

Another exciting opportunity is SFMT's Youth Theatre Project — YTP. The project offers eight week internships for high school students who want to build their acting, improvisation and character skills. Students in the upcoming



Fall 2016 session will be working on and ultimately performing a play entitled, "Inside Out." The SFMT does offer a small stipend for students who complete the YTP course. Applications for that upcoming session are due by Monday, Sept. 4.

## Neighborhood News

By Laurie MacDougall

### Alamo Square

The San Francisco Public Library sponsors free walking tours of landmark Victorians of Alamo Square, on the first and third Saturday and first and third Thursday of each month, 11 a.m. to 1:00 p.m.

San Francisco City Guides, operating under the auspices of the Public Library, is a group of dedicated volunteers that offers free walking tours of unique neighborhoods of the city throughout the year. Coming up on Saturdays, July 2 and 16, and Thursdays July 7 and 21, you will have an opportunity to get an expert's take on the many stunning examples of Victorian architecture that survived the San Francisco fire, clustered in the Alamo Square neighborhood.

Walking tours are free, and no reservations are necessary. Just show up 10 minutes before the 11:00 start time, outside the Victorian at 824 Grove St. It is advisable to confirm that the scheduled dates are still in effect by visiting the organization's website at [www.sfcityguides.org](http://www.sfcityguides.org). At the same time, you can check out a host of other free walking tours being offered throughout the city.



*Alamo Square Bark!* Hook up with neighborhood canines for play dates during park construction.

If you've got a four-legged friend who is pining for his pals, join Alamo Square Bark! We can keep in touch while the park is under construction. How about some get-togethers in other nearby parks (Panhandle, Buena Vista, Duboce, etc.)? Where are YOU and your pup going to play? Let us know! Find out more at

<https://www.facebook.com/alamosquarebark/>

*Back on Track San Francisco* tutoring for K-12 students, at Third Baptist Church, weekly, free

Back on Track SF is a free one-on-one tutoring and academic mentorship program for underserved K-12 students. Volunteer tutors and students from diverse ethnic and socioeconomic backgrounds meet weekly. Back on Track also offers a variety of enrichment activities and field trips. It's a program of the Third Baptist Church, located at 1399 McAllister St. For more information, or to sign up, visit the website at [www.backontracksf.org](http://www.backontracksf.org), or call 415-346-9316.



### Bayview Hunters Point

Come and enjoy the newly renovated Gilman Park, now open to the public, 8 a.m. to 8 p.m., at the corner of Gilman and Griffith Streets

San Francisco Parks and Rec has just spent \$1.8 million to expand Gilman Park's recreation options for young and old alike, with the latest play equipment available. Fun includes two composite play structures connected by a 40-foot net climber, new swings, a zip line and independent spinners. There are two new play areas for tots, and for adults, there is outdoor fitness equipment to work out abs, triceps, back, legs and chest, including a wheelchair-accessible chest press. Check it out!

The Den is now open in Bayview on Monday through Friday, from 6:30 p.m. to 2:00 p.m. with a "good neighbor" policy to benefit the neighborhood homeless.

Craftsmen and Wolves, the parent company of the new eatery, is well-known in the foodie world. What is not so widely known is that the artisanal bakery has been a fixture in Bayview Hunters Point for the last four years, where the majority of the food for sale in its retail outlets is created.

The Den is a neighborhood-oriented spot with options such as granola in the morning, a salad, sandwich, and pizza by the slice. The Den has a "good neighbor" policy that allows customers to buy a slice of pizza for themselves and another for someone in need. The customer receives a sticky note with a message that they stick on the window, redeemable by any neighborhood person who needs a slice. It's located at 2250 Keith St., near Yosemite Street. Stop by and pay it forward ... with great pizza.



*Circus Bella and the Prescott Family Circus*, presented by the Bayview Opera House, July 24, from noon to 4 p.m., free admission

Come and enjoy an open-air 1-ring circus, featuring trapeze artists, ropewalkers, jugglers, contortionists, clowns and more, set to an original score performed by live musicians. Joining Circus Bella is the Prescott Family Circus, a youth development/performing arts performance, with activities, games, face painting, interactive games, and just all around fun for the entire family. The Circus will be held at the site of the former PG&E power plant, adjacent to Heron's Head Park, at the corner of Jennings and Cargo Way. For more information, see the article about the event in this issue, or call the Bayview Opera House at (415) 824-0386, or visit the website at [www.bvoh.org](http://www.bvoh.org).

### Fillmore

Free Taiko drumming performance with Kristy Oshiro, at the Western Addition branch of the San Francisco Public Library, Saturday, July 23, 2:00 p.m. to 3:00 p.m.

Come and learn about the Japanese art of taiko! Feel the thunderous sounds of the drums vibrating through your body as language, culture, and history combine into an exciting educational experience. You may even get a chance to play the drums yourself! This performance is made possible by the Friends of the SF Public Library. To learn more, call 415.355.5727. Performance will be held at the library, 1550 Scott St.

Fillmore hosts the 7th annual San Francisco Salsa Festival, July 15 and 16, 6 p.m. to 10 p.m. at the Fillmore Center Plaza, 1475 Fillmore St., free.

One of California's biggest Latin dance parties, the salsa festival offers dancing on the plaza, plus three blocks of salsa bands, DJs, and dance instructors on Fillmore Street, between Eddy Street and Geary Blvd. This is a great opportunity to brush up on your dancing skills, watch dance performances, and listen to

tion, visit the website for the event at [www.salsafestivalfillmore.com](http://www.salsafestivalfillmore.com).

*Schoolyard opening event at Rosa Parks on Saturday, July 21, 11 a.m. to 1 p.m.*

Western Addition parents are invited to attend the celebration of the opening of a new neighborhood playground at Rosa Parks Elementary will take place on July 30, from 11 a.m. to 1 p.m., at 1501 O'Farrell St.

The schoolyard will be available on weekends for neighborhood children and families. This is part of the San Francisco Shared Schoolyard Project. More information about this program can be found at [www.SFSharedSchoolyard.org](http://www.SFSharedSchoolyard.org). Hayes Valley



*Opera at the Ballpark*, a free live simulcast of "Carmen" by the San Francisco Opera, Saturday, July 2 at 7:30 p.m. Gates open for general entry at 6:00 p.m.

Once again, San Francisco Opera and the San Francisco Giants co-host Opera at the Ballpark, a wildly popular event that annually attracts over 30,000 people. It's a free performance of Bizet's "Carmen," always a crowd-pleaser featuring lust, temptation, treachery and a handsome bull-fighter. The performance will be simulcast live from the War Memorial Opera House, and will provide an unforgettable evening of opera—and garlic fries—under the stars. Choose between sitting on the field or in the stands! Bring friends and cushions. For more information, visit the website at <http://sfopera.com/discover-opera/free-events/san-francisco-opera-at-att-park/>.

*Hayes Valley Art Works* is now open every day except Tuesday, noon to 5:00 p.m., corner of Fell and Laguna Streets, admission free

The Hayes Valley Art Works is a temporary installation that calls itself "a community creation space." It is the current occupant of one of the last remnants of the now-demolished Central Freeway, and recently opened its doors to the public as a community gathering, teaching and learning site. It will be operative until a building project on that block takes over the space to build apartment buildings, so it won't be available for this kind of creative exploration forever. As examples, the site is home to a new labyrinth, classes are taught in pop-up containers,

*continued on page 12*

## Kimochi assists Bay Area seniors



Craftmaking techniques being explained to workshop participants. Photo courtesy of Sakura Suzuki, Kimochi.

By Julie McCoy

For 45 years, Kimochi has improved the lives of Japanese-American seniors and other older adults in San Francisco and has helped these individuals live with dignity.

Kimochi — founded in 1971, when third-generation Japanese Americans began helping first-generation Japanese Americans in San Francisco's Japantown — provides seniors with transportation, referral and outreach services, social services and health and consumer education seminars.

Additionally, Kimochi offers Japanese-style hot lunches to seniors at Isse Memorial Hall. Lunches also are delivered to the homes of seniors who are unable to travel. The service delivery area includes the Western Addition, Richmond and Sunset neighborhoods of San Francisco.

Another service provided is the Kimochi Lounge, which has a book and video library for seniors. Kimochi Lounge also offers information on nutrition, health, legal aspects of aging and family caregiving, along with housing for seniors and their families.

The organization also operates Kimochi Home, which was established in 1983 and provides residential and respite care for ambulatory seniors.

While many of the seniors Kimochi assists are Japanese Americans, there are plenty of other seniors who benefit from these services as well, according to Executive Director Steve Nakajo. "We do not discriminate," he said.

Overall, Kimochi reaches 3,000 people each year, including seniors and their families. The only requirement is that you need to be 60 years of age or older.

Kimochi means "good feeling." And that is what it provides to the seniors it helps. Nakajo anticipates increased demand for its services, given that people are living longer. "There are more

seniors in San Francisco, which means there's going to be more service demand," he said.

Thousands of San Francisco residents are age 65, or older, and this number is expected to only continue to grow in the future.

Kimochi has a 2015–2016 budget of \$2.9 million and receives funds from the Office on Aging, as well as from fundraising events.

On July 9 and 10, Kimochi will hold its Oldtimer Basketball Fundraiser at the Japanese Community Center at 1840 Sutter St.

Kimochi will also be holding a food booth on Aug. 6 and 7 at the 43rd Annual Nihonmachi Street Fair in Japantown. Nakajo said that they are looking for volunteers to help with the food booth.

The organization will also be serving food at the College of San Mateo on Aug. 27. Kimochi opened a new location in San Mateo at the end of June. Nakajo pointed out that San Mateo is a good location because there are more Japanese Americans in San Mateo than in San Francisco,

The organization has 45 part-time and full-time staff members. Nakajo attributed Kimochi's success to its "quality of services and quality of staff."

The San Mateo location is similar to the San Francisco location in that it will provide services to Japanese American seniors and other older adults.

Kimochi San Mateo will model Kimochi Home, according to Nakajo. The plan is to house seniors for ambulatory and non-ambulatory care and to provide home-delivered meals for seniors in the community as well in the future, he explained.

Nakajo, who has been a fire commissioner for 20 years, holds a master's degree in social work from San Francisco State University. He taught a course at

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Midgett's Corner

## Ageing issues — Part 5

The word that fits my feeling best is orgasmic when I write this column. Yes! That's what I wrote! Orgasmic, sex, good feeling. Are you participating in anything that makes you feel good while you journey into your seniorhood? OK! I know everyone doesn't feel this way. Hopefully, some of these readings will be helpful towards your journey. For first readers of this column, I will be 80 years young on August 4. AARP — the magazine for us vintage men and women — considers age 55 as seniors. Someone always wants to change something. You know that 40 is the new 30.

In my opinion the magazine is not excepting us 60-year older men and women. And a 50-year old is still in their prime. When I was fifty, I had no thought of retiring and feeling old. I was dancing. At age 50, you still have a lot of time left in life. Oh well, think what you want to — are you afraid of getting old? That was the opening question in the column beginning on ageing in June 2015. Do you or did you anticipate this part of your life?

When you think of aging, what are your thoughts? Helplessness, physical health, changes in facial features, body images, senior home, negative response from children. Finances, relationships and being alone.

Or traveling, working, doing volunteer work, starting a business. All of our lives are different. I will answer some of these questions from my and others that I have interviewed.

Negative aspects of retiring:

**Helplessness.** Can't do for yourself, mentally disabled, scared of aging? Afraid to reach out. Difficulty saying no to family, friends, coworker, neighbors. I never heard anyone when "no" was the response who died. Some might give you an attitude. Maybe it was time you stop being the doormat.

**Physical Health.** Do you have health insurance? Have you sought out health care information for your future? There are still places you can get a free checkup. In my area there are two senior centers where health information and physical help are available on certain days of the month. What is your health status and age now? If you're still in decent shape, start a regiment of walking. Three to four days for 15 minutes. I do four to five days a week, or 15 minutes to a half hour, depending on your plan. I have a senior ex coworker walking partner who is my neighbor. She retired and is now age 76. We walk four days a week.

Sometimes the length of time is an hour, if she can't walk that day. I will call a long-distance



friend on the East Coast who is retired and has diarrhea of my mouth like myself. The time goes quickly when you're talking.

If you are still working and have a scheduled walk with coworkers,

that's a good beginning when you retire. Look for a walking partner in the neighborhood.

**Overweight** is not the end of your being. Rethink your eating habits. Body image. It's yours, do you like it? Welllllll! I don't want to advocate a weight program. If you email me, I will share.

**Change in facial features.** So! What do you expect? The lines are inevitable, but not always. I have no lines or dark circles underneath my eyes or bags. If you stayed in the sun to get my color, well you have to pay the price. Bottom line, accept it, or have a face lift? OK! Go for it, do whatever makes you feel beautiful. Keep in mind skin changes as we age. Also beauty is in the eye of the beholder. I look in the mirror and see aging to perfection. How do you see yourself?

**Body images.** If you're looking at the United States images of what women should look like, especially women 55 plus, yes! Images are looking better on TV. But many have been negative, and it would take a while for this country to view us as fat and fine, old and vintage, intelligent with knowledge from experiences, ours and others.

You need to define your own body image. If not, you are in trouble. Women designers are seeing us as fat, fine and sexy, with the models adding to the scene.

Thank you women!

My journey continues from past to present. To be continued..... Dating — Part #6

*I enjoy mail:* Midgettsf@aol.com. My book is titled New York Flavor with a San Francisco Beat. *These Are Irresistible Erotic Stories and question for men and women age 55+.*

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## Community Events

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[Clockwise from top]: Saxophonist Kristen Strom with vocalists and Tammy Hall Quintet at the 2015 jazz festival. Troy Lampkins on bass with Joshi Marshall, sax, with Jungle Biskit. Vocalist Kim Nalley performing at the California Street stage with the Tammy Hall Quintet. Photos by Vince Ei.

Pete Escovedo, Denise Perrier, Kim Nalley, Dr. Lonnie Smith and other jazz notables.

The 2016 festival will take place on Fillmore between Jackson and Eddy Streets — extending throughout 12 blocks — on July 2 and July 3, from around 10:00 a.m. to 6:00 p.m. daily, with the theme “In Tribute” and including several different stages to fit various musical palates.

eclectic mix of music, from jazz, Latin, string, to African.

The Fillmore Street Stage, right across from Yoshi's on Clay Street, Olaine said reflects blues, soul, R&B, and funk.

Numerous artists will also be appearing on the Eddy Street Stage, including Lilan Kane, Jackie Turner, KALIMBA, and others.

A more complete lineup of the artists can be seen at <http://www.sresproductions.com/events/fillmore-entertainment/>.

— and I live in New York now — it still feels very neighborhoody. When I come back, it still feels like the Fillmore that I left, which is the Fillmore that I love.”

Van Kiniris said that arts and crafts are a main part of the festival, as well as all the shops and restaurants located on Fillmore, and food vendors and art exhibitors help fund the festival through fees.

Corporate sponsors, such as San Francisco Magazine, the San Francisco Chronicle, KCBS News, and XFINITY also donate, Van Kiniris added.

Will Bernard, a guitarist who has played with various bands at the festival since the 80s, and who also grew up in the Bay Area, is excited to be playing with great musicians and anticipating the return to the city.

“I live in Brooklyn now,” he said. “For me, always coming back to the Bay Area, where I grew up, is always a great experience. It's kind of a homecoming for me. I'm an East Bay guy, but I've seen the Fillmore go through all the changes since the 70's. It's a familiar neighborhood to me.”

Bernard remembers playing the festival when it resembled more of a street fair and has seen how it has transformed over time into a jazz festival.

“I've been there for years with different projects,” Bernard said. “It's always a great event. People love going there. It turns people onto new music they haven't heard. Then you see lots of familiar faces and fans, as well.”

This year, he is playing with Mix Up Mix Up and W-Beez, which he said is a group co-led by himself and Wil Blades.

Monetta White — who books the Eddy Street stage and is a Fillmore Merchant at 1300 on Fillmore — shared what she said is a strong and fun lineup for Eddy Street.

“The highlight for us this year is going to be KALIMBA,” White said. “They're the spirit of Earth, Wind & Fire. They're going to be doing the tribute for Maurice White. They're a big band. They come strong. They play all around the country. We just got lucky that we're going to be able to get them.”

Another highlight is 1st Avenue Revue, a band performing a Prince tribute, who White was able to book in time for the festival after his sudden death.

Other performers include Lilan Kane, who will be doing a tribute for Natalie Cole, Zakiya Harris and Elephantine, Howard Wiley, Extra Nappy, Rojai, and the Hogan Brothers — a band that is well-known in the Bay Area, White said.

Van Kiniris added that the festival continues to embrace the jazz and blues heritage of the Fillmore and shares it with the public, as more and more geographical boundaries in the district are being blurred.



“What's great is that the jazz festival continues this legacy,” Van Kiniris said. “It's really considered the best public jazz festival in the country. It's really well respected and widely known. We kind of get used to it here, like, ‘Oh yeah, it's the jazz festival.’ No, it's a world-class jazz festival that happens to be free and it's right in our backyard. There's some major world acts that come through here.”



“To call it strictly a jazz festival wouldn't do it justice,” said Jason Olaine, artistic director of the festival and a booker of the California Street and Sutter Street stages. “It wouldn't do jazz justice. It's much broader than that.”

The 2016 In “Tribute” theme came about because of the loss of important artists, musicians, songwriters and performers this year, such as Prince, Maurice White from Earth, Wind & Fire, David Bowie, Allen Toussaint, Otis Clay, and Glenn Frey from The Eagles — which Olaine said makes sense, due to the eclectic and inclusive nature of the festival.

For those interested in straight-ahead jazz, there is the California Street Stage, on California and Fillmore Streets.

Farther down is the Sutter Street Stage, or what Olaine said is the “Beyond Stage,” with an

[www.sresproductions.com/events/fillmore-entertainment/](http://www.sresproductions.com/events/fillmore-entertainment/).

Olaine said that not only do visitors have the performances on stage, but street musicians also set up shop along the sidewalk, people pull pop-up stages, and others sell such items as clothes, pictures and sunglasses.

According to Olaine, he has attended the festival while growing up in the Bay Area, and since he has been working for the festival, his philosophy has been to be broad, eclectic, to have internationally-known artists as well as up-and-comers, and to tie all this into the annual theme.

Olaine said that he sees a mix of the casual attendees who wander up and down the street and those who camp out, or who he recognizes from the previous day.

“It still feels small-townish,” Olaine said. “It still feels very community. As long as I've been going

## Health and Wellness

continued from page 2

change depending how you open and close them.

### How to increase stressed dry eyes:

*Sit comfortably, letting your eyes close, and breathe. Then exhale, and when ready to inhale, inhale rapidly into your upper chest while opening your eyes wide — as if fearful and frightened. Repeat a second time, and then keep holding your eyes wide open as if looking for danger.*

Observe what happened. Most people experienced that the front of their eyes felt slightly cooler, as if a slight breeze were going over the cornea, and the eyes (cornea) are drier.

### How to increase relaxed moist eyes:

*Sit comfortably, letting your eyes close, and breathe. While breathing, allow your abdomen to expand when you inhale, and gently constrict when you exhale, as if the lungs were a balloon in your abdomen. When ready, inhale while keeping the shoulders relaxed and the eyes still closed, and then gently begin to exhale and very slowly and softly open your eyes slightly, while looking down peacefully and content — just as a mother may look down upon their baby in her arms with a slight smile. Repeat a second time, and gently open your eyes slightly as the exhalation has started and is softly flowing.*

Observe what happened. Most people experienced that their eyes became softer, more relaxed with an increase in the beginning of a tear beginning to fill the front of the cornea.

**You have a choice!** You can mobilize health or continue to risk your vision. Adapt the precautionary principle and act now. See the in-depth description of the potential harm of LED lights described by architect and lighting designer Milena Simeonova who helps people stay healthy by applying natural light patterns inside buildings ([www.lighting-4health.com](http://www.lighting-4health.com)).

**LED Lighting and Blue Light Hazard** [Milena Simeonova, architect, MS in Lighting, LRC, IES, LC]

When TVs, computers, tablets, and mobile devices are used in the evening hours, the cool LED light emanating from the screens shifts the body onset for melatonin production, pushing back our bedtime by 1 1/2 hours or later. You may think that is not so bad if you have to study for exams or deliver a final project. However, think twice when disrupting the circadian system and depriving your body of normal sleep hours. It is a recipe for initiating illness. Watch a superb TEDxCambridge 2011 lecture, “A Sleep Epidemic,” by Charles Szeisler, PhD, MD from Harvard Medical School.

Science has discovered that blue light suppresses melatonin — the sleep hormone — and can

either regulate or deregulate our circadian system, or bio-clock, disrupting our sleep during the night and lowering our performance during the day. It affects our normal body function that is synchronized with the daylight-night cycle, as shown in Figure 1. If this cycle is disrupted, poor health can follow in the form of heart disease, cancer, depression, obesity, or other illnesses.

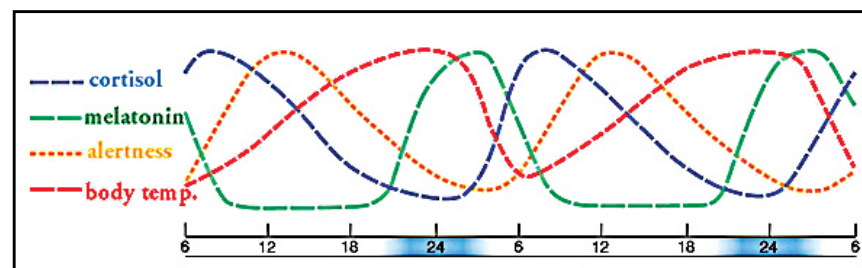


Figure 1: Double plot (2 x 24 hours.) of typical daily rhythms of body temperature, melatonin, cortisol, and alertness in humans for a natural 24-hour light/dark cycle.

Our circadian system regulates the body's endocrine and hormonal production; these functions are synchronized with the cycle of day-night in nature. A healthy body starts producing melatonin at about 7 p.m., and melatonin, the sleep hormone, peaks from 12 a.m.–3 a.m. From: van Bommel, W. J. M. & van den Beld, G. J. (2003). Lighting for work: visual and biological effects. Philips Lighting. p.7.

What about the change from incandescent to LED light in the room? With LED lighting, the Blue Light Hazard has increased, particularly from high output cool LED light fixtures with clear lens. LED lighting is produced from a blue LED chip combined with warm phosphors; think of it as a blue spike with a warm tail, as shown in Figure 2. The trouble with the blue spike is that it peaks at about 430nm–440nm, and science has found that light below the 440nm wavelength frequency results in macular degeneration in older people (Roberts, 2001). For more details, see chemistry professor Joan E. Roberts from a Fordham University presentation, “How does the spectrum of light affect human health?” [[http://www.be-exchange.org/media/ByLightofDay\\_Presentation.compressed-1.pdf](http://www.be-exchange.org/media/ByLightofDay_Presentation.compressed-1.pdf)]

The Figure 2 graph shows cool LED light with a blue light spike — a large output of blue light — and a small tail of warm phosphors. On the right is a warm LED light with decreased blue light output.

[From: Floroiu, V.A. (2015)]

The health risk is even greater for younger eyes — ages 20–40 — because older eyes are more protected with the natural aging

of the eye lens that is thickening and yellowing, which in turn scatters blue light and protects the eye retina from energy absorption. In contrast, the younger eyes allow 2–3 times more transmittance of blue light, resulting in higher ocular oxidation and greater risk of retinal photo-degradation (Hammond et al, 2014). Thus, in a room with cool LED lighting — above 4,000K — there will be a lot

of blue light that can be damaging to the eye retina. This is particularly true when eyes have direct exposure to high-output LED fixtures that cannot be dimmed.

This is just the tip of the iceberg. LED lighting has other potential health issues — such as flicker that is barely discernible at full light output, but increases when dimming the lights — or the spatial flicker resulting from gazing along bright LED lights in a room, or the multifringed or multiple shadows of a single object that are projected from the multiple LED chips in a fixture, which is unnatural and is not observed in nature. It is important to choose LED lighting that maintains human health, such as at this link: <https://www.greenbiz.com/blog/2010/01/21/pendulum-energy-efficiency-and-importance-human-factors>

Interactive dynamic lighting is also on the rise, and this has unintended effects on the autonomous nervous system, with overstimulation of the sympathetic neural system, disrupting the balance of arousal and rest that is needed for people to stay healthy.

How can we protect our health? We can use 4000K LED light for daytime, use warmer

lighting for your screens; dim your room lights in the evening; use LED lights that have a diffuse lens shade to soften the light beam; aim LED lights to the ceiling or wall surfaces, and away from the eyes; and best of all — get plenty of healthy daylight during the day.

### The mechanism of blue light hazard —BLH

Blue light is also known as “cool” light, which has a high frequency of oscillation, due to high excitation of light particles, or photons. The blue photons have smaller mass, and carry significantly higher energy than the red light photons; blue photons can create oxidative photodegradation in ocular tissues, and suppress effectively melatonin and disrupt sleep even at a very low level.

The colors of a rainbow illustrate the visible light spectrum. Each color represents a specific light frequency, vibrational energy, wavelength, and excitation. Light wavelength can be for the benefit or to the detriment of human health, depending on the dosage or length of exposure to the particular wavelength of light; depending on the timing or when exposed to light.

The visible light spectrum ranges from 360nm to 760nm wavelengths, with red light at 620–750nm having the longer wavelength and smaller excitation, and blue light at 420–490nm having a short wavelength with high frequency — or more pulses per time cycle.

Anyone who wishes to see more information on this subject can contact the following:

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T: 415-684-2770; Light4Health, [www.lighting-4health.com](http://www.lighting-4health.com)

Help people stay healthy by applying Natural Light Patterns, and the principle of less is more, in calm and nurturing places.

Dr. Peper is a professor at San

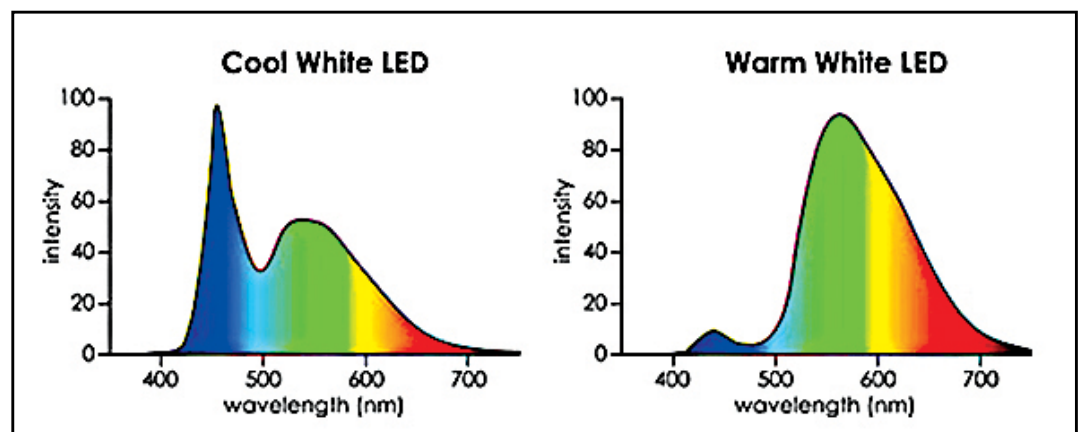


Figure 2: Measurements with an LED Spectrometer of color tuning LED light source.

lights 3000K and below for the evening hours, and as a night-light use a warm or amber color light; get blue light filter applica-

Francisco State University and can be contacted by email at [epeper@sfsu.edu](mailto:epeper@sfsu.edu). His website is [www.bio](http://www.bio)

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feedbackhealth.org, and he has a blog at [www.peperperspective.com](http://www.peperperspective.com).

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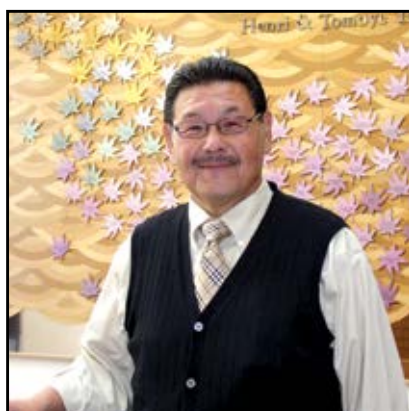
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San Francisco State on Japanese culture and history.

Maya Futamura is a senior center coordinator at Kimochi. She has worked for organization for nearly three years and was also a volunteer before that, coming in once a week to help serve lunches. "I originally started because I wanted to connect with my Japanese roots," she explained.



Futamura, who was born in Japan, moved to the U.S. with her family. She first lived here from the time when she was 1 1/2 years old until age 10. Then, after her father passed away, she lived in Japan from the age of 10 to 18. She then moved back to the U.S. to go to college, as did her sisters.



"Since San Francisco has a Japanese community, I reached out to Kimochi and found out they have this wonderful opportunity of volunteering with the nutrition program," she explained. "It was totally up my alley because I had worked in the restaurant business serving tables for many years. It was a great volunteering experience for me. It was a busy lunch program, the seniors were lively,

and they welcomed you. There were many people interactions that kept me going back. It started to feel like my new community."

Futamura's main responsibility is to run Kimochi's lunch program. "We have a set menu that has to be approved ahead of time, and it is usually a 6-month cycle," she explained. "Most of it is Japanese food and I am proud of how delicious and nutritious the meals are. We have two separate servings. The first serving usually maxes out and we can seat 150 people. We don't serve as many for second seating, but on average we serve 200 to 250 meals on-site Monday through Friday."

Futamura is also in charge of the home delivery meal program through which an average of 120 meals are delivered per day. Drivers set off around 10 a.m. and deliver to several neighborhoods.

"The operation when packaging the meals is such an efficient, fast-paced operation," Futamura explained. "Even now when I watch it happen, I am amazed at how well organized it is, with one person putting in the main dish, then passing it to the person who does the vegetable, to the next person who adds the rice, then the sauce, maybe the garnish, and the next person who places the lids and puts the food into the home delivery bags for all 120 meals."

"It's a multiple person operation that flows so well. After the lunch program and home deliveries are done, our site then provides senior center activities. All of our instructors are volunteers, mostly seniors and we have ceramics, Yoga, Japanese singing class, Qigong, Japanese dancing class and exercise class, mostly free for our seniors."

"Of course in the afternoons, there are tons of paperwork etc. to catch up with. But mostly it is the connections with people, the moments when I can talk to someone and get a smile. Even if we don't speak the same language, the connections are universal and that is what keeps me going. And to share that bond by being able to provide lunches and to see them



[Clockwise from top]: Seniors gathering for nutritious lunches at Kimochi; seniors participating in floral design workshop; a volunteer explains a technique in a calligraphy workshop; Executive Director Steve Nakajo. Photos courtesy of Sakura Suzuki, Kimochi.

satisfied and going home makes me happy."

Futamura praised the volunteers with whom she works. Volunteers range in age from high-school students to seniors.

"Not a day has gone by since I started, without the help of the volunteers who have been so loyal and hard working," Futamura said. "The lunch programs are very much run with the help of the volunteers and I am so grateful of that."

Peter Yamamoto has been a volunteer qigong instructor at Kimochi for a few years. "I know how to do it, so I teach the seniors," he said. "I am not a master or anything."

Typically about 12-20 people attend Yamamoto's class, which is held on Wednesdays from 2 p.m. to 3 p.m. He has also volunteered for Kimochi's fundraisers.

"I have warm feelings for Kimochi," Yamamoto said. "It has a real relationship with the younger members of the Japanese American community and the older members. The whole foundation of Kimochi is service and helping the elderly. It gets young people involved — people who wouldn't normally

have anything to do with the elderly. He [Nakajo] has ways to get young people to come in and volunteer."

Yamamoto added, "I personally have a commitment to the Japanese community. I want to do things for the Japanese community because of the unique place of the Japanese American people in a multicultural American history. Japanese Americans have a unique place in society, like everybody does."

The future for Kimochi looks bright. Nakajo said he is working on a succession plan for when he leaves. Associate Director Steve Ishii will take over for Nakajo when he retires on Nov. 1. Nakajo is confident that the organization will be left in very competent and capable hands.



For more information about Kimochi, which has an administrative office at 1715 Buchanan St., visit [www.kimochi-inc.org](http://www.kimochi-inc.org), call 415.931.2294, or email [kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org).

## Neighborhood News

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and its first exhibit, entitled “New Quarters —Inaugural Exhibit” will be up through July 9. The space, ever-changing, is open every day except Tuesday from noon to 5:00 p.m., and the public is welcome to come and explore what neighborhood artists are up to.

*Affordable housing workshop, Tuesday, July 5, 6:30–8:30 p.m., LGBT Center, free*

Renting in San Francisco is



getting more expensive each day and there are many more renters than there are units available, making for serious competition. The center and the San Francisco Mayor’s Office of Housing have partnered to provide a monthly affordable rental workshop and ongoing one-on-one counseling for current and potential renters.

The workshop is held the first Tuesday of every month at the Center and covers a number of topics including affordable rental options (such as Below Market Rate rentals,) low-income housing options through nonprofits, credit preparedness for renting, the Fair Housing Act, and tenants’ rights. Workshop will be held at the LGBT Center at 1800 Market St. Advance registration is required. To register, or for more information, contact Leisa Boswell at 415-865-5652 or leisab@sfccenter.org.

### Japantown

*San Francisco Anime and Cosplay Festival, Saturday, July 16 from 11:00 a.m. to 4:00 p.m., Japan Center Peace Plaza, free admission*

Get your wigs and costume on, and join the fun! This annual festival is an opportunity to celebrate and show your love of anime and cosplay. (Cosplay refers to dressing up as a character from a movie, book or video drawn from manga or anime.) Whether you are an anime fan or cosplayer, this will be a rare opportunity for fun games and contests, and you can roam around for photo shoots and

enjoy meeting old friends and making new ones. Not sure what to do? Stop by the Senpai booth to get a tutorial on all things cosplay from local cosplayers. More information at <https://www.facebook.com/sfanimefestival/>.

sfanimefestival/.

*Traditional Ginza Bazaar, Saturday, July 23, noon-8:00 p.m., and Sunday, July 24, 11 a.m.-7 p.m., at the Buddhist Church of San Francisco, 1881 Pine St. at Octavia, free admission*

This annual community celebration offers two days of games, entertainment, Japanese food, bingo, and other engaging activities for the entire family. The highlight every year is the Bon Odori dancing (or Japanese street folk dancing), which this year will take place on July 24, from 1 p.m. to 3 p.m. on Octavia Street between



Bush and Pine Streets, which will be closed for community dancing. The dance will be led by dancers in colorful summer kimonos, as part of the annual Buddhist Obon, or “gathering of joy,” a celebration of life and community. Everyone is welcome to join in the Bon dance, which is a kind of Japanese line dance that’s easy to learn.

*Weekly Hanafuda (Japanese flower card) game, every Monday, 12:00 p.m. to 4:00 p.m., Japanese Cultural and Community Center of Northern California*

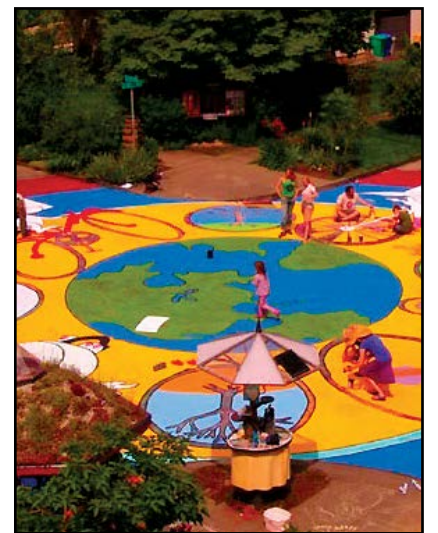
This is a great opportunity to join old friends, or make new ones. Have fun while you keep your brain sharp playing Hanafuda, a traditional Japanese card game dating back over 350 years with varying styles similar to Gin Rummy. The game convenes every Monday, and is coordinated by Bobby Hirano. Member fee is \$2 a session; nonmember fee is \$3 a session. For more information, visit the website at [www.jccnc.org](http://www.jccnc.org), or call 567-5505 to register.

### NoPa

*Take a quick survey and help pick an intersection in the NoPa neighborhood that you think is the best location for a unique artistic intersection mural.*

Two organizations are collaborating to bring a new splash of color to NoPa. The North of the Panhandle Neighborhood Association (NOPNA) and pedestrian advocacy group Walk SF want

to permanently paint an intersection mural at just the right neighborhood intersection to brighten up the neighborhood. Intersection murals have built a following in other cities for community-building and beautification, and they’re also a proven traffic-calming tool. San Francisco currently doesn’t have any intersection murals on its streets, but Walk SF is working with various neighborhood groups and the city to get some started. Fill out a quick survey to cast your vote for the best NoPa location at <https://www.surveymonkey.com/r/LWJ93ZC>.



*SFPD Park Station community meetings, Park Station, every second Tuesday, 6:00 p.m.*

The second Tuesday of each month, the Park Station holds a community meeting to provide input, express concerns, deliver kudos. The station is located at 1899 Waller St. For information, call 242-3000, or see the website at [www.sanfranciscopolice.org](http://www.sanfranciscopolice.org).

*Divisadero Farmers Market, every Sunday in July, 10 a.m.–2 p.m.*

The Divisadero Farmers Market is bursting with fresh summer fruits and vegetables. Come stock up, meet your neighbors and enjoy yourself. The Market is located on Grove Street between Divisadero and Broderick Streets. For more information, visit

<http://www.farmersmarketscalendar.com/blog/divisadero-certified-farmers-market/>.

## MarketPlace

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