



arts



San Francisco Arts Monthly

SFArts.org and more!

San Francisco is known as a City of the Arts, with a world-class symphony, opera and ballet. There's a concert, performance, walking tour, gallery or museum in every neighborhood. In fact, more people attend arts events in San Francisco than sporting events! A dedicated arts maven could spend every minute of every day enjoying a different part of the City's thriving arts scene, but -- where to look for info? Well, if you're here at 870 Market Street, the answer can be found online at SFArts.org, or in Suite 1221, new home of the San Francisco Arts Monthly and its companion website.

"I am delighted to be back downtown again after having offices south of Market for several years," says Betsy Crabtree, publisher of San Francisco Arts Monthly and SFArts.org. "The Flood Building is perfect for us. There are many tenants affiliated with the arts, its central location is terrific, and its architecture is beautiful."

Founded in 1990 to serve as a resource for arts lovers who wanted to know more about the local arts scene, San Francisco Arts Monthly places particular emphasis on nonprofit arts organizations. In addition to covering larger institutions, the paper covers smaller arts groups that, though they may be doing innovative and exciting work, don't always receive the media coverage they deserve. Feature stories and an extensive calendar appear in every issue.

SFArts.org was launched in 2000 as an on-line resource and a service to the San Francisco arts-going community. Designed to allow its users to search by interest, budget and schedule, this website informs you easily and completely about current and/or upcoming arts events in San Francisco. The comprehensive website offers a broad selection of events with listings that reach months into the future. It offers multiple ways to find events including specific date and key word searches. Its versatile capability and links with hundreds of arts organizations' websites allow users to learn more about the City's lively arts community.

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flood community

A New Year of Health and Wellness

The Flood Building Health and Wellness Professionals is a newly-formed group of Flood Building tenants with a mission to help members network and refer clients, to serve as a resource for fellow Flood Building tenants, to promote the community's health, and to be a source of health and wellness information for downtown San Francisco workers and visitors. Health care professionals in the network currently offer a range of modalities including:

biofeedback / ergonomic consulting
acupuncture and herbs
counseling and therapy
hypnotherapy
massage and bodywork
internal medicine
myofascial therapy
nutrition counseling
physical therapy
pilates

Accomplishments to date include a recent and very successful Health Fair where a steady stream of building tenants and visitors sampled a variety of health and wellness modalities, and a website to inform the public of the services offered by members. They are currently exploring membership in the Union Square Business Association.

Flood Building Health and Wellness Professionals meet each month to share information about their practices, plan events such as health fairs, and promote the health of the community. The meeting is held in the Flood Building on the 3rd Wednesday of each month from 3pm - 4:30pm. Any interested practitioners are invited to attend. For further information please contact Janette_Sperber@yahoo.com, or any practitioner listed on the website, www.floodhealthwellness.org.

Health or wellness practitioners in the Flood Building are invited to join this new network. Visitors and workers in downtown San Francisco are encouraged to visit www.floodhealthwellness.org, a valuable directory of some of San Francisco's best health and wellness practitioners.

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Chiyan Tibetan Qigong Wellness Center International Tibetan Qigong Association

Master Zi Sheng Wang is a preeminent Qigong master and the only local non-Tibetan disciple to have studied with Khenpo Munsel Rinpoche, the world-renowned Tibetan Buddhist lineage holder of the Nyingma tradition. After more than 60 years of Qigong and Buddhist study, Master Wang has developed a unique healing method, Tibetan Non-Invasive Acupuncture and Qigong Therapy. The International Chinese Medicine Congress honored him as the Most Outstanding Qigong Master of the Year in 1998, and he is recognized as one of China's foremost energy healing Masters. He is the founder and president of the San Francisco based International Tibetan Qigong Association, located in Suite 920, as well as the Chiyan Tibetan Qigong Wellness Center, located in Suite 846; and the author of the book, The Path of Dzogchen.

"We all have great untapped potential for self-healing," says Master Wang. "Our bodies are infinitely wise and want to be well. Our heart wants to express the boundless compassion and joy that is our true identity. Tibetan Qigong offers us a way to bring forth this inborn wisdom and ability."

Thousands of years old, Qigong (pronounced chee gong) acknowledges the infinite wisdom of the body-mind-spirit. Through movements and meditation, practitioners are able to balance and strengthen qi, or life energy. Regular practice can have profound benefits for one's health and overall quality of life. The Tibetan Qigong system that Master Wang brought to the West focuses on quieting the body, speech and mind, dissolving the barriers of relative perception and revealing the true nature of existence. Through the simple resonance of movement, sound and visualization, one's highest potential is activated. The basic practices in Tibetan Qigong are easy to learn and well suited for people at different levels of health and fitness. Some forms can be performed effectively while sitting or lying down. The movements are gentle, simple and bring rapid results. The effects include stress reduction, a stronger immune system, relief from disease and chronic pain, more harmonious relationships, the awakening of compassion and opening to higher wisdom.

Several Healing Energy Sessions will be conducted by Master Wang in the Bay Area this year. His students will offer instruction in four basic Tibetan Qigong practices, following the healing energy sessions. Classes will also be held regularly at the Chiyan Tibetan Qigong Wellness Center. For more information go to www.tibetanqigong.org or www.chiyantibetanqigongwellnesscenter.com

The Big Picture

A recent addition to the Flood Building's variety of services, Prime Capital Funding in Suite 488 is a full service mortgage banker and brokerage providing creative solutions to all of your real estate financing needs, whether commercial, residential or construction.

"In most cases a mortgage secures a person's most valuable asset, but is also a person's largest financial obligation. Something this important requires a professional approach," says Senior Loan Officer Paul Corso. "At Prime Capital Funding the mortgage is considered just one part of the bigger picture."

Prime Capital Funding encourages customers to use their mortgages creatively, as a means to acquire property but also to provide for retirement, finance a child's education, save tens of thousands of dollars through tax deductible debt consolidation, supply emergency cash reserves, pay for home improvements, and more.

"The truth is that the vast majority of homeowners are not maximizing the potential of the most powerful financial asset at their disposal," Corso claims. "Our mission is to provide superior financial services and to educate prospective borrowers on the creative and often overlooked ways to use a mortgage to maximize financial results."

One way they help is through Open House -- the new TV program that airs four nights a week on Comcast 11. The show is produced by long-time TV personality Tim Gaskin (also known to TV viewers for his hit LGBT show Outspoken) and hosted by Diane de Castro and featuring Corso. The show entertains and educates by giving viewers inside tours of some of San Francisco's most interesting properties and by featuring in-studio guest experts who discuss topics relevant to real estate professionals, owners, and enthusiasts.

"Open House supports the real estate community by giving realtors visibility which in turn supports our business," explains Corso. "We feature properties of some significance: architectural, historical, sometimes valuable but always distinctive in some way."

And speaking of distinctive properties: what brought them to the Flood Building? "The building itself!" he replies. "We take pride in being here. Everyone knows it, and it's very convenient in terms of location. We also enjoy having services right in the building and have already taken advantage of the computer repair shop and tailor close by."

Prime Capital Funding is also proud to present its 60-page booklet, "Financing Your Future: Informative Mortgage Facts". Written by Prime Capital Funding's team of mortgage professionals, Financing Your Future is a very light read, quick reference guide that answers some of the most commonly asked questions relating to mortgage financing.

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Attitude and Energy!

Everett Price of Raymond James Financial Services in Suite 711 is one of the best-known tenants in the Flood Building. If you know Everett, then you have probably heard a few of his famous sayings. He's a great believer in the notion that everyone can live abundantly.

"Our team is equipped to provide unbiased and independent financial solutions for our clients," says Everett. "As independent financial advisors, we help our clients form sensible financial strategies while avoiding gimmicks that cloud good judgment. I'm a great believer in the adage that plain old common sense is simply the best resource you can have."

In his first 50 years of sharing investment advice with clients, colleagues and friends, Price admits he has never worked a day in his life. He is proof positive: if you have the right attitude and energy then you can accomplish anything you desire. Over the years he has assembled a team of like-minded and talented professionals to meet client needs and ensure financial well being. One of his secrets: he says it's all about "attitude and energy!"

With all the ups and downs and noise buzzing around the markets, maintaining a disciplined investment strategy can be difficult. It takes seasoned judgment and experience to see beyond the short-term distractions that exist today. It is their job to guide clients and help them avoid common financial mistakes. Another bit of Everett Price wisdom: "Listen to the market and don't talk back!"

"There are over 275 professional tenants in the Flood Building, each with their own values, goals and tolerance for risk", says Price's colleague, Financial Advisor Jason Borman. "It is important to understand the unique individual needs of every client with whom we work."

Price's final pearl of wisdom? "Above all, take care of the client."

Whether you are comfortable about your financial future or not, the Raymond James team is available to consult with you. Call to learn more about their services, workshops or to schedule a free personal consultation at (415) 596-7729.

staff stars

Maria Osorio - Janitor

She is the smiling face of the Flood Building's "clean team". For the last five years, Maria Osorio has been putting a shine on 870 Market Street and putting smiles on the faces of its tenants. "There are so many beautiful people here," said Maria. "I feel very blessed to work here everyday. Sometimes I just look up and say 'thank you God' for a job that also lets me be with so many good, hard-working men and women."

Originally from the small town of Mercedes Umaña in El Salvador, Osorio now lives in Concord with her family. A proud mother and grandmother, Osorio was touched

last year to find that several Flood Building tenants had discovered that members of her immediate family had lost their home and all their belongings when Hurricane Rita hit the Texas coast. A number of tenants pitched in and donated several hundred dollars for the relief of her loved ones. She still tears up when she recalls their generosity. "My faith has always motivated me to do my best," says Osorio. "That day, after the Hurricane devastated my family, I knew that someone was looking out for us."

And, smile and supplies in hand, Mario Osorio looks after us.

If you have ever thought about or looked for organic cotton sheets, a dentist who uses non-toxic substances or restaurants that serve sustainable and local food, SustainLane is for you. Based in Suite 1011, SustainLane is an online media site for living a healthier, more balanced life by providing fast and easy access to best-of-class information and resources. The SLED (SustainLane E-Directory) lists more than 1,500 local businesses throughout Northern California. It's the nation's largest such directory reflecting the most vibrant green business community in the nation.

SustainLane staff members continually update answers to questions and compile additional supporting knowledge and resources until they are satisfied that the topic is well covered, creating an expert collection of useful knowledge on how to live a better life. From information on health to family, from food to money, SustainLane has done the research, asked the hard questions and posted the information in an entertaining, easily accessible format.

Their annual City Study named San Francisco as the most sustainable U.S. city for 2005, resulting in awards for Mayor Gavin Newsom and four other mayors from the top-ranking cities during a June ceremony.

James Elsen founded SustainLane in 2004 after a long career in the Silicon Valley. He had become disenchanted with the corporate environment and envisioned a company that was deeply connected to the things in his life he valued the most: family, community, health and sustainability. SustainLane came to the Flood Building and opened in June of 2005 with three employees, but has now grown to 15 members with backgrounds in media, advertising, sustainability public policy, technology, film, anthropology and animation.

So visit SustainLane.com and ask a question. Provide an answer. Recommend a product or service. Share your experience. Hear what others are doing. Add to the collective knowledge base created by this collaborative network.

www.SustainLane.com

1906 Surviving and Thriving

On April 18, 1906, the newly completed Flood Building was one of the very few structures to survive both the earthquake and the subsequent great fire. Its steel frame structure with brick curtain walls covered in gray Colusa sandstone proved to be substantial enough to withstand the epic 8.3 magnitude tremor. The building was restored and re-opened in 1907 with Southern Pacific Railroad as its primary tenant, which it remained until 1917.

For over 100 years, this great edifice at one of the world's great crossroads has been a symbol of the City its namesake, James Clair Flood, helped define. His son, James L. Flood, started construction in tribute to his father in 1902 and hired architect Albert Pissis to design the twelve-story, 292,360 square foot building at a cost of \$1,500,000.

When it was completed in 1904 it was the largest building in San Francisco. Now, it has become a symbol of this City's most trying day, and its rising from the ashes.

Living with Pride

openhouse (founded in 1998 as Rainbow Adult Community Housing) in Suite 724, is an entrepreneurial nonprofit organization in San Francisco that is developing mixed-income senior housing and supportive services that are truly welcoming to lesbian, gay, bisexual, transgender (LGBT) seniors. Celebrating people of all ages and from all walks of life, openhouse envisions a senior retirement village as a multicultural hub, offering a wide variety of supportive services, programs, events, and resources that are available to all LGBT seniors in addition to housing. For the first time in history, there will be a vibrant and supportive community for LGBT seniors that integrates the frail with the more active, youth with the elderly, and all the while promotes fellowship, independence and wellness.

"We are negotiating for two sites right now," says Executive Director Moli Steinert. "The former UC Extension site could begin construction next year and become available in 2009 or 2010, with a mix of market-rate and affordable housing. In our next site we hope to create more low-income housing, which is particularly needed in the expensive San Francisco market. Housing takes such a huge proportion of monthly budgets and this is a group of people on fixed incomes."

Care for elders is of special concern in the LGBT community. "Family support is a big issue for us," explains Steinert. "Family members, especially grown children, tend to provide a safety net for people as they age, and LGBT seniors are largely without that. Few of them have children, especially among the baby boomer generation that is now reaching retirement age."

Some other issues that openhouse addresses:

- LGBT older adults are more likely to live alone and experience isolation and loneliness, which in turn increases their vulnerability and risk.
- Despite the myth of gay and lesbian affluence, the average retirement income of lesbians and gays is the same as their heterosexual peers.
- Same-sex partners CANNOT receive Social Security survivor benefits or survivor pension benefits.
- Medicaid regulations protect the assets and homes of married spouses when their partner enters a nursing home or long-term care facility; no protection is offered to same-sex partners.
- Tax laws discriminate against same-sex partners.
- There are many government programs that target the elderly, but very little is geared towards LGBT older adults.
- LGBT older adults are reluctant to reveal their sexual orientation to care providers because of fears they will face discrimination or concern about confidentiality.

- Same-sex partners CANNOT share a room in many care facilities.
- Data indicates increased health risks for older LGBT people in general who reveal a frequency of chronic illness or disability normally found in people a full decade younger.

"We are going to have to be there to support seniors as they age," Steinert adds. "Most people want to remain in their homes, but eventually they will need some help. Public and private social services in San Francisco are good, but could be more welcoming to LGBT seniors."

There are many opportunities for volunteers to contribute to the important work of openhouse. For more information, please call (415) 296-8995 or visit them online at www.openhouse-sf.org

San Francisco Arts Monthly

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Of the 67,000 copies of San Francisco Arts Monthly printed each month, most are distributed through insertion in the Sunday New York Times throughout the Bay Area at the beginning of each month. Copies are also available at hotels and retail establishments throughout the City with particular emphasis on the hotels around Union Square. Other major distribution sites include the TIX Booth in Union Square, the San Francisco Visitors' Center in Halladie Plaza and A Clean Well-Lighted Place for Books in Opera Plaza. Additionally, a few thousand copies of San Francisco Arts Monthly are distributed at information booths at the San Francisco International Airport.

Beginning in March, the San Francisco Arts Monthly and SFArts.org will host monthly receptions at various arts venues around town. Each month, another "10 things you didn't know about the arts in SF" will be unveiled. To get on the invitation list, please send an email to news@davidperry.com.

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The Flood Building in a picture taken prior to the Earthquake of 1906

