

GOOD NEWS for...

HELP WITH MEDICARE Under rules for the Medicare Savings Program revised this year, it's easier than ever for low-income people to get help paying for prescription drugs or other Medicare-related expenses. What others give you to pay for food and shelter no longer counts as income, and life insurance policies are no longer considered assets. To see if you qualify for the program and for assistance enrolling, contact the Aging and Disability Resource Center, 487-3370 or 509-3608. The center is operated by Episcopal Community Services of San Francisco located at Canon Kip Senior Center, 705 Natoma St.

HEALTH IN THE HOOD Affordable yoga is coming to the Tenderloin, starting May 3. Tenderloin Neighborhood Association, a new resident-run nonprofit with interests in health, safety and land use, is sponsoring the donation-only monthly class, which will be taught by a certified yoga instructor and is open to all ages. It meets the first Monday of the month in the multipurpose room at 201 Turk St., 6-7 p.m. "Yoga is an essential relaxation tool," said Kai Wilson, co-organizer of the class and the association's acting president. "A donation-based class is as close to reasonably priced as you can get." No need to sign up — just RSVP to tenderloinneighborhood@yahoo.com and come with a yoga mat or bath towel.

THE CITY'S FIRST- through fifth-graders are invited to compete in the First Tenderloin Youth & Family Track and Field Meet to be held at Boeddeker Park, May 28 at 4 p.m. Eddy Street will be closed for an hour between Jones and Taylor streets for the 50-yard and 100-yard dashes, and the park will stage the standing long jump and the softball throw. Awards will be given and food and beverages will be served. The event is presented by the MacCanDo Tenderloin Youth Track Club and its coach and founder, Robert McDaniels, the meet's director. Children must pre-register at their elementary schools, or in after school programs, by May 20. No drop-in entries will be accepted.

100 The Extra reaches a milestone: 10 years of community service

CENTRAL City Extra Issue 100 comes in our 10th year as the newspaper of the Tenderloin, Sixth Street and the western SoMa.

We published Issue 1 in March 2000, after the Lower Eddy/Leavenworth Task Force selected the nonprofit San Francisco Study Center to produce the community's newspaper.

In this decade, change has come to the central city, and The Extra has been there to track it — from Brad Paul's "To hell and back," a housing history of the Tenderloin in our first issue, to last month's 99th issue with its "Tenderloin moments," remarkable memories of the neighborhood through the eyes of seven people who make a difference here. For our 100th issue, we flipped through the pages, looking at some of the story highlights:

Obituaries — The Rev. Glenda Hope of San Francisco Network Ministries encouraged us to write obituaries of the Tenderloin residents whose memorials she and others officiated; thus was born The Extra's most popular feature, with 206 obits of people who otherwise would have passed unnoticed published so far.

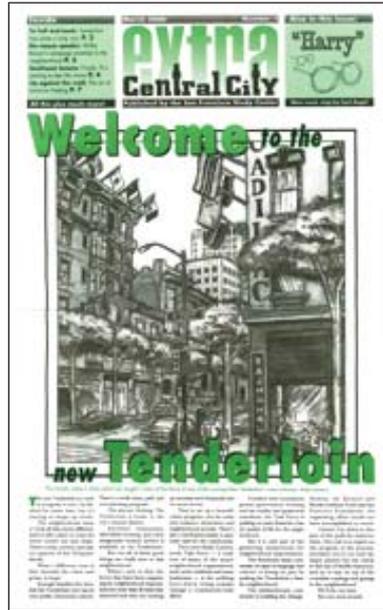
SRO mailboxes — The Extra has closely followed this story of the battle to bring individual mail delivery to SROs, because the tenants now are permanent residents — thanks to nonprofit developers, master leases and Care Not Cash.

The Live-In Thief — We detailed the incredible story of a Grant Building squatter who had a set of master keys and, off-hours, went office to office, commandeering computers for endless hours of Internet porn, taking purses, wallets and anything else he wanted. Until we caught him.

Bedbugs — Cyclical infestations have been consistently reported in The Extra. We have followed epidemics, explained the cause of the outbreaks and detailed various treatment.

Art Beat — Ed Bowers, The Extra's art critic, writes about the neighborhood with the passion of a resident and perceptions of a poet. A high point: "Will Bark for Food" in Issue No. 86. Bowers' monthly Ground Zero poetry readings gained popularity and have established the 21 Club as an arts venue.

With the aid of San Francisco Foundation's Koshland Program, The Extra crosses Market Street to



Our first issue: March 2000.

cover Southside stories, especially chronicling Sixth Street's evolution from Skid Row to a happening club-and-dining destination on the upswing.

It was with the assistance of Koshland and South of Market community leaders that in 2009 we were able to produce "Help," a 48-page directory of private services both north and south of Market.

The paper has covered crime and safety from before the Tenderloin Police Station opened. We report on the monthly community meetings there and spikes in various crimes. A highlight of our crime coverage was Tom Carter's personal account of thwarting his own attempted mugging on Turk Street.

The YMCA, Salvation Army's Kroc Center, Glide's medical clinic, TNDC new housing, Boeddeker Park, St. Anthony's tech lab, Hospitality House, Original Joe's, Hastings garage, the annual S.F. Fringe Festival, Tenderloin Futures Collaborative meetings — these and many other events, institutions and neighborhood changes are regular subjects of our stories. So, too, are pot clubs, politics, land use, liquor licenses, Muni service, neighborhood characters, community courts, tobacco laws and recycling.

An important scoop was in August 2005, when The Extra revealed that San Francisco's population was, according to the state Department of Finance, almost



FOR IMMEDIATE RELEASE

SOCIETY OF PROFESSIONAL JOURNALISTS
NORTHERN CALIFORNIA CHAPTER

SPJ ANNOUNCES 2009 EXCELLENCE IN JOURNALISM AWARD WINNERS

"...The Unsung Hero Award goes to Geoff Link, publisher and editor of the Central City Extra... Through its community-oriented reporting and a dedication to providing nuanced coverage of a marginalized community, the paper publishes local news, human-interest profiles and obituaries with humanity, intimacy and candor."

Announcement of award.

800,000. As a new census begins, people now understand the importance of a full count.

"Information Gap" in June 2009 detailed the erratic publishing and library posting of mandated annual reports from city departments, thus depriving the public of useful information about services and budgets.

Our mid-Market series with its vacant-storefront survey and comprehensive ownership and sales data continues in this issue with the Grant Building and Redevelopment updates.

There's much more. But to still be here today — preparing for No. 101 — is testament to The Extra's commitment to the central city, an extension of the Study Center's 38 years of active neighborhood participation. In our 1973 book, "Understanding San Francisco's Budget," we told groups how to navigate the city's process and try to get a piece of the action. Five years later, we produced "Tenderloin Tomorrow," the community's blueprint for a brighter future, and served as consultant to the Tenderloin Times.

It is a privilege to continue to write about the people — and the forces that impact their lives — who live and work in the most exciting, artful and soulful, historic and storied section of San Francisco, its central city neighborhoods. ■

Sincerely, Central City Extra Staff, Board, Editorial Advisory Committee

The North of Market/Tenderloin Community Benefit District

CONGRATULATES THE CENTRAL CITY EXTRA ON YOUR 100TH EDITION!

Cleaning, Beautification, and Safety for a Healthy Neighborhood for Everyone

"The Central City Extra is a valuable neighborhood resource that understands and regards our community's concerns."
-Elaine Zamora, District Manager
North of Market/Tenderloin Community Benefit District

For more information on the North of Market/Tenderloin Community Benefit District please contact Dina Hilliard:
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Check out our website!
www.nom-tlcbd.org

Congratulations to the Central City Extra on its 100th edition!!!

Read Elaine's Personal Story and Neighborhood Accomplishments on www.elainezamora.com
Contact Elaine! 415-721-2747

ELAINE ZAMORA
The Independent Voice For District 6

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NEWS IS A COMMUNITY SERVICE

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