Nutrition revolution gaining in Tenderloin

Model mom-n-pops sell fresh produce, 25% see sales soar

By Marjorie Beggs

The TENDERLOIN IS slowly embracing a healthier marketplace — the corner stores where residents shop for snacks and many for meals.

The city’s 2-year-old Healthy Retail SF program now supports nine stores, five in the TL, in their move away from heavy merchandizing of cigarettes, alcohol and high-calorie, no-nutrition nibbles and toward real food — brightly colored, fresh produce, whole-grain products and more, arrayed appealingly on modern shelving at the front of each store.

Fresh produce is definitely catching on, according to a program report released Oct. 28. Each of the nine stores is selling an average of 1,615 more produce items per month than before its healthy makeover. That means neighborhood shoppers are getting more fresh food and store owners are benefiting, too. They’ve increased their overall sales by an average $5,000-plus, a jump of 25%.

More good news: The Healthy Retail SF program aims to get participating mom-n-pops to give more display space to nutritious food and less to tobacco and alcohol. The numbers won’t be in for a year, but the report says that’s already happening big time.

“This is a program that grew from the ground up and is showing the positive, collective impact of community members, nonprofits and city agencies working together,” says Jessica Estrada, a TL Healthy Corner Store Coalition food justice leader, peels tobacco product stickers off shopping baskets at Fox Market and replaces them with stickers promoting fresh produce as “a healthy way to flavor every meal.”

“IT’s been amazing to see how the program took off.”

Jessica Estrada

HEALTHY RETAIL SF

Blackhawk Essay Honored

“I can still hear it” wins SPJ award

Twitter Tax Cut Cost Rises

$55.6 million total so far, new report says

Continued on page 3

Continued on page 3

Marriage milestone

Couple celebrate 69th anniversary at home in SRO

Story by Tom Carter

OCT 27, 1947, Harry Truman was president, Groucho Marx’s “You Bet Your Life” was on radio and Emilio and Virginia Florendo were married in the Philippines. He was 24, she was 17.

This year, the couple celebrated their 69th wedding anniversary at the Alexander Residence, where they’ve lived for 24 years.

It’s quite an achievement of devotion in the Tenderloin, San Francisco’s poorest neighborhood where people on average die in their mid-50s. Emilio is 93, Virginia will be 86 in December.

They were married at home in Pasay in Metro Manila, dressed in white finery. Family and friends attended, and there was a feast for everyone. But they don’t remember other details.

“Too long ago,” Virginia says, wearily, seated on the living room couch next to Emilio in their 12th-story apartment. Both are small, delicate and handsome.

The Florendos had six children, three boys, three girls, 70 now. Veronica, the “No. 5,” as she is sometimes referred to, has been their live-in caretaker for the past six months and is by the window, preparing a large noodle dish. No. 2, a daughter, is a nurse in San Diego. The other children live in the Philippines.

“It was a lot of work,” Virginia says, “and I’m tired — I have trouble breathing. I had a very hard life. I knew nothing (in the beginning). You need to live your life for your children. And I’m here with God’s blessing.”

But humor perks her up, and she’ll flash her beautiful smile that wipes away the years, making her an ageless shadow of her youth.

Despite the travails of motherhood, she says her fondest memory is the birth of her first child, Dolores, now 70.

The 69th anniversary was no big deal to Virginia. She didn’t know of its arrival until Emilio told her, and she’s not one for celebrations, anyway. ‘I don’t usually celebrate birthdays,” she confesses. And the special St. Boniface Mass they were to attend later downstairs, and the large food offering that Veronica was helping to prepare, seemed like too much fuss. But as a team, they were ready to do their part.

At their age, recreations are minimal. Even so, just about every day they try to go to Buendia Park just down the block. They stroll around it, “a very good park,” she says.

She uses a walker and keeps an inhaler handy for her severe asthma. She uses oxygen at night from a tank next to her bed. She and Emilio had walked that morning.

“I used to do everything,” she says. “But now I can’t. I am weak.”

Television plays a big role in their day and it was blaring in the next room. Emilio, still quick on his feet at 93, is hard of hearing.

He used to be a man of multiple talents. “He is a jack of all trades,” Virginia says proudly.

With no formal education, he was a merchant.

Continued on page 3

Healthy Corner Store Coalition

Tammy Wong, a TL Healthy Corner Store Coalition food justice leader, peels tobacco product stickers off shopping baskets at Fox Market and replaces them with stickers promoting fresh produce as “a healthy way to flavor every meal.”

Central City Extra

San Francisco

November 2016
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NEWSPAPER AD

The SF311 Customer Service Center is the single stop for residents to get information on government services and report problems to the City and County of San Francisco. And now, we have even more ways for you to stay connected to the City with our SF311 App and SF311 Explorer website.

The SF311 App lets you get information on City services and submit service requests on-the-go right from your smartphone. You can track your service requests through the app or through our new website, SF311 Explorer.

Download the SF311 App from your smartphone’s app store and visit the SF311 Explorer at explore311.sf.gov today!

Count on WIC for Healthy Families
WIC is a federally funded nutrition program for Women, Infants, and Children. You may qualify if you are pregnant, breastfeeding, or just had a baby, or have a child under age 5, and have a low to medium income; and live in California. Newly pregnant women, migrant workers, and working families are encouraged to apply.

WIC provides Nutrition Education and Health information, breastfeeding support, checks for healthy foods (like fruits and vegetables), and referrals to medical providers and community services.

You may qualify for WIC if you receive Medi-Cal, CalFresh (Food Stamps), or CalWORKS (TANF) benefits. A family of four can earn up to $3,747 before tax per month and qualify.

Enroll early! Call today to see if you qualify and to make an appointment. Call City and County of San Francisco WIC Program at 415-575-5788.

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Board of Supervisors Regularly Scheduled Board Meetings
November and December 2016 Meetings

OPEN TO THE PUBLIC—Tuesdays, 2:00pm, City Hall Chamber, Room 250:
- November 1
- November 15
- November 29

There will be no scheduled meetings on November 8th and 22nd.

December 6
- December 13

There will be no scheduled meetings on December 20th and 27th.

LANGUAGE INTERPRETATION AVAILABLE UPON REQUEST

Requests must be received 48 hours in advance required for interpretation. For more information see the Board of Supervisor’s website www.sfbos.org, or call 415-554-5184.

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This institution is an equal opportunity provider.
Twitter tax break cost to city tops $55 million

By Mark Hedin

I T’S BEEN A QUIET YEAR for the local watchdog. On the evening of Oct. 6, six of the volunteer members of the Citizens Advisory Committee for the Central Market & Tenderloin Area finally reported for duty at City Hall. It was their first meeting all year. When Peter Masiak arrived, 45 minutes late, finally there were enough members present to constitute a quorum, so official business could begin.

"Morale is really low," Steven Tennis said. "That needs to be addressed." Tennis was appointed to the 11-member panel in July 2013. He works as a tenement organizer at the SRO Collaborative, and is a regular presence during Safe Passage tours, helping ensure that Tenderloin school kids get where they need to be safely.

Tennis was joined on the call by SELS organizer Masak, Sam Demenson of Faithful Friends, Chair Robert Gitin, who founded and runs the homeless youth advocacy nonprofit The Crossroads, longtime housing advocate Brad Paul, and SoMa gadfly Antoinetta Stadlan. Neither Zendesk nor Twitter responded to our every question. "The numbers could be bigger You have to have an appointment to use its services, he pointed out — they were initially limited to people vetted by the Hamilton Family Center and Compass Family Services.

Even Tiffany Apcczyński of Zendesk, emblematic of the spirit of community building that the community benefit agreements held out hope for in May said citizen review is pretty much done for. "It sounds really good," Tennis said. "I haven’t been there."

"There’s a pregnant pause. "To turn around is going to be difficult," Tennis said. "But the committee heard last month how Twitter has donated $793,000 to four categories of D6 action: improving educational outcomes and digital literacy for youth ($720,000); supporting workforce development ($153,000); addressing family and youth homelessness ($275,000); including support for the Crossroads, Compass Family Services, the Eviction Defense Collaborative, Glide, Hamilton Family Center and Raphael House; and $95,000 toward community strengthening and neighborhood improvements, notably providing some pro bono legal help for the Justice and Diversity Center’s eviction defense efforts.

Jazz story wins 2nd award

By Marjorie Beegs

HESTON "I can still hear it," his remembrance of the Tendolinks' Blackhawk jazz club, has won an Excellence in Journalism award from the prestigious Northern California Society of Professional Journalists (SPJ) annually honors "journalists whose outstanding work embodies SPJ’s ideals of initiative, integrity, talent and compassion." Burks' story, which appeared in the June 2015 Central City Extra, won print in online, radio, audio, and video media.

Burks, emeritus professor at San Francisco State University and former chair of its Department of Journalism, is a contributing writer to The Extra and the longtime president of the San Francisco State Center Board of Directors.

"We don’t quarrel," he says finally. "We don’t quarrel," he says finally. "Gone, he says. Asked the age-old question of what’s the secret to keeping it together for 69 years, Emilio mulls it over. "We don’t quarrel," he says finally. "It sounds really good," Tennis said. "We don’t quarrel," he says finally. "He points to it and smiles at the memory.

No more," he says. "I’ve had my own thing."

Burks, emeritus professor at San Francisco State University and former chair of its Department of Journalism, is a contributing writer to The Extra and the longtime president of the San Francisco Study Center Board of Directors.

Burks’ “I can still hear it” also won third place for a feature story of a light nature at the San Francisco/Peninsula Press Club’s 39th annual Great Bay Area award program in September. "It’s been the creation of its Neighbor Nest, on the ground floor of Fox Plaza. "It sounds really good," Tennis said. "I haven’t been there."

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Tenderloin corner stores buying in to fresh perspective

The Tenderloin Healthy Corner Store Coalition is a community-led effort to increase access to healthy food and support healthy eating in the Tenderloin neighborhood of San Francisco.

The coalition was formed in 2012 and has been working to improve the neighborhood's diet by encouraging stores to sell healthier food options and by supporting community-led efforts to improve health outcomes.

The coalition has worked with local community organizations, including the Tenderloin Neighborhood Development Corporation (TNDC) and the Vietnamese Youth Development Center, to identify and support stores that are committed to selling healthy food.

The coalition has also worked with the San Francisco Department of Public Health (DPH) to develop a program to support healthy food stores in the Tenderloin.

The coalition has been successful in increasing the number of stores that are selling healthier food options, and residents have reported improved health outcomes as a result.

The coalition is continuing its work to improve access to healthy food and support healthy eating in the Tenderloin neighborhood.

From left, Satwinder “Bill” Multani, owner of Dalda’s at Eddy and Taylor streets, stands in front of the display of the Tenderloin’s five Healthy Retail SF stores at the Sept. 29 community event at Boeddeker Park. Multani’s citywide farmers market celebrates the good news behind this successful effort.

The latest corner store to join the Tenderloin Healthy Corner Store Coalition is Dalda’s at Eddy and Taylor streets, a member of the Coalition. It joined the program in 2016, following the Dalda’s at 201 Eddy St., Ambar’s 505 Ellis St. and MidCity at 685 Geary all in 2015. Review, site of the city’s first Healthy Retail store, also store has three in the program and OMI has one.

New stores continue to join the Tenderloin Healthy Corner Store Coalition and the coalition’s efforts to improve the neighborhood’s diet continue. In 2017, the Coalition drew members from TNDC and other nonprofits and from city agencies like DPH’s Tobacco Free Project and the Food Birthing nutrition program.

Another nonprofit had already set the stage in 2015, when young people from the Vietnamese Youth Development Center joined the coalition. They were motivated to improve the neighborhood’s diet and form a successful effort to improve a neighborhood.

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BRANDON GONZALES
Troubleman

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VOTE NO ON PROP. V

“Prop. V is a Grocery Tax that will harm working families and those who need help the most.”

Adel Alghazali
MI TIERRA MARKET
MISSION DISTRICT

Store owners and their customers say Prop. V is a TAX ON GROCERIES.

“This isn’t just a tax on sodas—anything in our restaurant could be increased to recoup the cost.”

Soledad “Sally” Marquez
GRANDMA’S DELI AND CAFE
SOUTH OF MARKET

“San Francisco is already too expensive. The last thing we need is a tax on our groceries and on my customers.”

Roberto Ocaña
LUCKY PORK MARKET
MISSION DISTRICT

“All the revenue from Prop. V will go right to the City’s general fund where politicians can spend it on anything they want.”

Annie Siu
SUN SUN PRODUCE
CHINATOWN

DON’T FORGET TO VOTE ON ELECTION DAY
TUESDAY, NOVEMBER 8!
COMMUNITY CALENDAR

**SPECIAL EVENTS**

**Election Night Special**, Nov. 8, PianoFight, 144 Taylor St., 5 p.m. - “until we have a new president.” Free evening of comedy, themed drinks and streaming election news. Info: pianofight.com.

**Big Tech for Small Biz**, Nov. 17, 6-6 p.m. Building a Website workshop, presented by UrbanSolutions at Impact Hub, 301 Mission St., 4th floor. Sign up: bit.ly/BigTechsFly16, or (415)653-4433.

**ARTS EVENTS**


**REGULAR SCHEDULE**

**HOUSING**

Tenants Association: Coalition of San Francisco, 1st Wednesday of each month, noon, 201 Turk St., Community Room. Contact Michael Nulty, 339-8327. Resident unity, leadership training.

**HEALTH AND MENTAL HEALTH**

CBHS Client Council, 3rd Tuesday of month, 3-5 p.m., 1380 Howard, Room 515. Consumer advisers from self-help groups and mental health consumer advocates. Public welcome. Info: 255-3695. Call ahead to confirm location may change.

Healthcare Action Team, 2nd Wednesday of month, 1010 Mission St., Bayviewan Community Center, 11 a.m.-12:30 p.m. Focus on increasing supportive home services, expanded eligibility for home care, improved discharge planning. Light lunch. Call Ligia Montano, 931-3070.

Hoarding and Cluttering Support Groups, weekly meetings at various times, conducted by Mental Health Association of San Francisco, 670 Market St., Suite 518. Info: 421-2926 or mentalhealthsf.org/group-search.


Mental Health Board, 3rd Wednesday of the month, 6:30-8:30 p.m., City Hall, room 278. CBHS advisory committee, open to the public. Call: 255-3474.

Tenderloin Healthy Corner Store Coalition, 4th Thursday, 3 p.m., Kelly Cullen Community Building, 230 Golden Gate Ave., 2nd floor auditorium or 5th floor gym. Public invited to discuss legislation that encourages corner stores to sell fresh food and reduce tobacco and alcohol sales. Info: Jessica Estrada, jessica.estrada@bal.ucsf.edu, 587-3453.

**SAFETY**

SFPolice Community Relations Forum, 4th Monday of each month, 6-7:30 p.m. Location varies. To receive monthly email info: 538-8100 x20.

Tenderloin Police Station Community Meeting, 2nd Tuesday of month, 6 p.m., police station community room, 301 Eddy St. Call Suza Black, 246-7090.

**NEIGHBORHOOD IMPROVEMENT**

Alliance for a Better District 6, 2nd Tuesday of month, 6 p.m., 230 Eddy St. Contact Michael Nulty, 820-1562 or st_district6@yahoo.com, a districtwide improvement association.

Central Market Community Benefit District, board meets 3rd Monday of month, Hotel Whitcomb, 1231 Market St., 3 p.m. Info: 866-3088, info@centralmarket.org.

Friends of Boeddeker Park, 3rd Thursday of the month, 3:30 p.m., park clubhouse, Eddy and Jones. Info: Betty Traor, 931-1126.

Gene Friend Recreation Center Advisory Board, 3rd Thursday of the month, 6 p.m. Works to protect SFHA resources for all residents. Gene-Friend Rec Center, 270 Sixth St. Info: Tim Figueras, 554-9530.

Tenderloin Community Benefit District, Full board meets 3rd Monday at 6 p.m., 35 Taylor St. Info: 250-4812.

Safe Haven Project, 4th Tuesday of month, 3 p.m., 513 Ellis St. (Senator Hotel). Contact: 563-3205 or x115, or centralcitysafehaven@gmail.com.

SoMa Community Stabilization Fund Advisory Committee, 2nd Thursday of month, 5:30 p.m., 1 South Van Ness, 2nd floor. Info: Claudine del Rosario, 701-5590.

**SENIORS AND DISABLED**

Mayor’s Disability Council, 3rd Friday of month, 1-3 p.m., City Hall, room 400. Call: 538-6168. Open to the public.

Senior & Disability Action (formerly Planning for Elders/Senior Action Network), general meeting, 2nd Thursday of month, 3-4 p.m., room D, Universal United Methodist Church, 1187 Franklin St. SFHA Housing Collaborative meeting, 3rd Wednesday, 5 p.m. HealthCare Action Team meeting, 2nd Wednesday, 1010 Mission St., (Bayviewan Community Center). For info about SFHA Survival School, University and computer class schedules: 587-1383, www.sfha.org.

**DISTRICT 6 SUPERVISOR**

Jane Kim, chair, Public Safety and Neighborhood Services Committee, Tuesday, Board of Supervisors. SFHA, Transbay Joint Powers Authority Finance Committee and S.F. County Transportation Authority Vision Zero Committee, temporary member, Budget and Finance Committee, member, Association of Bay Area Governments (ABAG), Legislative aide: April Veneticon, Barbara Lopez and Aye Lee. Jane.Kim@sfgov.org 584-7910

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