

2012-14 CBW Group Media Clips highlights



Koret Foundation's Tad Taube giving up board presidency

Meredith May

Published 2:12 pm, Wednesday, March 19, 2014



Tad Taube eagerly awaits the opening of the Museum of the History of Polish Jews. Photo: Alex Washburn, The Chronicle







After 32 years at the helm of one of the Bay Area's most generous philanthropic foundations, Tad Taube is stepping aside as board president of the Koret Foundation, so he can focus his energy on several new ventures. Taube, 82, recently told his board of directors will not seek re-election in June giving them time to find his replacement by the

that he will not seek re-election in June, giving them time to find his replacement by the end of the year.

"I have a goal, to achieve a 40-hour workweek," Taube said. "I don't want to continue working more hours than my age, holding down five, six, seven jobs at once."

As a leader of four influential foundations - the Koret Foundation, the Taube Foundation for Jewish Life and Culture, the Taube Family Foundation and a donor-advised fund at Stanford University - Taube has redirected a sizable portion of Bay Area wealth along with Taube's real estate fortune, to numerous artistic, athletic, civic and Jewish cultural institutions.

He describes his career change as a "sideways" move, enabling him to stay involved in many joint Taube Philanthropies/Koret ventures, while starting new ones.

He will spend more time in Poland, where world leaders will gather in late October for the grand opening of Taube's pet project, the new Museum of the History of Polish Jews, located on the site of the Warsaw Ghetto uprising.

Since 2007, Taube and Koret have committed a combined \$20 million to the museum, and during its construction, Polish leaders named Taube an honorary consul for the Republic of Poland in the Bay Area.

"We are going to establish educational ties between the museum and major universities: Stanford, USC, Brandeis, Moscow University," he said.

In the Bay Area, Taube will devote more time to mentoring several Silicon Valley medical startups, which involve the improvement of cancer detection; ways to measure blood loss during surgery; and a new way to remotely stimulate nerve cells to treat chronic pain. A fourth startup, Ecologic, has designed a new consumer container made of recycled paper with a fill-able pouch inside that can hold fluids from soda to laundry detergent.

"We are going to get rid of all these glass bottles and aluminum containers; this is totally organic," Taube said.

A big sports fan, Taube is also talking about forming a new professional basketball league that would play in the summer off-season, along the lines of a similar U.S. Football League that he helped start in 1983, with his Bay Area team, the Oakland Invaders. The league lasted for three spring/summer seasons.

"We learned a lot of lessons with that experiment; one, that I could survive the financial hit I took," he joked.

The U.S. Basketball League has a business plan, a budget, and is lining up arenas and a leader. If everything goes well, Taube said, the league could start as early as summer 2015, and would draw talented players from the college circuit who were never chosen for the NBA.

Taube will continue to be involved in many of the joint Taube Philanthropies/Koret Foundation ventures, including several newer ones that funnel money to youth programs each time the 49ers score a touchdown, or a Warriors player shoots a three-point basket.

He plans to spend more time with family, and on his hobbies: improving his golf game, photography, spending time in his garden, and around public policy tables.

Leaving the board presidency of Koret probably won't slow his pace; it will just reduce his commitment to public parties and galas and meetings, so he can do what he really loves: work, and get others to work with him.

"Tad's initiative and against-the-grain leadership has moved mountains more often than not," said California Gov. Jerry Brown.

Meredith May is a San Francisco Chronicle staff writer. E-mail: mmay@sfchronicle.com Twitter: @meredithmaysf







January 3rd, 2014 04:29 PM ET

Web Exclusive: Family of 72-year-old American hostage responds to proof of life video

Warren Weinstein was abducted from his home in Pakistan in 2011. Since then he has only been seen in two videos released by his captors. In the most recent, he appeals directly to the ObamaAdministration and says he feels "abandoned and forgotten." Anderson spoke with his family who say they would do anything in their power to get him home.

It would be months before Warren

be held by the terrorist group.

Weinstein's relatives realized the Rockville

man had been taken hostage by al-Qaeda,

making him the only U.S. citizen known to

The Montgomery County family has since

grieved and prayed in silence, worried that

raising Weinstein's profile could put him in

greater jeopardy. But after a video and

handwritten note from the 22-year-old

Weinstein emerged last week, his wife and

daughters decided to plead publicly for his

ordeal his relatives have endured for more

The message released on Christmas Day was

the third Weinstein video distributed by al-

Qaeda, Looking forlorn, sporting a scraggly

Weinstein is recorded pleading with

secure his release.

President Obama and Secretary of State

John F. Kerry to make "hard choices" to

"It just hurts " Flaine Weinstein said. "It's

overwhelming mix of elation and raw terror.

"It's very emotional being able to hear his

voice," the Weinsteins' daughter Alisa, 40,

alongside her mother and sister, Jennifer.

middle of something much bigger than us."

said Tuesday in an interview, speaking

"But it's also realizing that we're in the

While his daughters were growing up, he

would not take him away from his family for

Weinstein turned postcard writing into an art, sending his wife and daughters carefully written dispatches from every new place he

like he's so close and I can't get to him."

For the family, each video brings an

release for the first time and discuss the

Family of Warren Weinstein, U.S. citizen held by al-Qaeda, tries to 'keep hoping'



Nikki Kahn/The Washington Post - From left, Alisa Weinstein, 40, her mom Elaine Weinstein, 70, and sister Jennifer Coakley, 42, in Rockville, Maryland. The family are waiting for the safe return of Warren Weinstein, 72, who has been held captive since August 2011 in Pakistan.

Buy This Photo

By Ernesto Londoño, Published: December 31 E-mail the writer

When Elaine Weinstein's phone rang at 10 p.m. that August night in 2011, she answered automatically, thinking it could only be her husband, who called every night from Pakistan to say good night.

"Warren has been kidnapped," she heard her husband's boss say.



taped plea to the president, secretary of state. in a vicebouled by the work of the predictor, sectionary or state, the media and his family, U.S. government contractor Warren Weinstein is seen urging the Obarna administration to nepotiate for his nelesse. Weinstein, 72, of Rockville, was kidnapped by al-Gaeda militants in Pakistan in 2011. The video was provided to The Washington Post in an anonymous email on Dec. 25.

Latest from National Security Brennan strikes conciliatory note with

The CIA director praised the committee a week after the gray beard and noticeably missing a tooth, two traded allegators of illegal conduct.

Tensions over Crimea, but not nuclear



intelligence panel

Keren betroung WAR 21
While the relationship between the
U.S. and Russia has become worse
during the international dispute over
Ukraine, both countries are
complying with the 2010 START pact
and will alread a semantic and will attend a summit in the

FBI agent will be cleared in Florida shooting, officials say



officials say the agent will be cleared by DOJ investigation and separate rvestigation by Florida prosecutor.

Full coverage: NSA Secrets Read all of the stories in The Washington Post's ongoing coverage of the National Security Agency's



took only short-term assignments that Stick a Tile to anything and track it with your long, or postings on which they could join iOS device. him.

Pre-Order for \$19.95

"We have oodles and oodles of postcards." Alisa Weinstein said. "There was usually a story that had to do with the place he was

visiting. He wouldn't just say, 'Wish you were here.' There was always a history lesson."

During the early years, before there was e-mail or Skype, Warren Weinstein would ask homebound colleagues and travelers he ran into in remote areas to call his wife or knock on her door when they could, seeking to reassure her that he was doing well. When the girls were a bit older, the family moved to Africa, where Weinstein managed Peace Corps programs. He immersed himself into the culture and rhythm of each new place, fitting in almost like a local, relatives said.

His job in Pakistan, where he was country director for J.E. Austin Associates, a development firm, was a dream come true, his wife and daughters said. He quickly fell in love with the country and its people, feeling so safe and welcome that he did not think twice about taking his visiting wife and daughter Alisa to remote villages, where they saw his work promoting the dairy industry and agriculture.

Weinstein was kidnapped just days before he was scheduled to leave Pakistan. As he was packing up, he told Alisa that he had mixed feelings about departing. He was eager to spend more time at home with his two grandchildren but sad to close a fulfilling chapter of his life.

"It's wrenching for me to leave here," he told his daughter over a Gmail chat. "This place has

After Weinstein was taken hostage, Jennifer Coakley, Weinstein's other daughter, had to find a subtle way to explain to her daughter, then in elementary school, why Grandpa was no longer calling regularly on Skype to say hello. Her daughter had some tough questions no one could answer: Do they let him eat? Is he clean? Can he go outside?

Government officials have told the family they are doing everything in their power to bring Weinstein back, but his wife and daughters have not been given detailed information about the investigation into his kidnapping.

"We keep being told that everything that can be done is being done," said Coakley, 42. "This is a man who spent his whole life serving people and devoted all his time and energy to helping people."

In exchange for Weinstein's release, al-Qaeda has demanded that the United States halt airstrikes in Pakistan, Afghanistan, Somalia and Yemen. It has also asked for the release of al-Qaeda and Taliban members in U.S. custody. The Obama administration has said it will not negotiate with al-Oaeda.

"We've long said we don't make concessions to people who kidnap U.S. citizens," Marie Harf, a State Department spokeswoman, said this week.

Christopher Voss, a former FBI agent who has worked on high-profile kidnapping investigations, said the latest message appeared to represent an effort by al-Qaeda to raise the profile of their captive.



"Al-Qaeda is frustrated," said Voss, a managing director at Insite Security, a firm that offers advice in kidnapping cases. "They don't do proof-of-life videos unless they are trying to engage in a negotiation. They have a commodity that they feel is worth something, but no buyers."

Unlike past hostage videos released by al-Oaeda, the latest from Weinstein did not include any overt threats, such as gunmen by his side, or warnings that he would be

Within the circumstances, Voss said, the kidnappers appear to be attempting to "make themselves to look like they're reasonable and humanitarian."

Weinstein's latest message contained a request experts in kidnappings called unprecedented. He said his captors were willing to let his family visit him in captivity if the Obama administration began releasing prisoners. That was a sure sign that the message was carefully scripted by al-Qaeda, said Rita Katz, the director of the Site Intelligence Group, which monitors jihadist propaganda.

"Where would they visit him?" she said. "Pakistan? With al-Oaeda fighters standing by him? Extremely unlikely he would propose such a thing and put them in harm's way."

Weinstein's wife said she holds out hope that her husband will return soon. She is never away from her phone. She keeps a toiletry bag packed in her bathroom, thinking it will save time if she ever has to run out on a moment's notice to meet him.

The family has tried to remain strong during the holidays and the milestones Weinstein has missed. He was not there for his 45th anniversary or his wife's 70th birthday, which the family chose to mark with a low-key dinner.

"When I'm about to lose hope, I think about him and what he would want us to do," Alisa

"He would want us to keep hoping," her sister said, "He's the eternal optimist,"





Wife of Kidnapped American: 'Nothing to Do to Get Him Back'



Warren Weinstein is believed to be held by al Qaeda leader Ayman Al-Zawahiri.

12/30/2013

RELATED LINKS:

- WATCH: Man Pleads for President Obama's Help in Al Qaeda Video
- WATCH: Warren Weinstein Asks for President Obama to Rescue Him
- WATCH: Family of American Man Held Hostage by Al Qaeda Breaks Silence

RELATED TOPICS: Ayman al-Zawahiri • Warren Weinstein • U.S. • Al Qaeda





Transcript for Wife of Kidnapped American: 'Nothing to Do to Get Him Back'

Now to an abc news exclusive. The family of an american husband, father, and grandfather is speaking out for the first time. They saw new video of their father on it.

His new plea, fearing he's been forgotten. And a direct appeal to the president for help. This morning, this video is all a maryland family has as they prepare to usher in a new year without a husband, without a grandfather.

The first proof in more than a year that warren weinstein is alive. He was working in pakistan when more than two years ago, gunmen storm his apartment and took him captive. It's believed he's being held by aman al zawahiri.

He looked into the camera and said -- it teems that I have been totally abandoned and forgotten. I wanted to die right there on the spot. He has no idea how hard we have tried to get him back.

But there's nothing to do to get him back because they don't tell you what they want. The funny thing is, that - i always take him to the airport. And I always pick him up.

And he sees my lip begin to quiver and he says, oh, please don't cry. That was the last time I saw him. His grandchildren?

They miss him? Oh, yes, ask their mother. Constant.

Our daughter, we finally had to tell her. That was one of the hardest gs ever. That little brain of hers.

A 7-year-old. The questions she asked. What did she ask?

My birthday is coming soon. Will he be home? Such a burden at such a young age to have to -- to have to go through that.

To have her wonder if their grandfather is okay? In my heart, I know he's coming home. I try to tell them that.

But -- you know, it's hard for them to understand why this happened to him. Reporter: Her son, just a toddler, had figured out how to skype with grand qun pa before he went missing. We were sitting at the computer and he figured out how to skype grandpa.

What would you say to him if you could? Just tell him how much I miss him. Sorry.

I would just tell him that I love him. That I think about him every day. He ends the video with a plea to all of you.

I think about each and every one of you every moment of every day. I think about each and every one of them every moment of every day. It's just about the same way here.

Every moment of every day. We're thinking about that wife, those two daughters, their brar bravery. The state department saying they're working to authenticate this video.

SILICON VALLEY **BUSINESS JOURNAL**

SUBSCRIBER CONTENT: Aug 16, 2013, 3:00am PDT

Tad Taube took a flier, got into real estate, and now gives away millions



Print Editor-Silicon Valley Business Journal

Tad Taube founded Woodmont Companies, a real estate investment and management business in the 1960s. Today, the multibillion-dollar operation owns and manages thousands of properties throughout the Bay Area. Along with his business acumen, his philanthropy on the Peninsula, in San Francisco and globally are legendary, as is his generosity to his alma mater, Stanford University.

Below we give you an exclusive look at the other side of the man.

Best advice you ever got?

My father was a very wise man. I didn't say smart - I said wise - and he would say, "You lie down with the dogs, and you get up with fleas." So I tried to avoid the dogs.

Worst business decision you ever made?



Tad Taube

Title: Chairman and founder of Woodmont Companies Age: 82

Residence: Woodside

Education: BS and MS in engineering from Stanford Philanthropy: Chairman of Taube Philanthropies and

president of the Koret Foundation



Worst business decision you ever made?

Well, I have made many. (Taube chuckled.) But there were two bad investment decisions. Because of my relationship with Stuart Moldaw (founder of Ross Stores) I agreed to be a major shareholder in Ross Stores when he was founding the company. I ended up selling my stock at a time when it was equal to 1/20th of its value today. The other was as a major shareholder in Symantec. I had a ton of stock I sold too prematurely. If I had held those two positions today it would be worth about \$100 million.

Best business decision you made?

When I decided to leave engineering and go into the real estate business early. The second best decision was hanging on all those times (through the good and bad years).

Favorite vacation spot?

Hawaii, the Big Island.

Who would you invite to a dinner party?

Henry Kissinger and the rest of the table would be women.

No one else?

Just Henry, he is the greatest. (Taube knows him personally.)

Favorite book?

"In Desert and Wilderness" by Henryk Sienkiewicz. I read it in Polish as a kid and then again as an adult in English.

Who would play you in a movie?

Kirk Douglas.

Animal spirit?

German Shepherd.

First words you would teach a parrot?

It's censored.

Favorite athlete?

Roger Federer (champion tennis pro).

Hobbies?

Gardening and photography.

What are three business lessons you can impart?

First, be flexible. That pertains to any situation, issue or problem you confront during your career. Bad decisions are a product of lack of flexibility. Next, there is no substitute for hard work. Anyone I've ever known who is successful has paid his dues and given time, energy and effort to achieve his goals. The other is take chances. In business it's risk, but be prepared to take chances. I took a big risk when I left a high-tech company I helped found, E-H Research Laboratories, after it was sold. I took a flier and went into real estate.

How would you like to be remembered?

I definitely don't want to be remembered by how much money I made. I want to be known as someone who cared about other people, and who went the extra mile to be called upon to help a friend or another human being through philanthropy or in business.





SAN FRANCISCO, September 16, 2013 – Today, after three years of focused effort, the California Plug-in Electric Vehicle Collaborative, Governor Jerry Brown and a diverse group of California corporate leaders met at **DRIVE THE DREAM**, to announce acceleration in the adoption of electric vehicles and workplace charging in California. This unprecedented cooperation of industry and government working together ensures continued global leadership well into the future.







SAN FRANCISCO, September 16, 2013 –Today, after three years of focused effort, the California Plug-in Electric Vehicle Collaborative, Governor Jerry Brown and a diverse group of California corporate leaders met at **DRIVE THE DREAM**, to announce acceleration in the adoption of electric vehicles and workplace charging in California. This unprecedented cooperation of industry and government working together ensures continued global leadership well into the future.



Project Summary In May 2013, The CBW Group, Inc. competed for and won an RFP issued by the California Plug In Electric Vehicle Collaborative (PEVC). The scope of work for the project was to envision and execute a public relations event designed to attract media attention to the fact that California has the largest electric vehicle market in the US, with intent to grow market share and increase the accessibility of charging stations throughout the state. This event was to include Governor Jerry Brown and California corporate executives working in partnership to grow the market. We need to create an event compelling enough to secure the event on Governor Brown's schedule, as well as encourage corporate executives to make PEV commitments and participate.

In executing on the goals of the RFP, The CBW Group created a hugely successful event by providing the overall strategic vision and following tactics:

- We created the name, brand, logo, look and feel for the event, "Drive the Dream";
- We convinced the Governor's team to move the event out of Sacramento and into the more consumer media friendly market of San Francisco;
- We convinced 8 electric vehicle manufacturers/members of the PEVC to join together and showcase their cars in one event;
- We proposed moving the event to the new Exploratorium in San Francisco as a "neutral" zone for the car companies, with easy access for the media;
- We convinced the Exploratorium to waive their \$35,000 rental fee for the event to keep the event within the budget and promote their own facility;
- We pitched over 100 companies to participate in the event – 40 attended:
- We added a luncheon to the event, raised the additional budget and secured former Secretary of State George

- Shultz and Producer/Director/Winemaker Francis Ford Coppola, avid electric vehicle owners to participate and speak in the event;
- We requested US Department of Energy participation and secured David Friedman from the National Transportation Highway Safety Administration to speak;
- We wrote and put up 2 press releases on the wire and pitched over 100 media outlets – results follow.
- Governor Jerry Brown, PEVC Chair Christine Kehoe and the companies that participated were very pleased with the event and want to do more in other locations in the state.
- Corporations who participated created several B2B partnerships/ventures in charging partnerships around the state – Intercontinental Hotels and Coca-Cola are looking at national partnerships as a result of the event;
- Media coverage exceeded expectations.
- A win-win for all!





Media Strategy

Preliminary press discussions

Outreach to reporters announcing **DRIVE THE DREAM** began 6/24/2013

Social Media

Twitter account @PEVDreams active on 07/16/2013

Media Advisory distributed

Release on August 29, 2013 announcing **DRIVE THE DREAM** press conference + committed participants to date. LINK

Key Media Outreach

Targeted media outreach runs through 8/29/2013-9/15/2013. Includes personal outreach, mass group outreach (via Constant Contact mailings), phone calls and tweets.

Governor's Office distributes Media Advisory

Announcing **DRIVE THE DREAM** and other Bay Area events .

Press Release Distribution

Press release announcing **DRIVE THE DREAM** and various corporate commitments distributed day of the event. **LINK**



Media Participants

List includes all media and press outlets who registered at **DRIVE THE DREAM**.

ABC 7

Bloomberg News

CBS Radio

EV News Report

Fast Company

GreenBiz.com

KQED

KTSF

Los Angeles Times

Mercury News

NBC Bay Area

Outside Online

Sacramento Bee

San Francisco Chronicle

SF Wire

Sing Tao Newspapers

Smart Planet

World Journal

KGO 810 AM

Coverage

Gov. Jerry Brown, corporate leaders tout electric vehicles

Dana Hull, San Jose Mercury News

California Goal of 1.5 Million Electric Vehicles on Roads by 2025 [Video]

Joe Rosato Jr., NBC Bay Area

<u>'Drive the Dream' Takes an</u> <u>Up Close Approach to Plug-in</u> Electric Vehicles

Vanessa McGrady, *Edison Newsroom*

Electric Vehicles "Drive the Dream" at the Exploratorium

Hannah Masius, SF Wire

Governor Brown Supports Electric Vehicles

Mark Truppner, My Mother Lode

Companies Up the Ante in Support of Electric Vehicles and Workplace Charging

Don Anair, *The Equation: A Blog on Independent Science and Practical Solution*

Governor Brown, Business Leaders Highlight California's Commitment to Electric Vehicles

Targeted News Service

Zero Motorcycles Commit to 'Drive the Dream'

http://www.motorcycle-usa.com

Governor, business leaders highlight California's commitment to electric vehicles

Inland News Today

California Gov. Brown Holds Press Conf. On Expansion Of Electric Vehicle Market

Getty Images

Coca-Cola launches first electric refrigerated truck fleet

Mary Catherine O'Connor, *GreenBiz.Com*

Cisco's Workplace Electric Vehicle Charging Journey Continues

Ali Ahmed, http://3blmedia.com

Jerry Brown says he will sign bills extending vehicle fees

David Siders, Sacramento Bee

Gov. Jerry Brown says no appetite for legislative BART solution

Anthony York, Los Angeles Times

Jerry Brown: From Plymouth to Pontiac to Schwarzenegger-era SUV

David Siders, Sacramento Bee

Social Media







#DRIVETHEDREAM

estimated reach

359,232 impressions

19 18

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

10 2 1

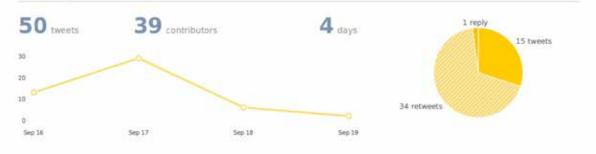
10 2 1

10 2 1

10 2 1

1

activity



top contributors

highest exposure
284.1K impressions

most retweeted
6 retweets

most mentioned
17 mentions

PEVDreams

most retweeted tweets

6 Eard: Ford environmental mgr Cynthia Williams showed @jerryBrownGov the @FordFusion Energi at #DRIVETHEDREAM http://t.co/io2d5hFk5Gzdeys.ago

SpriveSCocaCola: @CocaColaCo and @ndwalla debuted 1st electric refrigerated vehicle yesterday @PEVDreams event in CA. @DRIVETHEDREAM http://l.con/vkN3pejuU.1dny.ago

Cabtart: @jerrybrownGov speaks #DriveTheDream says #EVs becoming mainstream. CA reducing its #action footprint, http://d.co/18ANhAo8ZK 2 days app

Social Media







contributors

	Tweets	RTs	Impressions
1 Ford	1	6	284,051
2 FontOriveGreen	1	1	19,264
3 Karascupcakes	1	1	12,839
4 SolarFred	1	0	7,286
5 erikwill	- 1	0	6,200
6 IvonneKinser	1.0	0	5,262
7 CiscoCSB	1	0	4,037
8 eygonetwork	2	1	2,886
9 christinekehoe	3	0	2,802
10 3BL_Energy	1	0	2,217
11 AsmPerea		0	1,606
12 FordReport	31	0	1,284
13 SCE EV	2	1	1,264
14 mcleancannon	1	0	1,134
15 Callinergy	1	1	885
16 TRFordKingston	1	0	874
17 DeAnnCocaCola	- 1	0	727
18 SonyaSCocaCola	- 1	41	577
19 ecces	- 6	0	528
20 Skeeter91	- 1	0	510
21 DriveOregon	1	0	437
22 BandCarpenter	1	0	423
23 CartyAKade	1	0	382
24 CrittendenAutoli	1	0	349
25 cleantech_rt	1	0	333
26 new_new1219	1	0	301
27 BShelds	- 1	0	182
28 SCE EdK	1	0	145
29 amvollmer8997	1	0	78
30 karingeyer	1	0	70
31 PEVDreams		2	63
32 bemycat	- 1	0	55
33 SCE AlexP	- 1	0	54
34 Sheree_Coke	1	2	42
35 SCE JenniferM	1	0	40
36 ratohnhaketoell	1	0	26
37 UniverseCenter1	1	0	13
38 PSponsel	- 1	0	5
39 UCSRachel		0	1

tweets timeline

Sep 19, 2013 at 4:20pm UTC



bernycab RT @SCE EV: RT @PEVDreams: #CA Goal of 1.5 Million #ElectricVehicles on Roads by 2025 [Video] http://t.co/ib23ashiD.#DRIVETHEDREAM



SCE EV: RT @EEVDreams: #CA Goal of 1.5 Million #Electric/Vehicles on Roads by 2025 [Video] http://d.com/823guird.eDRIVETHEDREAM

Sep 19, 2013 at 12:00am L/TC



CiscoCSR: RT @38L_Energy: #DrivetheDream - rs.cof6034 wity -@Cisco's workplace electric vehicle charging journey continues Ray Via @CiscoCSR







PSponsel: RT @ steigmin: Tony Canova, @ ChargePointnet CFO, johs @rierryRcownGov today at #DRIVETHEDREAM. ChargePoint is a leader in workplace #EV char...



FortiBisport: Ford environmental mar Cynthia Williams showed @ierryBrawnGov the @FortiFusion Energi at # DBIVETHEDREAM?? http://l.ca/DynhisGmig



UCSRachel: @brien_henderson thanks for the favorite - have you heard abt #drhythodrsom EV work in California?

Sep 18, 2013 at 12:00am UTC



Sheetar01: RT @5cnys5CocaCola: @CocaCalaCa and @cdwala debuted 1st electric refrigerated vehicle yesterday @PEYChoams event in CA_#DBOYETHED#EAM ht...



CalEnergy: #DRIVETHEDREAM accelerates largest public-private sector commitments to #PEV's @PEVOreams @jerrytrownGov



Sheree, Coke: RT @SenyaScocalcele: @Socalcelect and @cokeals debuted 1st electric refragerated vehicle yesterday @PEVDreams event in CA. #DRIVETHEDREAM ht...





PEVDecems: #CHAVETHEDREAM was a great success! Stay tuned for updates, articles, and pictures!



mcleanconnen: RT @SonyaSCocaCalat -@SocaColaCa and @oderafa debuted 1st electric refrigerated vehicle yesterday @EFXDrams event in CA #DBIVETHEDREAM bt...



SotyaSCocaCola: @CocaColaCo and @odwalla debuted 1st electric refrigerated vehicle yesterday @FIVDreams event in CA.

DRIVETHERREAM Intravit.co/vshi3oesuU



evaporetwork: #eVgo team joined @jerry@rewnGox & CA business leaders committed to #EV charging at #DRIVETHEDREAM in the #SERBYArea http://s.ca/stnoeGEafa





About PEVC

Under the guidance of a multistakeholder executive membership, the PEV Collaborative facilitates the deployment of PEVs in California to meet economic, energy and environmental goals. Using the expertise of each member, the PEV Collaborative convenes, communicates and collaborates on emerging PEV market trends and works to address challenges and enable PEV market growth.







Public-Private Partnerships

More than 50 corporate leaders joined Governor Brown to discuss the future of PEVs in California.

By the Numbers

Corporate commitments:

Chargers: 2033 Vehicles: 1509



Cars: 16

Motorcycles: 3

Delivery trucks: 1 Charging units: 2

Attendees: Over 150





DRIVE THE DREAM: Public-Private Partnership Success

View this email in your browser





Highlights from *DRIVE THE DREAM* with Gov. Jerry Brown

Letter of Appreciation from the CA Plug-In Electric Vehicle Collaborative

Dear DRIVE THE DREAM Participants:

DRIVE THE DREAM was a resounding success! The event is the result of your commitment to this unprecedented collective announcement of corporate investment in workplace charging for plug-in electric vehicles. It was a pleasure meeting each of you and thank you for your leadership in California workplace charging.

In his remarks before an audience of more than 150 guests at the Exploratorium, Governor Jerry Brown celebrated the variety of PEVs on display and announced that he would sign important legislation for PEV rebates and incentives (AB 8 and AB 359) to ensure their success in the marketplace. His signature on those bills underscores the Brown Administration's continued effort to bring 1.5 million electric vehicles and infrastructure online by 2025.

Many of you stood on the stage with Governor Brown and I as a show of support, creating a powerful image of the public-private partnerships that drive change and innovation for a cleaner transportation future in California. Notably, the dozens of corporate leaders who pledged workplace commitments to PEVs was diverse. Most exciting was many of the commitments came from business sectors not usually associated with PEVs, including the hospitality, real estate, food and beverage, financial, telecommunications, aerospace/defense, healthcare and retail industries.

You were integral to the success of **DRIVE THE DREAM**. It was an exciting opportunity to bring a fresh infusion of energy to the PEV Collaborative's long-term vision for workplace charging. I expect many of our members will engage with you beyond **DRIVE THE DREAM** and I look forward to expanding our partnerships.

DRIVE THE DREAM would not have been possible without a Dept. of Energy grant and the Bay Area Air Quality Management District's support. The PEV Collaborative is an ambassador for DOE's Workplace Charging Challenge and the grant allowed us to bring you -- powerful change leaders -- together.

DRIVE THE DREAM is a milestone in the work of the PEV Collaborative to accelerate the growing PEV market in California. Please accept my thanks for your leadership and support.

Sincerely,

Christine Kehoe Executive Director



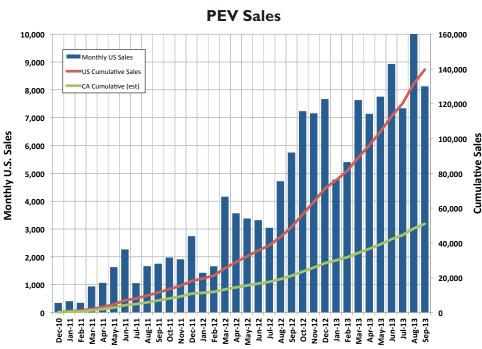
DRIVE THE DREAM, Sept. 16, 2013, at the Exploratorium in San Francisco.



Market Report

- California is home to the largest number of plug-in electric vehicles in the country
- Over one-third of all U.S. PEV sales are in California
- A U.S. milestone was hit in May 2013 with 100,000 PEVs sold
- By October 2013 U.S. PEV sales reached nearly 140,000 with over 50,000 of those sales in California





PEV Makes and Models

As the market matures, new PEV models continue to hit showroom floors. Today there are over 15 models available with more coming soon.

Available Now:

BMW ActiveE Chevrolet Spark EV Chevrolet Volt Fiat 500e Ford C-Max Energi Ford Focus EV Ford Fusion Energi Honda Accord Plug-in Hybrid Honda Fit EV Mitsubishi iMiev Nissan LEAF Smart Fortwo Electric Drive Tesla Model S Toyota Prius Plug-in Toyota RAV4 EV Toyota Scion iQ EV

Coming in 2014:

BMW i3 BMW i8 Cadillac ELR Mercedes Benz B-Class EV Mitsubishi Outlander Plug-in Hybrid Nissan e-NV200 Porsche Panamera S E-Hybrid Tesla Model X Volkswagen E-Golf

Recharging a PEV is Easy and **Getting Easier**

California's robust and growing network of public charging stations is conveniently located in places such as parking lots, garages and shopping centers. Even faster charging is available with an expanding network of DC Fast Chargers and Tesla Super Chargers.



PEV Collaborative 2013 Successes

The California Plug-In Electric Vehicle Collaborative celebrated its third anniversary in July. Its 40 members facilitate the deployment of plug-in electric vehicles (PEVs) in California to meet economic, energy and environmental goals. Using the diverse expertise of each member, the Collaborative convenes, communicates and collaborates on emerging PEV market trends and works to address challenges. The Collaborative seeks to expand existing PEV stakeholder activities to enable market growth.

At the start of the Collaborative's third year, founding executive director Diane Wittenberg retired and Christine Kehoe, former state legislator, was hired to lead the Collaborative. As part of that transition, California Public Utilities Commissioner Carla Peterman was elected as Chairman.

Convening Members to Expand the PEV Market

The Collaborative held three full member meetings in 2013:

- March 13, Torrance, hosted by Honda; the hot topic was charging infrastructure which generated two follow up webinars
- July 23, San Francisco, hosted by Pacific Gas and Electric and Natural Resources Defense Council: there was a robust discussion on the interaction between PEVs. electric utilities and the grid
- November 6, Davis, hosted by University of California, Davis; the discussion focused on consumer data needed to increase PEV sales

May 2013 Webinars Address PEV Charging Challenges

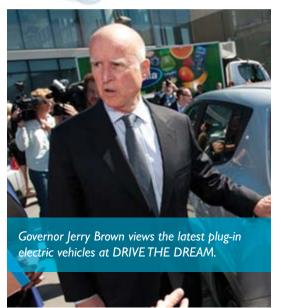
The Collaborative hosted two webinars exploring different facets of charger interoperability. These webinars offered in-depth perspectives on new ways drivers may access a variety of charging networks; on charger hardware and software options for site hosts and on the two types of DC Fast Charger connectors. Working to solve these issues will make charging more convenient and improve how site hosts manage charging equipment.

ORIVE THE DREAM

DRIVETHE DREAM was organized with Governor Jerry Brown and California business leaders to showcase private sector investment in workplace charging that moves the PEV market forward. The event took place on September 16, 2013, at the Exploratorium in San Francisco.

DRIVETHE DREAM was a resounding success. The event highlighted 40 California businesses including The Coca-Cola Company, Google and Walgreens whose executives announced substantial investments in new workplace charging for PEVs, corporate fleet purchases and increased employee PEV purchases.





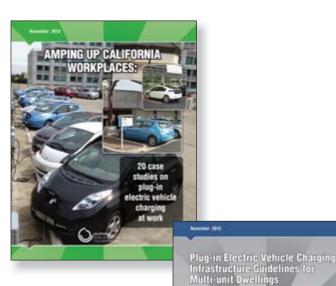
In his remarks before an audience of more than 150 guests, Governor Brown celebrated the variety of PEVs on display and announced that he would sign important legislation for PEV rebates and incentives (AB 8 and AB 359) to ensure their success in the marketplace. His signature on those bills underscores the Brown Administration's continued effort to bring 1.5 million electric vehicles and infrastructure online by 2025.

DRIVETHE DREAM was funded by a U.S. Department of Energy (DOE) grant secured by the Collaborative in coordination with the Bay Area Air Quality Management District to increase private sector commitments to workplace charging and PEVs.

PEVC Working Groups Focus on **Key Topics**

Workplace Charging

Workplace charging fills a critical gap in PEV infrastructure needs by extending electric miles, building range confidence and creating second 'PEV showrooms' that help increase sales and technology adoption among employees. The Collaborative released Amping Up California Workplaces: 20 case studies on plug-in electric vehicle charging at work and decision guides to help employers and employees understand the benefits of workplace charging, the challenges, solutions and costs.



Multi-unit Dwellings

Nearly 30 percent of Californians live in multi-unit dwellings, including apartments, condominiums, duplexes, townhomes, mobile homes and manufactured homes. The Collaborative developed the Plug-in Electric Vehicle Charging Infrastructure Guidelines for Multi-unit Dwellings and other resources for property owners, managers and residents. The guides offer details on charger installation and address potential solutions to the challenges that can occur.

Reaching Out to Stakeholders

The Collaborative members or staff attended or supported the following events and meetings in 2013.

PEV Financing Workshop - San Francisco, Feb 1: Experts from multiple sectors help state leaders formulate creative ideas for effective PEV financing mechanisms.

Community PEV Readiness Meeting - Knoxville, Tenn., May 1: This meeting was the culmination of U.S. DOE's national PEV Readiness grants and an opportunity for the Collaborative to connect with organizations outside California.

Drive Oregon, EV Roadmap 6 - Portland, Ore., July 31: Staff participated on a West Coast PEV Infrastructure panel. This annual meeting brings together Oregon's early adopters and international experts to inform transportation electrification efforts across the nation.

Plug-in 2013 – San Diego, Oct. 1-3: Staff participated on a panel focused on PEV readiness and Collaborative priorities and work products. This is the premier national PEV conference in the country.

Coast-to-Coast Conference on E-Mobility – Sacramento, Oct. 30: The Collaborative joined with our counterparts in the Netherlands to co-host a meeting and sign an agreement to share lessons learned and best practices to move the PEV market forward.

EVS27 - Barcelona, Spain, Nov. 17-20: Staff participated on a panel and in several dialogue sessions at the 27th Annual Electric Vehicle Symposium, the largest global electric vehicle event of the year.



PEV Collaborative 2013 Resources

Workplace Charging

http://www.pevcollaborative.org/workplace-charging

Amping Up California Workplaces: 20 case studies on plug-in electric vehicle charging at work

Workplace Charging Best Practices (in partnership with CALSTART)

Decision Guides:

Why Employers Should Install Workplace Charging for Plug-in Electric Vehicles Employers' Guide to Installing Workplace Charging for Plug-in Electric Vehicles How Can I Get Plug-in Electric Vehicle Charging at My Workplace?

Multi-unit Dwelling Charging

http://www.pevcollaborative.org/MuD

Plug-in Electric Vehicle Charging Infrastructure Guidelines for Multi-unit Dwellings **Decision Guides:**

Plug-in Electric Vehicle Charging Guide for Multi-unit Dwelling Property Owners, Managers and Homeowners Associations Plug-in Electric Vehicle Charging Guide for Residents of Multi-unit Dwellings







Themes & Big Ideas

♠ Search

Videos

Experts

Blogs

WHAT IS BIG THINK?







TRANSCRIPT

Jane McGonigal: There's definitely a misperception that women and girls don't play games. That's not true at all. In fact, 40 percent of gamers are women, and 94 percent of girls under the age of 18 play games regularly, play computer and video games regularly. So there is really an extraordinary number of girls and women playing.

We do tend to play different kinds of games. We're much more interested in cooperative than competitive games. We're much more interested in social gaming rather than solo gaming. And we're not as interested in first-person shooters, which do tend to get a lot more of the media coverage.

But girls and women are playing games in huge numbers, especially when you look at that under 18 demographic. It's virtually everyone, which I think is great news because games do give you these real-life skills and abilities, ways of thinking about what you're capable of, ways of solving problems, and we want just as many girls and women developing those skills as boys and men.

Directed / Produced by Jonathan Fowler & Elizabeth Rodd

Women & Girls in Gaming



by JANE MCGONIGAL

JANUARY 15, 2013, 12:00 AM

There's definitely a misperception that women and girls don't play games. In fact, 40 percent of gamers are women, and 94 percent of girls under the age of 18 play games regularly, play computer and video games regularly.

Tom Steyer, Billionaire Boy Scout / The War over Mavericks / SFJazz's Rebel Architect SanFrancisco San Francisco San Francisco San Francisco San Succession de la Compussión de la Compusión de la Compussión de la



Outtakes

Who's socializing where.

by Lauren Murrow | PHOTOGRAPHS BY Drew Altizer

Although somewhat overshadowed by the testosterone spike surrounding the Giants' World Series win (not to mention the grand reopening of iconic men's suiter Wilkes Bashford), a cadre of female power players from politics, tech, business, and the arts visited the Bay Area this fall. NBC News correspondent Chelsea Clinton spoke at Ignite's gala in support of the Full Circle Fund, which cultivates young community leaders. Film legends Meryl Streep and Susan Sarandon attended the Cradle to Cradle Products Innovation Institute gala to honor William McDonough, a leader in sustainable development. Policy makers and tastemakers, including Congresswoman Jackie Speier, Vogue contributing editor Lawren Howell, and Conceptus board chair Kathryn Tunstall, convened to protect funding for reproductive health at a WomanCare Global event. And homegrown entrepreneurs like Wildfire CEO Victoria Ransom and Polyvore cofounder Jess Lee mingled alongside Instagram founder Kevin Systrom to fête Fortune's annual "40 Under 40" list at Obscura Labs.



January 2013 | San Francisco

CRADLE TO CRADLE GALA HONORS ARCHITECT

One of the world's most famous sustainable design leaders, architect William McDonough, was encouraging the construction of green buildings and green practices decades before the movement became popular, in part because of his upbringing.

Growing up in Tokyo, he heard farmers come into town in the morning to collect sewage to use as fertilizer in the fields, so "I always thought of cities and farms as one organism," he said. Later, in Hong Kong, "We had four hours of water every fourth day. I always thought water was precious. When I came to the United States and saw kids leaving the water running in the shower, I went into crisis and I've been there ever since."

McDonough - who co-authored, with Michael Braungart, "Cradle to Cradle: Remaking the Way We Make Things" and co-founded the Cradle to Cradle Products Innovation Institute - was honored for his pioneering efforts at a \$1,000-a-plate benefit for the institute at the Bently Reserve in San Francisco on Nov. 15. The gala occurred during Greenbuild, an international conference promoting sustainable buildings, products and communities.

About 450 guests from the business and entertainment worlds attended the fundraiser, which featured Susan Sarandon as emcee, a short concert by "Twilight" actor Mia Maestro, and several videos in which activists and business leaders extolled McDonough's virtues, including singer Will.i.am, who drew laughs by nicknaming the honoree "Bill.i.am."

McDonough's Yale college chum, Meryl Streep, gave a heartfelt, personal speech about his visionary work. Beforehand, asked about McDonough's life path, she answered, "Where does an innovator come from? It's a good question. So much of it comes from a mind-set that is optimistic, energetic and undaunted."

Institute officials also announced the creation of a Cradle to Cradle Certified Product Program and a Product Innovation Challenge with a \$250,000 prize to be shared by three winners. The awards will be announced at the Greenbuild conference in Philadelphia in 2013.

Carolyne Zinko





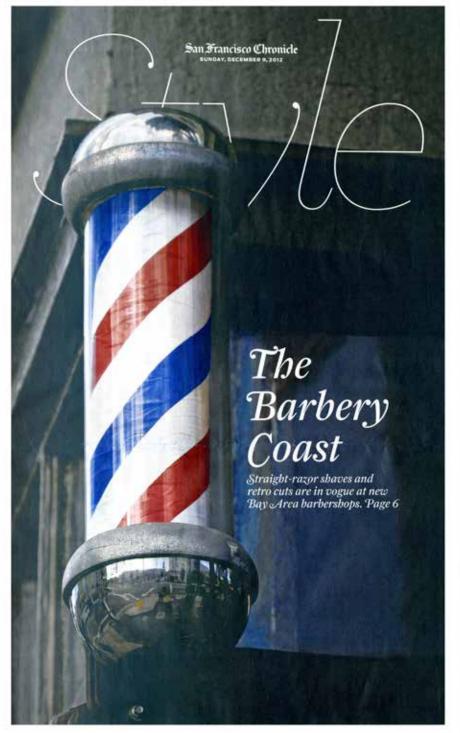






Drew Altizer Photography

From top and left: Mayor Ed Lee, Wendy Schmidt and William McDonough; Tracy Curtis and Susan Sarandon; Yves Behar, Meryl Streep and Paul Murray; Zem Joaquin, Bryn Mooser, Dawn Olivieri, Christopher Bently and Betty Kay Kendrick; Tendris founders Frans Otten, Warner Philips and Houdlin Beekhuis.







Design: Frames fit fo

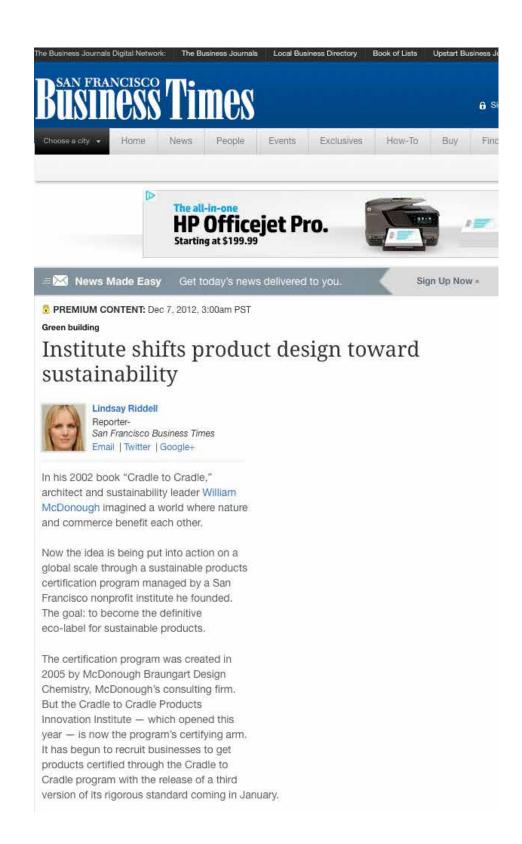




love story started at the







Companies can "let the world know you're working to make the world a better place," said institute Executive Director Bridgett Luther.

The Cradle to Cradle philosophy promotes ecologically intelligent design so that products, buildings, communities and economies have a positive or at worst neutral impact on the

"Like trees," McDonough says, that absorb the sun and carbon dioxide to grow, products and buildings can be designed as part of a continuous cycle to eliminate toxic chemicals and harmful processes, use renewable energy in production, clean up water and be made with materials that can be reused at the end of a product or structure's useful life.

"Our challenge is to tie that idealistic vision to this nitty-gritty program," said Ben Bezark, a certification specialist at Cradle to Cradle. The institute's goal is to get 10,000 products certified by 2015. Just 400 products are certified now.

Businesses pay between \$10,000 and \$85,000 per product for the certification and commit to the time-consuming certification process. Financial benefits remain unknown.

Certification uses independent auditors who rank products in five categories: material health, material reutilization, renewable energy and carbon management, water stewardship and social fairness. Products can receive a rating of basic, bronze, silver, gold or platinum in each category. Products receive overall certification of their lowest rating in any one category. For instance, a product that received a gold rating in four categories but a bronze rating in water stewardship receives a bronze overall rating.

Companies that rank at bronze or higher can display the Cradle to Cradle logo on their products. But certification is also based on continuous improvement - so to maintain certification, products must move up the ranks until they achieve McDonough's tree-like ideal.

"Companies such as Method figure out what chemicals are in their products and find alternatives to problematic ones," said the institute's Senior Scientist Susan Klosterhaus, Early adopters of the standard include Herman Miller. Shaw Industries, Steelcase Inc. and San Francisco-based Method Products Inc.

About 80 of Method's hand soaps, dishwashing and laundry detergents and other products are certified Cradle to Cradle. Adam Lowry, Method's chief executive, said the certification is "about building the equity and understanding in consumers' minds about what Method does and the way we design more sustainable products."

Method has built the Cradle to Cradle materials' assessment into the design of Method products so they have a high probability they will qualify for certification in that category

"We formulate from a tool kit of already certified products," he said. "If we work from that palette, we know we're developing materials that are essentially automatically qualified."

Lowry said the company has spent well over \$100,000 to get its products certified, but less than \$1 million.

"Many things influence the way consumers buy," Lowry said, "Having a mark of quality that's independently verified and transparent, adds value. The investment we made in Cradle to Cradle certification has added value to our company. But I couldn't tell you a dollar amount."

Method chose Cradle to Cradle certification because it was comprehensive and required continuous improvement.

No products from any company have achieved the platinum standard. One hurdle that Method finds challenging is the renewable energy requirement.

"We use renewable energy to make our products but we don't generate it ourselves," Lowry said. "We hope in a few years to generate renewable energy."

Luther, the institute's director, said the standard is so rigorous that it may be two or three years before any product achieves a platinum rating.

Lindsay Riddell covers energy and cleantech for the San Francisco Business Times.

Related links: San Francisco Industries: Environment

FRESHDIALOGUES

Electric Vehicles Policy Educ Energy Technology Green Building

Susan Sarandon, Will.i.am on Green Design



By Alison van Diggelen, host of Fresh Dialogues

Susan Sarandon and Will.i.am shared tributes to Green Design guru Bill McDonough at the Cradle to Cradle Design Innovation Event this month in San Francisco.

"We are a community of change agents," said Sarandon, "Bringing about the world we want. for our children."

In a video tribute at the Bently Reserve, Will.i.am enthused about healthy design being a human right, and thanked Bill McDonough for inspiring him. "It's my mission...to create products that after we use them have a new beginning," said the popular singer songwriter, and quipped, pointing first at himself then at Bill McDonough: "Will.i.am...Bill.i.am."



The newly crowned "Bill.i.am" came on stage to great applause and was obviously amused by his tributes. He announced his upcoming book, "The Upcycle" (a tome on upcycling to be released in 2013) and what he called "his baby," a Bill Clinton inspired solution to homelessness in Haiti and beyond.

"What if we could design a house that could be built by children and their parents in a day without tools?" said McDonough, who is well known for his visionary zeal. He showed the audience a model of a simple one room home, made of 'upcycled' plastic no doubt. He dreams that these homes could be shipped in flatpacks to earthquake and storm damaged areas, wherever there is a need around the world.

"What if we could do (for building) what Muhammad Yunus did for banking?" said McDonough, alluding to the microfinance guru who received the Nobel Peace Prize for his work alleviating poverty in Bangladesh.

Perhaps McDonough has a similar award in mind? He's won many awards in the green design field (including three Presidential Awards for Sustainable Development and Design), and has taken some criticism, but one thing is for certain, he's never been short on grand vision. Witness the 6-hour long Monticello Dialogues.

He may yet succeed in taking Cradle to Cradle mainstream and making the world a healthier and greener place. With allies like Meryl Streep, Susan Sarandon and Will.i.am who can doubt him?

Click here to see highlights of Fresh Dialogues exclusive interview with Meryl Streep at the event.

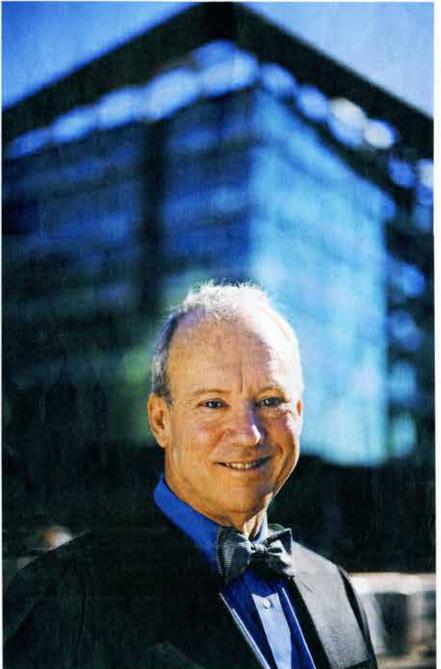
The video was recorded at the Cradle to Cradle Products Innovation Institute Gala, the Bently Reserve, San Francisco on Wednesday November 14, 2012.

Celebriles Green Building Published on November 26, 2012

Ion Carroll:

Petraeus was just a fool for love like the rest of us F10

SAN FRANCISCO CHRONICLE AND SFGATE.COM | Wednesday, November 14, 2012 | Section F



Bill McDonough and his firm worked on UCSF Medical Center at Mission Bay, set to open in 2015. Inset: The firm's research building for NASA at Moffett Field, named Sustainability Base.

PLACE By John King

Next step for green pioneer

Leader in sustainability reaches from S.F. to Walmart to NASA

It happened decades ago, and what's done is well past done, but William McDonough still grows spirited as he recalls the specter of Richard Meier looking over his shoulder.

McDonough was a master's degree student in the School of Architecture at Yale University: Meier was a revered modernist with a refined palate of white metal and clear glass. McDonough was working on a design for what would be a solar-heated house in Ireland, and Meier was underwhelmed

"Richard Meier told me, 'Young man, solar energy has

nothing to do with architecture," "McDonough recalled this week, leaning forward conspiratorially in his firm's small San Francisco office. "He put me in a quandary: What am I supposed to do?"

The answer has proved to be expansive: buildings and products and an overall quest for what might be called "sustainable abundance" - a world where the growth of cities and societies is beneficial to nature, rather than destructive to the environment. McDonough, 61, has created the equivalent of a multiplatform brand in Earth-friendly design, forging partnerships with the likes of Brad Pitt and Walmart at the same time he presides over a 25-person architecture firm in Charlottesville, Va.

Place continues on F3

ARTS & ENTERTAINMENT

Green pioneer sets sights on global goals

Place from page F1

McDonough's varied worlds overlap this week in San Francisco. On Thursday at Moscone Center, he will give a concluding speech at Greenbuild, a conference with 35,000 attendees hosted by the United States Green Building Council. On Wednesday night, by contrast, he's the subject of a fundraising tribute for his Cradle to Cradle Products Innovation Institution: tickets start at \$1,000 and the master of ceremonies is Susan Sarandon. He will be introduced by Meryl Streep, who has known him since their days at Yale.

Decision makers

But to McDonough who is on Walmart's advisory board and has been involved with the World Economic Forum in Davos, Switzerland, since 2002 — environmentalism will be embraced only if the message resonates with decision makers and the public. For instance: "I don't

say 'sustainable,' I say sustainable growth. It's an active thing," McDonough said during an interview Monday morning before heading off to give a talk to North Face employees on his design philosophy. "'Sustainable' sounds boring, not fecund, not jazzy and

His riffs can take a glib turn, as when he describes how "before we talk about ecosystem design, we have to talk about ego-system man agement." But veteran practitioners of "green design praise McDo nough for his early ability

William McDonough

1951: Born in Japan. Father is a languages officer in the U.S. Army.

1976: Earns master's degree from Yale School of Architecture

1981: Opens design firm

1992: McDonough and German chemist Michael Braungart release "The Hannover Principles," a nine-point philosophy with such targets as "eliminate the concept of waste."

1996: Dean of architecture at University of Virginia. Charlottesville remains his base after he steps down in

1997: Gap building opens

2002; Publication of 'Cra dle to Cradle: Remaking the Way We Make Things" by McDonough and Braungart. Redesign of Ford Motor Co.'s River Rouge plant outside Detroit includes a 10-acre living roof. the nation's largest. 2006: After Hurricane

Katrina, Brad Pitt and McDonough found Make It Right to help New Orleans' flood-rayaged Ninth Ward. The target is 150 new houses; as of August 2012, 86 have been built.

2009: Cradle to Cradle Products Innovation Institute established in San Francisco.

to interest corporate clients in a field that practitioners such as Meier dismissed with a shrug.

One example is in San Bruno, where McDonough's firm designed an office building for Gap Inc., which opened in 1997 with energy-conserving touches that include a 70,000-square-foot roof



William McDonough calls Sustainability Base at Moffett Field "NASA's first space station on Earth." Its st unusual feature might be its water recycling system

products can be composi

ed when no longer needed,

or taken apart, then put to

new use - an endless loop

that McDonough likens to

a natural forest's ability to

maintain itself in perpetu-

The phrase "cradle to

cradle" is now trademark-

ed, and there is a certifica-

tion process similar to the

Leadership in Energy and

Green Building Council's

Environmental Design

rankings, or LEED, But

traction - many cities,

require that large new

where LEED has gained

San Francisco included,

commercial buildings be

LEED certified - Cradle

to Cradle remains a niche

designation used by rela-

tively few manufacturers

that we need to make

products as environ-

mentally benign as pos-

much about Cradle to

Cradle" as an industry

book "The Agile City:

standard, said James

sible but ... I haven't heard

Russell author of the 2011

Building Well-Being and

Wealth in an Era of Cli-

mate Change." For start-

ers, "Figuring out the

"McDonough's right

covered in native grasses. Such features now are relatively common on new green buildings; hen, and on that scale, they were all but non-

'Significant pioneer'

"Bill really was a significant pioneer in this world," said William Leddy of the San Francisco firm Leddy Maytum Stacy, known for its emphasis on sustainable design. "He's a good sales man, charismatic and well spoken, and that's part of his strength." The San Francisco

office of William McDonough + Partners opened in 2006, a ninth-floor perch on Post Street with tall windows that let in air and natural light. This is the only outpost beyond Charlottesville, and it has led to such local projects as a new research building for NASA at Moffett Field that opened in April and bears the name Sustainability Base.

Though McDonough describes the curving silver metal structure as nothing less than "NASA's first space station on Earth," most of the conservation measures are found in other green buildings, from sun shades and solar

panels to the use of native landscaping.

The most unusua touch is a "forward osmosis water recycling system." Recycled water is purified to the quality level of drinking water, although state regulations allow it to be used only for such purposes as toilet McDonough acknowl-

edged "toilet to tap, that's a PR problem," but pointed out that full reuse is allowed in Singapore ("they call it 'new water" and suggested that the NASA building's innovation might someday be accepted here: "We're doing what Buckminster Fuller would have called 'anticipatory design,' getting ahead of the

Cradle to Cradle

Other local projects include the block-long UCSF Medical Center at Mission Bay, which McDonough's firm worked on in association with lead architect Stantec. It is set to open in

But the initiative that seems to stir McDonough's enthusiasm the most is what he calls Cradle to Cradle design. The concept was developed with German chementire life-cycle of a prodist Michael Braungart, a uct has proven to be really difficult to do." longtime associate. It seeks to go beyond recycling toward a world where

Certification

With the Cradle to Cradle Products Innovation Institute, the subject of Wednesday's fundrais er, the hope is to structure and distribute the certification process in such a way that it can be put to use by product designers across the spectrum. The institute is based in San Francisco and exists in part because then-Gov. Arnold Schwarzenegger in 2009 challenged McDonough to make the review process into a widely available tool.

As far as McDonough s concerned — and this is a hallmark of his career large-scale transformation is just around the

"I'm 61. I've been doing this 20 years," he said of the effort to think at a systemic level beyond the design of individual build ings. "It'll take another 20 years, I know that,"

Place appears on Wednesdays, John King is The San Francisco Chronicle's urban design critic, E-mail: jking@ sfebronicle.com Twitter: @johnkingsfehron



Your Bay Area arts guide and companion to Sunday Datebook

Pullout section with weekend event listings begins after Page F4

Nightlife	6	Movies	21
Perform	14	Family	25
Visual Arts	18	Out Loud	27

SAN FRANCISCO CHRONICLE AND SFGATE.COM | November 8-11, 2012 | Section F



The "I See Beauty in This Life" exhibition includes this photo of cowboys posing at Rancho Santa Anita around 1890.

Exhibition sees beauty of rural California

By Patricia Yollin

A young man gathers mulberry leaves on a silk farm in 1907. "Miss Wool California" of 1968 poses with a sheep. Forty-three years later, cow-boys warm up at a rodeo in Salinas.

I See Beauty in This Life: A Photographer Looks at 100 Years of Rural California: Noon-5 p.m. Tuesday-Sunday. Through March 24. California Historical Society, 678 Mission St., S.F. (415) 357-1848, www.californiahistori calsociety.org.

These people come alive in a new exhibition at the California Historical Society in San Francisco, titled "I See Beauty in This Life: A Photographer Looks at 100 Years of Rural California." Their images are among 150 or so pictures that show a side of the state that is little known and rarely seen.

"Rural" continues on page F4

F4 Ovation | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday, November 8-11, 2012 | San Francisco Chronicle and SFGate.com | Thursday-Sunday | San Francisco Chronicle and SFGate.com | Thursday-Sund

ART

Exhibition's photos capture beauty of rural California

"Rural" from page F1

"We're happy to buy our oranges from Esparto (Yolo County), but nobody even knows where it is," said writer and photographer Lisa M. Hamilton.

The exhibition she created represents a new direction for the 141-year-old nonprofit, inaugurating a "Curating California" program that invites accomplished state residents, such as Hamilton, to delve into the vast holdings of the historical society.

"What we really want to do is bring the collection out of the storage area," said Jessica Hough, managing curator of exhibitions. "We send somebody in and see what stimulates them."

Hamilton spent six months exploring the archives, which contain about 500,000 photographs, and a sister collection with 23,000 more images housed at the University of Southern California. The historical pictures she selected date back to a shot of a flour mill in 1880. She also included 24 large color photos she took last year — traveling 10,000 miles around the state — for her "Real Rural" multimedia project.

"When you picture rural California in your head, some very familiar images come up," Hamilton said. "The Central Valley and that landscape, maybe the timberlands in the far north or the deserts in the south." But those images are pretty limited."

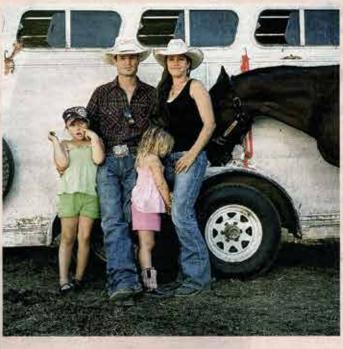
The photographs in the exhibition go far beyond the obvious. They include: a 1922 message burnt onto rocks by dying miners, a Chemehuevi Indian holding a coyote, government forces whipping mice to stop a rodent invasion, and a small black girl crying in a cotton field in 1920.

"Sometimes it was hard to predict what Lisa would go for," said Mary Morganti, the society's director of library and archives, who guided Hamilton through the collection.

"I was decidedly not looking as a historian but as a storyteller and artist," Hamilton said. "I'd ask myself, 'Is this visually interesting or compelling, and does it tell a story — and a different one — from what we're used to?"."

Occasionally images from well-known events resonated with her. She selected two intimate photographs of a 1969 march by striking grape pickers from Delano to Sacramento. One zoomed in on the faces of three women; another showed an exhausted man taking a break in front of a statue of the Virgin.

"Those are the kinds of moments I was looking for," said Hamilton, author of "Deeply



Keith and Ileah Roquemore, with daughters Raci and Riata and horse D.H., at the 2011 Mendocino County Fair Rodeo in Boonville.



A boy named Sebastian, who is 11 years old, practices boxing in the Riverside County town of Thermal in 2011.



A California Historical Society exhibition depicting images of rural California includes this picture of an apt California license plate circa 1960.

Rooted: Unconventional Farmers in the Age of Agribusiness," a book published in 2010.

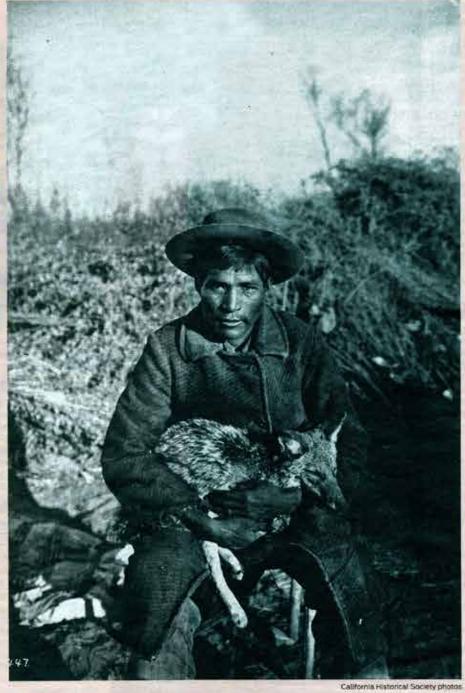
Most of the historical photos were taken by unknown photographers and have never been displayed. Hamilton defined "rural" as places where the culture and economy are determined by using natural resources.

"Whether you've been here 10,000 years or 10 years, you don't have to go very far back to find a link to a rural life," said Anthea Hartig, executive director of the California Historical Society, who is a third-generation Californian and great-granddaugher of a sheep farmer. "Our connections are sill very tangible." Although California is 94 percent rural geographically, according to the U.S. Census, 95 percent of the population lives in urban areas. Exhibition curator Erin Garcia said she hopes the show will serve as a bridge of sorts. Hamilton agreed.

"This great surge of interest in food and where it comes from, and supporting the right farms, hasn't really transcended self-interest in a lot of ways," Hamilton said. "When you go to a farmers' market and you're talking to a farmer, you want to know why there isn't any basil yet, rather than asking about that person's community."

The title of the exhibition comes from an interview she did with Linda Hussa, a poet and rancher in Modoc County, partly quoted in a text panel: "I always wanted people to understand what was going on in the rural areas. And that there certainly should be some regard for the people there. Because I see beauty in this life. I don't think it is lone-some. And I don't think it is dumb."

Patricia Yollin is a freelance writer and editor.

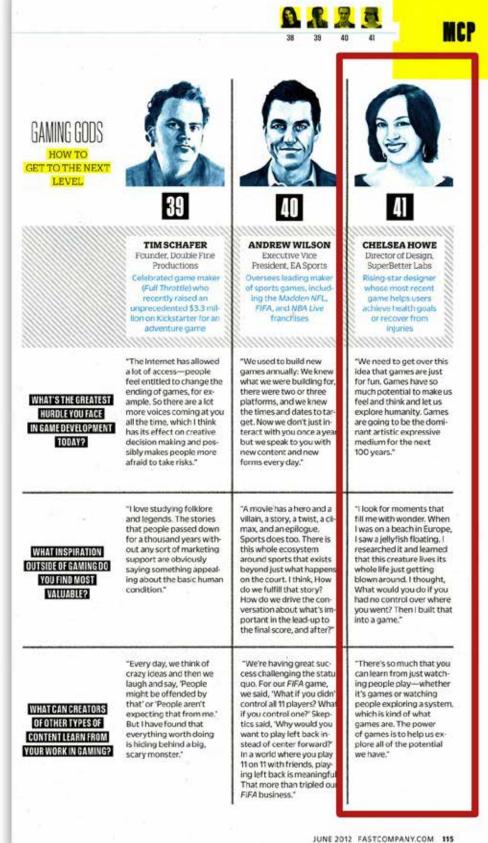


called a second second

A young Chemehuevi Indian holds : coyote around 1900 in this Charles C. Pierce photo.

FAST CMPANY









May 23, 2012

FOR IMMEDIATE RELEASE

Contacts:

Cathie Bennett Warner Jean Hagan

650-233-9551 415-420-1573

jhagan@iftf.org cathie@superbetter.com

OFFICE OF THE NATIONAL COORDINATOR FOR HEALTH IT/HHS (ONC) LEADS NATIONAL DISCUSSION ON GAMES FOR BETTER HEALTH & HEALTH CARE

GAMES FOR HEALTH WEBINAR May 29th 2pm EDT-4pm EDT (11am-1pm PDT)

Tweet questions to experts with **#games4health**

Join a Discussion with Leading Experts in Health and Health Care Games to Improve Innovation and Engagement for Better Health Outcomes

Washington, DC — (May 23, 2012) The Office of the National Coordinator for Health IT/HHS in partnership with the Institute for the Future and SuperBetter Labs will host a joint webinar to be held on Tuesday, May 29th, from 11 am-1 pm PDT (2 pm-4pm EDT) to discuss key opportunities for using games to improve health outcomes.

Attendees will be invited to engage with the experts directly through the use of live social media during the webinar.

National experts participating in the Webinar will include:

- Lygeia Ricciardi, Senior Policy Advisor for Consumer e-Health, Office of the National Coordinator for Health IT/HHS
- Wil Yu, Director, Innovations, Office of the National Coordinator for Health IT/HHS
- Jane McGonigal, PhD, Chief Creative Officer, SuperBetter Labs
- Ben Sawyer, Founder, Games for Health
- **Rod Falcon, Director**, Health Horizons Program, Institute for the Future
- Erin Poetter, Policy Analyst, Consumer e-Health/Innovations, Office of the National Coordinator for Health IT/HHS
- Bradley Kreit, Research Director, Institute for the Future and Webinar Moderator

"Games offer a uniquely valuable tool for taking complex health data and making it meaningful and actionable to patients across a variety of demographics and health states," states Wil Yu, Director, Innovations at the Office of the National Coordinator for Health IT at HHS.

The Webinar will be an interactive discussion about findings from a recent paper by IFTF, Innovations in Games: Better Health and Health Care, developed from a workshop in February 2012 at the White House Conference Center gathering on innovations in health gaming. Webinar attendees can tweet questions to #games4health. Experts will discuss key game strategies to





improve health outcomes by engaging patients in their health, improving self-efficacy, promoting collaboration to enhance research and development, and leveraging other aspects of game dynamics to promote health and well-being.

Topics to be covered will include why games can improve health; federal initiatives to explore games to improve health outcomes; the latest research; challenges for the future; and opportunities for health IT, game entrepreneurship and health care professionals to engage together.

"Social games are a great way to motivate individuals and organizations to become wholeheartedly engaged in creating positive health outcomes," said Jane McGonigal. "A game sparks curiosity, optimism, determination and creativity. It builds a sense of self-efficacy with every successful quest. And we're seeing this work for so many different kinds of players, who are tackling everything from depression to diabetes to weight loss. In the short time since we launched our game SuperBetter, players have already reported improving their real lives through our gameplay. They're breaking their health challenges into manageable quests, identifying bad guys and power-ups, and celebrating every achievement with their friends and family."

"Games open up a vision for health that is more social and participatory, which means that managing health isn't just something that you do on your own, but potentially with others around you," said Rod Falcon, Director, Health Horizons Program, Institute for the Future.

Space is limited. Reserve a Webinar seat now for this event here: https://www3.gotomeeting.com/register/610279142

About the ONC

For more information about the Office of the National Coordinator for Health Information Technology, visit <u>HealthIT.HHS.gov</u>.

About IFTF

The Institute for the Future (IFTF) is an independent, nonprofit strategic research group with more than 40 years of forecasting experience. The core of its work is identifying emerging trends and discontinuities that will transform global society and the global marketplace. IFTF's research spans a broad territory of deeply transformative trends, from health and healthcare to technology, the workplace, and human identity. The Institute for the Future is located in Palo Alto, California. More information can be found on www.iftf.org, www.facebook.com/InstituteForTheFuture, or on twitter @IFTF

About SuperBetterLabs

SuperBetter Labs' mission is to design platforms that help people lead "epic lives." The concept of an epic life is centered on developing strong social relationships, positive emotion, confronting challenges, and creating a truer sense of purpose in the real world through the use of online game mechanics, gameful IT products and other tested methods of positive social interaction. Chief Creative Officer Jane McGonigal, creator of **SuperBetter**, the first product of **SuperBetter Labs**, also co-designed Oprah's Thank You Game for OWN (Oprah Winfrey Network). More information on **SuperBetter Labs** can be found on www.superbetterlabs.com, www.facebook.com/superbetterlabs, or on twitter @superbetterlabs.

Sunday, May 13, 2012

San Francisco Chronicle





Golden to them

It is difficult to overstate the symbolic pow er of the Golden Gate Bridge and its hold on

er of the Golden Gase Bridge and its hold on the civic imagination.

Or the vehemence with which opponents tried to keep if front ever being fluilt. Critics depicted the bridge as financially missound, legally dubious, an aesthetic blight and an engineering hazard in the decade before the start of construction in 1933. The battle was most fierce in the fall of 1950, when steep in civic comities were asked to allow sec-

hattle was most fierce in the fall of 1950, when voters in six counties were asked to allow \$55 million is bord sales for construction. We know the outcome one of the few structures in California that genuinely de-serves to be called as icon. But, on the ew of the 73th anniversary of the span's completion, a look back at the fight shows how. Bittle has Bridge continues or At-4

A14 | Sunday, May 13, 2012 | SAN FRANCISCO CHRONICLE AND SEGATELOOM - 00000

FROM THE COVER

Golden Gate Bridge faced several foes

Bridge from page As

changed in terms of the attacks that are aimed at major alterations to the landscape – and the difficulty that one generation has in predicting how future generations might choose to live and the values they might hold.

'Go slow'

The skepticism toward a bridge now taken for granted was on full display on Oct. 16, 1930, when the influential Commonwealth Club gathered

Commonwealth Club gathered to hear a debate on the merits of the boad onessure.

The preponents on hand included Joseph Strauss, the chief engineer who wanted to spain the entrance to one of the world's great harbors with a 4,300-foot roadway suspended from two 246-foot towers, 220 feet above water.

But the freas was on the findings of the chub's committees on harbor development and state highways, which provisited ample ammunition

provided ample ammunition for voters seeking reasons to

wate no.

Among the arguments:

Any bridge with a clearan
of less than 320 feet could
blockade the harbor as the
size and height of internatio
al vessels increased.

The south tower's siting.

Shows definite weakness,

The south tower's siting "shows definite weakness," warned an engineer: "store thorough drilling with detailed mapping on more sections must be done." "Have we non assurance that \$25 million is the final figure!" asked statistician H.P. Melmitow. He also questioned the motives of Strauss and his consulting regineers since

motives of Strauss and his
consulting engineers since
'they are (financially) interested in this matter and are try
ing to sell it to us."

"Traffic projections were
"veve-optamistic," declared
another subcommittee, and
"we would have liked to have
seen the district's plans and
estimates reviewed by an entirely disinterested body of
technical experts before the
people were asked to vote."
No forcoal, question, was,
taken by the Commonwealth
Club, founded in 1900 as "an
open forum for the discussion
of disputed questions." But
the two committees agreed the

the two committees agreed the bond measure should be re-jected "at this time." In the words of one researcher. San Francisco should go slow, and be sure that any project will not jeopardine San Francisco's credit for more vital essential

hint of such issues in 1930 involved aesthetics, as when novelist Gertrude Atherton and sculptor Haig Patigian were atmog tal luminaries who put their name to an ad-that began "The Golden Gase is One of Nature's Perfect Pictures — Lef's Not Diafigure— It."

The committee innings aoon became fodder for a newspaper advertisement that began "MR. TAXPANER. This Ad is published to save you mosely — READ IT." After all, they echoed what opponents had been saying all along. Things were moving too fast. There were too many unasswered questions. The numbers couldn't be trusted. The ad was one of many placed by the Taxpapers' Cosmittee Agoinst Godden Gate Eeideg Bonds. With a membership list that included further than the control of the property of the control of the contro

If there's a moral to the story of the birth of the Gold-en Gate Bridge, it's that there are times when change within

Attitudinal change

toon pertrayed shipowners, ferry companies and the Tax-payers' Committee as "the dead hand of greed" — the response was pained outrage. "Can it not be realized that

the shipping interests see beyond the immediate fu-ture?" asked an alliance of 56 steamship companies in an election day ad. "That our only concern is apprehension over the throttling effect this huge artificial barrier at the harbor entrance would have upon the future trade and commerce of this great sea-port?* Variations of all these crit-

iciams had been heard since the War Department in 1924 approved the concept of a spanned Golden Gate. Put to spanned Golden Gate. Put to the public vote, however, the bond measure passed 145,057 to 46,054.

From bridge to BART

What is striking in retro-spect isn't how wrong the arguments turned out to be— the 805 million indeed covered the cost of construction, for instance—but how familiar they still sound We need more details, the details we do have cost for treated as have can't be trusted, and Look no further than the

mere are better atternatives.
Look no further than the
ongoing campaign against
California's high-speed rail
system. Before voters approved bonds to help fund the
effort in 2008, opponents de
pleted it in ballet arguments
as a "boundoggle" that would
benefit "out-of-state special
interests." Saice then they've
used the environmental review process and other venues
to challenge the firancing,
ridership projections and
route of the still-evolving plan.
There were similar objections to the Bay Area Rapid
Transit system before its approval in 1962 by 64 percent of
the voters in San Prancisco,
Alameda and Contra Costa
counties. Nine years later, as
opening day approached, critics were more viruless than
ever.

*BART will be especially there's more: "It's designed to shere's more. The designed to handle peak-hour commuter traffle, which occurs only three hours per day. The other 8,360 hours per year much of its equipment wall lie-idle and unproductive." One difference in recent decades is the rise of environ-mental concerns. The only

mental concerns. The only hint of such issues in 1930

The committee findings oon became fodder for a

Pictures — Let's Not Distiguers.

More common was the tone
of the election day editorial in
the San Francisco Call-Bulletin. It chapsociaced that passage of the measure would
show the world "we are preading down our walls, we are
building a mightier city than
you have ever seen. — the happiest, bravest and most prosperous city in the world."
Such rhetoric would have
no traction now, a legacy of
the stoke is that people who
fight lange scale change aren't
caricatured as old fogies. The
presumption is that they're on
the side of the angels, battling
gratuffication or ecological
harm or other threats to the
consum good.

this one.

"I am in favor of a bridge across the Golden Gate if it can be playisedly and feasibly built," O'Shaughineasy declared in one and His statement then cautioned that toll bridges "too sumerous to mention" didn't generate the traffic necessary to pay the costs of needed maintenance.

a city, region or state comes at an exponential scale. On such



Strong critics

Blent editorial cartoons from 1930 exalted the bridge as progress and attacked opponents as old fogies or greedy. Images provided by the Golden Gate Bridge.

"In the interest of your own uniqueness, dear San Francisco, do not bridge the Golden Gate. Leave that kind of gesture to Los Angeles — which, if it had a Golden Gate, would most certainly bridge it, and sink oil wells into bely and ocean on either side of the bridge." - "San Francisco Revisited." by Katharine Fullerton Gerould, Harper's Magazine, 1924

"White engineering experience indicates the possibility of building bridges of great length, it must be recognized that a single span of 4200 feet is a great advance over such bridges as have proven the safety."

"I do not believe it probable

Advertisement against the bond measure signed by 13 engineers, 1930

"The present plan for a bridge across the Golden Gate is a menace to our harbor that should be opposed by everyone who has the interests of San Francisco and its commerce at heart."

that the Golden Gate Bridge will procure the majority of traffic (compared to ferries) that is now going or will ever go between San Francisco and Marin County." - Shipowners Association of the Pacific and the Pacific American Steamship Association, 1930

"Did you know that the chief engineer of the district, who has been so active in promoting the project, has a contract calling for a basic fee of \$1,080,000 if the bridge is built?"

- Yexpayers' Committee Against Golden Gete Bridge Bonds, 1930



quo is threatened.

When nature lovers fretted that the gloried Golden Gate must the goesed Gotten Gute would be marred by an im-mense weave of concrete and steel, they couldn't imagine that each would exalt the oth-er – just as opposents of the Transasserica Pyramid couldn't imagine the 853-foot tower would become a pop-ular symbol of the city almost as soon as it opened in 1972.

Similarly, critics who distance dained BAKT as nothing more tain scale often reshape the

than a corporate tool had no conception that today it would be used heavily at all hours. be used heavily at all hours. Increasingly, its stations are the centerpiece of "transit villages" being planned or built through the East Bay. This doesn't mean that skepties of big plans are small-minded. Some large projects should not be built. But the what-ifs and worst-ease segarior can blind us to

Det 24/00

cessile, John King will discuss the Golden Gate Bridge and its col-tural reach at 6 p.m. May 25 at the California Historical Society, 676 Mission St., San Francisco. More information on the free coest in at bit.ly/KöweoB.

John King is The San Francisco



April 30, 2012 FOR IMMEDIATE RELEASE

CONTACT: Cathie Bennett Warner 415-420-1573 cathie@superbetter.com

THE OPRAH WINFREY NETWORK (OWN) AND OPRAH.COM TEAM WITH SUPERBETTER LABS TO LAUNCH "OPRAH'S THANK YOU GAME" ON **FACEBOOK**



Oprah's Thank You Game Launches Tonight During OWN's "Oprah's Lifeclass: the Tour" Mastering the Art of Gratitude, Monday, April 30 (8-10 pm ET/PST)

San Francisco - Today, SuperBetter Labs announced the launch of "Oprah's Thank You Game," the company's first title developed specifically for the Facebook platform (facebook.com/owntv). Co-designed in partnership with the Oprah Winfrey Network (OWN), the game was built with the goal of spreading the positive emotion of gratitude to half a billion people worldwide.

SuperBetter Labs' research into the science of gaming, social networks and the contagious nature of gratitude had showed that one properly articulated "thank you" can reach up to 258 people. From that insight, Chief Creative Officer Jane McGonigal and Director of Design Chelsea Howe worked with **OWN** to develop an interactive way of encouraging displays of gratitude via the social graph.

"Oprah's Thank You Game shows how just by playing a game, you can do real-world good. We're creating the biggest gratitude network in history. Our collective goal is to spread gratitude to half a billion people worldwide," said Jane McGonigal.

In this online social game, users are briefed on the emotional value and individual elements of formal gratitude. This includes how to find the true benefits in a good deed done; how to properly acknowledge these efforts; and, how to spot strengths in others when expressing thanks and praise. Players can then share their efforts on Oprah.com by clicking the "Thank You" button and watching how others around the world are participating in expressing gratitude through heat

"This game is a great way to harness the power of social media to spread the message of gratitude to people all over the world," said Sheri Salata, president, OWN. "If we can focus on sharing our gratitude with our friends, family and online communities, imagine the shift in consciousness that is possible."

Sean Baenen, Vice Chair of SuperBetter Labs, added, "We had a vision for a social game that resulted in every single person in the United States and Canada feeling truly appreciated for something they've done. It was an ambitious project in the field of social media as agency for positive emotions, making Ms. Winfrey the perfect partner."

A daily challenge will post via OWN's Twitter and will be available on Oprah's Thank You Game Facebook app including, "Thank" someone who gave you an opportunity, someone who is having a hard day, someone who wouldn't expect it, or someone you've known a really long time. Players can share in the conversation on Twitter using @OWNTV or #ThankYouGame. Other elements include "What's New" blog posts and "Gratitude Secrets" where users can discover the 12 secrets of gratitude. Players also have the option to enter their email address for the chance to receive a personal thank you from Oprah Winfrey.

The online game launches in conjunction with "Oprah's Lifeclass: the Tour" Season 2 finale tonight, which discusses mastering the art of gratitude (Monday, April 30 from 8-10 p.m. ET/PST). Jane McGonigal and her sister Kelly McGonigal, a scientific advisor to SuperBetter Labs and OWN in developing Oprah's Thank You Game, are featured in the video introduction to the game.

To share the widget on your site, click here: www.oprah.com/OprahsThankYouGame

ABOUT SUPERBETTER LABS

SuperBetter Labs' mission is to design platforms that help people lead "epic lives." The concept of an epic life is centered on developing strong social relationships, positive emotion, confronting challenges, and creating a truer sense of purpose in the real world through the use of online game mechanics, gameful IT products and other tested methods of positive social interaction. Chief Creative Officer Jane McGonigal, creator of SuperBetter, the first product of SuperBetter Labs, also co-designed Oprah's Thank You Game for OWN (Oprah Winfrey Network). More information on SuperBetter Labs can be found on www.superbetterlabs.com, www.facebook.com/superbetterlabs, or on twitter @superbetterlabs.

ABOUT OWN: OPRAH WINFREY NETWORK

A joint venture between Harpo, Inc. and Discovery Communications, OWN: Oprah Winfrey Network is a multi-platform media company designed to entertain, inform and inspire people to live their best lives. **OWN** debuted on January 1, 2011, in approximately 77 million homes on what was the Discovery Health Channel. The venture also includes the award-winning digital platform, Oprah.com. For more information, please visit www.oprah.com/own and www.press.discovery.com/us/own.

###

2

She's Playing Games With Your Lives



THE NEW YORK TIMES, SUNDAY, APRIL 29, 2012

ives With Your] Games Playing

First Styles Page



up in ARMS
A receptive
crowd for Jane
McGonigal at
SXSW Interactive in Austin,
Tex. Left, a
scene from her
game SuperBetter.

'I am either going to kill myself or turn this into a game.'

reality games: large-scale interactive narratives, from scavenger hunts to elaborate chases, involving players in multiple cities. After watching a group of alternate-reality players step forward after 9/11 and try to use their problem-solving capacities to penetrate Al Qaeda, she switched her studies to focus on gaming. Soon, she was designing these games herself. Her high-profile wentures included World Without Oil, a six-week simulation where players had to survive an imaginary oil shortage, and EVOKE, a futuristic game designed for the World Bank in which playses support global efforts to ease poverty.

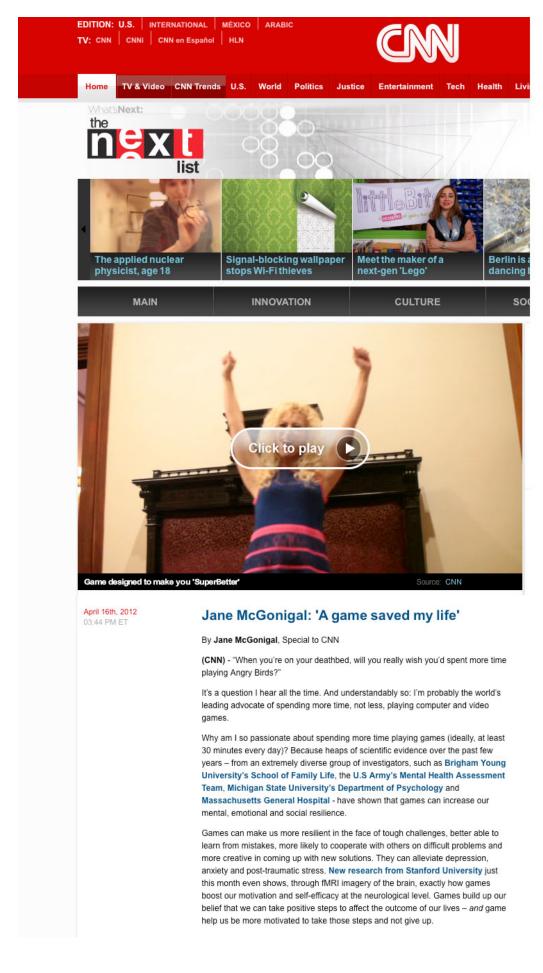
The popular term for such initiatives is "gamification," using techniques from gaming, including multiple levels, points, badges and leader boards, to address realworld problems. As Kris Duggan, the chief executive of a company that uses gaming techniques for corporations, told The New York Times in February, "People use gamification to measure and influence user behavior to meet their business goals."

But Ms. McGonigal bristles at the term. I don't do 'gamification,' and I'm not prepared to stand up and say I think it works." she said. "I don't think anybody should make games to try to motivate somebody to do something they don't want to do. If the game is not about a goal you're intrinsically motivated by, it won't work." Whatever name you use, Ms. McGonigal suddenly found herself at the tip of a spear of the gaming industry just as it was exploding around the world. Gaming generated \$60 billion by 2015. Three-quarters of American households play computer and video games. Ms. McGonigal's counter-intuitive message was that games are actually good for you, and she wielded considerable evidence to show how they do everything from promote creativity to reduce depression.

As she said in a widely viewed TED talk in 2010, the planet spends 3 billion house.

Her sister was not the least bit surprised by Ms. McGonigal's popularity. "The thing about my sister is, she was always Num-ber I in everything," she said. "Jane is the

Bruce Feiler's newest book, "All Happy Families: The Secrets of Successful Fam-ilies," is to be published next year. This Life appears monthly.





That's why when I was facing the toughest challenge of my life – overcoming a mild traumatic brain injury - I faced it not as an anxious and hopeless patient (although I did feel that way a lot of the time), but rather as a confident gamer. My injury took more than a year to heal, and the symptoms included daily migraines, nausea, vertigo, memory loss and suicidal ideation. It was, without a doubt, the hardest thing I've ever faced. So I invented a game I could play to help me heal my brain. I used the game to collect real-world power-ups (anything I could do that would make me feel better or heal faster, tackle bad guys (obstacles that stood in the way of my recovery), and recruit allies (friends and family who could support me during the ordeal). It helped me spark positive emotion when I needed it most, and it gave people who cared about me concrete things to do every day to help, instead of just worrying about me.

The game I invented is called **SuperBetter**, and today people around the world are playing it not for brain injuries – but for everything from losing weight, getting fit, fighting cancer, finding a job, and overcoming depression.

So do I think on my deathbed I'll regret the time I spent playing games? Not a chance.

The way I see it, a game saved my life. My many years of playing games helped me build up my capacity to face tough challenges, to work more effectively with others, to invent and put into action creative strategies. It gave me the mental, emotional and social strength I needed to not give up, to keep fighting through the darkness. Games, more than anything else, have helped me be urgently optimistic even while under pressure. That's why I make it a priority to play games every day, even if just for a few minutes. Because you never know when you're going to need your gamer strength – or how it could help you win in real life.

social 🛠 🕽

Co.DESIGN CO.CREATE CO.EXIST CO.LEAD TECHNOLOGY MOST I

WORK FLOW

How To SuperBetter Your Life With Epic Wins The Way Jane McGonigal Does

BY AMBER MAC I MARCH 27, 2012

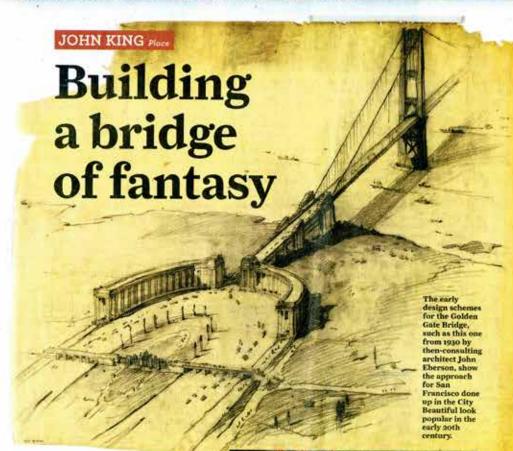
From Nike+ to The Email Game, McGonigal is at the forefront of a movement intent on making it fun to reach everyday goals. Grab yourself a power-up and listen in.



Jane McGonigal has been creating games ever since she discovered the level editor in Lode Runner for the Commodore 64 back in 1983. Although many people give up on such entertaining pastimes as they enter their adult years, McGonigal has turned her childhood passion into a playful career. She is the Chief Creative Office of SuperBetter Labs, an online social game that helps people achieve their health goals.

In this episode of Work Flow, McGonigal, talks about the misconception that games are a waste of time -- there is ample scientific evidence showing that games help us stay resilient in the face of real challenges. McGonigal deploys "gamification" in her own life through "Epic Wins" and 3-to-1 balance (having three positive emotions are experiences for every one negative each day). She also talks about her love of Nike+ for running, and explains the allure of The Email Game, a fun way to conquer your email inbox.

"WHAT'S REALLY AMAZING ABOUT **GAMES IS HOW THEY CHANGE OUR EMOTIONAL RESPONSE TO** CHALLENGES."



Captivating flourishes in exhibition of early Golden Gate sketches

Restraint is not a word we associate with the Golden Gate Bridge - truly one of the nation's heroic works of engineering - but after seeing a new exhibition on how the span came to be, I am struck by the creators' you-

know-what. The gallery walls at the California Historical Society show us what could have been: colonnades suited to the glory that was like a movie palace, a southern entrance hemmed in by triumphant walls. The images are fun cultur-al artifacts that in real

life would have been deadly, and they il-lustrate a truth that is never out of style: well enough alone.

Restraint is a minor riff in "A Wild Flight of the Imagination: The Story of the Golden Gate Bridge," an exhibition that opened last week and runs through Oct. 14. It starts with artifacts of pre-bridge life and features such goodies as the gear worn by divers who worked on the span's up-



Chesley Bonestell's painting of the base of the Golden Gate Bridge at Fort Point is on display at the California Historical Society.



Irving Morrow sketched a much more complex approach to the Golden Gate Bridge than was built. The drawing is part of a California Historical Society displa

Early versions of **Golden Gate Bridge**

extend north to where

the cables appear above

King from page Ex

derwater piers before culminating, fittingly, in souvenirs from opening day on May 28, 1937.

The book for design buffs, though, is the large and lovingly ren dered architectural sketches of the bridge when it was taking shape as an idea, a con cept to be sold to voters and then translated to blueprints. Several draw-

ings are from 1930

and the original

consulting architect, John Eberson. Others are by Irving Morrow who was elevated into the post by chief engineer Joseph B. Strauss because his fees were lower than Eberson's. An ethereal 1930 paint ing by Maynard Dixon shows a bridge very much like the one that

came to be. Except in one respect. Dixon's work has traffic approaching the bridge through a huge plaza with portals on the north and south and towers on the east and

This could be dis-

missed as artistic license, yet Eberson and Morrow also show cerethe towers, above the monial entries that engulf the tollbooths and

the span's roadway. Morrow's schemes are the most detailed, because he was crafting specific design propos-als. His approach — in

"One scheme is pure City Beautiful. Another goes Bauhaus on us. They were exploring every direction."

Anthea Hartig, executive director,

both senses of the word - sent bridge-bound drivers past imperially scaled stone walls, part windbreak and part showcase for murals.

Design flourishes

Once beyond the grandiose portal, which looks to be 50 feet high, the architectural impositions did not stop. The entry to the bridge was a stepped stone chute, walls ascending on eiinto the open beneath

The astounding thing is that such flourishes were thought necessary and were part of the until the end. Also sacrificed was an adm tion building intended to turn heads; Morrow

went through pose after pose, Mayan here and souped-up Moderne there. "One scheme is

pure City Beautiful. Another goes Bauhaus on us," says historical society Executive Director Anthea Hartig. "They were explor ing every direction

drop of internation future of architectural In their affably in-

formative book "Golden Gate Bridge: History and Design of an Icon. Donald MacDonald and Ira Nadel report how on the eve of the span's ompletion, Morrow etted in a letter to Strauss that "the Plaza is assuredly going to

Morrow's loss is the done. They would have

erful.



eum; it's one of the many design styles tried out by Morrow for the toll plaza ad:

One of the many glories of our icon is the balance it strikes be tween structure and setting. The bay's portal filed, by the addition of a 4,200-foot-long roadway held by cables slung from 746-foot-high

towers. Those towers' Art Deco stylings add a suave grandeur to an experience that could have been merely pow-But for all its power and grandeur, the struc-ture never tries to distract us from the setting. That's what those elab-

orate portals would have

brought theatrical trappings to an experience where theater is the last thing that we need.

On a smaller scale, with lesser stakes, the same issue plays out

It's the oversize hillside house that pretends to be a French chateau. eager to look of theignore how dated the show will be in 10 years. On a lower budget, it's the suburban "town center" where the mockhistoric cornices are molded Styrofoam glued

to plywood walls and

saving money for where it was needed. Perhaps it was decision makers who realized that even wild flights of imag-ination can go too far. The result is timeles whatever the motivation

At the Golden Gate

Bridge, perhaps restraint was a matter of budget,

bition will make you appreciate its distinctive vonder all the more. John King is The San Francisco Chronicle's urban design critic. Place runs Wednesdays. Twitter:

@johnkingsfchron. jking@

sfebronicle.com

and the current exhi



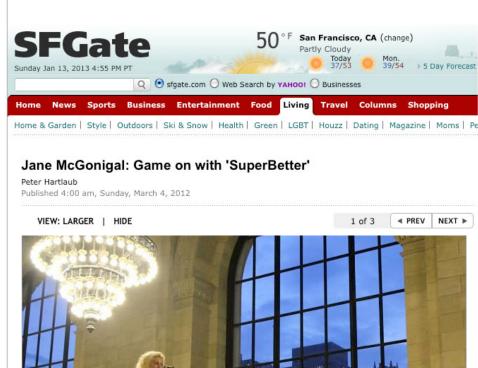


Cover Story

TO HELP HER RECOVER FROM A SERIOUS INJURY, SAYS 'SUPERBETTER' CAN ASSIST IN THE FIGHT AGAINST OBESITY AND DEPRESSION. JANE MCGONIGAL, WHO CREATED A VIDEO GAME







Jane McGonigal giving a welcoming speech at the New York Public Library on May 20, 2011. She created Find The Future: The Game, a series of guests played at the Library's landmark 42nd Street building and online. Five hundred gamers chosen by McGonigal and NYPL were given access to the stacks overnight to play the game. Photo: Kiyash Monsef









Jane the Concussion Killer ended her battle against evil years ago, but See Jane Run is still vanquishing foes.

Both are the alter egos of video game advocate Jane McGonigal, whose slow recovery from a head injury was inspiration to turn wellness into a hero-themed game called "SuperBetter." With the concussion symptoms gone and migraines held at bay,

McGonigal has resumed running. She's pursuing video-game-style achievements and eventually an "epic win," which should come later this year when she completes the last in a series of half marathons.

The San Francisco author and game researcher is taking "SuperBetter" global this month, as a free online game and app that launches on Friday. With partners, funding and a network of users who have already signed up, she's hoping "SuperBetter" can help people on their own heroic journeys to tackle depression, obesity and other health issues.

" 'SuperBetter' is fundamentally about a mind shift," McGonigal says. "It's about claiming your power to be in charge of how you spend your time and energy, and focusing it on the things that matter the most to you. Focusing on things that will bring real happiness, real

And if that means coming up with a tough-sounding superhero name and recruiting your friends and family as sidekicks? Just part of the fun.

Fun and games seem to follow McGonigal wherever she goes. Her hair is a blond fountain of curls, and she has little use for muted colors. She comes to her Chronicle photo shoot wearing a printed silk Leifsdottir dress and new sparkly green and gold Miu Miu earrings which match the lightning bolts of the "SuperBetter" logo.

McGonigal, 34, says her fearless fashion sense comes from video games, which she's been playing since she was a child growing up in New Jersey. Her parents were schoolteachers who encouraged reading and following her passions, which included writing and creating programs on a Commodore 64. As a doctoral candidate at UC Berkeley in the early 2000s, she felt the need to look "serious." But she quickly realized that in her area of expertise, it's OK to come as you are.

"I remember the first year at the Game Developers Conference I wore these big red giant knee-high boots," McGonigal says. "Nobody cared. You can wear anything you love, because that's what you do in games. You make yourself who you want to be."

She was an advocate for the concept of "gamification" - using games to solve real-world challenges - then became a public face with her 2011 best-seller "Reality Is Broken: Why Games Make Us Better and How They Can Change the World" (Penguin Press). McGonigal's ease in addressing non-gaming audiences (Google her memorable 2011 appearance on "The Colbert Report") made her bold statements easier to take seriously. Among other theories, McGonigal thinks we're going to see a game designer or researcher win the Nobel Prize.

"Reality Is Broken" talks about solving global problems with games. Among the projects she has been involved with is World Without Oil, where a group of nearly 2,000 players simulated a peak oil crisis that took some near-apocalyptic turns before humanity prevailed.

"SuperBetter" may seem like a step back in scope, but McGonigal says it is a natural progression. "Reality Is Broken" talks about adopting the stimulating challenges and rewards of video games when tackling real-life problems.

"I still believe really strongly that gamers can solve some of the world's toughest challenges, but some of the world's toughest challenges are very personal," she says. "Things like depression and obesity are global challenges."

> McGonigal, who suffered a serious concussion in 2009 when she hit her head on a cabinet door, created "SuperBetter" as a way to jump-start a slow recovery. She named herself Jane the Concussion Killer, recruited allies (friends and family to work as a support group) and took aim at the specific behaviors that were slowing her recovery. Inspired

by video games, she translated healthy accomplishments into power-ups, superhero points and medals - all in the pursuit of recovery, called an "epic win."

Fans who read about "SuperBetter" on McGonigal's blog and in her book wanted to try it themselves. She heard from readers who used the "SuperBetter" template to accomplish everything from getting a job to helping manage asthma.

"It was very urgent," she remembers. "The feedback was inspiring. People were writing, 'I want a version for my son.' 'I want a version for my wife.' It just felt like I was being called to focus on that."

Funding from the Ardmore Institute of Health helped make the project a reality. Starting Friday, anyone can set up their "secret headquarters" at the "SuperBetter" site (www.superbetter.com). "Quit smoking," "Psoriasis" and "Stroke" are three of the boxes first-time users can check. She's hoping a lot of people check "Other," and the project expands organically.

McGonigal says she can't wait for the launch. In the meantime, See Jane Run is hanging out with her Shetland sheepdog, Meche (named for a character in the LucasArts adventure game "Grim Fandango"), and hitting the pavement every day with her husband, Kiyash Monsef, a producer, director and collaborator on several projects.

She hopes to add the half marathons to a checklist of epic wins, including going vegan and giving up caffeine. She may find additional help from the book her twin sister, Kelly McGonigal, a psychologist and lecturer at Stanford University just published titled "The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It" (Avery; 272 pages; \$26).

The author and gamer hesitates to talk about other epic wins on her list. She doesn't want people to think "SuperBetter" is solely about becoming aggressively health oriented.

"One of my early wins was to spend the day not in bed," McGonigal says, talking about the early days of her concussion. "The epic win is whatever is aspirational to you. We don't tell you what your epic win should be. We're not your doctors, we're not your mom. We're more like a partner in finding what's reasonable and valuable to you."

SuperBetter: Start your own "SuperBetter" or read more about the project at www.superbetter.com.

Peter Hartlaub is The San Francisco Chronicle's pop culture critic. Twitter: @PeterHartlaub. phartlaub@sfchronicle.com



RELATED TOPICS
Advice

Advice Sports Psychology Fun Rumers' Stories

Celebrity Ronners

Festure Video

ton - Careanty Flammers Mily April 2010

I'm a Runner: Jane McGonigal

This game designer and best-selling author ran her first half-marathon in January.

Value Lee Joseph Calvida Station



How is game-playing similar to running?

My hushand and I like to play "co-op" games together, where you're working together matead of trying to kill each other in a game. We've been playing this one new game that has amazing co-op. It's called Portal 2. We were raming the eiler day, and my husband pulled the ear bid out of his ear and yelled to me, "Portal 2 is making me such a better raining postner!" He meant in terms of

communicating which way we should go, what pace, and things like that—we're working together. I totally know what he meant, became we have been havigating a virtual environment together, avoiding obstacles together. We totally bring that to running.

Do you and your husband always run together?

I didn't use to run with him except when we traveled, but now we run and train together every day. We don't falk, we both run with music and we just die occasional lared gestures. We run at about the same pace, but his tempo runs are faster, about a minute faster per mile.

The game designer and author talks about how video games [1]



What do you like best about running?

My favorite part of running is the thinking time. Fin a game designer, and whenever I have a hard design challenge or Fin trying to solve a problem, I run. A lot of my most amazing ideas have come when Fin running, usually at the end when Fin going really fast and listening to one of my favorite songs. Fil have these big, creary ideas and think. I've totally solved the problem!

What's an example of a breakthrough you got through running?

One of my favorite games that I've made is called Top Secret Dance Off, It was a super crazy idea. I thought, What if you could do World of Warcraft - but for dancing? I designed the whole thing in about five days in a row, and the faster I ran the more excited I got about the idea. It was literally that runner's high where you think anything is possible-Yeah sure, people will sumt to play this game, and during normal waking hours I never would have thought people would actually want to play the game. It actually turned out to be one of my most successful and beloved games. I can still remember running that hast mile where I decided. You know what, I'm going to do this, and how craw that was.

What's your pace?

8-30 for long runs, 7-15 for temps. Under seven minutes for sprints. I'm not a superfast runner.

What's your training program?

My training couch is my literary agent, who is a big marathouer. He just did a half-marathon at 6:23 pace. My histhand and I are doing the four short runs during the week, about 45 or 50 minutes each, at a pretty steady pace. We live near the Einharradern, which is basically runner central, and we run up and down the Einharcadern in the morning. From where we start at the Ferry, Building up to the und of the piers and back, it's like an hour run. It's nice and flat, We need to add some hills. We were in Provence, France, hast September and did some hill running there. It's funny-just doing a week of that, we came back and felt superhuman. Then we do yo minutes for the long run, shout eight miles, and we are going to hump it up to 110 minutes, which would be almost a half-marathon.

So you always run when you're on the road?

Whenever I do talks around the country, I map out my run. Gives our something, fun to do and to look forward to doing. I'm talking a lot about the book, there's so much stuff happening in the field now.

You had a serious injury, unrelated to running, which changed your life. What happened?

I slammed the top of my boad into the corner of an open cabinet, apringing up from the floor. Inmically, my running made the injury werse-I was in a rush, and using the full force of my quade, which are pretty strong, and I slammed my head really, really hard. I knew it was bad when my husshand was half-jokingly checking my memory by asking me who the President was, and I couldn't remember, At first, it was a typical concussion, but it didn't heaf properly. The symptoms just didn't go away—the vertigo, the names, the memory troubles, the headaches, the inability to read or write without triggering massive names and headaches. So after go days, I was still concessed, and that's when it turned into a daggnosis of post-concussion syndrome, in which the concussion synaptoms last for up to a year or longer. That's when I invented the game SuperBetter, because I was frankly berviified at the idea of having to live through another us months of what I was going through. I didn't know if I would make it.

How'd you get the idea to invent the game?

As I mentioped, when I first hit my head, my doctor said it could be a month. before I was back to normal and during that time I was off from all the things I would do on a normal basis, like reading and writing, and I couldn't run at all. I tried a few times and it was a disaster. Really nunseous and horrible headarfies. my vision closing up. I was lying down for a month pretty much. I would make a big effort to walk around the block, it was that level. After a month it wasn't better, and that's when I found out that typically if you miss the first 30-day window of recovery, the next window is three months. And if you miss that, if can be typically be a year. And if you mass that, it can be forever. That really freaked me out, I was really anxious and depressed. It was a few days after finding out the next window after a month, I was desperate and trying to find a way out of this black hole, and that's when I came up with the idea for a game. It was literally 34 days after the accident. Within a couple of weeks after playing, the depression and anxiety had lifted enough that I could continue. I had found out that decression and anxiety can actually slow the body healing on a biochemical basis. You have to tackle that before the primary healing can begin Also it was really interesting that just by getting out of that cycle of depression and anxiety, I was able to notice things I hadn't before, literally. The hungrhad actually changed the prescription in one of my eyes. It turned out that some of my headaches were caused by the fact that I had a one-point difference in my prescription in one eye. So I got that fixed, got a new prescription, and some of the headaches then went away.

How does SuperBetter work?

You set a goal for yourself, a challenge. One of the challenges that a lot of people are picking is a marathon or a half-marathon. You then go through a series of missions to identify things like Bad Goys, like people who stand in the way of achieving your goals, or you collect Power Ups, which are things that can make you feel stronger, and bring you closer to your goal every day. You pick Quests, which are things you can do in the next 24 hours to get you closer to your goal. You invite Allies, so they can give you Quests and Achievements and Mantras, words of support. Then you basically use it as kind of like a life-management system, where every day you're doing the Quests, you're collecting the Power Ups, you're reporting battles with Bad Goys. I'm using it to train for my half-manathous.

What's one of the things you're working on through SuperBetter?

One of the Bad Guys I battle with is making sure I get enough sleep, making sure I go to bed early enough so we can ren at 6 in the morning. So I report back about how hard it is, and I want help to overcome it. My Allies can give me suggestions on how to battle it, and one gave me the suggestions of an e-mail energy of the surface.

What's the underlying science of the game?

There's a lot of science behind the game. The game's designed to boost your realismee, to make you stranger in the face of a challenge eather than wesker. If a designed to boost things like optimism, curiosity, gratinote, determination, and there's all these charts. It's a little hit like Nike Plus for your spirit—it builds your determination, optimism. I use Nike Plus too to chart my actual runs with the weather and mileage. Nike Plus lets you track your runs against what we call Heroic Traits which the game helps you build up, and they become part of your arsenal for being able to tackle any challenge. You get a secret identity. When I first made the game after my liead Injury it was Jane the Commission Skiyer. Now it's See Jane Run, which is more fun.

What kind of people are playing the game?

Two sets of people are using it. People dealing with something—depression, anxiety, addiction, and physical injury. On the positive goal side, there are people getting fit, running a nurathon or half-murathon, or losing weight.

You had to take a break from running (and other things) after your injury. How did that go?

I wan't able to run at all for probably about nine months, it was a really long time. I would try, and it just didn't go well. I was still getting migraines for about a year. In terms of running every day, it took about a year and a half after the accident, and I was keeping the mileage pretty-low and still dualing with the migraines. But then I discovered that upping the mileage turned out to be the most incredible cure of all. Interestingly, when I went from 5-K to 5 miles a day, I felt even better.

How'd you start running?

I've been running since high school. My boyfriend was on the track team, and I'd run with him. I was more of a gock—debate, theater. My sophomore year in high school my friends convinced me to join the softball team, because it was the only sport that didn't conflict with debate and theater. I was terrible at it. I had no hand-eye coordination, but I breed the warmup runs—it was the only thing I was good at. As it turns out I broke my nose halfway though the season and got benched, but I kept running. So I was already running a little bit, but then having a boyfriend who was superhuman doing cross-country and track helped me learn about it more.

Did you run in college?

I run through most of college and ran through most of grad school. When I was writing my dissertation for my Ph.D. it was literally the only hour of the day that I wasn't working. It was nine months of torture, but I made sure I got out to run. I went to Berkeley for grad school. The dissertation was about the way alternativeality games change how we think and act in real life, largely in positive ways. They solve real problems. Some of the research informed my book Reality Is Broken.

What do you listen to when running?

I have a lot of Bollywood music, pretty much every Scissor Sisters on my running mix, and Beastie Boys.

Think you'll ever do a marathon?

I'm very interested in that question. In January, I ran my first half-marathon. I ran 1:58:10. I have a feeling I'll get hooked and keep running better times and do more interesting courses. My feeling is that I'll become a half-marathon junkie.

What do you hate about running?

I low it so much, I can't think of anything. It just changes my whole mood for the day, I'm one of those people who bounds out of bed and is ready to go. I get sick of my songs, so I have to find new music. That's probably my biggest challenge, and that's not a big challenge. I'm always scouring the Web to find people's playlists. My challenge is to find that new song that will get me under a sevenminute page.

What do you think you look like when you run?

Sumetimes I look pretty silly. I will just be beaming, I'll be singing along or shouting along to the Buastie Boys. People look at me and think, Wow, sho's having voy too much fun.

Water or Gatorade?

system.

Training foods?

I'm a vegan. I have a Larahar right before I run, and a little bit of decaf coffee. I had to give up coffee because of my baud, and now decaf acts like suffernated on me. We have nice little vegan smoothies afterward. We use a lot of hemp powder.

How is game design similar to running?

With a game you're always trying to convince the player not to give up and to hung in there. It can't be too easy or too hard. I feel like that line is very similar to running and racing. It's being able to strike that balance.

When do you know you've had a great run?

Definitely when I'm more energized after than before

What's your running weather?

I like running at sucrise, and a clear day in San Francisco is hard to come by-the clear days in the morning where you can actually see the sun and not just the fog.

Do you cross-train?

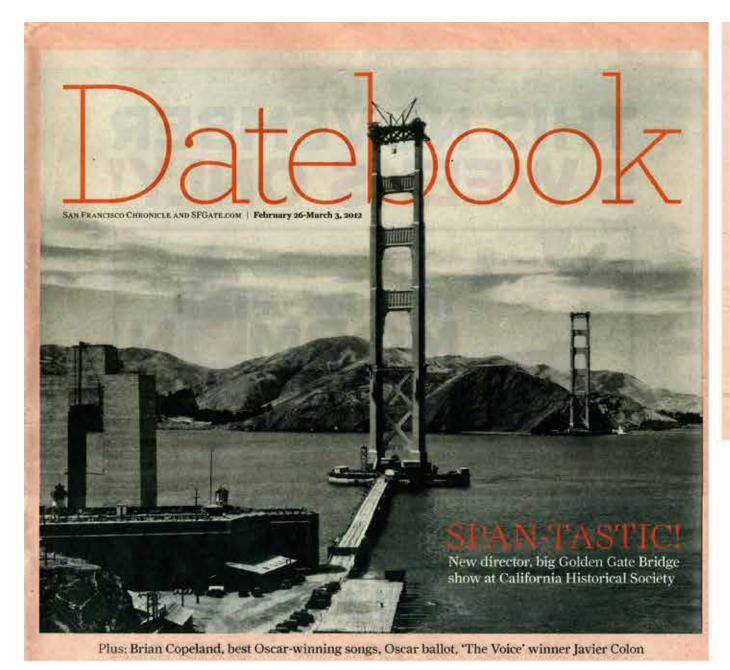
I do your

Is your twin sister a runner?

No. People often ask me what's the difference between us because we are identical and we're very similar. It'd have to be that she just thinks running is the worst form of torture. I have fantasies of getting her to enjoy it.

Have you reconfigured your house so you don't bump your head again?

Yes, I dismanthed the cabinet and unocrewed the door, I wrote "I forgive you un it" and then threw it out.



WELCOME

Glowing bridge exhibition



The Golden Gate Bridge's 75th anniversary is a very big deal. At the California Historical Society, new Executive Director Anthea Hartig wasn't content with just putting up an impressive exhibition inside -she expanded the society's tribute outside. Two weeks ago the building's drab blue exterior

was painted International Orange, the color Sherwin-Williams mixed specifically for the bridge more than seven decades ago.

Hartig came to our attention a few weeks ago, after Chronicle Deputy Managing Editor Meredith White attended an event at the society and met its energetic new director, who rattled off her ambitious plans for the Golden Gate exhibition and beyond. White came back to the newsroom excited about the develop-

"I live near the Historical Society and watch people walk by the building all the time, never even noticing what it is," she says. "I think the vibrant new color is a sign of how Hartig is going to change that." Staff writer Sam Whiting was dispatched to learn

more about Hartig and the exhibition, which includes a rarely seen Ansel Adams photo mural and paintings by artists imagining how the completed bridge would look. To find out more, see Whiting's story on

Next week: Crazy about Edgar Rice Burroughs.

Sue Adolphson, Sunday Datebook Editor

the San Francisco

Symphony which he

6 Sunday Datebook | SAN FRANCISCO CHRONICLE AND SFGATE.COM | February 26-March 3, 2012 N

CONTENTS

2.26-3.03





17 In his latest solo show,

Brian Copeland finds humor in his painful walk

Movies

18 The guys behind "Tim and Eric's Billion Dollar Movie" tell



Music



32 Before tonight's we look back at some memorable best song Oscar

Hadley was

14 The California Historical Society has a new director and a big exhibition on the Golden Gate Bridge's 78th unniversary.

THE S.F. SYMPHONY AT 100: A TIMELINE

Exactly 100 years ago, the San Francisco Symphony was preparing for performances of Tchaikovsky's Vlolin Concerto, the same work it is rehearsing and performing this week. The 1919 performance was led by the first music director of the Symphony, the dashing Henry Hadley, and featured Russian violinist Efrem Zimbalist Se, who went on to direct the Curtis Institute of Music for more than 25 years. his son, knowen on to direct the Chris Historic of Suisse for more than 35 years.

His son, Efrem Zimballist Jr., is the actor known for his TV roles on "77 Sunest.

Strip" and "Maverick," and his granddaughter Stephanie Zimballist played Laura

Holt on NBC's "Remington Steele." The 2012 performances of the Tchaikovsky Violin Concerto feature violinist Arabella Steinbacher and cooductor Charles Dutoit.



When Anthea Hartig became executive director of the California Historical Society, she had just four months to mount the society's extensive Golden Gate Bridge 75th anniversary show, which she emphasized by painting the society building the same color orange as the bridge.

Director gives new meaning to historical society's role

By Sam Whiting

On her first day as executive director of the California Historical Society, Anthea Hartig inherited a Golden Gate Bridge exhibition that was already behind schedule.

On her desk was a contract obligating CHS to mount a historic overview introducing a region-wide 75th anniversary celebration for the 1.7-mile crossing. There were four months to the opening, and that's all

Interim Director Mary Morganti hazarded a calming joke. "Well, you know you could always paint the building International Orange."

Hartig, a charismatic ex-UCLA rower who stands 5 feet 11 in heels and moves with long strides, gave Morganti a look to indicate it was too late to take it back. The wheels were turning on a concept that would brilliantly "achieve my goals of bringing the society's collections up and out," says Hartig.

If you go by CHS today, in a repurposed hardware store half a block away from SFMO-MA, you can see how far that little joke went. You'll also see how far the new director plans to take this sclerotic state institution in the direction of "up

The squat, two-story building, heretofore painted blue with white trim and described by Hartig as looking like "a slightly sooty Wedgwood piece that is sitting on your grandmother's shelf," is now painted in the precise shade Morganti

recommended. The bridge district gave 5 gallons, and its supplier, Sherwin-Williams, mixed up another 20 to match the span's tone.

"I want people to say, 'You need to see the show in that orange building," says Hartig, "Plus the practical side of me knows that the building needs painting.

A public historian, as opposed to an academic historian, Hartig's specialty is in saving the built environment. "I love the smell of rehabilitation," she says. But she's never before put on an exhibition, has never run an organization of this size and scope, and is not sure what the words "historical society" mean in the 21st century.

She started Oct. 10 and scaffolding has already been up and down. The front desk, which resembled a librarian's



San Francisco since 1871, but

that is just the point, It's not

Los Angeles Basin, Hartig

estimates that maybe 2,000

nia Historical Society, and

class at the University of

have ever heard of the Califor-

these are probably the people

who have taken Kevin Starr's

ical Society.

the Northern California Histor-

Out of all the millions in the

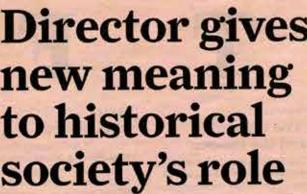
The exhibition that will multiply those numbers opens today because Feb. 26, 1933. was the ground-breaking cere-

mony and parade. There will be other art displays, most creatively an installation of 17 site-specific commissions at Fort Point, But "A Wild Flight of the Imagination" is the only one open now for an extended run - three months of buildup to the big event Memorial Day weekend, and five months of afterglow. By the time the Golden Gate Bridge 75th anni-

versary show has run its course, Hartig estimates that 75,000 people, a coincidental number, will have come to see

"I told my board when they hired me it is all about decimal points. If we have 3,500 members and there are 35 million people in the state, we just need to keep on moving the

Hartig continues on page 16





Erik Verduzco / The Chronick

California Historical Society curator Jessica Hough and staffer Ernest Jolly look over an Ansel Adams photo mural from the Golden Gate Bridge, Highway and Transportation District administration building, part of the society's bridge exhibition.

COVER STORY

The art treasures of the toll plaza

By Sam Whiting

The Golden Gate Bridge Toll Plaza is not generally thought of as a place to stop and study fine art.

So when Anthea Hartig phoned bridge district headquarters to inquire about its collection, she was told, "If you guys are having an exhibit, we have a few things hanging in our office and probably a few more things in our basement.'

Underwhelmed by this sales pitch, Hartig drove out to the toll plaza anyway, to take a look at those "few things." Before she'd even reached the administration office she'd passed stairway art by Chesley Bonestell and Maynard Dixon and hallway art by Ansel Adams.

She came away with 12 major pieces - some rolled up in storage, others tucked behind cabinets - all never before seen together in a gallery setting. The bridge loan is central to "A Wild Flight of the Imagination: The Story of the Golden Gate Bridge," which opens today in the CHS galleries on Mission Street.

Emergency curator

The show was put together in four months, which was about a year less than Hartig needed. So her second call went to Jessica Hough to come in as an emergency curator.

Hartig's pitch to Hough was as ho-hum as was the bridge district's pitch about its collection. "She totally undersold it. I was thinking this was going to be a little show," says Hough, who accepted the job before remembering that California history was not her area of interest. "I'm a contemporary curator."

Hough, who is 40 and lives in Los Angeles, arrived on the scene in the fashion of Winston Wolf, the cleanup expert portrayed by Harvey Keitel in



A ticket for "Pedestrian Day" on the new Golden Gate Bridge in 937 is among the artifacts in the 75th anniversary exhibition "A Wild Flight of the Imaginatio,"

'Pulp Fiction." Which is to say she solves problems.

All Hough had to do was to put together a show for someone like herself - someone familiar with the bridge, but also familiar with its erroneous assumptions. "People think it is called the

Golden Gate because the bridge is called that, not because it spans the Golden Gate," says Hough, who lived in Oakland for two years while director of the Mills College Art Museum. "They don't realize that the landscape, that aperture, had an important and extensive life before the bridge was built to span it. They also sometimes think the bridge should be gold." Of the 290 items in the show, more than half are borrowed. Acting on leads provided by volunteer bridge district historians Robert David and Trubee Schock, Hough snooped out all the grandiose architectural de-

sign plans that were rejected, along with those that were realized, in storage at the Environmental Design Archive at UC Berkeley. A scrapbook put together by an ironworker before he fell to his death from the span was uncovered at the Labor Archives & Research Center at San Francisco State University.

No end of ephemera

pictures, there are cables and rivets, tool belts and tools, and brochures. Back in the day, San Francisco was a printing center, so there is no end of ephemera hyping the bridge.

At this point, Hough might be the top expert on the Golden Gate, "I got my certification very quickly," she says

Hartig and Hough make quite a team - one tall, one short, equal in enthusiasm. Equal in thinking big, too.

If a building painted In-

ternational Orange isn't enough, they plan to have vintage cars parked at CHS for today's grand opening. And because they are historians and curators, they are verifying "that the cars actually drove over the bridge on May 28, 1937, the day it opened to vehicle traffic," Hough says.

Today's free public reception will feature a swing band and In addition to paintings and dancers. Hough and Hartig will be recognizable in 1930s dress. They will be on the lookout for an official sombrero from the Golden Gate Bridge Fiesta which lasted a week in 1937.

That is the one artifact Hough was unable to locate. So if you have an official Fiesta sombrero to loan, bring it. She will make a place for it in the exhibition.

Sam Whiting is a San Francisco Chronicle staff writer. swhiting@ sfchronicle.com

"I want people to say, You need to see the show in that orange building.' Plus the practical side of me knows that the building needs painting. ... I love the smell of rehabilitation."

Anthea Hartig, new executive director California Historical Society

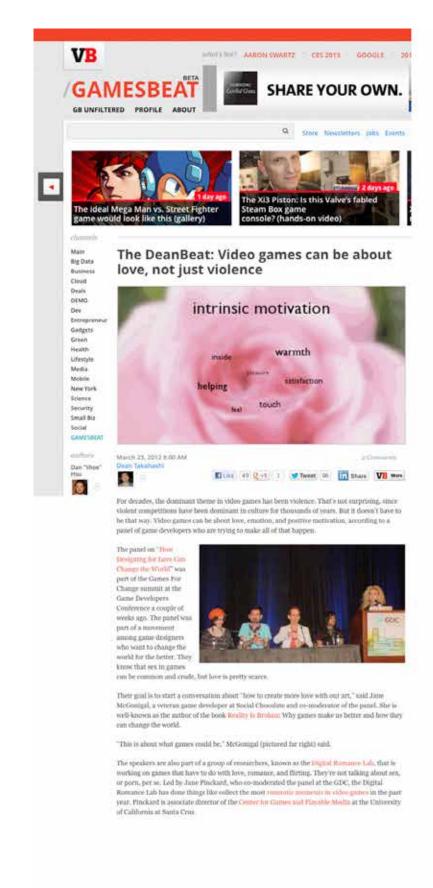
Hartig from page 15

decimal point," she says. That math appealed to the board, as did the math in not having to pay movers. Hartig was hired away from the National Trust for Historic Preservation, where she was the Western director. Her office was in the Hearst Building on Market Street, so all she had to do was roll her things down Annie alley to the historical society on Mission Street.

Hartig, who turned 48 last week, is married to John Swiecki, community development director for the city of Brisbane. They own a classic California Eichler in San Mateo. Their boys, Langston and Cameron, will go through the California public school system just like their mom did, all the way through her Ph.D. in U.S. history from UC River-

Hartig is on her eighth business card, and "I don't know if I need any more," she says. 'Maybe one or two." But she's not going anywhere until she has a good answer to her own question, "What is a historical society?" ■

Sam Whiting is a San Francisco Chronicle staff writer. swhiting@ sfcbronicle.com



Chicon Home (pictured in orange but) and Michael Molimer) (pictured in blue shirt) became a real-life couple shile working on a game called The final of Us. Created in a 48-tiour Global Game Jam in 2011, the game features two cornets that come together and frolic through the wold. They



it becomes clear that one of them is going to collide with the Earth. After the collision, only one loosly comet in left to fly through space. The game is about how to deal with a great loss of a love.

Molinuri said, "You have to first have something, before you lose. So knowing that, the whole game holids up to this moment of loss."

People who played the game reacted very emotionally to it.

Howe, design director at Super Berne Lale, said the science behind emotion shows that when you feel an emotion, you spread it to six people. In a day, you can affect spore than 250 people.

'How do you figure that out and stick that in a game?" Howe asked.

When you affect a player with emotion in a game, you can make an impact on more than 250people.

One way is simply to give players a way to communicate and enable them to "project themselves into a space that we leave open for them," Super Better Labs did this with a "secret wall" that players could find and then use to talk to each other.

If love is defined thy psychology professor farthers Professon) as a "shared positive emotion," then sharing of games and sharing in games is a way to bring love into them. Howe said some of her favorite games that did this were two the Degam, Flower, and Mirror - Edge. With these games, Howe said, she felt full of hope and wonder while she was playing them.

Martin Hollis (pictured center), a former hardcore game designer who is co-founder of the Digital Romairee Lab, caid the 5,000-year-aid Royal Game of Ur, the oldest board game in the world, was about dominating others. On the panel, he said that line was Nomanus, the computing pioneer, segoed that in game theory, zero sum games mean there are only winners and losers. You might conclude that games are always competitive, alway-confrontational.

But Hollis said John Nash, the mathematician depicted in the film A Beautiful Mind, argued that there was another kind of strategy, disbloed non-conjunctive qualiforms, where cooperation in games can pay off for the good of all. Hollis also mentioned that actress five Gabor said, "Lave is a case that two can take and both win."

Hollis said be bopes that a "change is in the sir" regarding the remancic genre in video games — a genre that currently doesn't exist. Perhaps, he said, we can book back on this moment in 5,4000 years and view it as a turning point for love games. He thinks it would be cool to make many games where you can test whether people are a good match or not. He thinks such games could give some intrinsic motivation, or pleasure from within, by being a skilled matchmaking an "match two" games.

"Games have been about war for thousands of years. Why not change them?" he asked. "Make love games normal. Maybe then, in 5,000 years, half the games will be about war, and half about hase."

Scott Brodie, Runder of therridaped Games in Kirkland, Wash, sent a recording because he wasn't able to be at the panel in person, since his wife was having a haby. His game was Hero Generations, where a lifetime lasts five minutes. In that time, you have to choose a mote, choose when to have a family, and then end your heroic adventures. You can build things like farms and roads that the next hero who succeeds you can take advantage of. The hero has to invest time with his or her family and make ascrifters while seeking individual goals.

You can design a game to influence how people view the world, he said. If you change one player at a time, you can change the world.

Mito Khandaker (pietward second from right), an indie game developer and researcher at the University of Poetonouth in the United Kingdom, said that love is a very diverse thing and that it takes a lot of thought to figure out which part of it you want to depict in a game.

"How do you model the experience of love? Any one couple?" Khandaker said.

At the Digital Romance Lab, she worked on a game with rubots. In the game, one robot had to search for another robot and find a companion. That led to the game Redshirt, surrently under development in the U.K. The game lets you schmooze your way through social circles and claw your way up the career ladder.

McGonigal said, "Let's see a love game nominated for the awards next year, or featured in a keynote." $\label{eq:control}$

Games Beat 2012 to the state as Venture Beat's fourth annual conference on disruption in the video game nurket. This year use've calling as speakers from the hotest mobile, social, P.C., and console companies to debate new wings to stay on pare with changing consumer tastes and platforms. John Speakerses, investors, analysis, entrepreneurs, and press as use explore the gaming industry's latest trends and newest monetization opportunities. The event takes place July 10-11 in San Francisco, and you can get your early-bird tickets bere.



Social Chocolate Gets SuperBetter!

Social Chocolate Announces Company Name Change to SuperBetter Labs prior to its public beta launch of SuperBetter, its first social online game

February 24, 2012 FOR IMMEDIATE RELEASE

CONTACT: Cathie Bennett Warner PHONE: 415-420-1573

cathie@superbetter.com

Social Chocolate has changed its name to **SuperBetter Labs**.

The San Francisco-based company, founded in 2010, announced the name change today to better reflect its core mission – designing the platforms that help people lead "epic lives." The concept of an epic life is centered on developing strong social relationships, positive emotion, overcoming challenges, and creating a truer sense of purpose in the real world through the use of online game mechanics.

"When we lead epic lives, we choose every day to do what matters most, even when it is hard for us," said Chief Creative Director, Jane McGonigal, PhD.

SuperBetter Labs is introducing its new name just ahead of its public beta launch for its first game, **SuperBetter** on March 9th. In line with the company's vision and mission, SuperBetter is an online, social game platform designed to help players build personal resilience and achieve their health and wellness goals.

"SuperBetter Labs is a truer interpretation of what our services will be in the future – from our first product focused on the health space (SuperBetter), to future gameful IT products similarly designed to assist those intent on leaning into their lives, "said CEO John Yost in making the announcement.

More information can be found on the SuperBetter Labs web site, Facebook page and Twitter feed. www.superbetterlabs.com, http://www.facebook.com/superbetterlabs. twitter.com/superbetterlabs (@superbetterlabs)















MIAMI'S LATEST

Co.LEAD

Enjoy a 3rd night on us. RESERVE NOW ▶

MIAMI-SOUTH BEACH

THE IPAD EDITION

Co.DESIGN

Co.CREATE

Co.EXIST

TECHNOLOGY

MOST INNOVATIVE COMPANIES

MAGAZINE

NOW

What To Do And See At SXSW, For The Gamer To The Style Buff

BY FAST COMPANY STAFF I FEBRUARY 13, 2012



Don't know how to wade through the hundreds of music, film, and interactive events at the hipster's smorgasbord in Austin? Don't worry, we did it for you.

For The Gamer

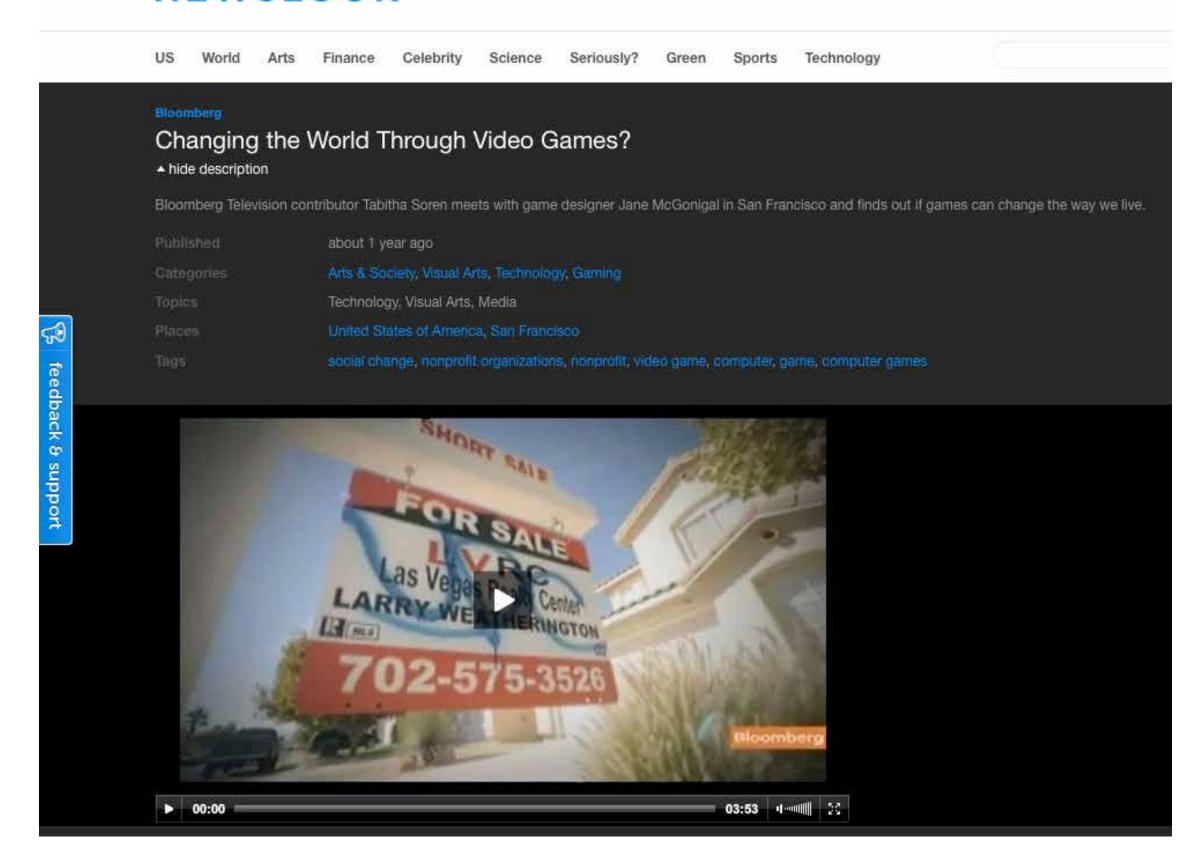
"A Crash Course in Becoming SuperBetter"

After game designer Jane McGonigal suffered a brain injury, she built SuperBetter, in which the goal is better real-life health. "There's a poignant context in games now," says SXSW events programmer Karen Ngo.

March 9

Austin Convention Center

NEWSLOOK





secont episade and I pledged to try using Superbetter for six

weeks, blogging about the process and how it potentially helps

smaltiple fractures of my tibia and my fibula (the bones in m) JOHN TITE DESCRISSION (12) leg below the knee and above the ankle). After my first surgery, I spent three weeks in a device called an external fixator,

my convalencence.

In my accident, I sustained

which was drilled into the bones in my leg, pictured to the right. I had a second surgery on June 1st to remove the fixator, and then I spent about 6 weeks on enitches. I have been walking since July, but I still experience a lot of pain related to my leg. I walk with a limp, my leg swells up every afternoon, and I'm generally incapable of a lot of the activity I did prior to the accident. Worst of all, the accident just left me incredibly depressed.

When I first heard about Superbetter, I assumed that it was basically designed to help people with physical recuperation, but after talking to McGonigal and playing with the program, I've found that FEEDS the game is much more open-ended, allowing users to focus on whatever part of the recovery process they think is most important to them. In that way, it's a very robust tool, allowing for incredible custimatization. But, at the same time, having so many options made the beginning of the game the most difficult aspect for me.

Establishing a baseline in Superbetter requires completing seven "missions," which are basically objectives for the game. For this blog entry, I'll detail those seven missions.

Mission 1: Identify my epic win

SUPERBETTER

Strangely, I found this to be the most difficult aspect of the whole game. Your epic win is something that, ideally, can be completed in six weeks. Something, according to Superhetter that "signifies you've taken a huge step towards becoming better." The problem, for me, is that "better" is awfully vague.

With the cajoling of my co-workers and my wife, I decided to make my goal a 3-mile ride around Brooklyn's Prospect Park. It's a far cry from the 10 miles I used to ride to and from work everyday. Tent you have to start unmowhere. Limess

On The Media Latest Episodey (Atom) On The Media Latest Stories (Atom) On the Media Feed (Atom) gaming Fred (Arum) ane megunigal feed (Atom) superbetter Funt (Atom) On The Media Podcant

Mission 2: Create my secret identity

As I mentioned in our interview, when asked to pick a secret identity, I automatically thought of Omar Little, the loner who robs drug dealers from the HBO show The Wee. And, hey, as Omar says, "It's all in the game."



Mission 3: Bad guys

Choosing bad guys is pretty easy. I just identified all the bad habits I'd developed in the few months since the accident. Those include being really antisocial, playing video games too much, staying up very late, drinking too much caffeine, eating too much junk food, and just generally being incredibly negative. Well, homestly, I've always been pretty negative, but since this is about being "superbetter," rather than just "better" I suppose I'll try and dial that back a hit too-

Mission 4: Power ups

Power ups are things that push me to keep going, and that make me feel good. Things I can do without a lot of effort that make my feel better. As such, I picked playing guitar, reading, and hanging out with my cats, both of whom are pretty amazing. I am also a hig fan of podcasts, and I usually have about 10-15 on my iPod at any given time, so listening to those will be helpful as well.

Mission 5: Ogests

Quests are essentially smaller goals that I set for myself in pursuit of my epic win. Here are the quests I've set for myself.



Go to Physical Therapy (twice a week), I hate physical therapy. It hurtz, and after months it has come to feel like it un't helping anymore. But, realistically, if I'm going to be doing things like riding my bike, I'm going to have to go regularly.

Climb my apartment sizairs five times (twice a week). Here us the 3rd floor, It's a good legstrengthening exercise. I guess it couldn't hurt, right?

Walk two miles a day. This isn't as crazy as it sounds, because I walk about a mile a day to and from the subway for my work commute. I'm just going to walk to a subway stop that's further away from my house.

Ge out with friends. One side effect of having leg pain all the time is that sitting still is a lot less painful than walking around, and I feel terrible about life all the time, so I never want to go anywhere. As such, I tend not to leave the house very much these days. I'm going to try to force myself to hang out with people twice a week.

Mission 6 Allies

Allies are supposed to encourage you to stay on the righteous path of convalescence. As such, I picked two allies who I see almost all day, every day. First, I picked my wife, Sarah. Second, I picked my colleague, PJ Vogt. As my allies, it's their responsibility to be ever mindful of my progress and encourage me to continue to try and reach my goals every day. And to stoically endure when I yell at them for constantly reminding me to push myself.

Mission 7: Future Boosts

According to Superbetter, futureboosts are "any two things you're looking forward to - in the next day, the next week, or the next month." Aside from coming up with an epic win, this was the other mission I found really difficult. Strangely, when I asked Sarah for some advice for coming up with future boosts, she mostly came up with things that I could do with her that she would hate, such as watching horror or action movies, and making her eat a hanana (Sarah hates bananas so much that she gets queasy just smelling them. Naturally, I've been trying to figure out a way to make her eatone for years. Who knew all that needed to happen was for me to get run over by a rar?)

Exentually, Lettled on a rouple of much more neutral superboosts - going out to dinner, and going out to a show of some kind. But I won't rule out exploiting the banana option in the future.

Now that I've chosen my 7 missions, I'm ready to start using Superbetter. There's still plenty more to the game - there are self monitoring components, unlockable achievements, and much more. I'll detail more of those components of the game in my next entry. If you have any questions or comments about the game, please let me know in the comments, and I'll be happy to follow up with

(Follow the links for other superbetter articles; Segment from September 30th episode of Chr fire Media; Entry 7; Entry #3; Entry #4; Entry #5; Entry 6; Entry 7; Entry 8)

TAGS: garning, ame mogonigal, superbetter

MORE IN: On the Modes a



dilman is a producer for On the Media. One time he got run over by a

SF Gate, discusses Ted Taub's decision to give up Koret Foundation Board Presidency, March 19, 2014

http://www.sfgate.com/bayarea/article/Koret-Foundation-s-Tad-Taube-giving-up-board-5332125.php

Anderson Cooper 360, CNN, Anderson Cooper interviews family of Warren Weinstein, U.S. citizen held by al-Quaeda, aired January 3, 2014

http://ac360.blogs.cnn.com/2014/01/03/web-exclusive-family-of-72-year-old-american-hostage-responds-to-proof-of-life-video/?iref=allsearch

Washington Post interviews family of Warren Weinstein, U.S. citizen held by al-Quaeda, December 31, 2013 http://www.washingtonpost.com/world/national-security/family-of-warren-weinstein-us-citizen-held-by-al-qaeda-tries-to-keep-hoping/2013/12/31/b264a6a6-726c-11e3-9389-09ef9944065e_story.html NO LONGER UP ONLINE TO ACCESS

ABC News Exclusive interviews family of Warren Weinstein and shows clips of his taped statement made by al-Quaeda, December 30, 2013

http://abcnews.go.com/GMA/video/wife-kidnapped-american-warren-weinstein-back-21366852

Silicon Valley Business Journal interviews Ted Taub, August 16, 2013 http://www.bizjournals.com/sanjose/print-edition/2013/08/16/tad-taube-took-a-flier-got-into-real.html?page=all

Press Release: SuperBetter Labs co-hosts White House webinar on games and health http://superbetterlabs.com/wp-content/uploads/2011/12/ONC-Health-Games-ReleaseFl-NAL-copy1.pdf , May 2012 NO LONGER UP ONLINE TO ACCESS

Fast Company names Chelsea to its "100 Most Creative People in Business" list http://www.fastcompany.com/most-creative-people/2012, May 2012

Press Release: SuperBetter Labs teams with Oprah Winfrey Network to create Oprah's Thank You Game http://superbetterlabs.com/wp-content/uploads/2011/12/SBLThankYouGamepressrelease_FINAL.pdf, April 2012 NO LONGER UP ONLINE TO ACCESS

New York Times covers SuperBetter and Jane http://www.nytimes.com/2012/04/29/fashion/jane-mcgonigal-designer-of-superbetter-moves-games-deeper-into-daily-life.html?_r=1&pagewanted=all, April 2012

Read Jane's CNN blog and see clips from the Next List with Sanjay Gupta's coverage of SuperBetter http://whatsnext.blogs.cnn.com/2012/04/16/jane-mcgonigal-a-game-saved-my-life/, April 2012

Fast Company covers SuperBetter in a video interview with Jane http://www.fastcom-pany.com/1826188/jane-mcgonigal-reality-is-broken?partner=homepage_newsletter, March 2012 NO LONGER UP ONLINE TO ACCESS

VentureBeat covers Jane and Chelsea at the Game Developers Conference http://ventureBeat.com/2012/03/23/the-deanbeat-video-games-can-be-about-love-not-just-vio-lence/, March 2012 NO LONGER UP ONLINE TO ACCESS

Wall Street Journal's MarketWatch covers Chelsea's "2012 Rising Star" award http://www.marketwatch.com/story/superbetter-labs-superbetter-game-design-director-wins-2012-rising-star-award-2012-03-22, March 2012 - NO LONGER UP ONLINE TO ACCESS

San Francisco Chronicle features SuperBetter and Jane http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2012/03/01/LV7E1NDDO5.DTL&ao=all, March 2012

Runner's World interviews Jane about SuperBetter and game design http://www.runnersworld.com/article/0,7120,s6-243-544--14237-F,00.html, March 2012 NO LONGER UP ONLINE TO ACCESS

Fast Company says Jane's presentation is one of the four things you should see at SXSW http://www.fastcompany.com/magazine/163/a-very-brief-sxsw-guide, February 2012

Press Release: Social Chocolate changes its name to SuperBetter Labs http://superbetterlabs.com/wp-content/uploads/2011/12/SuperbetterLabsPressRelease-FINAL.pdf, February 2012 NO LONGER UP ONLINE TO ACCESS

Hub Culture interviews Jane about SuperBetter in Davos http://www.youtube.com/watch?v=8hjH3_ZR0ns, February 2012

Bloomberg News interviews Jane about SuperBetter http://www.newslook.com/videos/373189-changing-the-world-through-video-games, November 2011

NPR producer blogs about using SuperBetter http://www.onthemedia.org/blogs/on-the-media/2011/oct/04/superbetter-diaries-entry-1/, October-November 2011 NO LON-GER UP ONLINE TO ACCESS

NPR features SuperBetter http://www.onthemedia.org/2011/sep/30/gaming-back-health/, September 2011

Jane speaks at Google's Zeitgeist symposium http://www.zeitgeistminds.com/videos/game-on-jane-mcgonigal-at-zeitgeist-americas-2011, September 2011 - NO LONGER UP ONLINE TO ACCESS