

the OUTLOOK

of Pleasant Hill, California

Farmers' Market open on Saturdays!

PH Certified Farmers' Market set for spring opening on May 3

Around the first weekend of May while cherries are sweet and plentiful and the emerald green of local asparagus can be seen a block away, Contra Costa Certified Farmers' Markets teams up with local farmers and vendors and the City of Pleasant Hill to open the Pleasant Hill Certified farmers' Market.

Look for the freshest possible local fruits and vegetables you can buy from the farmers growing them. All your favorite growers and vendors are gearing up to make sure you get to take home local asparagus and cherries, strawberries, lettuces and greens of all kinds, organic beef, local honey, Barbara's

Jams, kettle corn, baked goods, and much more.

Join us May 10, 2008 for a grand opening ceremony of festivities, including a Pleasant Hill Chamber of Commerce ribbon cutting at 11:00am. The market will also host a cooking demo by local favorites Daniel Clayton and Trace Leighton from Nibblers Eatery and Wine Bar who will create magic with delicious, seasonal produce from 11am to 1pm. Local cookbook author Elaine Magee will be on hand signing copies of her exciting new book *Food Synergy*. Buttons the Clown and live music all day, with many community groups participating, will complete the fun.

Be a part of history and do the environment a good turn at the same time by shopping local and supporting the small family farm! ♣

Green Garlic Sautéed with Mushrooms and Asparagus

3 stalks of green garlic, sliced thin
1 pound of asparagus, sliced thin
½ pound of cremini mushrooms, sliced
2 tablespoons olive oil
Sea salt and ground pepper to taste

Heat a large skillet and add olive oil. Let heat for a few seconds and add the green garlic. Sauté for a minute or two and add the asparagus and mushrooms. Let cook until the asparagus is bright green and season with salt and pepper.

Serves 4 generously.

Dates and time: Market runs every Saturday from 10am to 2pm, rain or shine, through October

Market location: Pleasant Hill City Hall parking lot at the corner of Gregory and Trelany

CCCCFM Hotline: 925-431-8361 or go to www.cccfm.org.

Take pleasure in the joys of living in Pleasant Hill

—June Catalano, City Manager

Taking stock of all that's happening in our city is easier said than done. In this issue of the Outlook you will find no less than twenty-five community events occurring over the next two months with activities for everyone—music, food, art, gardening, movies, reading, recycling, golfing, swimming and lots more. Take your pick.....

This coming weekend will whet your appetites with the opening of the Farmers' Market and the *Taste of Pleasant Hill* at the Community Center. Over at the Senior Center they want you to

Laugh, Love and Learn, and on May 10, the Winslow Center hosts the Garden Study Club's Annual Plant Sale. The Library also has plenty of events for the entire family with a Reading Festival on the weekend of May 16-17.

There's no shortage of live music either—our Summer Concert series by the Lake begins Memorial weekend and continues every other Sunday through Labor Day. In addition, we're also hosting the Garage Band series for Teens and a Moonlight Movie showing. The Chamber of Commerce is staying busy with the first "Toast to Summer" event at the City Hall lake on May 31. This prom-

ises to be a wonderful evening with food from some our top Pleasant Hill Chefs, live music and other activities.

Check out our Community Events Calendar on page ten for a complete listing of events with more details throughout the Outlook.

P.S. In this edition of our "City At Work" insert you will find out what measures the City has taken to improve traffic circulation around schools, get an update on current development projects throughout the city and learn about our street resurfacing projects for 2008. ♣



News from the City

Be vigilant and prevent crime

From January 1 through March 30, 2008, the Pleasant Hill Police Department has handled over 5,000 calls for service. The City has seen a four percent increase in crimes against persons and a one percent increase in property-related crimes. Certain precautions can be taken to minimize the chances of becoming a victim.

Some precautions include:

- Park in well lit areas and lock your vehicle's doors.
- Report suspicious persons to the Police by calling 9-1-1 or the non emergency number at (925) 288-4600, depending on circumstances.
- Do not leave valuables in plain sight in your parked car. Global Positioning Satellite (GPS) are very popular with thieves. GPS devices and their mounting brackets should not be left inside your car. Laptop computers and items of value should never be left in plain view. Property thefts are crimes of opportunity.
- Be sure to retain possession of your credit card after making a purchase. Keep receipts for your purchases until you have obtained your billing statement.
- Use only secure websites for online orders and maintain the confidentiality of any passwords.

Stay safe when cycling

Bicycle related head injuries account for approximately 500 deaths nationwide per year or approximately two-thirds of all bicycle related deaths. If all bicyclists wore helmets, bicycle related deaths could be reduced by one a day. Bicycle helmets are 85 to 88 percent effective in reducing head and brain injuries caused by traffic accidents.

Talk safety with your kids

Please remind your children not to talk with strangers and to seek help from a teacher or police officer if they feel something is wrong. Having periodic talks with your children about safety will ensure they remain safe at school and in your neighborhoods.

For more tips and information on safety, please contact the Traffic Division of the Pleasant Hill Police department at (925) 288-4617. ♣

Letter to homeowners from the City Building Crew

BUILDING SAFETY WEEK

It's that time of year again when the City's Building Division celebrates "Building Safety Week" from May 5-11. This week gives us an opportunity to inform the citizens we serve about the essential role building safety professionals play in protecting their lives and property. We visit schools in the area to educate young citizens about home safety and to reinforce the information they take home to their family members.

Each year during Building Safety Week some of the members of the International Code Council (ICC), regulated by the State Building Standards Commission, take the building safety and fire prevention message directly to the nation's top lawmakers. They put a face to the building code profession and raise the visibility and credibility of our jurisdictions. They explain the code development and enforcement process for our municipalities and express our support for bills that drive safe building throughout the country.

Building Safety Week is an ideal forum for opening dialogue about the value of building safety and fire prevention codes and how we can further enforce these codes to protect lives and prevent or minimize building destruction during natural or manmade events.

Again, we are here to answer and support your concerns. We supply handouts for your availability. Please call (925) 671-5200 with any questions.

Sincerely,
Mike, Vicki, Ed, and Brent
City Building Division, 671-5200



Get ready to party on the 4th!

Another grand celebration is in the works for Pleasant Hill's 2008 Fourth of July event! The Fourth of July Commission has selected "Let's Party!...Small Town Fun for a Big Nation Celebration!" as the fun theme for this year's extravaganza. Appropriately, Buttons the Clown will be the Grand Marshall for the event.

The fourth annual Firecracker 5K Fun Run sponsored by Fleet Feet Sports will kick off the day's activities. All proceeds from benefit Pleasant Hill schools. The parade immediately follows, with entrants vying for the Mayor's Trophy and the Commissioners' Trophy. A new third trophy, the "Green Oak Award," will be presented to the entrant that most provides an awareness of environmentalism and conservation. Round up your friends and family and put together a fun party float!

Non-stop entertainment continues as the Party in the Park provides great eats and fun family entertainment. A new stage activity features local garage bands entertaining youth and teens. Traditional and new stage performances will take place under the oak tree as you munch on ribs from Back 40 Texas BBQ. The popular petting zoo will make a return visit for the young ones.

A very special evening is planned this year. Outback Steakhouse will once again be providing a lip smackin' dinner. And remember watching the Boston Pops serenading the crowd on the Boston Esplanade? Well, the Diablo Valley College Pops Orchestra will be serenading us live ...before and during the fireworks! That's one "firecracker" of an evening!

To volunteer and be a part of this great celebration. Call Jim Bonato at 938-5433, Diane Lucido at 827-9145, or Bob Higgins at 798-7573. For more information, go to www.phjuly4.com. ♣

New cell phone laws—FAQs

Two new laws dealing with the use of cell phones while driving go into effect July 1, 2008. Below is a list of Frequently Asked Questions concerning these new laws.



A: The new laws take effect July 1, 2008

Q: What is the difference between the two laws?

A: The first prohibits all drivers from using a handheld cell phone while operating a motor vehicle. Motorists 18 and over may use a hands-free device. Drivers under the age of 18 may NOT use a cell phone or hands-free device while operating a motor vehicle.

Q: What if I need to use my telephone during an emergency, and I do not have a hands-free device?

A: The law allows a driver to use a cell phone to make emergency calls to a law enforcement agency, a medical provider, the fire department, or other emergency services agency.

Q: What are the fines if I'm convicted?

A: The base fine for the FIRST offense is \$20 and \$50 for subsequent convictions. According to the Uniform Bail and Penalty Schedule, with the addition of penalty assessments, a first offense is \$76 and a second offense is \$190.

Q: Will I receive a point on my driver's license if I'm convicted for a violation of the cell phone law?

A: NO. The violation is a reportable offense: however, DMV will not assign a violation point.

Q: Will the conviction appear on my driving record?

A: Yes, but the violation point will not be added.

Q: Are passengers affected by this law?

A: No. This law only applies to the person driving a motor vehicle.

Q: Can I be pulled over by a law enforcement officer for using my handheld cell phone?

A: YES. A law enforcement officer can pull you over just for this infraction.

Q: What if my phone has a push-to-talk feature, can I use that?

A: No. The law does provide an exception for those operating a commercial motor truck or truck tractor (excluding pickups), implements of husbandry, farm vehicle or tow truck, to use a two-way radio operated by a "push-to-talk" feature.

Q: What other exceptions are there?

A: Operators of an authorized emergency vehicle during the course of employment are exempt as are those motorists operating a vehicle on private property

Drivers 18 and over

Drivers 18 and over will be allowed to use a hands-free device to talk on their cell phone while driving. The following FAQs apply to those motorists 18 and over:

Q: Does the new "hands-free" law prohibit you from dialing a cell phone while driving or just talking on it?

A: The new law does not prohibit dialing, but drivers are strongly urged not to dial while driving.

Q: Will it be legal to use a Blue Tooth or other earpiece?

A: Yes, however you cannot have BOTH ears covered.

Q: Does the new hands-free law allow you to use the speaker phone function of your cell phone while driving?

A: Yes.

Q: Does the new "hands-free" law allow drivers 18 and over to text page while driving?

A: The law does not specifically prohibit that, but an officer can pull over and issue a citation to a driver of any age if, in the officer's opinion, the driver was distracted and not operating the vehicle safely. Text paging while driving is unsafe at any speed and is strongly discouraged.

Drivers under 18

Q: Am I allowed to use my cell phone hands free?

A: NO. Drivers under the age of 18 may not use a cell phone, pager, laptop, or any other electronic communication or mobile services device to speak or text while driving in any manner, even hands free. EXCEPTION: Permitted in emergency situations to call police, fire, or medical authorities.

Q: Why is the law stricter for provisional drivers?

A: Statistics show that teen drivers are more likely than older drivers to be involved in crashes because they lack driving experience and tend to take greater risks.

Q: Can my parents give me permission to allow me to use my cell phone while driving?

A: NO. The only exception is an emergency situation that requires you to call a law enforcement agency, a health care provider, the fire department or other emergency agency entity.

Q: Will the restriction appear on my provisional license?

A: No

Q: May I use the hands-free feature while driving if my car has the feature built in?

A: NO. The law prohibits anyone under the age of 18 from using any type of wireless device while driving, except in an emergency situation.

Eco-friendly commuting that is easy on your wallet

Pleasant Hill residents and workforce can be more environmentally-friendly by carpooling or taking transit to work instead of driving alone. By sharing your commute, you can save up to \$81.50 for each 100 miles driven, according to the American Automobile Association for 2007.

511 Contra Costa is offering incentives to first-time carpoolers and public transit riders to help get you started.

- **Carpool:** Eligible applicants receive a \$60 Safeway or Shell gift card.
- **Transit:** Eligible applicants receive a \$60 BART ticket and/or bus pass.
- **Guaranteed Ride Home Program:** a taxi voucher that supports carpoolers and transit riders.

The goal of the incentives is to encourage long-term carpool and transit usage and improve air quality in the community.

Visit www.511contracosta.org and go to the Carpool or Transit tabs for details and an application. Restrictions apply. 511 Contra Costa commuter incentive programs are funded by Bay Area Air Quality Management District in cooperation with the Contra Costa Transportation Authority. ♣



Electronic-Waste Recycling Event

FREE "E-Waste Drive"
benefiting the
Pleasant Hill Senior Center
Saturday, June 21

10am to 3pm at the Pleasant Hill Senior Center, 233 Gregory Lane

E-waste represents 2-5% of all waste generated on a yearly basis in the US. An estimated 300,000 tons of E-waste went into landfills in 2000 and the problem has become four times greater over the past few years.

All electronic equipment will be accepted including: monitors, towers, laptops, TVs, stereos, copiers, fax machines, DVD/VCR/CD players, cell phones, etc. For more information contact Kendra Luke at (925) 798-8788. ♣



Guidelines for preserving and protecting trees in Pleasant Hill

You may recall a previous Outlook article discussing trees and their importance to the City and the environment. With springtime here and summer right around the corner, the many benefits of our trees become more apparent.

Our trees provide cooling shade to lower our energy bills, absorb carbon dioxide to clean and provide the air we breathe, and create beautiful green spaces and wildlife habitat for all to enjoy. It's also a good time to review the City's tree protection requirements.

Recently, the City formally adopted *City-Wide Design Guidelines* for new development proposals, in part to further emphasize the City's strong desire for preservation of *all* healthy trees throughout the City. The Guidelines encourage preserving mature, protected, and heritage trees and provide guidance to avoid damaging trees while designing new developments. The Guidelines also encourage incorporating existing and new trees within new developments and locating them in the most beneficial areas.

You can view all of the Design Guidelines related to trees at the City's website and specifically at http://www.ci.pleasant-hill.ca.us/design_guidelines. There is a discussion of tree issues in each of the main sections of the Guidelines addressing single-family, multi-family, and non-residential development. References to trees can be located throughout the document, but are focused in the *site planning* and *landscaping* subsections.

In addition to the City Wide Design Guidelines, there are formal tree preservation and tree removal permit requirements within the City's Municipal Code. The Municipal Code includes specific regulations when considering removal of trees, based on type (protected—native, indigenous, non-native and heritage trees), and size (12 inches and 24 inches based on specie type). The Code also includes exemptions specifying when a tree removal does not require a permit (e.g., dead or dying trees). More information can be found at the City's website at http://www.ci.pleasant-hill.ca.us/municipal_codes. For tree removals or plantings on non-residential (commercial, office, light industrial) or multi-family (apartment, condominium, town house) properties, additional requirements (e.g., landscape plan modifications) may apply beyond what is identified in the Municipal Code.

The Guidelines and Municipal Code requirements help ensure that the residents of Pleasant Hill will be able to continue to enjoy the many benefits of our trees for years to come. If you are thinking about removing a tree, or if you would like any further information about the City's tree preservation requirements, please contact the City first—do not rely on your tree removal company to know all of the City requirements. For information call Troy Fujimoto at (925) 671-5224 or email him at tfujimoto@ci.pleasant-hill.ca.us. ♣





You've been at Diablo Valley College for about 8 months now, what has been your biggest surprise?

I am still in awe of the absolute and total commitment that the employees have made to this college and to our students. People here believe in what they are doing. The support and encouragement that they give to students to help them reach their goals inspires me daily to be my best as a leader.

What do you see as one of your best accomplishments since you've been at DVC?

We've been focusing on solidifying our hiring. My first priority has been to complete the hiring process for filling permanently those positions which have been interim for a period of time.

We've hired over 50 classified employees, 13 full-time faculty members, and several administrators, with four more administrative positions currently being advertised.

We hear a lot about the budget crisis and what it is doing to our school system. How will this effect DVC's hiring?

The district office has been committed to being prepared for this type of economic downturn. We had an extremely painful budget year in 2002-03, and since that time they have been working to build a substantial reserve so that we are better prepared to weather the economic hardships.

What's been done with the bond money that the community voted for in 2006?

We have recently completed the final round of interviews for the designation of an architect for the "DVC Quad Complex Design." This project will provide:

- a central location for student services functions;
- expanded teaching facilities for DVC's Hotel and Restaurant Management programs;
- opportunities for HRM dining facilities;
- replacement of student food services, meeting rooms, and gathering spaces;
- a campus focus and gathering area and integrate the lake and mountain views.

We are at least a year away from digging any holes in the ground, but a lot of behind-the-scenes work is going on now. Our football field and track renovation should be moving forward very soon and our goal is to be on the field by late August.

How has DVC connected with the community since you have been in office?

Wonderful events are taking place involving DVC's outreach into the community. In fact, there are far too many to list, but I can highlight a few examples.

The "Expanding Your Horizons" (EYH) conferences at the Pleasant Hill campus and the San Ramon campus brought several hundred young women from grades 6-9 into workshops designed to increase the interest of young women in math and science through positive hands-on experiences. Rachael Westlake led a host of more than thirty faculty, staff, managers, and community sponsors, and we exceeded our goal with 158 girls and 47 parents participating.

I also want to acknowledge DVC math instructors Despina Prapavessi, Sam Needham, and Karen Edwards for their work on the "Calculus Field Trips Project." Dr. Prapavessi recently

accepted the "2007 Hewlett-Packard Technology for Teaching Higher Education Leadership Grant" awarded to Diablo Valley College in appreciation for its continuing commitment to student success and significant progress in transforming teaching and learning through the effective use of technology.

From the success of the HP program, Prapavessi designed a new project to focus more specifically on student field trips to organizations that use calculus in their day-to-day practices. The new field trip project is funded by a grant from the National Science Foundation and will continue through spring semester 2009. There are 14 calculus classes taking field trips this spring.

Is there anything else you'd like the community to know?

Students have more complex lives than ever before, so our new fall schedule has been re-designed to help make college fit more easily into a busy life. As we endeavor to keep pace with our rapidly changing world, we are continuously looking for opportunities to improve educational programs and services to our students and our community.

For our new fall schedule, which is now available online, we have moved most of our courses to either a Monday/Wednesday or Tuesday/Thursday pattern, for more convenient scheduling for our students. We also have some early morning offerings and Friday/Saturday courses available to better serve our working students. Our evening schedule has not changed significantly.

I have spent the past months learning more and more about how well deserved DVC's reputation is as an invaluable intellectual, professional, cultural and entertainment resource to our community. I feel very fortunate that my career path has brought me to this vibrant college and I am proud to be a part of the community.



Green Today, Green Tomorrow: Sustainable Living for a Small Planet

Saturday, June 7, 10am–4pm; JFKU, Room 159, FREE

Is it possible to live sustainably and comfortably? Most people want to make a difference in the world and effect positive change when it comes to conservation and sustainability. In this workshop we'll bring our heart and soul along for a look at some of the challenges we all face in the quest for sustainable habits, get creative in our approach to conservation, explore simple solutions to everyday problems, and see how green living naturally boosts our physical, psychological, and spiritual health.

To register for this workshop call Jennifer at 415-609-2031 or email to photolady100@yahoo.com.

Food in America: Myths, Lies, Facts, and Options

Saturday, June 7, 10am–4pm; JFKU, Room 166, FREE

Do you have the sneaking suspicion that the packaged “health” food at the grocery store isn't quite what it should be? Overwhelmed and perplexed about fats and cholesterol? Do you want to buy organic produce, but just not sure if it's worth it? In this free workshop Rachel Cullar will discuss the modern American diet, the pros, the cons, how we got here, and where we go from here. Topics covered will include: the problem with pasteurization, an in-depth look at fats, oils, and cholesterol, making good organic choices, buying local, and figuring out what works for you and your family specifically.

Call Rachel at 925-286-725 or e-mail to rmcullar@gmail.com to reserve your space.

Heartbeat! Drumming for Life

Sunday, June 1, 10am–4pm; JFKU, Room 166, FREE

For thousands of years drumming has been used across cultures as a way of integrating the spirit into everyday life. Research shows that drumming can increase your immune function, can increase your meditative brainwaves, and can dramatically reduce stress while hav-

ing fun! In this experiential workshop we will use the drum as a tool to reduce stress, build community, increase our self expression, and increase our sense of well being. This class is open to anyone of any age. No prior drumming experience is necessary. Come and join us!

To register for this workshop, call Nicky at (510) 808 4125. Come and join us!

Critter Consciousness: Exploring the Inner Life of Animals

Sunday, June 8, 10am–4pm; JFKU, Room 159, FREE

Are you critter-conscious? Do you have a compassionate curiosity of our nonhuman planet-mates? This workshop is a beginning level exploration of nonhuman animals as intelligent and emotional individuals. We will explore who they are, how they are misunderstood (anthropomorphized, demonized, and romanticized), how we relate to them, and why it matters—to them and to us. Join us for an opportunity to learn about animals and from animals.

To register for “Critter Consciousness,” contact Karen at 925-519-1888 or karendiane@mac.com.

French-Intensive Gardening

Saturday, May 31, 10am–4pm; JFKU, Room 162, FREE

If you are interested in growing some of your food and/or ornamentals and have a limited space, this workshop will show you how and get you on your way. We will focus on the basics of growing a garden in a small space of backyard ground, patio or deck using French-intensive techniques of gardening. Topics will include planning the garden (what, why, when and where), constructing a garden box, irrigating the garden, creating an ecological friendly garden environment, maintenance of the garden, composting your household garbage into nutrient-rich soil amendment, harvesting your wonderful bounty, and gopher and pest control.

Call Jerris Hogue at (707) 748-4254 or e-mail to gnksho@yahoo.com to reserve your place.

Intimate Relating: Recovering our Connection with the Earth and Others

Saturday, June 7, 10am–4pm; JFKU, Room 162, FREE

What if the earth could voice its unrecognized needs and emotions? In a safe, supportive environment Eileen will teach the art of compassionate communication with the earth as a mirror for relating with others. You will learn the four-step process of observations, feelings, needs, and requests to create greater intimacy in every dialogue you engage in as well as techniques to deepen your relationship with the earth—and others—through grounding, anchoring, meditation, working with the four elements, creating a sacred altar to the earth, and much more. This training is appropriate for all concerned earth dwellers.

Space is limited. To register, call Eileen at (510) 552-4117, or email Eileen at epardini@earthlink.net.

Tapping the Body's Wisdom: Learning to Listen to Our Energy Centers

Sunday, June 8, 10 am–4pm; JFKU, Room 162, FREE

Do you know how your energetic self wants to engage with others and with the world? In this experiential workshop, you will begin to explore the energy and wisdom in the four energetic centers of the self—the Body, Vital, Heart and Mind Centers. With more awareness of these centers—and the blocks that may exist that stop the flow of energy from these centers—you can begin to discover what these centers have to tell you about yourself and your relationships to others and to the world. Please call Kevin at (415) 864-1561 or e-mail him at kfilocamo@jfk.edu to reserve your place.

Basic Archetypal Astrology

Saturday, May 31, 10am–4pm; JFKU, Room 166, FREE

How would your quality of life change if you knew the context in which your soul finds itself, and could know your life path for optimum soul growth?

—continued on page 7

—continued from page 6

Begin your exploration with a pragmatic and practical hands-on introduction to fundamental concepts for discovering the depth, breadth, and true purpose of life's archetypal music within yourself, your romantic partner, and your family and friends. Your Natal Chart Free with Workshop Attendance. **Accurate personal birth data of birth date, exact birth time and birth place is required.**

To attend, please call instructor Anthony Wright at 877-833-6220 or email info@attunement.biz.

The Ecstasy of Intimacy: Cultivating Awareness of Sacred Relationship with Self and Other

Sunday, June 8, 10am–4pm;
JFKU, Room 166, FREE

Do you ever long to experience more meaning in your life? Have you ever wondered about the connection between you and what is called by many names (God, Jehovah, Allah)? If you have a desire to deepen your awareness and connection to Divine energy, come to explore the sacredness of everyday lived experience within the physical form in this experiential workshop. We will use ritual, music, imagery, scents, taste, touch, dance, and guided imagery meditation to heighten our senses and deepen our connection with the Divine. Bring a towel or blanket and pillow if you wish, so that you can lie on the floor. Wear comfortable clothing that makes you feel good. Bring a scarf, bandana, or tie. Be prepared to celebrate your existence!

For questions or to reserve your spot, contact Dr. Datri Kory at 925-825-7770.



Author talks! Kids' games! Clowns, balloons and face painting! Free Popcorn! Book sale! Music!

Pleasant Hill Library celebrates Relax, Recharge, Rethink – READ! the first Annual Countywide Reading Festival, on May 16 and 17 (see events below). All of Contra Costa County's 25 libraries will be participating, with author talks and fun events for the whole family. For more information about festival events taking place throughout the county, check the library's website at ccclib.org/reads. SOMETHING FOR EVERYONE at the Pleasant Hill Library!



- **Martinez Community Chorus Concert**
Wednesday, May 7 at 7pm
World folk music for the whole family
- **Saturday Morning Bingo Schmingo Music Special!**
Saturday, May 10 at 10:10am
Rollicking fun and music for the whole family with Bingo Schmingo!
- **Contra Costa County Library Reading Festival Author Visit**
Friday, May 16 at 6pm
A panel presentation by contributors to the book Veterans of War, Veterans of Peace, winner of a 2007 Northern California Book Reviewers Special Award
- **Contra Costa County Library Reading Festival Children's Author Visit**
Saturday, May 17 at 11am
A fun visit with children's author Marsha Diane Arnold
- **Contra Costa County Library Reading Festival Celebration**
Saturday, May 17 from noon–2pm
Games, clowns, balloons, music, popcorn and more for all ages on the patio and parking lot
- **Contra Costa County Library Reading Festival Friends of the Pleasant Hill Library Book Sale**
Saturday, May 17 from noon–4pm
Featuring bestsellers and children's books on the patio
- **Is Maxie Guilty or Innocent?**
Solve the Crime Caper Mystery
Wednesday, May 28 at 6:30pm
For aspiring detectives in grades 3–5. Register at the library or by calling 646-6434
- **Catch the Reading Bug Summer Reading Programs – Something for everyone!** June 9–August 18
 - **Baby Activity Program for babies 0–24 months**
Sing, Read and Play with your baby and earn prizes
 - **Kids' Summer Reading Program for kids age 2–5th grade**
Read for the fun of it and earn prizes
 - **Teen Reading Program for 6th–12th grade**
Earn cool prizes for summer reading
 - **Adult Reading Program**
Read and write a review; be entered for a drawing
- **Exploring Henna Tattoos**
Monday, June 9 at 6:15pm
For teens in 6th–12th grade. Parental permission required
Register at the library or ccclib.org
- **Get up close and personal with Insect Discovery Lab!**
Thursday, June 19 at 7pm
Especially for kids age 3 and up and their families
- **Lego® and Listen**
Wednesdays, June 18 & 25 and July 2 from 1:30–2:30pm
Summer fun for kids age 4 and up
Build with Lego® while listening to funny, thrilling and curious stories.

For more information check out the library website at ccclib.org

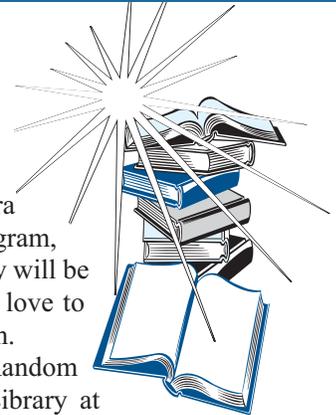
Taste of Pleasant Hill

Absolutely delicious! That's the only way to describe "Taste of Pleasant Hill," the annual fundraiser for Pleasant Hill Recreation & Park District's Pre-School program. Scheduled for Sunday, May 4, at the Pleasant Hill Community Center from 4 to 7pm, this family event promises outstanding food from more than 30 local restaurants and businesses, beverages, big jump, train rides, clowns, jugglers, and live music.

You better be hungry! Guests will enjoy great food from more than 30 local restaurants and stores throughout Pleasant Hill. Wine and beer will be available for purchase. The Pleasant Hill Lions Club will sponsor the wine booth and the Rotary Club of Pleasant Hill will sponsor the beer booth.

Tickets are on sale now at the PH Community Center. \$14 Adults; \$10 Seniors; \$6 for children 2-12 years. For information, contact the Pleasant Hill Community Center, 676-5200. ♣

Project Second Chance BOOK CLUB FORUM: New reading ideas for book lovers



Project Second Chance, the Contra Costa County Library's adult literacy program, and the Friends of the Pleasant Hill Library will be hosting a special evening for people who love to read at the Fifth Annual Book Club Forum.

The inspiring Ron Shoop, from Random House, is coming to the Pleasant Hill Library at 1750 Oak Park Blvd. on Wednesday, June 11, at 7:00pm to present one of his popular Book Club Forums. He will share a list of 12 new books in paperback that are bound to generate lively discussions suitable for book clubs or cozy chats among friends. The event is free, and a free raffle will conclude the program.

Although all of the books Ron describes in his Book Club Forums may be checked out from the Library, the Lafayette Book Store will be on hand to sell any of the titles that intrigue you. A percentage of the proceeds will be donated to Project Second Chance and the Friends of the Pleasant Hill Library.

The Pleasant Hill Library: 1750 Oak Park Blvd. Pleasant Hill, CA 94523
Phone: 925-646-6434, web: ccclib.org

Pleasant Hill Lions Club

Your local Lions Club, working with the Recreation & Park District, had a wonderful time providing fun and excitement for well over 1,000 individuals, most of them young children, at their 53rd Annual Egg-cit-ing Hunt on March 22 at Pleasant Hill Park.

Last month the Lions collected over 200 pairs of "old" eyeglasses that they cleaned and donated to people in need around the world. The Lions will be providing a pancake breakfast for two upcoming walks—the MS Walk on May 3 in Walnut Creek and in July for the Cancer Society's 24-hour walk in Concord.

On Friday, August 8, the Lions will be holding their 2nd Annual "Bingo Food & Fun, Raising Money for Sight," a Campaign SightFirst II Fundraiser. Outback Steakhouse of Pleasant Hill is providing dinner and all funds go to continue projects for preventing blindness and returning sight to people around the world. For tickets, contact the names below.

The Pleasant Hill Lions Club meets every Tuesday morning for breakfast from 7:30-8:30am. If you are interested in community involvement with the Lions Club, call Don Flaskerud at 676-5859 or Dave Peters at 682-0896. ♣



a Toast to summer

Join us for a celebratory kickoff to Summer and...

An Evening on the Lake
Saturday, May 31, 2008
6:00-10:00pm ♦ Pleasant Hill City Hall

- ♦ Savor food from seven of Pleasant Hill's top chefs
- ♦ Taste the finer wines in life
- ♦ Vote on the best Martini in Pleasant Hill
- ♦ Sample microbrewery area favorites
- ♦ Indulge yourself in chocolate heaven
- ♦ Enjoy a variety of live music
- ♦ Support the Pleasant Hill Chamber of Commerce and NEAR
- ♦ Experience a warm spring afternoon melt into a delicious evening

Evening is all inclusive! \$75/person

For more information/tickets, call Chamber at 687-0700

Pleasant Hill Garden Study Club Plant Sale

Get green and get growing. Pleasant Hill! The Pleasant Hill Garden Study Club's annual Plant Sale is THE place to find unusual and unique varieties of plants that grow and thrive in our area.

Club members propagate annuals, perennials, herbs, and vegetables for this sale and are available to answer questions about sun/shade, water requirements, and maximum growth. This sale is also good for the planet. Because everything is local, there's no shipping to leave carbon footprints behind! Plants are very reasonably priced, and you might find a special variety that you've been searching for.

Held on May 10, the Saturday before Mother's Day, the sale takes place at the Winslow Center parking lot, at the corner of Pleasant Hill Road and Taylor Boulevard. There's usually a crowd, so come early for the best selection.

Saturday, May 10, 9am-2pm, at 2590 Pleasant Hill Road. For information visit www.phgsc.com. ♣



Teen Scene

This is a great time to be a teenager in Pleasant Hill. Look forward to warm evenings, the popular Turn it Up! Concert; six new Garage Bands at the Lake concerts; and even a moonlight movie!

The Turn it Up!

This concert, for teens grade 9 through college, features local teen alternative rock bands at the Pleasant Hill Community Center on Friday, May 23. Tickets are \$8 in advance, \$10 at the door. Call Pleasant Hill Recreation & Park District for tickets, 682-0896.

Garage Bands return!

Garage Bands at the Lake features two Friday night concerts each month from June through August. All of the shows are FREE. Featuring talented local teen bands, these shows are co-sponsored by Pleasant Hill Recreation & Park District and the City of Pleasant Hill. Be ready at City Hall at showtime, 7pm. The first shows are



scheduled for June 6 and June 20.

For the latest show information, check www.pleasanthillrec.com.

Movie by moonlight

Bring a blanket or chair to the Teen Moonlight Movie on Friday, May 30, on the lawn at Pleasant Hill City Hall. The feature, co-sponsored by Pleasant Hill Recreation & Park District and the City of Pleasant Hill, is "Transformers," a thrilling battle of good vs. evil for ultimate power over planet Earth, directed by Steven Spielberg. The

Star Quest[★] 2008
presents...

16th Annual Youth Talent Show
"Searching for the Stars of Pleasant Hill"

Saturday
May 3, 7:00pm

Sunday
May 4, 2:00pm

Reception & Art Show
6pm Saturday
and 1pm Sunday

DVC Performing Arts Theatre
(Use Golf Club Rd parking lot)

That's SHOW BIZ!

Tickets (donation) \$8 in advance, \$10 at door.
Available at: PHR&PD Office,
PH Community Ctr, and PH Police Station

For more information call 682-0896

Sponsored by
Rotary Club of Pleasant Hill

Watch a movie from a pool?? Try a "Dive-In" movie

This year, Pleasant Hill Recreation & Park District is proud to present two "Dive-In" Movie Nights: June 20 (Flipper) and August 22 (Jaws). Bring an inner tube or a noodle and watch the movie from the pool!

Snacks will be available for purchase. Pleasant Hill Aquatic Park, 147 Gregory Lane. Movie begins at dusk. Tickets: \$5/advance; \$8/at door; children 2 years and under, free. Call 682-0896 for information.



Golf anyone? 8th Annual Pleasant Hill Sunvalley Golf Classic celebrates the home of golf!

The 8th Annual Sunvalley Golf Classic, sponsored by the Pleasant Hill Community Foundation, will be held at the Contra Costa Country Club on Monday, May 12.

This tournament has now raised over \$100,000 for youth programs in Pleasant Hill. New this year is the addition of the Pleasant Hill Seniors' Care Management Program as a recipient of a portion of the proceeds made from the tournament. The Senior Care Manager Program led by Dana Krider is a unique program to assist Seniors and their families to remain living in their own homes or find alternative housing that is affordable and supports their need for independence.

Last year proceeds from the day of golf and an evening banquet generated over \$14,000.

One of the main recipients was the new scoreboard for the College Park High School field. There was a full flight of golfers who enjoyed fine weather, great food, fun times, and, of course, some golf as well. After playing 18 holes the golfers were greeted by Valley View Middle School's outstanding Jazz Band. The Jazz Band has been a recipient of past grant awards from the Foundation for musical instruments. The entire day was a success due to the great efforts of the sponsors, Golf Classic Committee, and to the wonderful volunteers!

You can participate in this fun golf tournament in a number of ways including: playing in the tournament, becoming a Tee or Hole Sponsor, donating a gift for the raffle, or volunteering for the day. AND...we're celebrating the home of golf...think plaid! For further information please call Bob Berggren at (925) 687-8610. ♣



Join the fun at this new festival!

Come join the Pleasant Hill Chamber of Commerce on June 7 and 8 and celebrate your local business community at Oak Park Center with the First Annual Art on Oak Park. John Holland Productions will bring in over 40 artists from around the state, including many that come to the Art, Jazz & Wine Fest in October.

Enjoy wine or beer while perusing crafts and enjoying specials with the local businesses. Hours are from 10 am to 6 pm on Saturday and 10 to 5 on Sunday. The Oak Park Center is located at 1900 Oak Park Blvd. For more information call the Pleasant Hill Chamber of Commerce at 925-687-0700 or email at info@pleasanthillchamber.com.

Our rockin' community! Events for May and June 2008

Date	Event	Location	Organization	Contact
5/3	Farmers Market Opening Day	City Hall Parking Lot	CC Certified Farmers Markets	431-8361
5/4	Taste of Pleasant Hill	PH Community Center	PH Rec & Parks	682-0896
5/7	Martinez Community Chorus Concert	Pleasant Hill Library	CC County Library	646-6434
5/9	"Laugh, Love & Learn"	PH Community Center	PH Senior Center	798-8788
5/10	59th Annual Plant Sale	Winslow Center	PH Garden Study Club	944-4898
5/10	Farmers Market Grand Opening	City Hall Parking Lot	CC Certified Farmers Markets	431-8361
5/12	Sunvalley Golf Classic	Contra Costa Country Club	PH Community Foundation	687-8610
5/15	Water World Ribbon Cutting	Water World USA	PH Chamber of Commerce	687-0700
5/15	Bike to Work Day	Bay Area Wid	511 Contra Costa	969-0841
5/16	Reading Festival	Pleasant Hill Library	CC County Library	646-6434
5/17	Reading Festival	Pleasant Hill Library	CC County Library	646-6434
5/17	Walk to Remember	Martinez Marina	Hospice of the East Bay	887-5678
5/21	Chamber of Commerce Mixer	Round Table Pizza, Alhambra Ave	PH Chamber of Commerce	687-0700
5/24	Public Works Week	City Hall Parking Lot	Public Works Department	671-4646
5/24	Sprayground Grand Opening	PH Aquatic Park	PH Rec & Parks	682-0896
5/25	Sunset by the Lake Summer Concerts	City Hall Lawn	City of Pleasant Hill	671-5229
5/30	Moonlight Movie	City Hall Lawn	PH Rec & Parks	682-0896
5/31	Toast To Summer - Evening at the Lake	City Hall	PH Chamber of Commerce	687-0700
6/6	Garage Band at the Lake	City Hall Lawn	City of Pleasant Hill/Rec & Parks	682-0896
6/7-8	Art on Oak Park	Oak Park Center	Chamber of Commerce	687-0700
6/8	Sunset by the Lake Summer Concerts	City Hall Lawn	City of Pleasant Hill	671-5229
6/20	Dive-In' Movie Night	PH Aquatic Park	PH Rec & Parks	682-0896
6/20	Garage Band at the Lake	City Hall Lawn	City of Pleasant Hill/Rec & Parks	682-0896
6/21	E-Waste Recycling Event	PH Senior Center	PH Senior Center	798-8788
6/22	Sunset by the Lake Summer Concerts	City Hall Lawn	City of Pleasant Hill	671-5229



Finding Stella! Pop-rock band integrating 70s and 80s rock sound with a contemporary flare



Enjoy the sounds at the....

2008

Sunset By The Lake



Big Rain! Uplifting and high energy crossing over from Rock, to Country, to Blues



Tari LaCourt—Funk, Soul and Blues

Free!

Summer Concerts

On the lawn by the lake at **Pleasant Hill City Hall**

Gregory Ln & Cleveland Rd

LIVE Music 6-8pm!

- May 25 FINDING STELLA
- Jun 8 BIG RAIN
- Jun 22 TARI LACOURT
- Jul 6 FISH RANCH ROAD
- Jul 20 TEE FEE SWAMP BOOGIE
- Jul 27 TIME OUTS
- Aug 4 GRACE WOODS TRIO
- Aug 17 COVER2COVER
- Aug 31 SPIN OUT



.. It's a GREAT season!!

Sponsored by the Pleasant Hill Civic Action Commission and the following businesses:



Fish Ranch Road! An original acoustic-rock band with "Americana" twist



Tee Fee Swamp Boogie...Energetic Cajun-Zydeco with California twist!



Time Outs for the kids!



Grace Woods Trio! Original Jazz combining elements of Pop Ella Fitzgerald, Paul Simon and Tori Amos



Cover2Cover!! Exciting Pleasant Hill Club/ Dance Band with music from 5 decades



Spin Out! Classic rock and rockabilly songs from the 1950s to today



Clip our this flier and keep for the season! And visit www.pleasanthillconcerts.com for all concert information.

“Walk to Remember” Hospice event

The Hospice Foundation of the East Bay is presenting its second annual A Walk to Remember—a chance for family and friends to gather together to celebrate the lives of their loved ones and raise funds to benefit Hospice of the East Bay. Held at the Martinez Marina Amphitheater on Saturday, May 17 (10am–2pm), the day will include music, food, a memory lane with photographs, and a reading of the names of those being remembered.

Walk participants are asked to gather pledges from family, friends, co-workers, and neighbors in memory of their loved ones (donations are tax-deductible). Registration packets are available for participants to begin gathering pledges. There is no fee to

register, but each participant (family) agrees to collect a suggested minimum of \$25.

For more information, you can contact Peggy Hernandez at (925) 887-5678 or email peggyh@hospiceeastbay.org.

Hospice offers support

Hospice is offering a variety of support groups and workshops for adults, children and teens experiencing grief after the death of a loved one. Classes are offered at Hospice’s administrative offices: 3470 Buskirk Avenue, Pleasant Hill and at 350 John Muir Parkway, Brentwood.

Adult support groups/classes

- **Adults Who Have Lost a Parent:** Pleasant Hill Thursday evenings, 6:30–8:30pm, May 15–July 3



- **Widow and Widowers’ Support:** Pleasant Hill Monday evenings, 6:00–8:00pm, May 19–July 7

- **Grief Support for Family and Friends:** Pleasant Hill Monday evenings, 7:00–9:00pm, date to be announced
Brentwood Tuesday evenings, 6:00–8:00pm, May 20–July 8

All groups and classes are offered for a fee and require pre-registration. Fees are waived for those who cannot afford them. For further information and/or to register, please call (925) 887-5678. ♣

THINK before you put it in the sink

Everyday household products poured down drains can cause water pollution. The Central Contra Costa Sanitary District is asking residents to help prevent water pollution by changing their view of the kitchen sink as a dumping ground.

Pouring common household waste down the sink—whether it’s that last little bit of leftover paint or the grease from dinner—isn’t usually an act that is given much thought. But an inventory of the household waste flushed down drains would astound most people.

According to the U.S. Environmental Protection Agency, the typical home can accumulate as much as 100 pounds of household hazardous waste—which includes cleaning products, paints, solvents, and pesticides, among other things.

Why are these items such a problem? When flushed down a toilet or sink drain, they flow through the sewer system to the District’s treatment plant in Martinez. Because the plant is designed to treat biological waste and cannot completely remove toxic chemicals from

wastewater, some of the toxics pass through the treatment process and end up in Suisun Bay.

“Items like household cleansers are such a part of our everyday lives, it’s easy to forget they contain chemicals that may be harmful to the water environment,” said District Spokesperson Michael Scahill. “With hundreds of thousands of people in the Contra Costa area using these items, the cumulative impacts of the disposal of common household products are a growing problem for the health of the Bay.”

Another problem is cooking oil, grease, and fat. “Pouring the byproducts of cooking down the kitchen sink can lead to sewer blockages and overflows that may cause health hazards and threaten the environment,” Scahill said.

The good news is that some simple behavioral changes can help to control this problem. Here are a few tips on how to keep harmful household hazardous waste out of local waterways:

- **Clean without toxic cleansers.** Toilet-bowl deodorizers, cleaning solutions with lye, and many stain

removers contain harmful solvents. Instead of using toxic household cleansers, substitute baking soda and vinegar, which are great all-purpose cleaners.

- **Oil paint and water don’t mix.** Choose water-based (latex) paints instead of oil-based when possible and buy only the amount you need for a given project.

- **Can the grease.** Instead of pouring grease down your drain, pour it into a sealable container such as a coffee can, then dispose of it in the garbage.

- **Safe disposal.** Always dispose of unused products such as solvents, cleansers and polishes, lead and oil-based paints, and anything marked “toxic,” “corrosive,” “flammable,” or “ignitable” at the Household Hazardous Waste Collection Facility (just five miles from downtown Pleasant Hill, at 4797 Imhoff Place in Martinez; 800-646-1341).

Go to www.centalsan.org for more tips and information about household hazardous waste disposal. ♣

Senior live well forum — "Laugh, Love & Learn"

Join Pleasant Hill Seniors-in-the-know for Laugh, Love & Learn at the Pleasant Hill Community Center. In addition to humor, entertainment, and a little something to make you think, the event includes a free Senior Information Fair. Over 50 local resources from our community will be on hand with giveaways, opportunities to win fabulous prizes, and resources for health, housing, financial services, and more.

The program for LLL includes Mark Celio of Club 50 Fitness who will present Commercial Fitness and Sneaking Fitness into TV; Al Hart, radio personality for 54 years, will present a Musical Trip Down Memory Lane; Sergeant Roberts will share Crime Prevention Tips with Protect Yourself; and Tracy Scrimshaw blends Yoga with laughter in Laughter for Health. Tickets include coffee, continental breakfast, catered lunch, free door prizes and raffle entries, plus a great program. Proceeds support the Care Management Program, which benefits at-risk seniors in our local and surrounding communities.

Register early. Last year this event sold out!! Laugh, Love & Learn, at the Pleasant Hill Community Center, 320 Civic Drive, Friday, May 9, 8:30am–2pm. Tickets in advance are \$20 for 60+ years and \$25 for general admission. For more information, call 798-8788. ♣

Community "joins hands" to build hands

On April 9 and 13 Pleasant Hill Rotary Club and St. Andrew's Presbyterian Church joined forces and invited the community to come and build hands for the less fortunate in developing countries.



Between the two events over 200 people from the surrounding community got the thrill of building a hand for someone who will then be able to use the hand to eat, write, work or just help take care of him or herself.

Approximately 3 years ago the youth group of St. Andrew's fasted for 30 hours and raised \$2,200. This money, plus \$5,000 from the Rotary Club of Pleasant Hill, became the seed money to begin the L-N 4 prosthetic hand project.

Rotarian Michael Mendonca trained the St. Andrew's High School Youth Group so they could train members of the community who turned out to assemble hands. People who came assembled a hand by advancing throughout several stations. At each station a youth was there to show them the next step in the assembly process, and a Rotarian checked the quality of their work before they could then move to the next station.

At the end of the two days approximately 350 hands were assembled! These hands will be taken by Rotarians and others to be fitted on children and adults in India, Vietnam, Colombia, Uganda and other parts of the world. To learn more visit www.LN-4.org. ♣

Stroke: act **F.A.S.T.** and save a life

Every 45 seconds, someone in the United States experiences a stroke. Yet, despite being the third leading cause of death and the leading cause of adult disability in this country, fewer than one in five Americans can recognize a symptom of a stroke.

In addition, some people still believe that this condition is simply a "stroke of fate," not realizing that stroke is preventable and treatable.

May is National Stroke Awareness Month and National Stroke Association is urging people to take charge of their health by knowing the signs and symptoms of a stroke, asking their doctors about stroke prevention and adopting healthy lifestyle habits.

Stroke is one of the most preventable of all life-threatening health problems, provided that you pay proper attention to lifestyle and medical risk

factors, such as smoking, high blood pressure, cholesterol, and diabetes. Furthermore, treatment exists to help minimize the effects of a stroke; however it must be given within 3 hours of the first symptom. So it is important for people to be able to recognize the symptoms of stroke and seek emergency medical attention (**see sidebar**).

Studies show that stroke patients who arrive at the hospital by ambulance receive quicker treatment than those who arrive by their own means. But where are the best hospitals to go to for the treatment of stroke? There are numerous hospitals across the country that have been certified as stroke centers and specialize in the treatment of stroke.

Recognizing stroke symptoms can be easy if you learn to Act **F.A.S.T.**

- **F** = Face Ask the person to smile. Does one side of the face droop?
- **A** = Arm Ask the person to raise both arms. Does one arm drift downward?
- **S** = Speech Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- **T** = Time If you observe any of these signs, then it's time to call 9-1-1.

To find a stroke center in your area, please visit www.stroke.org and click on the emergency stroke center locations or call 1-800-STROKES.

Pleasant Hill welcomes new businesses...

The City of Pleasant Hill is committed to promoting and supporting the business community within the City. The economic vitality of Pleasant Hill is dependent on a strong business sector and the City plays an important role in making this happen. To find out more about Economic Development efforts in Pleasant Hill or for additional information on locating or expanding your business operations in the city, please contact Kelly Calhoun at 671-5213.

New businesses in February 2008

Autogaon, LLC (Used Car Sales)
3313 Vincent Road, #100
510-277-2671

First Choice Auto Sales
171 Mayhew Way, #235
925-812-0075

The Girls Locker Room (Sports/
Corrective Exercise/Weight Loss)
391 Taylor Blvd., #115
925-595-6815

Lincoln Law, LLP (Law Office)
2258 Monument Blvd.
925-682-3328

Loosen Up Bodywork
(Massage Therapy)
395 Civic Dr., #C
925-726-0300

Lotus Acupuncture
(Traditional Chinese Medicine)
395 Civic Dr, #C
925-944-6324

Priority 1 Realty/Finance (Real Estate
Sales/Loans/Investments)
171 Mayhew Way
925-759-2289

Qigate Acupuncture Clinic
2100 Monument Blvd., #16
510-684-2469

RPM Auto Wholesale
2251 Monument Blvd., #16
925-943-5555

Sunrise LED, Inc.
(Wholesale LED Signs)
598 Patterson Blvd.
925-939-5055

Taizhen Jiang (Massage Therapist)
1948 Contra Costa Blvd.
510-338-2585

Zyntec Solutions, Inc.
(Computer Services)
609 Gregory Lane, #230
925-415-6088

Jamloop (Website-Musical
Instruments/Equipment)
925-363-4338

Linda Lum/Clean Puff
(Office Cleaning)
925-323-7797

Melisa Lynn Events (Event Planner)
925-270-0143

Quantum Balance (Health Services)
925-977-9367

Take Down Technologies
(Research/Development-
Government Contract)
925-818-5591



New businesses in March 2008

Amy Ferguson (Massage Therapist)
81 Gregory Lane, Ste. 120
925-672-4885

Ann Allan (Therapeutic Massage)
101 Gregory Lane, #50
925-457-6592

Jimmy's Auto Wholesale
3313 Vincent Road, #101
925-285-2825

MTC Smog
(Auto Repair/Sale of Parts)
1901 Oak Park Blvd.
925-930-6334

Naomi Raine, CMT
(Massage Therapy)
2367 Pleasant Hill Road
925-787-8715

Nixon Massage Therapy
140 Mayhew Way, #102
925-324-4452

Above & Beyond Concierge Service
(Personal Concierge Service)
925-787-9309

Canvas Corners (Internet Orders-
Processing/Forwarding)
707-333-2359

Collectors Connection
(Sale of Sports Cards/Memorabilia)
925-478-9220

Ergonomics By Asunta (Ergonomic
Assessments @ Clients Home)
925-686-0219

E-Xceed
(Consulting/Financial Analysis)
925-818-7747

Magic Carpet Cleaning
925-497-7002

Monica Kaseman
(Civil Engineering Design)
925-934-0828

Ryan Hart Racing Technologies
(Computer Aided Design-Racing Com-
ponents)
925-639-8002

Serv. Berkeley/Albany/Kensington
(Fire/Water Damage Restoration)
925-595-5195

City Meetings



WHEN	WHAT	WHERE
Thu 1 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 5 7:30pm	City Council-Redevelopment Agency	Council Chambers
Wed 7 9:00am	Commission on Aging	City Hall Small Community Room
Wed 7 2:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Wed 7 6:30pm	Civic Action Commission	City Hall Small Community Room
Tue 13 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 13 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 15 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 19 7:30pm	Redevelopment Agency-City Council	Council Chambers
Wed 21 2:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Thu 22 7:00pm	Redevelopment Advisory Commission	City Hall Large Community Room
Tue 27 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 28 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room



WHEN	WHAT	WHERE
Mon 2 7:30pm	City Council-Redevelopment Agency	Council Chambers
Wed 4 9:00am	Commission on Aging	City Hall Small Community Room
Wed 4 2:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Wed 4 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 5 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 10 6:00pm	Traffic Safety Commission	City Hall Large Community Room
Tue 10 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Mon 16 7:30pm	Redevelopment Agency-City Council	Council Chambers
Wed 18 2:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Thu 19 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 24 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 25 7:00pm	Education/Schools Advisory Commission	City Manager's Conference Room
Thu 26 7:00pm	Redevelopment Advisory Commission	City Hall Large Community Room



CITY OF PLEASANT HILL
100 Gregory Lane
Pleasant Hill, CA 94523-3323
925-671-5270
www.ci.pleasant-hill.ca.us

CITY OFFICIALS

Mayor John Hanecak
 Vice Mayor Suzanne Angeli

Councilmembers

David E. Durant
 Michael G. Harris
 Terri L. Williamson

City Manager June Catalano
 City Clerk Marty McInturf
 Treasurer Suzanne J. Salter

City Council meetings are broadcast on Comcast channel 26 on 1st and 3rd Wednesdays at 7:30pm.

CITY HALL HOURS

Monday-Wednesday 8:30am-5:00 pm
 Thursday 8:30am-6:00 pm
 Friday 8:30am-1:00 pm



The City of Pleasant Hill newsletter is published bimonthly. Deadline for stories and story ideas for May/June is June 9. Ideas are always welcome. Local non-profit groups may submit articles to the Public Information Officer at 100 Gregory Lane, Pleasant Hill, CA 94523. For information, call Martin Nelis at 671-5229, fax to 680-0294, or email to mnelis@ci.pleasant-hill.ca.us.

PUBLISHED ON RECYCLED PAPER



Editor/Writer Martin Nelis, PIO
 Design/misc photos Donaghu Graphic Designs

COVER: Bridging City and Business

Important Phone Numbers

Police/Fire Emergency 911
 Police (Business) 288-4600
 Fire (Business) 930-5500
 Public Services Center 671-4646
 Chamber of Commerce 687-0700
 Recreation & Parks 682-0896
 PH Bayshore Disposal 685-4711
 PG&E 800-743-5000
 Senior Center 798-8788
 Senior Van Service 671-5272

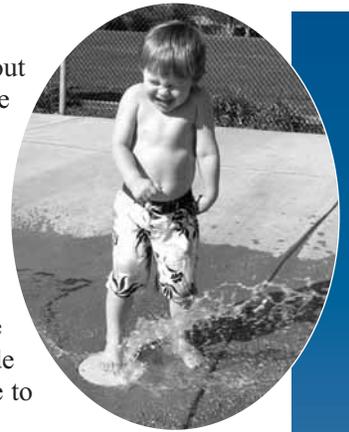
Inside this issue . . .

Farmers' Market Opens	1
The Joys of Living in Pleasant Hill	1
Be Vigilant, Prevent Crime	2
Building Safety Week	2
Get Ready to Party on the Fourth!	2
New Cell Phone Laws—FAQs	3
Caring for our environment	4
Interview with President of DVC	5
Summer Workshops at JFKU	6,7
Countywide Library Reading Festival	7
What's Happening in the Community	8-10
Teen Scene this Summer	9
Pleasant Hill Sunvalley Golf Classic	10
Community Events Listings	10
Sunset by the Lake Summer Concerts	11
Walk to Remember Hospice Event	12
Think Before You Put It in The Sink	12
Community Joins Hands to Build Hands	13
Laugh, Love & Learn	13
Stroke: Act F.A.S.T and Save a Life	13
New businesses	14
City Meetings	15
City Officials	15
Sprayground Grand Opening	16
Sign Up for Community Service Day	16

Sprayground Grand Opening

The event that Pleasant Hill has been waiting for is about to arrive! The official GRAND opening of the Sprayground at Pleasant Hill Aquatic Park will be held Saturday, May 24, from 1-4:30pm. This same day is also the official season opening of Pleasant Hill Aquatic Park and the pools will be open for swimming.

In addition to the Pleasant Hill Community Foundation and the generous donors who made this park possible, community members are invited and will be admitted FREE (space permitting.) The event will include a ribbon-cutting ceremony, a few speeches, and a chance to check out the water features!



The Sprayground is an interactive water park designed for all ages and abilities. The water features are computer controlled so that they are always changing, unpredictable, and delightful! If you're 2 or 102, this park was designed for you. It was built with energy and water conservation features in mind, too. It's the perfect new park for everyone to cool off on a hot day.

Pleasant Hill Aquatic Park is located at Pleasant Hill Park, 147 Gregory Lane.

For more information on the Sprayground, call 682-0896, or visit www.pleasanthillrec.com. ♣

Sign up for Community Service Day '08

Do you have a project in your school or neighborhood that needs some extra help? Are you looking to be a volunteer to help in clean-up activities throughout Pleasant Hill? You can sign up now for this year's Community Service Day which will be held on Saturday, September 20. Mark your calendars now! Submit your project or sign up to be a volunteer on the City Website at www.ci.pleasant-hill.ca.us/CSD. For more information contact Martin Nelis at mnelis@ci.pleasant-hill.ca.us or call (925) 671-5229.



City of Pleasant Hill
 100 Gregory Lane
 Pleasant Hill, CA 94523-3323
www.ci.pleasant-hill.ca.us

CAR-RT SORT STD
U.S. POSTAGE
PAID
CONCORD, CA
PERMIT NO. 21

POSTAL CUSTOMER