

the OUTLOOK



of Pleasant Hill, California

Music, markets, and festivals galore this summer in Pleasant Hill!

If it's music, fresh produce, and festival excitement that you want, you've come to the right town. Pleasant Hill hosts a great lineup of special events over the next six months with plenty of fun for the entire family.



★ Farmers' Market

(Saturday, May 4–Nov 16)

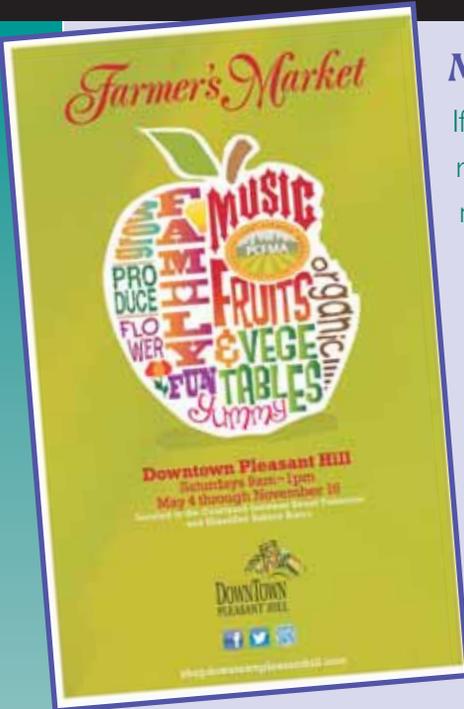
The Farmers' Market has its Grand Opening on Saturday, May 4th from 9:00am to 1:00pm. Located in the Downtown Plaza (next to Jack's Restaurant), the weekly market runs through November 16th this year and features fresh produce, baked goods, cooking demonstrations, and live music. Special offers and prizes on opening day, so don't miss it! Go to www.pcfma.com for more information.

★ 1st Annual Citywide

Garage Sale (May 18-19)

"Don't Trash It—Sell It!" That's the tagline of the first Citywide Garage Sale which takes place on the weekend of May 18-19. Organized by Allied Waste Services and the Civic Action Commission, this event gives residents the opportunity to hold their garage sales on the same weekend and get free promotion from the City and Allied Waste. Residents can register their sale at www.pleasanthillgaragesale.com. The organizers will publicize the streets (but

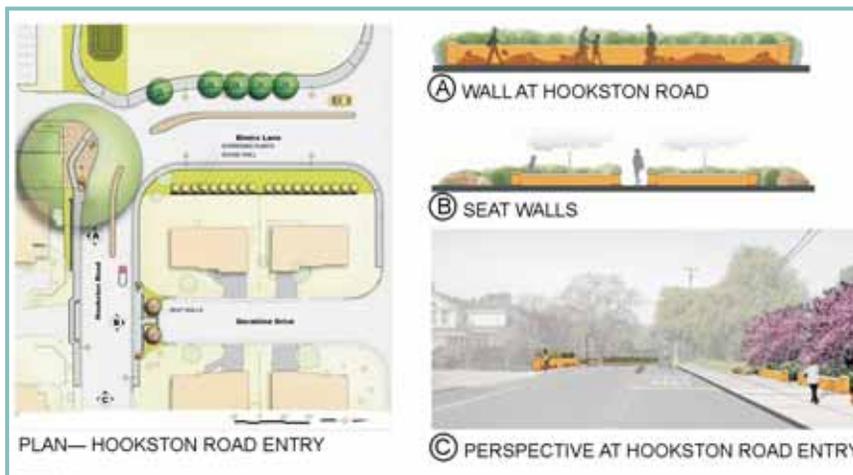
—continued on page 2



Buskirk Avenue Widening Project

In March 2013, the City Council awarded a \$6.2 million construction contract for the Buskirk Avenue Widening Phase II Project to Ghilotti

Bros., Inc. Construction is scheduled to begin in early May with a targeted completion by the fall of 2014.



The project will significantly improve the functionality of Buskirk Avenue for motorists and pedestrians by adding traffic lanes, sidewalks and realigning the roadway. Gone will be the Buskirk Avenue "S" curve at the south end of the Crossroads Shopping Center. In its place will be two new traffic signals at the Buskirk Avenue/Claire Drive intersection and the new Buskirk Avenue/Contra Costa Center southwesterly driveway access intersection. See the City web site for conceptual pictures of the new roadway improvements (www.pleasant-hill.net/buskirk).

—Continued on page 2

News from the City

not house numbers) which are hosting a sale that weekend.

For more information call Anne Baker at 671-5806 or email her at abaker@republicservices.com. (See page 3)

★ **Sunset by the Lake Summer Concerts** (May 26–September 1)

The Civic Action Commission hosts the 16th Annual Summer Concert Series on the lawn at City Hall beginning Sunday, May 26. The lineup this year includes local favorites Cover 2 Cover, East Bay MUDD, Zoo Station (U2 cover band), Dave Martin's House Party and Tender Mercies featuring musicians from the Counting Crows. For more details see page 17 and for the full concert schedule, check out www.pleasanthillconcerts.com.



Gumbo Stew appears September 1 at the Sunset by the Lake Concerts.

★ **Downtown Plaza Concert Series** (June 20, July 18, August 15 and September 19)

This year, Downtown Pleasant Hill is hosting four concerts on the third Thursday of June, July, August, and September in the Plaza area between Sweet Tomatoes and Jack's Restaurant.

Each concert is from 6:30pm to 8:30pm. The series features four of the most popular bands in the Bay Area with Cover 2 Cover on June 20, Fast Times on July 18, Dave Martin's House Party on August 15, and The Fundamentals on September 19 (see page 14). The PH Chamber of Commerce will also host a Wine Stroll during each concert. For more details check out www.shopdowntownpleasanthill.com.



The Fundamentals appear at the Downtown Plaza Concerts on September 19.

Don't forget to mark your calendars for these other upcoming events in July and August:

- ★ **Fourth of July Celebration** – this year's theme is "We the People – An American Melting Pot" with Grand Marshall, former City Manager, Jim Alkire (page 20).
- ★ **Blues & Brews Festival** – Saturday, July 27 at Pleasant Hill Park. For more details see page 15 or go to www.bluesandbrewsfestival.com.
- ★ **American Iron Car Show** – Sunday, August 11 in Downtown Pleasant Hill. More details at www.pleasanthillrec.com.

All of these events are

listed on the city website at

www.pleasant-hill.net/festivals.

Buskirk Avenue—continued from page 1

The project has an overall cost of \$13.6 million of which the Contra Costa Transportation Authority (CCTA) allocated \$11 million in Regional Measure J Half-Cent Sales Tax Funds towards the design, right of way acquisition, and construction of the project. Other local funds and Rule 20A funds make up the remainder of the cost.

Other roadway enhancements include:

- A traffic island calming feature to connect the eastern section of Hookston Road north to the new Buskirk Avenue/Clarie Drive intersection.
- A new private access driveway for the Lockwood business property and Hookston Square along a portion of

the existing Hookston Road as part of the realignment work.

- The undergrounding of overhead utilities along the project limits, landscaping, sidewalks and ornamental street lighting enhancements along the corridor.

The first order of work for Ghilotti is the identification of existing underground utilities locations and then the undergrounding of existing overhead utilities into new below-ground trenches. There will be shifting of traffic lanes, re-routing of vehicles, one way traffic controls and flagged traffic at times. Traffic delays are expected during the duration of the project; however the Crossroads Shopping Center will remain open during construction.

To minimize public impacts, information regarding the project at the various phases will be publicized through the City website and Project Informational meetings. To receive regular updates and alerts, please click on the "Notify Me" button on the city website (www.pleasant-hill.net) and select "Buskirk Avenue Project". Full project details are also available at www.pleasant-hill.net/buskirk.

Jeff Ocampo of Ghirardelli Associates is the project manager for this project and can be reached at (510) 703-4254 or by email at jeff@ghirardelliassoc.com. Your cooperation, understanding, and patience are appreciated during this construction project. ♣

Don't trash it! Sell it at the Citywide garage sale...

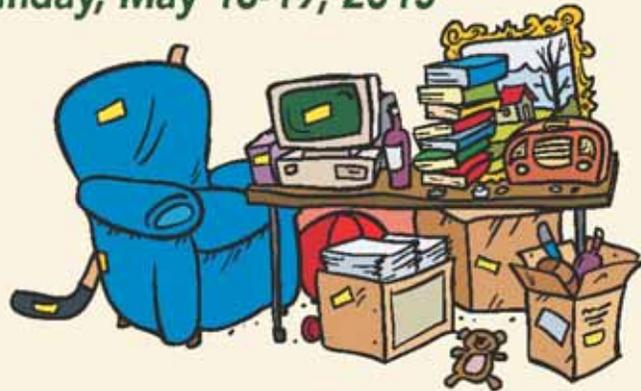
Pleasant Hill Citywide Garage Sale

Don't trash it — Sell it!

Saturday & Sunday, May 18-19, 2013

If you're a buyer...

- Go online and visit the website www.pleasanthillgaragesale.com to find which households in your neighborhood and throughout Pleasant Hill are participating in the garage sale.
- Start early but not before listed times. Experienced shoppers come early to find the best buys.
- Bring a reusable bag, which will allow you to carry heavier items more easily and to protect fragile objects.



If you're a seller...

- Register the address of your sale by going online and entering your information at www.pleasanthillgaragesale.com.
- You may also register your sale by calling (925) 671-5806.
- Deadline to register is Thursday, May 16, 2013.
- To direct traffic to your sale, post street signs (not in public rights of way) and advertise online or in newspapers. Please take all signs down after your sale.

Questions?

Online:
www.pleasanthillgaragesale.com

Phone:
(925) 671-5806



A joint effort by the City of Pleasant Hill & Republic Services
to protect the environment and conserve resources through reuse.



How does your car fit?

CarFit program for motorists checks how well a driver and their personal vehicle work together

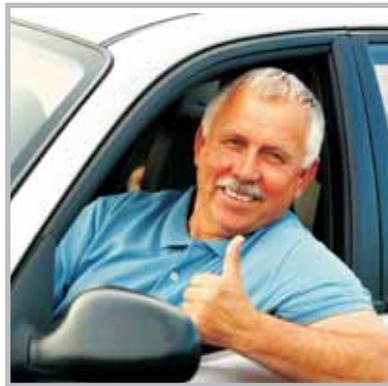
CarFit is a FREE program to offer older adults the opportunity to check how their personal cars “fit” them. It was developed through collaboration among the American Society on Aging, AAA, AARP and the American Occupational Therapy Association (AOTA).



Trained professionals lead older drivers through a 12-point checklist with their vehicle, recommend car adjustments and adaptations, and offer community-specific resources and activities that could make their cars “fit” better or enhance their safety. An occupational therapist also will be on hand to provide information to older drivers on how to maintain and strengthen driving health.

WHY

People over 65 are the fastest-growing population in the United States. By 2030, one in five drivers will be age 65 or older, which means there will be more than 30 million older drivers on our roads. Because of their fragility, seniors have the highest crash death rate per mile of everyone except teenagers.



WHEN:

Saturday, June 1, 10:00am to 1:00pm. RESERVATIONS ARE REQUIRED FOR THE 20-MINUTE APPOINTMENTS

CONTACT:

Lynn Boardman 671-5267 at the City of Pleasant Hill.

WHERE:

The Church of Jesus Christ of Latter-Day Saints
555 Boyd Road, Pleasant Hill

Sponsoring/participating organizations for the event include:

City of Pleasant Hill, Commission on Aging, Kaiser Permanente,
The Church of Jesus Christ of Latter-Day Saints,
All Star Medical Supply, AAA, AARP and AOTA

Guest column by Shirley and Annie,
Senior Van Coordinators

Need a lift?

Call the Pleasant Hill Senior Program...

We are so fortunate to live in Pleasant Hill! This is a community that loves its senior citizens and works very hard to help you enjoy an independent lifestyle. A perfect example of our commitment to you is the Senior Van Program, which is sponsored by the City and made possible by our great team of volunteers.

We'll pick you up at your doorstep and take you to the grocery store, the Senior Center, a hair appointment, the gym or the YMCA, to medical appointments, or out to lunch with friends. We'd love to help you stay active in this beautiful and vibrant community. Here's how:

Be a passenger

- Are you a Pleasant Hill resident?
- Are you age 55 or older?
- Are you unable to drive (permanently or temporarily)?

If so, call us to receive a passenger application.

Be a volunteer

- Do you enjoy people who appreciate you?
- Can you spare a few hours a month?

Substitute volunteer dispatchers and drivers are needed. You choose your day and hours; we'll work with your schedule. It's easy, it's fun, and it's rewarding.



Call us to learn more and to receive a volunteer application

CALL TODAY! 671-5272
Help us make a difference,
Shirley & Annie, Senior Van Coordinators

What to do if you witness a fall

—by the Pleasant Hill Commission on Aging

The previous two articles in this series focused on how to prevent falls and what to do if you fall. Now we turn to a topic that can be just as important for your friends and family – what to do if you witness someone fall. Your first reaction might be to rush over and try to help the person up, but resist that urge!

First assess the situation and the person's condition



Is the person conscious or unconscious? Does the person appear to be injured or complain of pain? Remain calm and offer reassurance.

If the individual cannot get up or if there may be a serious injury

- Call for help (call 911 if you believe it is a medical emergency or that people will get injured trying to lift the person).
- Administer first aid if you are able to do so.
- Keep the person as comfortable and warm as possible while you wait for help.
- Avoid moving the person if you suspect a back, neck, or other serious injury.

If the individual appears able to get up, proceed with care as follows

- Bring a chair close by; help the person turn onto the side and bend the upper leg; help the person into a semi-seated position.

- Placing yourself behind the person and getting a firm grip on the hips, help the person to a kneeling position with both hands on the chair.
- Holding on to the chair, the person should then place the stronger leg in front. You may help by guiding his or her leg.
- With a firm grip on the hips, help the person to stand, then turn and sit in the chair.

If at any time you feel this process is unsafe for you or the person you are trying to assist, help the person back down to the floor and call for assistance.

When to see a doctor

Okay, the fall has occurred and the immediate crisis has passed...now what?

Do not underestimate the potential seriousness of a fall; even if it appears no harm was done, there could be after effects. Symptoms can appear in the days that follow a fall. If you fall, take note of your condition and monitor it carefully. If you witness a fall, take note of the person's condition and ensure that it is monitored.

Some of the reasons for seeing a doctor

- Loss of consciousness just before or after the fall
- Injuries
- A strong or lingering pain



- Dizziness
- Nausea
- Overall weakness
- Headaches
- Vision problems
- If the person is taking any type of blood thinner (such as Coumadin)

In some cases, a fall may be an indication of an illness or medication issue. It is always better to mention falls to your doctor. It's also normal to be more cautious after a fall, but fear of falling again may lead you to restrict your activities. Learning what to do to regain your confidence will set you on the path to a faster physical recovery and a return to enjoying life. ♣

Grand Opening May 4th!

PLEASANT HILL FARMERS' MARKET

Saturdays, 9 am - 1 pm

May 4th: Grand Opening of the Pleasant Hill Farmers' Market with kids' activities, live music, and more!

May 18th: Join Chef Mario and Chef Anna from Cookin' the Market for a free cooking class showcasing the best produce the farmers' market has to offer. Pacific Coast Farmers' Market Association is turning 25 and we're bringing the party to the Pleasant Hill! Special anniversary activities will include free cake, button-making for the kids, fun promotional giveaways, and a \$2,500 enter to win contest!!!

Crescent Dr. at Downtown Plaza

We Gladly Accept: WIC/EBT

1.800.949.FARM

Amazing food scrap recycling program going strong at Sequoia Elementary school

Sequoia Elementary parent volunteer Tamara Helfer started a school-wide lunch food scrap recycling program in February 2012 that is still going strong.

Over the summer, parent volunteer Terry Nixon built six new compost bins out of wood pallets salvaged from the Sequoia Elementary HVAC project. The school improved the cafeteria waste sorting stations and held multiple grade-level assemblies and activities to help educate students about lunch waste sorting and about general waste reduction.

A crack parent volunteer team came in daily to help students sort lunch waste for a year—now students do it largely on their own. Third, 4th and 5th grade Green Team kids act as student leaders at lunchtime to educate



their peers and carry on the day to day composting tasks. This spring, parent volunteers Terri Edwards-Nixon and CJ Lamborn are taking over leadership of the composting program and have started a new 4th/5th Grade Green Team Club with help from 5th grade teacher Mrs. Jennifer Risken. Club activities include daily composting tasks as well as planting seeds, bagging compost, educating peers, and other science and art projects.

As of April 11, 2013, the team has diverted 5,022 lbs of food waste from the landfill, and diverted about 5,700 lbs of recycling (a 30% by weight improvement in lunch container recycling since the program started). They generated 309 lbs of compost from 1,700 lbs of food scraps in spring 2012 and expect to generate over 800 lbs of compost from this school year alone.

The Sequoia Elementary composting and recycling program has benefitted hugely by ongoing support and reinforcement from Principal Dr. David Franklin. The program was also generously supported by Allied Waste and the City of Pleasant Hill. ♣



Rodgers Ranch *ROUND UP*

This year Friends of Rodgers Ranch are offering four Heritage Days with different themes. Each session will include crafts and activities such as cooking, grinding wheat, churning butter, laundry with a washtub, making ice cream, planting gardens, etc. You can pick one, two, three or all four days to attend. Each day will be at Rodgers Ranch. For children ages 7-12. **Space is limited.**

- **Session 1—Farm to Table (June 25).** Learn what was involved in growing and preparing meals in the 1800s. Plant a kitchen garden. Grind wheat. Churn butter.
- **Session 2—Celebrating our Grand Old Flag (June 27).** The history of our National flag is fascinating. See how it has changed over the last 200+ years.
- **Session 3—Farm Cooking and Cleaning in the 1800s (August 6).** A farmers day was planned around preparing meals and cleaning. Do laundry in a washtub. Beat rugs. Visit a bee and chicken farm. Crafts and cooking.
- **Session 4—Apples and Harvest Time (August 8).** Harvest time on a farm meant a fun time for all. Apple games and crafts. Make apple treats and prints. Learn about “apple” people and healthy facts about apples.



Location: 315 Cortsen Rd, Pleasant Hill **Time:** 9am-2pm **Fee:** \$40 per day

To register, email RodgersRanch@yahoo.com or call Denise Koroslev at 387-0158.

Rodgers Ranch is owned and maintained by the Pleasant Hill Recreation & Park District

Backyard composting workshops at City Hall

The City of Pleasant Hill is hosting Free backyard composting workshops and offering residents high-quality compost bins for \$40 (retail \$129) for those who attend a workshop.

Composting your yard trimmings and food scraps is easy, great for your yard and garden, kind to our environment, and good for you, too! Save money, save water, and conserve natural resources.



Find out how by attending a free workshop—register now.

Call Annette Kaufmann at 671-5265 or go to www.pleasant-hill.nhet/compost.

Compost bins are regularly \$75 for residents and \$100 for non-residents but residents who attend a composting workshop only pay \$40.

The workshops are one hour in duration. Dates for upcoming compost workshops at the Large Community Room at City Hall, 100 Gregory Lane are



Tuesday, May 7 and Tuesday June 4. All workshops are from 7–8pm.

Sign up at www.pleasant-hill.nhet/compost.



SAVE THE DATE! Go to 511contracosta.org for energizer station locations.

Got E-Waste?

We can help you recycle your old, unwanted electronic equipment at a FREE E-Waste Recycling Event happening at Diablo Valley College, located at 321 Golf Club Road in Pleasant Hill, on Saturdays, May 4 and June 22, from 9:00am until 1:00pm. The event is open to any California resident, business, school, etc. This is a monthly event that will take place the first Saturday of each month. Dropping off of your E-waste is FREE and items accepted include TVs, monitors, computers, and more - with no limit! Visit www.NoEwaste.com or call toll free, (866) 335-3373 for electronic items accepted and detailed event info. Sponsored by Electronic Waste Management, a state-approved e-waste collector. ♣



Donated funds grow for the future

When Ted Winslow's parents passed away in 1985, he and his two brothers and two sisters wanted to somehow memorialize them. They chose to open a fund with the Pleasant Hill Community Foundation, a nonprofit organization that Ted had helped to establish around that same time.

The mission of the Pleasant Hill Community Foundation (PHCF) is to strengthen community organizations, build endowment funds to meet ongoing and future needs, and offer flexible tax-deductible options for giving at all levels.

The Winslow Family Fund was opened with a \$1,000 contribution from each of Lawson and Charlotte Winslow's children. The fund was invested in a long term account by the PHCF for the future needs of Pleasant Hill. Today it holds around \$20,000. Just recently, the Winslow Family has directed that their account be granted to the Pleasant Hill Recreation & Park District to be used in furnishing their new buildings. Shown is a photo of Ted with a plaque naming the Coffee Lounge in the new Senior Center after his parents.

For more information about the many projects funded by the PHCF over the years, please visit our website at www.PHCommunityFoundation.org. If you'd like a board member to contact you about setting up a fund at the Foundation, please email us at info@PHCommunityFoundation.org. ♣



Easter egg hunt...Lions style!

Along with the Pleasant Hill Recreation & Park District, the Lions Club sponsored the annual Egg-Citing Egg Hunt at Pleasant Hill Park on Gregory Lane on March 30.



Lion members hid eggs, passed out prizes, drove the "kids train," and provided complimentary coffee, donuts, and water to everyone. Over 600 children had a great time. This was the 55th consecutive year that the Pleasant Hill Lions have been a sponsor.



On April 27 the Lions held a Texas Hold'em poker night fundraiser at Back Forty Texas BBQ restaurant. Everyone enjoyed great food, played some poker, and raised money for our local charities.

On May 11 Pleasant Hill Lions and other members from clubs in the district will host "Special Kids Day" at a farm near Brentwood. The annual event is open for children, adults, and families of those with emotional, developmental, and physical disabilities. A petting zoo, motorcycle rides, games, hay rides, face painting, music, etc. will be provided. This is the largest single event hosted by the Lions in our district.

If you are interested in learning more about and joining the Lions Club, contact Don Flaskerud at 676-5859 or Ken Wombacher at 687-0858. The website is www.PHLionsClub.org. ♣



\$20,000 grant for LN-4 Foundation allows larger hand to be added to prosthetic hand program!

The smaller simple LN-4 prosthetic hand, initially funded and started by the Pleasant Hill Rotary Club in 2005, has now been distributed free to over 13,000 individuals in 67 countries around the world.

On April 4 at the Rotary Club of Pleasant Hill weekly meeting, the LN-4 Foundation was awarded a \$20,000 grant by the Million Dollar Round Table (MDRT) Foundation. Philanthropic training solutions company, Odyssey Teams, wrote and submitted the grant on behalf of the LN-4 foundation, a partner in their Helping Hands Program. The LN-4 foundation has designed, produced and delivered thousands of prosthetic hands to people across the globe. The \$20,000 grant will help the foundation produce a newly developed larger hand that will be more suitable for adults.

“The LN-4 Project is a result of the Rotary Clubs in Northern California, District 5160 and Ashland Oregon. If it were not for these two areas, the LN-4 Project would not exist today,” Ellen Meadows Prosthetic Hand Foundation President Michael Mendonca said. “Rotary is an amazing organization and my club, the Rotary Club of Pleasant Hill, along with the youth group at St. Andrews Presbyterian Church, made the project happen from the beginning by funding the first dozen prototype LN-4 Hands that were carried to Vietnam,” Mendonca added.

The Pleasant Hill Rotary Club has continued to support this project by raising thousands of dollars every year, assembling hands, and sending club members to other countries to distribute the hands, free to all recipients.

You can read more about this amazing project and see photos on its website, www.LN-4.org.

History of the LN-4 hand

The LN-4 hand was invented by Ernie Meadows. Ernie and his wife, Marjorie Meadows lost their daughter, Ellen in a tragic automobile accident over 30 years ago. Ernie, while reading a book by Queen Nor of Jordan, learned of all the landmine victims in the world and set out to invent an inexpensive prosthetic hand that could be manufactured and given away in developing countries. The hand is named LN-4 for the name of his daughter and the 4th project that he and his wife have done in her memory. In 2005, Ernie approached Michael Mendonca, then Vice President and co-owner of an injection molding company, who, along with his business partner, decided to take on the project. Michael and his wife Janet went to Vietnam on their own dime and distributed the first hands. Seven years later, there have now been over 13,000 hands distributed in 67 Countries, and with the help of the MDRT, the LN-4L (large hand) can now be manufactured.

About Odyssey Teams

Created in 1991, Odyssey Teams is a recognized team building and leadership skills company. The original creators of Life Cycles, Odyssey Teams continues to be at the forefront of philanthropic team building programs with the development of Helping Hands and other signature philanthropic team building events. For more information on how Odyssey Teams can help “build” individuals and teams please visit www.odysseyte4ams.com or call (530) 342-1650.



Michael Mendonca (left) accepted the check from Ivar Jones, Jr., a financial advisor with David White & Associates representing the MDRT Foundation.



The LN-4 hand has helped thousands of people worldwide perform tasks that they were unable to do before.



Fight cancer on June 1 and 2

Cancer survivors and their caregivers are invited as special guests to kick off the fourth annual Relay For Life of Pleasant Hill at 9am on Saturday, June 1. The Relay will be held at the Pleasant Hill Middle School track. It continues throughout Saturday and ends at 9am Sunday, June 2.

An awareness-raising and fundraising event for the American Cancer Society, the theme of the Relay is to “celebrate” people who are beating cancer, “remember” those whom cancer has taken, and “fight back” to end this disease. The public is invited to this free event, and there will be activities and accommodations for people of all ages and abilities.



Team Sister Links — L-R, Samantha Maddox, Ellen Schuler, Laura Housfeld

At the Relay, teams that have been raising money for weeks or months will have at least one member walking the track throughout the 24-hour event to signify that cancer never sleeps, and neither does the fight against cancer.

Energetic and entertaining activities on Saturday will include exercise

classes, goofy-themed laps, a Kids Zone, live music, and “fun” happenings with cancer awareness messages.

After sundown, a solemn “Luminaria” ceremony lit by glow sticks will remember those who are fighting or have lost the fight against cancer.

The Relay ends at 9am Sunday with a “fight back” lap to underscore participants’ pledges to healthy lifestyles, regular screenings, and other cancer-thwarting efforts.

Details about the PH Relay can be found on its website, <http://relayforlife.org/pleasanthillca>, by e-mailing relayforlifeph@yahoo.com, or by calling 944-4898.



Luminarias lighting up the field

Senior Center events/activities

MONTHLY PANCAKE BREAKFAST



Best deal in town! Enjoy a stack of pancakes with eggs, sausage and orange juice.

- ❑ Chateau Room, PH Senior Center
- ❑ Sunday, May 5 and June 2, 9:00-11:00am
- ❑ Adults (11 & up): \$5
- ❑ Children (5-10): \$3; 4 & under free

MEMORIAL DAY SOCIAL — FREE!



Celebrate our Veterans and enjoy an ice cream treat. (Chef’s lunch will be served at 11:30am before the Memorial Day Social for \$5/person.)

- ❑ Chateau Room, PH Senior Center
- ❑ Friday, May 24, 1:00pm

HEALTHY LIFESTYLE SERIES

This 5-week series presented by the Pleasant Hill Wellness Center provides you all the information you need to feel better from now on. Please pre-register as space is limited.

- **May 29:** Free Wellness Evaluations
- **June 5:** Nutritional Supplements & Natural Healing
- **June 12:** Making Healthy Menu Choices While Dining Out
- **June 19:** Staying Active
- **June 26:** The Importance of Core Strength, Balance & Flexibility
 - ❑ PH Senior Center classroom, 1:00-2:00pm
 - ❑ Cost: \$5 for series
 - ❑ To register: 798-8788.

PH Library activities...

➤ **Magical Moonshine Puppet Theatre** Tuesday, May 28, 6:30pm

The award-winning Magical Moonshine Theatre presents the fun and furry Puppylocks and the Three Bears.



➤ **Idea Box Event** Tuesday, June 25, 6:30pm

Save the date for this fun family program chosen by Pleasant Hill kids!

➤ **Lego Creator's Club** Every Saturday, 2:00pm

Make anything you can imagine with our huge collection of legos! Plus new challenges and tips every meeting.



Pleasant Hill Library Meeting Room

Available during library open hours. Details on how to reserve the room, the meeting room application, and usage policy can be found on our Website at www.ccclib.org.

➤ **English Conversation Practice for Adults** Every Wednesday, 1:30-2:30pm

Practice speaking and listening to English in a casual ESL conversation group run by library staff. Drop-ins welcome.

➤ **One-on-One Computer Tutor** Wednesdays, 11:00am-1:00pm Saturdays, 12-4pm

Tutors are available to assist with setting up email, using Microsoft Word, basic internet searches, printing and saving, etc. Tutors may also assist with digital gadgets like laptops, smart phones, eReaders, and cameras. Please call or make an online reservation on the library's Website at www.ccclib.org.

➤ **Doorstep Farmers** Every Tuesday, 5:00-7:00pm

Pick up your box of organic fruits and vegetables every week at the Library by signing up with Doorstep Farmers! All subscribers have the option to donate 5% to the Pleasant Hill Library.

Visit the Doorstep Farmers website, www.doorstepfarmers.com, to sign up (write "PLEASANT HILL LIBRARY" in the comments section of the form). Contact Doorstep Farmers directly with questions at 349-4568 or www.doorstepfarmers.com/sign-up.php.



Please check the library's Website for additional information and details on all events at www.ccclib.org/locations/pleasanthill.html



Just for Teens

➤ **Wii for Teens** Every other Wednesday, 3:00-4:30pm

Come have fun and meet other teens at the Library while getting your game on!

➤ **Teen Chess Club** Every Friday, 3:00-5:00pm

Learn more about chess, improve your game, and meet like-minded, local teens! All levels are welcome.

➤ **Teen Advisory Group** Every second Wednesday 3:30-5:00pm

Teens can make a positive difference for themselves and their peers by participating in the Library's Teen Advisory Group (TAG). Meet other community teens and the young adult librarian to share and plan what you want to see happen at the library.

Story Times

**Every Wednesday, Thursday,
Friday, and Saturday, 11:15am,
plus Friday afternoons, 1:15pm**

Introduce your child to the wonderful world of words at any of our fun and musical storytimes!

For ages 0-5.



JFK University Workshops

John F. Kennedy University is pleased to offer the following all-day workshops from four professional educators who are Master of Arts candidates in the College of Graduate and Professional Studies. All workshops are free and open to the Pleasant Hill community.

■ **Embrace the Change: Step into your Potential**

Sunday, June 2, 2013

John F. Kennedy University, FREE

Do you want to make a change in your life? Are you ready to let go of old patterns and step into a more authentic and fulfilling way of living? Come join Andrea Livingston in a free workshop as we explore the highest vision and dreams that we have for ourselves. You will learn tools such as mindfulness techniques, dream boarding, visualizations, and participate in a powerful releasing ceremony to remove blockages. Light the fire of your passion and embrace the change that is wanting to occur within you!

For more information or to reserve a spot please contact Andrea at livingstonan@gmail.com or call (505) 440-1327. Andrea is a yoga teacher, coach, and master's candidate in Consciousness and Transformative studies at JFK University.

■ **The Vitality and Essence of Food**

Saturday, June 1, 10 am–4 pm

John F. Kennedy University, FREE

What if that avocado you're about to eat had a message for you? Would you be able to understand its language? And would your relationship with it be different if you could? These are just some of the questions this transformative food workshop will pose as we explore the sensual, symbolic and vital nature of food. Expect light-hearted food-centered activities and tools to re-create your relationship with food. This workshop is for anyone interested in cultivating deeper nourishment and new ways to appreciate food. Please contact Darrell at darruere@gmail.com to reserve space or for more information.

Food enthusiast Darrell MacAulay is a master's candidate in the Consciousness and Transformative Studies program at JFK University. Her dream is to inspire others to remember the sacred nature of food.

■ **Introduction to Intuitive Eating**

Saturday, June 1, 2013

John F. Kennedy University FREE

Diets don't work! Yet many of us feel that our dietary habits could use some changing. What's the solution? Introducing Intuitive Eating, an exciting new philosophy developed by Evelyn Tribole and Elyse Resch. In this workshop, you will be introduced to the 10 principles of intuitive eating, and begin to understand how to incorporate them into your life. Contact Daxle at edaxle@gmail.com to register, or to ask

any questions you may have about the workshop.

Daxle is a Holistic Health Educator focusing on nutrition. She specializes in solutions for eating behaviors and Type 2 Diabetes.

■ **The Whole Picture: Holistic Leadership for life**

Sunday, June 2nd, 10 am–4 pm

John F. Kennedy University, FREE

Want to become a better, more effective leader at home, work, in your community and/or in your own life? Instead of hitting the library to read about leadership theories to improve your skills, come to this interactive, experiential, and fun holistic leadership workshop. At this introductory workshop, you will learn tools to improve your self-awareness and confidence as a leader.

Susan Matsubara is a master's candidate in Holistic Health Education at John F. Kennedy University and a Military Intelligence Captain in the California National Guard. You may contact her at susanmatsubara@yahoo.com ♣

Education Initiative plans for program implementation in the fall

The Pleasant Hill Education Initiative, recently launched by the Mayor, has established a steering committee to plan and implement several programs later this year. The Initiative's goal is to establish a community wide volunteer effort to enhance the quality of education for students in Pleasant Hill.

A number of sub-committees are currently working on the various programs which may include:

- Volunteering in school through tutoring and mentoring

- Organizing forums and workshops for parents and students that teach critical skills needed for success
- Establishing after school programs with volunteers to provide opportunities for students to engage in music, the arts, drama, reading, math and science
- Expanding programs such as Junior Achievement and creating a new program focused on healthy nutrition, sustainability and organic gardening



To sign up as a volunteer and get more information on the Initiative, go to www.pleasant-hill.net/phei or contact Martin Nelis at mnelis@ci.pleasant-hill.ca.us.

Enrich your summer, enrich your mind

This summer JFK University will be offering a series of courses, seminars, and workshops on topics ranging from career advancement to iPhoneography. There will be something for everyone, including academic and continuing education credit.

- June 25-2: iPhoneography
- June 28-30: Bridge to College Success I
- June 29: Employment Workshop for Legal and Paralegal Professionals
- July 11: Stand Out to Advance Your Career
- July 12-14: Bridge to College Success II
- July 13: Public Speaking & Presenting with Confidence

Discounts are available for registration by June 1 and for multi-course registrations. For information on our complete line up of classes and workshops, visit www.jfku.edu/summer or email proginfo@jfku.edu.

Annual awards luncheon honors local entrepreneurs

JFK University's May 17 Entrepreneur of the Year Awards Luncheon will recognize four prominent Bay Area leaders for their leadership and innovation in the business community:

- **Steve Jurvetson**, a leading venture capitalist working with world class companies such as Tesla, Synthetic Genomics and Space X
- **Randy Haykin**, founder of the Gratitude Network and one of the world's leading mentors to entrepreneurs and social ventures across the globe.
- **Mary Huss**, publisher of the San Francisco Business Times who showcases the business climate of our innovation hub here in California.
- **Marty Reed**, JFK University MBA graduate and Principal with The Roda Group who has held senior management positions at Ask Jeeves and CoolSystems, and is Director of the Alliance of Chief Executives.

In addition, the luncheon audience will participate in voting on the top three finalists in the University's Emerging Entrepreneurs Business Plan Competition after each startup company makes a pitch "shark tank" style. For tickets or more information about this upcoming event, visit www.jfku.edu/iel or e-mail iel@jfku.edu. ♣

Other upcoming University events

- **April 27**—Pleasant Hill Campus Open House
- **May 15**—Priority deadline for College of Law fall Semester 2013
- **August 1**—Priority deadline for fall Quarter 2013

For more information about these events, visit www.jfku.edu. For information about the University programs or to apply, email Proginfo@jfku.edu or call (800) 696-5358.



JOHN F. KENNEDY UNIVERSITY

Plaza CONCERTS

Downtown Pleasant Hill

THIRD THURSDAYS

JUNE · JULY · AUGUST · SEPTEMBER

6:30pm to 8:30pm

In the plaza next to Jack's Restaurant & Bar

Pleasant Hill Chamber Wine Tasting

5:30pm – 8:00pm

\$20 (includes wine glass)

Located next to Cold Stone Creamery and Sweet Tomatoes.

Tickets available at www.pleasanthillchamber.com or call 925-687-0700

Park Downtown Pleasant Hill Parking Garage...where the parking is always FREE!

Performances subject to change
SPONSORED BY:

Crescent Dr. and Contra Costa Blvd., Pleasant Hill, CA 94523
Visit www.ShopDowntownPleasantHill.com for event updates

Cover2Cover

June 20th

High Energy Dance Music

Fast Times

July 18th

-80's Covers Party

David Martin's House Party

August 15th

-Wine Party Music

The Fundamentals

September 19th

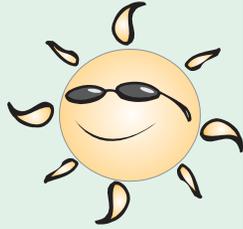
-If Hot Rockin'

Spend your summer in Pleasant Hill!

Registration beginning for adult sports leagues!

Pleasant Hill Recreation Adult Summer Sports leagues—Softball—Soccer—Kickball and Flag Football Leagues....registration open now!

For registration packets and league details visit www.pleasanthillrecsports.com. Or call/email Sheila at 682-0896 or sgeorge@pleasanthill.rec.com



Friday night family swim!

Summer has arrived and the pool is open! Grab your kids and towels for Friday Family Swim Night at the Pleasant Hill Aquatic Park on June 21 from 6:00-9:00pm. Public swim passes are valid for entry. Admission fee ranges depending on age, from free to \$5 a person. For more information visit www.pleasanthillrec.com or call 682-0896.

It's family camp out time!



On Saturday, June 29, join in the fun as Pleasant Hill Park becomes Camp Pleasant Hill. Enjoy your STAYCATION with time outdoors as you introduce your kids to camping. This is fun for the whole family with activities, crafts, campfire with s'mores, music, and an outdoor movie at sunset. Snacks, dinner, and breakfast will be available for purchase from the Teen Center snack shack. Check-in starts at 3pm on Saturday, June 29 with activities beginning at 4:30pm. For more information or to register visit www.pleasanthillrec.com or call 682-0896. ♣

Camps, camps and more camps!

Pleasant Hill Rec and Park have summer camps for every age. Here are just a few samples of what there is to choose from...

- **Preschool camps:** Ocean Adventures, Backyard Creatures, Make Believe Adventures & Castle Tales
- **Youth Camps:** Lego Camp, Mad Science Camp, Animation Flix, Wildlife Habitat Explorations & Spanish Immersion Camp.
- **Teen camps:** Teen Scene Extreme (includes trips!), White-water Rafting, Oakland A's games, Sailing trips, Rock Climbing, Trapeze Art Circus School plus much more!

Other camps include Youth Sports camps, Sewing Camp, Junior Lifeguard Camp & Water Polo Camp.

For an entire list of Summer Camp offerings visit www.pleasanthillrec.com or call 682-0896.

Laugh, Love & Learn

SENIOR LIVE WELL FORUM 13

Friday, May 10, 2013
8:30am–2:00pm
Pleasant Hill Senior Center, 233 Gregory Lane, Pleasant Hill

Speakers and Entertainment
"The Best of California"

Speakers will include Gary Crabbe renowned photographer and owner of Enlightened Images Photography. His work has appeared in *National Geographic*, *Time Magazine*, and his book, *California Coast*, won best book of the year in 2001 by California Outdoor Travel Writers Association. Gary's presentation will be a Visual Journey through Northern California, discussing his latest book, *Photographing California*.

And local favorite Kevin Weinberg, owner and executive chef of the Walnut Creek Yacht Club. Kevin studied at the California Culinary Academy and has over thirty years in the restaurant business. He was voted best chef by *Walnut Creek* magazine in 2012 and will share his expertise in California cuisine.

Visit the Free Senior Information Fair!
8:30am–1:00pm
Discover the numerous senior services and resources right here in our surrounding communities. Tons of giveaways!

\$25 for Seniors (60+), \$30 General
Includes continental breakfast, lunch, door prize entry and lots of giveaways!

Space is limited! Register Early!
Call (925) 798-8788 to register.



Saturday, July 27th
Pleasant Hill Park • 12 noon - 6 pm

MUSIC • BEER • FOOD • FUN

VIP BEER TASTING 12-5 PM
\$55 ADVANCE PURCHASE ONLY!
GENERAL ADMISSION 1-5 PM
WRISTBAND ONLY \$35 IN ADVANCE/\$45 AT THE DOOR

OVER 20 BREWERIES!
FREE MUSIC!
featuring:
THE CANDYE KANE BAND
and more!

purchase tickets: bluesandbrewsfestival.com



**DVC Drama presents
David Ives comedy,
“All In The Timing”**

Enchanting and side-splittingly funny, ALL IN THE TIMING is a collection of six utterly delightful one-act plays that might show up on the PBS' equivalent of “Saturday Night Live.”

This award winning evening of comedies combines wit, intellect, satire, and just plain fun.

The revue-like sketches are playful, each making the point that communication is largely a comedy of errors.

ALL IN THE TIMING is directed by Nicole Hess-Diestler and runs May 3-19.

Show Times are Friday and Saturday at 8:00pm; Thursday May 16 at 8:00pm; Sunday May 12 and May 19 at 2:30pm. For tickets, call the Box Office at 687-4445 or for more information go to our website at www.dvcdrama.net. DVC Drama is located at 321 Golf Club Rd in Pleasant Hill. There is free parking for all performances. ♣



The art of sustainable sushi!

Discover the art of sushi making! Join Hiroshi’s Catering sushi lessons to learn how to properly make sushi rice, prepare ingredients and ultimately roll sushi using organic, local and sustainable ingredients. Register online at www.pleasanthillrec.com or by calling 682-0896.

- May 7-Aug. 27 (15 classes)
*no class June 11 & June 18
- 5:30pm-8pm; Pleasant Hill Senior Center kitchen
- \$150 District Residents/ \$165 General; #4745.901



...and plants!



Something for Everybody at Garden Club Plant Sale May 11, 9-2 pm, Winslow Center

Plants galore are the main attraction, and garden boutique items will be a bonus at the May 11 plant sale sponsored by the Pleasant Hill Garden Study Club. The sale goes from 9am to 2pm at the Winslow Center, on the corner of Pleasant Hill Road and Taylor Boulevard.

A family-friendly event, the sale is held the Saturday before Mother's Day and will feature an abundance of items suitable as gifts for Mom. Many are priced for children's pocketbooks. A benefit of this sale is that the plants are propagated locally and will thrive in this climate.

Competitively priced and geared to meet all garden needs, the sale will offer a wide selection of perennials, plus succulents, vegetables, herbs, shrubs and beautiful potted arrangements of blooming flowers. Special for the children will be free sunflower seedlings that they can plant and enjoy as the sunflowers grow over the summer.

Donations to garden-related local non-profits are made possible through sale proceeds. For more information about the sale or the club, contact call 944-4898, e-mail to phgardenstudyclub@yahoo.com, or visit the club's website at www.phgsc.com. ♣



Our rockin' community! Events for May and June 2013...

Date	Event	Location	Organization	Contact
May 3-19	"All in the Timing"	DVC Drama Theatre	Diablo Valley College	687-4445
May 4	E-Waste Recycling Event	Diablo Valley Collete	Electronic Waste Management	866-335-3373
May 7	Art of Sustainable Sushi (15 classes)	PH Park	PH Rec & Park District	682-0896
May 7	Composting Workshop	PH City Hall	PH Cityh	671-5265
May 10	Laugh, Love, & Learn	PH Senior Center	PH Senior Center	798-8788
May 11	Special Kidfs Day	Farm in Brentwood	PH Lions Club	676-5859
May 11	Garden Club Plant Sale	Winslow Center	PH Garden Study Club	944-4898
May 18-19	Citywide Garage Sale	All over Pleasant Hill	PH City, Republic Services	671-5229
May 24	Memorial Day Social	PH Senior Center	PH Senior Center	798-8788
May 26	Concert by the Lake, Tender Mercies	PH City Hall lake	Civic Action Commission	671-5229
May 28	Magical Moonshine Puppet Theatre	PH Library	PH Library	
Jun 1	CarFit	Church of Jesus Christ LDS	PH City	671-5267
Jun 1	Relay for Life	PH Middle School track	Relay for Life	944-4898
Jun 4	Composting Workshop	PH City Hall	PH Cityh	671-5265
Jun 9	Concert by the Lake, Zoo Station	PH City Hall lake	Civic Action Commission	671-5229
Jun 21	Friday Family Swim Night	PH Aquatic Park	PH Rec & Park District	682-0896
Jun 22	E-Waste Recycling Event	Diablo Valley Collete	Electronic Waste Management	866-335-3373
Jun 23	Concert by the Lake, East Bay MUDD	PH City Hall lake	Civic Action Commission	671-5229
Jun 25	Summer Round Up	Rodgers Ranch	Friends of Rodgers Ranch	387-0158
Jun 25	Idea Box Event	PH Library	PH Library	
Jun 25-26	iPhoneography	JFK University	JFK University	proginfo@jfk.edu
Jun 28	Family Campout	PH Park	PH Rec & Park District	682-0896
Jun 28-30	Bridge to College Success I	JFK University	JFK University	proginfo@jfk.edu
Jun 29	Employment Workshop for Legal Pros	JFK University	JFK University	proginfo@jfk.edu

Free!

Sunset By The Lake Summer Concerts

Free!

**LIVE
Music**

On the lawn by the lake at
Pleasant Hill City Hall
Gregory Ln & Cleaveland Rd
6:00-8:00pm!

**FOOD
& FUN**



May 26...Tender Mercies
Original Rock



Jun 9... Zoo Station
U2 Tribute Band



Jun 24...East Bay MUDD
Funk/R&B



Jul 7...Spin Out
Rockabilly/Oldies



Jul 21...Bell Brothers
Country Rock



Aug 4...Dave Martin House Party
Funk/R&B/Dance/Classic Rock



Aug 18...Cover2Cover
High Energy Dance Music

The following restaurants are tentatively scheduled to sell food:

- May 26 Taqueria Los Gallos
- Jun 9 Slow Hand BBQ
- Jun 23 Steel Smokin BBQ
- Jul 7 Covey Pizza
- Jul 21 Zachary's Pizza
- Aug 4
- Aug 18 Kinder's BBQ
- Sep 1 Taqueria Los Gallos

Ice cream and shaved ice available for purchase at all concerts!



Sep 1...Gumbo Stew
Cajun

Visit www.pleasanthillconcerts.com for all concert information.



Sponsored by Pleasant Hill Civic Action Commission

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 or Kcalhoun@ci.pleasant-hill.ca.us.



**New businesses
December 2012**

All the Pretty Bits
(Skin Care – Esthetician)
1603 Oak Park Blvd.
925-935-4247

Hair Secrets & More
(Hair and Nail Salon)
548 Contra Costa Blvd., F
925-812-4537

Lilian Ngo Hair Designer
1920 Contra Costa Blvd.
925-768-1940

Origins Health Natural Medicine
(Naturopathic Medical Practice)
2395 Pleasant Hill Rd.
925-988-9642

Q-Nails (Nail/Pedicure/Manicure)
508 Contra Costa Blvd. F
925-798-0606



Zachary's Chicago Pizza, Inc.
140 Crescent Dr.
925-602-7000

**Anna Price (Writing/
Illustration/Computer Graphics)**
925-212-8681

Assistants for Life
(Pet Sitting/Homecare)
925-917-3790



Khoyulaa Kkuu Ocean/Air Cargo
(Air & Ocean Cargo Service)
925-899-8616

**Laura Gonzalez (Design/Create
Custom Paintings & Murals)**
925-639-2262

Les Groupe (Medical Devices)
925-984-0219

Melinda A. Olea (Art & Book Sales)
925-387-0467

Perfection Promo, LLC
(Sales of Logo Merchandise)
202-409-9856

Pinpoint Design
(Graphic Design/Architectural Plans)
925-639-0962



Siddall Construction (Contractor)
925-231-5310

Spectrum Arts
(Graphic Design & Illustration)
925-207-0790

**New businesses
March 2013**

Deanna M. Gourley (Hair Stylist)
81 Gregory Ln., #120
925-286-4253

European Motor (Auto Wholesale)
200 Gregory Lane, #202B
925-521-4838

**Passport Health/Travel Well (Con-
sultant to International Travelers)**
1934 Contra Costa Blvd.
510-564-4251

**Christi's Wellness Bootcamp (Fit-
ness Bootcamp/Personal Trainer)**
415-297-2768

Felicia Morris-Artwork
(Artist/Painter)
925-944-1589

JT Trading (Online Trading)
925-899-9517



City Meetings



WHEN	WHAT	WHERE
Wed 1 9:00am	Commission on Aging	City Hall Small Community Room
Wed 1 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 2 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 6 7:30pm	City Council	Council Chambers
Thu 9 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Tue 14 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 14 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 16 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 20 7:30pm	City Council	Council Chambers
Wed 22 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room
Thu 23 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Mon 27	City Hall closed for Memorial Day	
Tue 28 7:30pm	Planning Commission (Public Hearing)	Council Chambers



WHEN	WHAT	WHERE
Mon 3 7:30pm	City Council	Council Chambers
Wed 5 9:00am	Commission on Aging	City Hall Small Community Room
Wed 5 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 6 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 11 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 11 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 12 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Mon 17 7:30pm	City Council	Council Chambers
Thu 20 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 25 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 26 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room
Thu 27 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room



CITY OF PLEASANT HILL

100 Gregory Lane
Pleasant Hill, CA 94523-3323
925-671-5270
www.pleasant-hill.net

CITY OFFICIALS

Mayor Michael G. Harris
Vice Mayor Jack Weir

Councilmembers

Ken Carlson • David Durant
Tim Flaherty

City Manager June Catalano
City Clerk Kimberly Lehmkuhl
City Treasurer Mark W. Celio

City Council meetings are broadcast on
Comcast channel 28, U-Verse
Channel 99, and Astound Channel 29
on 1st and 3rd Wednesdays at 7:30pm.

Meetings are also available on the
City website under "Media Center."

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 articles for Jul/Aug is June 7. 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: Lake at Award-winning City Hall

Important Phone Numbers

Police/Fire Emergency	911
Police (Business)	288-4600
Fire (Business)	941-3300
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



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

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Pleasant Hill 4th of July celebration for 2013

The Pleasant Hill 4th of July Commission has selected the theme and the Grand Marshal for the 2013 celebration:
We the People—An American Melting Pot.



Jim Alkire, City Manager from 1970–1988, will be the 2013 Parade Grand Marshal. He and his wife Margi have lived in Pleasant Hill for over 40 years.

Jim is an Emeritus member of the Pleasant Hill Community Foundation, member and past president of Rotary Club of Pleasant Hill, and has participated in many activities over the years, including the 4th of July Commission. When interviewed about Pleasant Hill's 50th birthday a few years ago, Jim stated, "We certainly never intended to live there for 40 years. City managers usually move around, but quite frankly, I couldn't find a job that was better or a better place to raise my family. It's a great place to live."

The Commission members are working hard to finalize the 4th of July activities for 2013.

There is still time to get in shape for the Firecracker 5K Fun Run. Check the website www.phjuly4.com for updated information about online registration information.



Parade entries are coming in and the entertainment, food vendors, children's games, and activities for the Party in the Park have been confirmed.

The site of the spectacular fireworks show will again be College Park High School. Look for more information and reminders as the 4th of July approaches. Thoughts and ideas are always welcome.

For information about planning or volunteering, please contact Allen Vinson at 938-2373. ♣