

# the OUTLOOK



of Pleasant Hill, California

## Protecting the quality of life in Pleasant Hill in a tough economy



As residents of Pleasant Hill, we benefit from a high quality of life and a safe community. With excellent schools, safe neighborhoods, and services for children, families, and seniors, we all enjoy living in this community.

Local city services are a key component of the quality of life in Pleasant Hill. Our City helps to ensure that we have an adequate number of police officers and neighborhood patrols who can respond quickly in the case of an emergency. We have established teen crime prevention programs, our roads are well-maintained, our city is free of litter, and services are available to help seniors remain independent.

Although we all enjoy critical local services, a decline in local funding is making it difficult to maintain services at existing levels.

### State takeaways

To help address its own budget deficit, the State of California has withheld funding and taken funding away that has historically gone to cities. This has had a considerable impact on our City. Just last year the



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## Pleasant Hill 4th of July 5k Fun Run, parade and fireworks!



It's time to make your final plans to attend and participate in our 2010 Fourth of July Celebration to be held on Sunday, July 4th, in downtown Pleasant Hill. The day begins with the Firecracker 5K Fun Run, which starts at 7:30am. The Fun Run is preceded by a 100-yard dash for children 7 and under. You can register online at [www.phjuly4.com](http://www.phjuly4.com). As in past years, each runner's registration fee will be donated to the Pleasant Hill school of their choice. Last year, over \$10,700 was donated to Pleasant Hill schools from this Fun Run.



The parade begins at 9:00am—plan to be there early to get a good spot. This year's theme is "A Star-Spangled Celebration." Star Quest cast members from Pleasant Hill will serve as Grand Marshals. Pleasant Hill residents are encouraged to submit a parade entry—you can enter as a family, a neighborhood, service group, sports team, or even by yourself. Floats are especially encouraged. Entry forms are available on

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## Protecting the quality of life.... continued from page 1

State took \$2 million away from the Pleasant Hill Redevelopment Agency. As the State continues to deal with its \$20 billion deficit, we anticipate that additional takeaways will continue.

### Declining local funding

Our City depends on local revenue to help fund local services. During these difficult economic times, however, this revenue has declined.



#### ► Sales Tax Revenue

Sales tax revenue accounts for one third of our general fund, and this revenue has declined in each of the past three years. Just last year, sales tax revenue was down by \$1.1 million, representing a 16% decline.

#### ► Property Tax Revenue

Even during better economic times, Pleasant Hill only receives a small share of property tax revenue. For every dollar that we pay in property taxes, only 6 cents come back to our City. The rest of the funding goes to the State or other agencies.

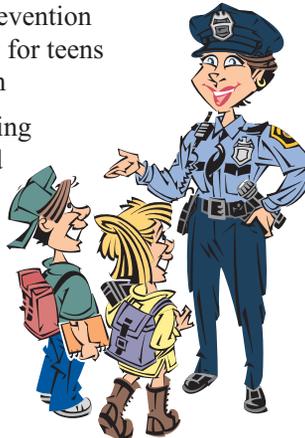
#### ► Transient Occupancy Tax Revenue (Hotel Tax)

Business travelers and tourists provide a steady stream of revenue to our city through the form of a hotel tax. This revenue, however, was down by 15% last year.

### Maintaining local services

The City of Pleasant Hill recently mailed a survey to local residents and posted a survey online ([www.pleasant-hill.net/survey](http://www.pleasant-hill.net/survey)) that allowed residents an opportunity to provide their opinions and feedback on priorities for local services. Your input will help us to understand the importance of local services, including:

- Maintaining adequate police officers
- Maintaining emergency response times
- Maintaining library hours and services
- Keeping the City free of litter
- Maintaining crime prevention programs for teens and youth
- Maintaining roads and streets



### Stabilizing local funding

Your feedback will help us to focus our resources on the services you value and care about most. To ensure we can continue to maintain local services, the City is evaluating options for enhancing local control and stabilizing funding for critical local services.

One option would be an augmentation to the existing Utility Users Tax (UUT), which is currently a tax on telephone service. The UUT could be expanded to cover additional utilities and would be modestly increased from 1% to 1.5%.

Passage of a local UUT measure would generate local funds that could be used to maintain neighborhood police patrols and emergency response times, library hours and services, road repair, and crime prevention programs.

The measure could be placed on the November ballot. If approved, by law, all funds would stay in Pleasant Hill and could not be taken away by the State or go to other communities. Mandatory annual audits and annual reporting would be required. Any additional changes to the UUT would require voter approval. ♣

Let us know what you think about City services...



[www.pleasant-hill.net/survey](http://www.pleasant-hill.net/survey)

We welcome your comments and feedback as we continue to review options to enhance local control and maintain quality local services. If you have any questions or comments, please contact Martin Nelis at (925) 671-5229 or email him at [mnelis@ci.pleasant-hill.ca.us](mailto:mnelis@ci.pleasant-hill.ca.us).



# THE CHEF IS IN

This column is intended to highlight recently established restaurants, new menus, or improvements to existing businesses. This month we are happy to introduce Pleasant Hill's newest restaurant—Jack's!

**Restaurant hours**  
Mon-Wed: 8:00am-10:00pm  
Thurs: 8:00am-12:00am  
Fri-Sat: 8:00am-2:00am  
Sun: 8:00am-10:00pm

## Jack's Restaurant & Bar now open in Downtown

Jack's Restaurant & Bar recently opened on Crescent Drive in Downtown Pleasant Hill at the old Left Bank location. The family-owned establishment will cater to all tastes and provide breakfast, lunch, and dinner with an appealing family-oriented menu.

The owners of Jack's are brothers David, John, and Chris Marcovici. David is the restaurant's Chef, while Chris and John handle the day-to-day restaurant management and the "front of the house." Although David is also Chef and partner of the Boulevard Café in Daly City, this is the first restaurant jointly owned by all three brothers. They are eager to make themselves at home in Pleasant Hill and hope provide something for all tastes and ages.

"We have learned that every customer in the restaurant is a guest in your home—a friend, a neighbor, or a member of the family who has come over for great food and a memorable time. And like family, no one should ever walk in without a warm greeting to

be followed by the best meal they ever ate," said John.

Jack's will have a new outdoor seating area adjacent to the bar as well as the outdoor patio in the restaurant section. It will be ideal for banquets, group dinners, and special occasions. ♣



For more information check out their website or facebook page:  
[www.jacksrestaurants.com](http://www.jacksrestaurants.com)  
[www.facebook.com/jacks.pleasanthill](http://www.facebook.com/jacks.pleasanthill)



## Sign up for Community Service Day

Pleasant Hill's Sixth Annual Community Service Day will be held this year on

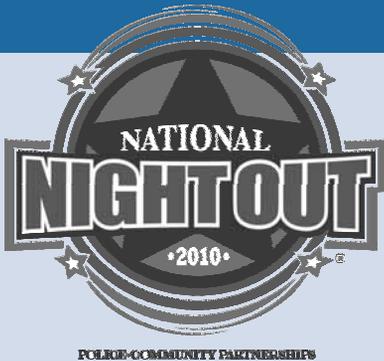
Saturday, September 25, 2010. Volunteers gather at Pleasant Hill Park, beginning at 7:30am, and after signing up for your cleanup project or one of the many other projects that day, you will receive a free commemorative T-Shirt and a free Pancake Breakfast, served by the Pleasant Hill Lions Club.

Last year, more than 700 volunteers worked on 22 projects citywide! To sign up as a volunteer or submit a neighborhood or school cleanup project, go to [www.pleasant-hill.net/csd](http://www.pleasant-hill.net/csd).

For more information contact Martin Nelis at (25-671-5229 or email him at [mnelis@ci.pleasant-hill.ca.us](mailto:mnelis@ci.pleasant-hill.ca.us). This event is organized by the Pleasant Hill Civic Action Commission. ♣



**Save the Date! Saturday, September 25**



POLICE-COMMUNITY PARTNERSHIPS

## News from the City

### National Night out in its fourth year at City Hall

**Date:** Tuesday, August 3

**Time:** 6pm to 8pm

**Place:** Pleasant Hill City Hall,  
100 Gregory Lane, Pleasant Hill

National Night Out was developed to strengthen neighborhood spirit and partnerships between Law

Enforcement and the Community in an effort to lower crime. Celebrated across the country on the first Tuesday evening in August, this will be the City of Pleasant Hill's fourth annual event. National Night Out will feature music, good food, a bouncy house for the kids, as well as tours of a Police Car, Fire Truck, and Ambulance. Come celebrate with your local police department. ♣

### Election of City Councilmembers

On November 2, 2010, Pleasant Hill voters will elect two Councilmembers. The nomination period will begin at 8:30am on Monday, July 12, 2010 and end at 5:00pm on Friday, August 6, 2010. However, if one of the incumbent officeholders does not file by the August 6th deadline, the nomination period for that vacancy will be extended (for any qualified person, other than the incumbent) until 5:00pm on Wednesday, August 11, 2010.

Nomination Papers can be obtained from the City Clerk's office during the nomination period. Candidates must be registered voters of Pleasant Hill at the time the Nomination Papers are issued.

Candidates are invited to contact the City Clerk's office at 925-671-5284 for election details. You may also email Linda Stehr at [lstehr@ci.pleasant-hill.ca.us](mailto:lstehr@ci.pleasant-hill.ca.us). ♣

### Pleasant Hill seeks committee applicants

The City is looking for someone to fill the position of city representative to the Citizens Advisory Committee (CAC) to the Contra Costa Transportation Authority (CCTA). The purpose of the CAC is to provide citizen perspective, participation and involvement in CCTA policy development and implementation. The Authority is a public agency formed by Contra Costa voters in 1988 to manage the county's transportation sales tax program and to do countywide transportation planning. Meetings are held the 4th Wednesday of each month at 6:30pm at Hookston Square, Suite 100 (3478 Buskirk Avenue) in Pleasant Hill.

The CAC consists of one appointed member from each of Contra Costa's 20 jurisdictions and 6 members representing County-wide interests, to be appointed "at large" by the Authority. Candidates for Pleasant Hill's representative must be residents of the City of Pleasant Hill with an active interest in transportation, planning and/or growth management who are willing to invest their time in making a positive contribution to the Contra Costa Transportation Authority's ongoing deliberations and policy decisions. To receive an application or more information, contact Linda Stehr by phone at 925-671-5284 or by e-mail at [lstehr@ci.pleasant-hill.ca.us](mailto:lstehr@ci.pleasant-hill.ca.us). ♣

## Letter to homeowners from the City Building Crew

### ATTENTION POOL OWNERS...

Draining pools, spas, and/or fountains to storm drains can pollute creeks, the Delta and the Bay with copper, chlorine, sediments, and other contaminants. Storm drains flow directly into our creeks, the Delta, and the Bay without treatment. Before draining contact your local wastewater treatment authority.

**Maintenance.** A properly maintained pool, spa, and/or fountain will reduce the need for draining. Cleaning regularly, maintaining proper chlorine levels, and maintaining water filtration and circulation will prevent algae problems and reduce the need for draining.

Never clean a filter in the street, gutter, or near a storm drain. Rinse cartridge filters with water onto a dirt area and spade filter residue into the soil. Backwash sand and diatomaceous earth filters onto a dirt area. Dispose of spent filter materials in the trash and keep backwash discharges out of the street and storm drain.

**Permits?** Yes, a permit is required to install a pool, spa, or fountain deeper than 18". A permit is also required to dispose of or demolish a pool. The reason to obtain a permit to demolish a pool (whether it is totally removed or caved into the ground) is that it's on record and clears your property for future property enhancements. To totally demolish and remove all pool material from the property and replace with clean soil and compaction will enable you to build onto the area. "Caving in" the pool remnants will allow you to landscape the area only without the benefit of building a structure in the future.

**Fences.** When installing a pool or spa for your own safety and your neighbors, a fence is required to be installed around the pool or spa. If an alarm system is installed on all doors and windows accessing the back yard area, you are only required to have total fencing surrounding the property. In all cases, the fence shall not be lower than 54" with a self-closing and locking gate. The fence openings shall not be larger than 4" wide.

More detailed information can be obtained at your City's Building Division 925-671-5200 or the Central Contra Costa Sanitary District 925-229-7288.

Sincerely,

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

## Pleasant Hill offers loans for solar energy systems

Have you been considering a solar energy system, but don't have the cash to pay for it? Are you considering a solar lease program, but have concerns because the payments can increase each year? The City of Pleasant Hill may have a better alternative for you.

On April 19, 2010, the Pleasant Hill Redevelopment Agency approved expanding the City's Housing Rehabilitation Loan Program to include the installation of solar energy systems.

The Housing Rehabilitation Loan Program (which began in 1992), uses redevelopment money to provide low-interest loans (3% APR), to qualified homeowners. These loans allow homeowners to make needed improvements to their homes, such as updating kitchens and bathrooms; new roofs and gutters; installing attic and wall



insulation; dual pane windows; furnaces; and other energy efficiency upgrades.

In an effort to further the energy efficiency of local homes, the program was expanded to allow the purchase and installation of photovoltaic energy systems—otherwise known as solar panels. These are complete systems which include the mounting hardware, solar panels, inverter (which converts the panels' output voltage from the DC to AC) and associated connections. The work will be performed by local pre-qualified solar contractors with prior experience.

Not only do solar energy systems reduce greenhouse gases and dependence on "dirty" energy sources such as coal, gas, oil and nuclear, they can reduce your electric bill or even run your meter backwards, meaning that PG&E pays you for electricity! There is also a rebate from PG&E and a 30% federal tax credit, which reduce the overall cost of these systems. On average, solar energy systems typically pay for themselves in 10-15 years, through reduced electric bills.

Another benefit of solar is that it can add value to a home. A study by ICF consulting for the Appraisal Journal found that for every \$1,000 reduction in annual energy cost, a home's value increased by \$20,000. There is also a state law that prohibits the tax assessor from increasing a home's valuation and thus property taxes when solar is installed.

Visit the City's webpage and click on the "Affordable Housing" tab to learn more about the Housing Rehabilitation Loan program or call the Housing Coordinator, David Boatwright at (925) 671-5266. ♣

## Before you "go solar," SEAL THE LEAKS

Everyone wants to "Go Solar"—but before you do, you should seal up the leaks in your home and have healthy, controlled air coming in and not leaking from a dusty attic or moist crawl space. Going solar without fixing the leaks is like having a hole in your gas tank and saying, "Oh, I guess I will fill the gas tank with bio-fuel." You are still leaking gas.

### Where is air leaking?

- 31% - Floors, walls, and ceiling
- 15% - Ducts
- 14% - Fireplace
- 13% - Plumbing penetrations
- 11% - Doors
- 10% - Windows
- 4% - Fans and vents
- 2% - Electric outlets

### Things to think about

- Seal all holes in the building envelope with caulk/foam
- Seal around all holes or penetrations going from the living space to the attic or exterior. (If remodeling include the inside wall plates, top plates, electrical openings, plumbing openings, boxes around the windows, attic hatches, HVAC closet, frames around doors)
- Any unsealed penetration is also an invitation for insects and rodents to come in.
- Test it!
- See [www.airbarrier.org](http://www.airbarrier.org)

Building Performance Contractors are also available at [www.cbpc.org](http://www.cbpc.org) (California Building Performance Association). For a whole-house "Green" evaluation which includes air sealing, check out [www.builditgreen.org](http://www.builditgreen.org) for a Green Point Rater. ♣

3%  
Interest\*\*

## Attention Pleasant Hill Homeowners!

### Is your home modernized and efficient?



3% interest loans available to help homeowners fix up their home. Funds can be used for a variety of items, such as...

- ◆ Kitchen and bath upgrades
- ◆ Heating
- ◆ Dual-pane energy-efficient windows
- ◆ Drainage
- ◆ Interior/exterior paint
- ◆ and more!
- ◆ New roofs and gutters

\*Program has certain restrictions and qualification criteria



For more information or to request an application, call the Agency Housing Coordinator, David Boatwright

**671.5266**

or email [dboatwright@ci.pleasant-hill.ca.us](mailto:dboatwright@ci.pleasant-hill.ca.us)

## Farmers Market opens season with a bang!



The Pleasant Hill Farmers' Market held its grand opening on May 8 to the excitement of the local community and more than 30 farmers and producers in attendance. The first season was kicked off with a ribbon cutting ceremony by city officials and live entertainment by local band Cover2Cover, who kept the market in high spirits with their renditions of popular Classic Rock hits.

Children enjoyed free face-painting activities while the adults entered to win an Apple iPad, donated by the Pleasant Hill Chamber of Commerce. More than 700 entries were counted, but market shopper Chuck Murphy was the lucky winner.

Besides participating in fun-filled activities and great give-aways, market patrons sampled and bought the best of Northern California's locally grown produce. Farmers from all over the Bay Area offered a variety of freshly harvested produce such as strawberries, leafy greens, asparagus, Asian produce, and

more. Gourmet food producers were also on-hand to fill shoppers' bellies with great tasting food like Indian cuisine and the very popular mini donuts.

The grand opening gave the community just a taste of what is in store for the Pleasant Hill Farmers' Market this season. Succulent stone fruit and vine-ripened tomatoes will be available at the market as well as juicy melons, zesty bell peppers, summer squash, and sweet corn, just in time for Fourth of July barbecues and festivities. A great addition to a summertime barbecue is **watermelon and cucumber gazpacho** using vegetables from the farmers' market. Serve this refreshing treat as an appetizer or alongside your other favorite summertime meals (see recipe below).

The Pleasant Hill Farmer's Market is every Saturday, rain or shine, from 8am until noon. The market is located in Downtown Pleasant Hill in front of the Century 16 movie theatre and will run through November 20. Visit [www.pcfma.com/pleasanthill](http://www.pcfma.com/pleasanthill) or call 1-800-949-FARM for more details. ♣

# PLEASANT HILL FARMERS' MARKET

Saturdays, 8am-12pm • Thru Nov. 20

July 10th - Guess how many cherry tomatoes in the jar to win a bag full of market goodies.

July 17th - Recipe Contest with great Downtown Pleasant Hill prizes.

July 24th - Health Day featuring Yoga demonstrations and a personal trainer will be answering your exercise related questions. Bike to the farmers' market and receive \$1 of Carrot Cash to spend in the market.

August 7th - The Farmers' Market Chefs will be performing cooking demonstrations with tastings.

July and August produce features: Melons • Peppers • Corn • Figs  
Heirloom Tomatoes • Summer Squash • Apples • Grapes • & More!

Downtown Pleasant Hill in front of the Century 16 Theatre

### Watermelon and Cucumber Gazpacho

- 5 cups seedless watermelon, diced
- 1 small cucumber, peeled, seeded, diced
- 1 medium-size red bell pepper, seeded, diced
- 1 medium-size yellow bell pepper, seeded, diced
- 1 small jalapeno chile, seeded, minced
- 3 celery stalks, diced
- ½ small red onion, diced
- ¼ cup finely chopped fresh mint
- 3 tbsp fresh lime juice
- 2 tbsp red wine vinegar
- ¼ tsp salt
- ½ cup crème fraiche or sour cream

Puree 4 cups watermelon in blender until smooth. Transfer puree to large bowl. Add remaining 1 cup diced watermelon and next 10 ingredients; stir to combine. Cover gazpacho and refrigerate until cold, at least 1 hour and up to 4 hours. Divide gazpacho among bowls; top with dollop of crème fraiche.



We Gladly Accept:



[pcfma.com/pleasanthill](http://pcfma.com/pleasanthill)  
1.800.949.FARM





## Old medicine—new program

Do you know the best way to get rid of old medicine? Well, this is the answer—take old medicine to the free pharmaceuticals drop-off box at the City of Pleasant Hill Police Department.

### Easy as Counting “1-2-3”

Pleasant Hill residents may now drop-off unwanted or old medicine and pharmaceuticals for free at the Pleasant Hill Police Department.

Here is all you need to do:

1. Keep medicine / pharmaceuticals in original container;
2. Leave the drug name intact. Black out personal information, including names, prescription numbers and doctor’s name;
3. Drop-off unwanted medicine / pharmaceuticals at the P.H. Police Department 330 Civic Drive. Open hours: Mon-

day-Thursday 8am to 5pm. Friday 8-1pm. Questions call: 925-288-4600

### Legal— Safe—Secure

Pleasant Hill residents that have already used the drop-off program are glad it is

available. Police Department staff often hear visitors say, “I’m so glad I now have a safe, easy program to use.” So clean out those cabinets and drawers of all those old meds – and safely dispose of them today.

Not accepted:

- Needles, lancets, or pen needles (no sharps)
- Aerosol cans
- Thermometers
- No controlled substances
- Personal care products

Improper disposal of old medicine and pharmaceuticals can be dangerous to others and harmful to our environment. Please don’t toss into the trash or flush down the drain. For more information please

visit

[www.pleasanthillrecycles.org](http://www.pleasanthillrecycles.org)

### Pharmaceuticals now present in the environment

Pharmaceuticals are now being detected in water and soil by scientists worldwide. A 2002 U.S. Geological Survey (USGS) study found pharmaceutical and personal care product contaminants in 80 percent of 139 streams sampled in 30 states.



Pharmaceuticals enter wastewater treatment plants through either excretion or flushing of unused medications. These pharmaceuticals may not be completely degraded or removed at the wastewater treatment plant. Regardless of the level of treatment, most conventional wastewater treatment cannot effectively eliminate pharmaceutical compounds.

### Concern about pharmaceuticals

Researchers suspect that hormones and pharmaceutical compounds in the water may be responsible for effects on wildlife including feminization of male fish, sluggish activity or reduced appetite. Short and long term human health effects are currently unknown.

In addition, pharmaceutical use in the general population is growing, so more unwanted drugs are generated and being improperly disposed and thus creating increased environmental concerns.

For more information visit the “CalRecycle Pharmaceutical Drug Waste” page or the “EPS’s Pharmaceutical” page. ♣



## Police hold coffee break chat at Borders Bookstore

Pleasant Hill Police Department held an informal question and answer coffee break session with members of the public recently at Borders Bookstore in Downtown Pleasant Hill. Chief Peter Dunbar, Lieutenants Jose Delatorre and Dan Connelly, and Officer Kelli Geis presented information on city-wide issues.

Discussion focused primarily on crime prevention, as several attendees had been victims of residential burglaries. One such prevention tool

proposed was about starting a Neighborhood Watch Group so that neighbors are watching out for neighbors



and keeping a keen eye on properties in the neighborhood. Vacation checks by the Police Department, locking doors and windows, and alarms were also discussed.

Information on city crime was distributed and questions were asked about online crime information and online reporting. The attendees were enthusiastic about supporting the police and wanted to know as much about their neighborhood as possible. ♣

### Summertime is learn-how-to-compost time

That's right—there is no time like the present. We have all heard that one before. Well now is the time to follow through with an old idea.

#### The time is now

Remember? OK, in case you forgot – it's that thought you had about learning how to compost. Well guess what? It is going to be so easy for you to turn that thought into action. How, you say?

#### Everybody is DOING IT!

Alright, not everybody—but more than 40 people did it one night last May—and everybody said they are glad they did it. They attended a free workshop on backyard composting. And you can do it, too!

#### Attend a free workshop

The City of Pleasant Hill hosts an on-going series of free workshops on backyard composting. Do it and save a lot

of money—attend a workshop and you can go home with a new compost bin for only \$40! The City is offering Pleasant Hill residents high-quality compost bins that

normally retail for more than \$100—available at a workshop for a very low price of \$40.

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.

Don't hesitate – now is the time to get out in the garden and to get to a compost workshop—register now by calling 925-671-5265 or sign up online at [www.pleasant-hill.net/compost](http://www.pleasant-hill.net/compost).

#### Upcoming Home Composting Workshop Dates:

August 17, 7-9pm  
City Hall community room



Hey Mr. Waste Sleuth – I make a blended fruit drink almost everyday. Is it all right to put the fruit scraps and pulp in my compost pile? It would be great if I could use this stuff instead of tossing it all out. *Annette K. – Pleasant Hill resident*



Dear Fruit Smoothie – Fruit and vegetable scraps are excellent things to add to your compost pile. By adding these scraps to your pile, a great variety of minerals and elements are also being added to your compost. Ultimately these are going back to the soil when your finished compost is used, hopefully to grow more food for your blender.

One very important “rule” that you should always follow: you need to bury your food scraps into the compost pile. Never dump or leave food scraps on top of the pile. Exposed food scraps will attract flies and they will deposit larvae, a.k.a. fly maggots, which is a health concern. By simply burying your food scraps you eliminate this problem.

I recommend attending a free workshop on backyard composting. There you will learn the “how to” tricks and tips

of making a perfect compost pile. Check out the free workshop schedule at [www.PleasantHillRecycles.org](http://www.PleasantHillRecycles.org).

*P.S. I hear there is one coming up on August 17 at City Hall 7-9pm.*



**Have an Eco-Question? Submit it to the Waste Sleuth for an eco-answer at [info@wastesleuth.com](mailto:info@wastesleuth.com).**

## Controlling West Nile virus

The Contra Costa Mosquito and Vector Control District is urging residents to report dead birds to help control West Nile virus. Dead bird reports provide valuable information to District staff, helping them to understand where human cases of West Nile virus may occur. Technicians are then able to concentrate their surveillance and control in those specific areas before people contract the disease from mosquitoes.

So far in 2010, there have been no animals or people that have been confirmed with West Nile virus. Most people who are bitten by a mosquito with West Nile virus will not get sick; however, up to 20 percent of the population infected with West Nile virus will get West Nile fever. West Nile fever causes people to experience mild to severe flu-like symptoms such as fever, headache, body ache and possible paralysis. Less than one percent of infected individuals will require hospitalization. The elderly and those with compromised immune systems are most susceptible to illness and death caused by West Nile virus.

Residents are urged to take the following precautions:

- DEAD birds should be reported to 877-WNV-BIRD (877-968-2473) or online at [www.westnile.ca.gov](http://www.westnile.ca.gov).
- DEFEND yourself against mosquitoes by using a repellent with an effective active ingredient such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure to follow label directions.
- DRAIN all sources of standing water that may support mosquito-breeding habitats. Residential sources can be a big producer of mosquitoes in Contra Costa County.
- DOOR and window screens should fit tight and be in good repair. This will prevent mosquitoes from entering your home.
- DAWN and DUSK are times to avoid being outdoors since this is when mosquitoes are most active.
- DRESS appropriately by wearing long sleeves and pants when outdoors and mosquitoes are present.

Contra Costa Mosquito & Vector Control District, a public health agency, is located at 155 Mason Circle in Concord. Call the District to report mosquito problems at 925-771-6195 or visit their office between 8:00am and 4:30pm to get FREE mosquitofish for ornamental ponds or horse troughs.

For information concerning human West Nile virus symptoms, prevention, or testing, please call the Contra Costa Health Services department at 1-888-959-9911.

## Summer courses at JFK

### Online General Education courses continue this summer

College students have found a new way to get those General Education (GE) classes by earning credits through JFK University online courses this summer. The first month-long intensive courses began in July, but the next cluster of classes begins August 1st for the following GE credits:

- Introduction to Mass Communication
- Effective College English I
- College Algebra & Trigonometry
- Information Literacy and Report Writing
- Introduction to Philosophy
- Introduction to Psychology

Each course is 4.5 (quarter) units and meets the general education requirement of community colleges, the California State University schools, and the University of California system. These accelerated online courses each take one month, and the second session begins on August 1. Students can take multiple courses during a session. No application fee is required since individuals will apply to JFKU as a “non-degree” student.

The cost per course is \$450. Financial aid can be coordinated through a student’s current college. Because of the high demand for GE courses, students are encouraged to apply early. For more details or to apply, visit [www.jfku.edu](http://www.jfku.edu) or call 800-696-5358.

### Ecotherapy expert and author to teach JFKU program

Dr. Craig Chalquist’s newly-released book on Ecoterapy has been internationally applauded by sustainable organizations such as the Sierra Club and favorably reviews by publications such as Time Magazine. This fall, Dr. Chalquist will be teaching a cutting-edge certificate program on Ecoterapy through the College of Professional Studies at JFK University.

The Ecoterapy Certificate will offer training in evidence-supported approaches for transforming the human relationship to nature in the service of healing and well-being. These approaches include horticultural therapy, animal-assisted therapy, time stress management, managing “eco-anxiety,” and critically analyzing the media’s role in the debate about mass-produced food. Ecoterapists are trained to facilitate deep transformation, education, and healing by helping individuals and groups establish consciously beneficial relationships with nature—plant, animal, mineral, somatic.

The certificate will be a one-year program open to everyone holding a college degree. Students will learn theory and information online and practice by participating in two weekend intensive on-site meetings. Courses will include Methods and Practices of Ecoterapy, Dimensions of Holistic Sustainability, and Horticultural Therapy.

Ecoterapists are qualified to educate businesses and community members in sustainable practices, often working for organizations that provide public education and outreach in these practices. Ecoterapists also serve as healing practitioners, community mentors, educators, advisers, activists, and consultants.

For more information contact Craig Chalquist [cchalquist@jfku.edu](mailto:cchalquist@jfku.edu) or JFK University’s Department of Consciousness & Transformative Studies.

## What's happening at the Senior Center

### ★ 4th of July Pancake Breakfast & Boutique

All you can eat pancakes plus more. After breakfast, enjoy a wonderful selection of handmade items from the boutique.

- ☐ **July 4, Sunday, 8-11am**
- ☐ Senior Center: 233 Gregory Lane, Bldg. 2
- ☐ \$3.50 ages 11 & up/ \$2.50 ages 5-10/ FREE ages 4 & under

### ★ OM YOGA (NOW 6-week sessions!)

Along with gentle stretching, you will learn different types of breathing techniques which help with chronic diseases such as allergies, asthma, heart problems, hypertension, insomnia and much more. Bring a yoga mat for floor work if you would like.

Instructor: Suminder Kaur

- ☐ **July 28-September 1, Wednesday, 5:30pm-6:15pm**
- ☐ Senior Center, 233 Gregory Ln., Bldg. 2
- ☐ Fee: \$45 / Members \$39 / Drop in \$8

### ★ Learn to Play Bunco

You've heard how fun this mysterious game is! Now you can learn for free and find out why the game is so fun! Attend one of the workshops this summer then show off your knowledge at our monthly Bunco nights! Sign up at the Front Office

- ☐ **July 15, Thursday, 10am**
- ☐ Senior Ctr.: 233 Gregory Lane, Bldg. 2
- ☐ FREE!

### ★ Sunday Matinees presented by the Vagabond Players

A wonderful and affordable afternoon for theater lovers. Look for details in the "Senior Sounds." "Lend Me a Tenor" & "A Bench in the Sun"

- ☐ **July 18 & August 22, Sundays, 2pm: 1:40pm doors open**
- ☐ Senior Ctr.: 233 Gregory Lane, Bldg. 2
- ☐ Tickets: \$6 presale / \$8 at the door



### ★ Get to know your cell phone

Do you own a cell phone? Having trouble checking your voicemail, programming numbers or changing your ringtones? Teens from PHRPD's Teen Council are at your service! Register for a 30 minute one on one appointment to have your cell phone demystified and become the useful tool it's meant to be! Donations will be accepted and go toward supporting Teen Center Programs.

- ☐ **July 26, Monday 10am-12pm, sign up for a 30-min. appt. slot**
- ☐ Senior Center: 233 Gregory Lane, Bldg. 2,
- ☐ Fee: FREE—Donations accepted

### ★ Taste of the Vine

Relax from your week and casually sip on a glass of wine with friends. We will have a variety of red and white wines for you to select from plus light hors d'oeuvres will be served. Non-alcoholic beverages available. Sponsored by the Chateaus of Pleasant Hill.

- ☐ **July 30, Friday, 4 pm-6pm**
- ☐ Senior Ctr.: 233 Gregory Lane
- ☐ Presale: \$6 presale/ \$8 at the door

### ★ Senior Center Open House

Have you always wondered what happens at the Senior Center? Representatives will be available to answer questions on every activity, service, class and sport the Senior Center has to offer. Don't miss samples from the kitchen, chances to win door prizes, and an opportunity to see what you're missing!

- ☐ **August 20, Friday, 10am-Noon**
- ☐ Senior Center: 233 Gregory Lane
- ☐ FREE!

## Library happenings...



This year the Pleasant Hill Library will have storytimes all summer long! Two different storytimes will be held, one for tots ages 6 months to 36 months, the other for 3 - 5 year olds. Here are all the details you need for some fun summer outings with the youngest crowd!

### ➤ Mother Goose Time Wednesday morning, 11:15am

Designed for little ones ages 6-36 months, this early literacy romp will feature songs and rhymes, bounces and tickles, and simple stories.

Caregivers and tots alike participate in this fun-filled morning of movement and imagination.

Summer session starts Wednesday, June 16 and runs through August 11. No registration is required; just come and have fun!

### ➤ Preschool Storytime Thursday mornings, 11:15am

Designed for ages 3-5 years, this storytime will stretch the body and the mind as we shake down stories from the story tree.

Caregivers and children alike will join our circle while we explore the wonderful worlds inside of books. Join us for a fun summer session beginning Thursday, June 3 and running through August 12. No registration required. ♣

For further information, check out the Pleasant Hill Library's calendar of events at [www.ccclib.org](http://www.ccclib.org) or contact Lea Stone or Heidi Dolamore at [lstone@ccclib.org](mailto:lstone@ccclib.org) or [hdolamor@ccclib.org](mailto:hdolamor@ccclib.org).



The Pleasant Hill Library's Green Zone is an extensive collection of resources selected to help children, adults, businesses, and residents who live and work in Pleasant Hill do their own research and reading on environmental concepts and solutions.

### City of Pleasant Hill receives 'Green Zone' Award from Board of Supervisors

At its meeting on May 18, the Contra Costa County Board of Supervisors gave awards to staff, donors, and elected officials from various cities and libraries in the county for their involvement in establishing Library Green Zones. Pleasant Hill was given special acknowledgement for being the first city in the county to establish a Green Zone.



### Kids love big trucks

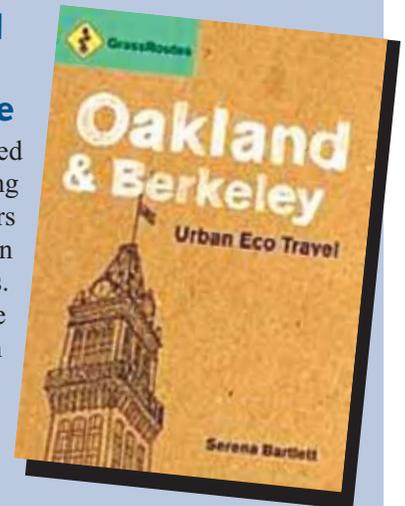


On May 13, more than 55 lucky kids of all ages who visited the PH Library got an up-close view of an Allied Waste recycling truck. This serious "show & tell" was part of the Library's Green Zone focus on "Kids & the Environment" month.

### Recommended Reading from the Green Zone

The book reviewed here can be found along with hundreds of others focused on environmental topics. Come browse the extensive collection found in the Green Zone at Pleasant Hill Library.

GrassRoutes  
Oakland & Berkeley:  
Urban eco travel, by Serena Bartlett, 270 pages, Sasquatch Books.



GrassRoutes is a new kind of guidebook, written by and appealing to a younger generation than other travel guide series. The book addresses an interest in green travel, sustainable living, and interest in youth culture and music. There really is a there there, and this book points the way. Whether it's vegan organic or late-night literary, an urban bike tour or stalking fine art and architecture, this lively guide reveals the thriving metropolis forever in San Francisco's shadow. Listings cover cafés, markets, music, art, contemplative places, and other friendly scenes, with an emphasis on sustainability and local flavor.

### Coming Soon. . .

For the month of July visitors to the Green Zone can learn more about Green Travel. Information on green hotels and reducing your impact while on the road will be found in the Green Zone.

You can be a little more earth-friendly at home. August will be the month to learn

ways to be "green" at home. On August 24, 6pm-8pm, visit the PH Library for a Green Zone workshop called "Tips for a Greener Home."

**To learn about waste prevention, reuse, recycling, and composting, visit the Pleasant Hill Library Green Zone or go on-line to [www.PleasantHillRecycles.org](http://www.PleasantHillRecycles.org).**



A typical child with a cleft lip and palate

## Working towards a better community....

### To San Salvador with Rotaplast—a trip that changed lives

San Salvador is the capital of El Salvador, a country in Central America that is a 6-hour flight and a world away from Pleasant Hill. Yet, it is where Pleasant Hill resident and Rotarian Steve Lack traveled as a volunteer to join a Rotaplast team of medical professionals and nine other Bay area Rotary volunteers to change the lives of children afflicted with cleft lip and palates.

When a child is born in Central America with a cleft lip or palate, they are considered less than whole by their parents, and they suffer from poor speech as well as poor self esteem. The future of such a child is dim and absent of hope.

Rotaplast is a non-profit humanitarian organization headquartered in San Francisco providing free reconstructive operations and treatment for children in need worldwide. Rotaplast was founded in 1992 by Dr. Angelo Capozzi and Rotary Club of San Francisco President Peter Lagarias, in collaboration with the San Francisco Rotary Club, to facilitate a surgical program in La Serena, Chile to treat children with the cleft lip and palate anomaly who would otherwise not receive surgical intervention. This initial historic mission took place in January of 1993. Since that time Rotaplast teams have performed corrective surgery on over 10,000 Children around the globe.

Each medical mission is about two weeks in duration—and it is far from a

vacation. During the entire two weeks, there is only one day off from work. The surgical days began at 7am and lasted until 7pm when the last patient was taken from the recovery room to the nursing ward. Steve and the Rotaplast team he was with were in El Salvador May 17-29 and departed just 2 hours before Tropical Storm Agatha hit the country. In that time they performed 109 procedures on 81 patients ranging in age from 5 months old to 25 years old. All the surgeries were successful, without any complications.

Steve noted, “It was amazing to see the transformation of the patients from pre surgery to their post operative visit a week later. Prior to surgery, the young children, as

expected, are nervous as they prepare to undergo surgery; the parents are apprehensive about the procedures. The surgeries take between 2-3 hours each. The child is taken to the recovery room, where they are rejoined with their parents. The first sight I most often saw in the recovery room was relief on the parent’s face, that their child had emerged safe from surgery. And then came the smiles as they saw the beauty of their child’s face and mouth restored.”

A follow-up visit a week later showed significant healing. These children were given back a normal health life, free of disfigurement. The parents were more than grateful. Often the parents referred to the team as angels for the miracles that were worked for their children.

Steve summed up his experience “It is hard to put into words, the feeling one gets when they are given the privilege and opportunity to make such a profound difference in the lives of others. I realized as I was returning home, that the lives that were changed on this trip included mine.” ♣



Steve Lack with a young patient a week after his surgery.

## “Veteran’s Day Celebration & Resource Day” for Veterans and families

Save the date...  
November 11



A Veteran’s Day Celebratory Breakfast and Resource Opportunity will take place this fall to honor both Veterans and their families and also to provide needed resources for them and their families. The event will be held on Veteran’s Day, Thursday, November 11, 2010 from 7:30am until noon at the Pleasant Hill Community Center at 320 Civic Drive.

Transportation to this event may be available via the Pleasant Hill Police Department if needed for Veterans and their families. Register by calling Jessica Braverman, Esq. at 925-932-7011 or by emailing Jessica@CAELTC.com.

The event is made possible by generous sponsorship from the Rotary Club of Pleasant Hill, Pleasant Hill Lions, Pleasant Hill Police Department, Pleasant Hill Chamber of Commerce, California Employment Law Training Center, and the Rotary Club of Martinez. Additional sponsorships are welcome—please contact Jessica Braverman at 925-932-7011 or Jessica@CAELTC.com or Ken Jacobson at kenj19@comcast.net.



## FPHE Awards 2010 Grants to Pleasant Hill Schools

On May 20, 2010 the Foundation for Pleasant Hill Education (FPHE) awarded more than \$30,000 to support educational activities in Pleasant Hill public schools. The grants represent a significant investment of funds to enhance educational opportunities for Pleasant Hill students while our schools combat ongoing spending cuts. This year's grant awards are more than double what FPHE awarded in 2009 and over its two-year history, the Foundation has awarded \$45,000 to Pleasant Hill schools.

The money awarded was raised from 291 private donations and the proceeds from special events, including Dine Out for Education, Night of Improv, and the Oak Park Restaurant Walk.

The 2010 FPHE grants were awarded based on a combination of criteria, including the number of students impacted and the contribution to or support of language arts, math, science, or other key curriculum areas. FPHE determines the awards on the grant requests received and the integrity of the requests as to how they support education.

The Foundation received 56 grant requests and awarded, in part or in whole, 38 grants. While the number of grant requests received from each school varied from none to 13, every school that requested a grant received one. Below are the grants awarded

- **College Park High School**—Sets of *How to Read Literature Like a Professor*, *Cyrano de Bergerac*, and *To Kill a Mockingbird*; Two LCD projectors for the Math Department; Literature workbooks and subscriptions to *New York Times Upfront Magazine*; Sets of *Frankenstein*, *Rosencrantz and Guildenstern are Dead*, and *The Importance of Being Earnest*; Cardio boxing station
- **Pleasant Hill Middle School**—Hardware and software updates for Computer Lab
- **Sequoia Middle School**—Alternative energy science program and materials; Hands-on measurement and geometry materials; Biographies for the Library; Interactive and vertical planning

whiteboard for the Math Department; Art in History program for Chinese, Greek, Egyptian, and Indian cultures; Class sets of *Al Capone Shines My Shoes*

- **Valley View Middle School**—Computer station for the Resource program; Sets of spelling books
- **Gregory Gardens Elementary**—Promethean Board; Learning-to-read reading books
- **Hidden Valley Elementary**—Combined grants to cover four document cameras and two LCD projectors; 100 Thesaurus books
- **Pleasant Hill Elementary**—Board Math program; Board Language program; LCD projector and document camera
- **Sequoia Elementary**—Sets of Nature's Children animal book series; SRA reading program; World Book Encyclopedia; Combined grants for California research materials; Read Naturally program; Sets of Bob Books
- **Strandwood Elementary**—Hands-on science materials; Sets of *By the Great Horn Spoon*; Board Math whiteboard; Supplies for Kindergarten garden project; Sibelius computer software for the Music Department
- **Valhalla Elementary**—Video project materials; Schoolyard Wildlife Connection interactive program

FPHE accepts donations all year (visit [www.fphe.org](http://www.fphe.org)). FPHE donors help show that our community values quality education. ♣



## PHCF announces community grant awards

Recently, the Pleasant Hill Community Foundation (PHCF) presented its annual Community Grant Awards to seven organizations. The grant recipients included:

- **Project Second Chance** adult reading program
- New software for the **Pleasant Hill Fourth of July Commission**
- **The Vagabond Players** for entertaining our seniors.
- A 6th grade classroom at **Sequoia Middle School** to purchase a pull down map displaying an updated image of the world.
- **Robert Shearer Preschool** to update some of its equipment for the children it serves.
- **Pleasant Hill CERT** to purchase new software to allow its website to be updated to more effectively communicate information on emergencies.
- A 4th grade classroom at **Strandwood Elementary School** to purchase an interactive white board to assist the teacher in educating her students.

Community Grants Award Chair, Jill Anderson, said, "The Foundation is pleased to be able to provide these grant awards from donations given by friends of Pleasant Hill. We feel that these donations will indeed make an impact in enhancing the quality of life of our community for everyone from preschoolers to seniors." Please visit the Foundation's new website at [www.PHCommunityFoundation.org](http://www.PHCommunityFoundation.org) to learn more about the Foundation. The website, and many of the photographs on the website, were generously created by Dan Stone of 360Village Online Communications. ♣

## Hit the dance floor with Latin, Salsa, and Swing

This summer is sizzling with sensational dance classes from Pleasant Hill Recreation & Park District. Beginners and advanced dancers are sure to bring home new skills in these July and August classes.

- **Salsa Club Dancing 101** offers N.Y. Salsa mixed with Latin Hustle, Pachanga, Cali Colombia, and Rueda. Starting July 26, make Monday nights your night to shine! Five classes, \$58, or \$48 for residents of Pleasant Hill Recreation & Park District.
- **Strictly Latin Beats** is your chance to sample the basics of Paso Doble, Samba, Tango and Mambo. Schedule just two Wednesday nights beginning July 21, \$68 or \$58 for District residents.
- **Swingin' On a Star** introduces dancers to a classic that never goes out of style—Swing! Mark your calendar now for three Wednesday evenings, beginning August 4, \$79 or \$69 for District residents.

All of these classes are taught by real pros, each with more than 25 years experience teaching dance. Pre-registration is required. Call the Pleasant Hill Community Center at 676-5200, or register online at [www.pleasanthillrec.com](http://www.pleasanthillrec.com). ♣

## Join the crazy fun at Derby Day!

At Pleasant Hill Recreation & Park District's third annual Derby Day at Pleasant Hill Aquatic Park, creativity, originality, recycling, and engineering all come together!

Build a boat entirely out of cardboard and recyclable materials for your team of 2 to 6 boaters. Use your home-made paddles, strap on a Coast Guard approved life vest, hop aboard, and paddle like mad in a race across the pool.

Teams in five different age categories will compete in boats with outrageous themes. Wear your swimsuit and prepare to get wet! Derby Day, Friday, July 16 at Pleasant Hill Aquatic Park, 147 Gregory Lane. Races begin at 2pm. Entry fee: \$5 per boater, pre-registration required. For rules and information, call 682-0896, or visit [www.pleasanthillrec.com](http://www.pleasanthillrec.com). ♣



## PH Office of the American Cancer Society seeks volunteer teams for City's first Relay For Life®



The City of Pleasant Hill's first-ever American Cancer Society Relay For Life® will be held Friday and Saturday, August 14 and 15 at the Pleasant Hill Middle School, located at 1 Santa Barbara Road.

Relay For Life is an overnight event where teams of 8 to 15 members take turns walking around the clock and around the school's track to raise funds for research, early detection, advocacy, education, and related programs in the fight against cancer. People whose lives have been touched by cancer and all those wanting to crusade for a cure are invited to form teams and help solicit donations to reach the event's goal of \$15,000.

Before the Relay weekend, team members ask for contributions from individuals and organizations. Some teams augment their proceeds by holding creative fundraisers during the Relay itself.

Relay teams set up tents and roll out sleeping bags so they can be onsite for 24 hours, from 9am Saturday to 9am Sunday, in unity with the nonstop global quest to cure cancer.

Saturday's opening ceremony includes a first lap around the track by cancer survivors—anyone who has ever been diagnosed with cancer. The most moving ceremony is a candle-lit "Luminaria" that takes place after sundown on Saturday. Candles illuminate white paper bags that are decorated and bear the names of loved ones who have had cancer.

A "Fight Back" program features community leaders who announce their personal pledges of action, such as to stop smoking or to exercise more—as an inspiration and challenge to Relay participants to make their own healthy lifestyle commitments.

"Beyond being a fundraiser, Relay For Life is an awareness raiser about the progress against cancer," said Kelli Nahas, Senior Relay Manager for the Pleasant Hill ACS office. "It's a time to celebrate people who have battled cancer and remember those we've lost, as well as to continue the search for cures and promote prevention through healthy lifestyles."

More information about Relay For Life in Pleasant Hill may be obtained by calling Nahas at 925-817-9084 or by going to <http://RelayForLife.org/pleasanthillca>.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering, and preventing cancer through research, education, advocacy, and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information, call 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org). ♣

4th of July—continued from page 1

the Fourth of July Commission website, [www.phjuly4.com](http://www.phjuly4.com).

The celebration continues at Pleasant Hill Park from 10:30am to 2:30pm. Musical entertainment will feature the bands Phresh Press, Jinx Jones and the King Tones, and Back to Nowhere. There will also be games, food provided by Back 40 Texas BBQ, ice cream and root beer floats, and special activities for children—water balloon tosses, tug-of-war, and other favorites. Buttons the Clown will be moving among the crowd as will Magician Willy Wang. Another favorite of the kids, the Petting Zoo, will be back again.

But it's not over! A breathtaking fireworks display begins at approximately 9:20pm at the College Park High School practice field. Prior to the show, live music will again be performed by the

talented Diablo Valley Pops Band under the direction of Maestro Monte Bairos. Food will be available from Smokin' Okie's BBQ Joint beginning at 7:00pm.

The Commission would like to acknowledge the following major contributors who have donated generously to this year's celebration: AAA, Allied Waste Services, the Patrick and Shirley Campbell Foundation, the City of Pleasant Hill, Don and Norma Flaskerud, the Merchants of Downtown Pleasant Hill and Developers Diversified Realty, John F. Kennedy University, Matthew Rinn/State Farm Insurance, the Rotary Club of Pleasant Hill, the Pleasant Hill Lions Club, and the Pleasant Hill Coin And Jewelry Exchange.

Due to the current economic environment, this has been a particularly challenging year to raise funds and obtain



donations to fund our Pleasant Hill Fourth of July celebration. Any donation you can make will be greatly appreciated and should be sent to the address below. The Commission still needs funds to support all of the planned activities.

The Pleasant Hill Fourth of July Commission is a volunteer organization that relies on donations to fund all the Fourth of July activities. Your financial contribution will help the Commission produce another memorable hometown Independence Day celebration. Donations can be made online at the Commission's website or by mailing a check to P.O. Box 23272, Pleasant Hill, CA 94523.

Thank you for your support, and now come and join the FUN! ♣



2nd Annual Pie Eating Contest

A crowd pleasing event that was added last year returns this year—the Second Annual Fourth of July Pie Eating Contest! This year, cream pies will be the pie du jour. Participants should dress for the mess and be prepared to be videotaped and/or photographed. This sticky mess is



Barbecue, beer, and wine  
Raffle and silent auction  
Chicken-Drop contest

## KEEPING IT COUNTRY

benefitting Friends of Rodgers Ranch

Saturday, July 17, 3:30–8:00pm

**Mangini Farm**

Taylor Blvd & Pleasant Hill Rd, at the produce stand

**Help us get that barn rebuilt!**

Tickets: \$50/each, \$80/couple  
Email: [rodgersranch@yahoo.com](mailto:rodgersranch@yahoo.com)  
or call 937-3677

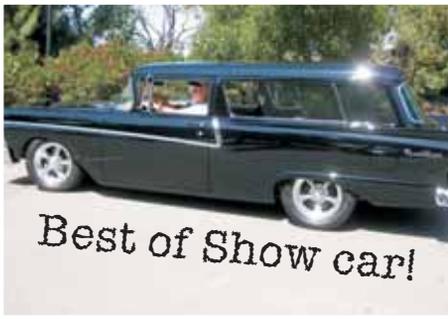


Rough Road Ahead  
(Bluegrass, Country & Folk Trio)  
Star Quest Entertainers  
Nathan Craver—acoustic

## ...young musicians and writers!

### Enjoy a nostalgic moment at the American Iron Car Show at the Community Center August 15

Celebrate America's passion for the automobile at American Iron Car Show Sunday, August 15, 10am–3pm. Pleasant Hill Recreation & Park District is proud to present the ninth year of this summertime tradition in the parking lot at the Pleasant Hill Community Center. Enjoy a sunny day packed full with barbeque, music, and American made pre-1980s classic cars.



“American Iron” car show features awards, prize drawings, coffee, delicious barbeque, lively DJ music, special features for kids, and lots of fun.

This family-friendly event is open for free to spectators, and only \$25 to enter a car (registration deadline, August 7). It is judged every year by spectators who vote for winners in creative award categories, including: best make-out car, best beach



car, and car responsible for the oil crisis. Trophies categories, for best of each decade, best interior, best engine, and best of show, are judged by other exhibitors. For more information, visit [www.pleasanthillrec.com](http://www.pleasanthillrec.com) or call the Pleasant Hill Community Center, 676-5200. ♣

### Talented young writers honored at awards dinner

The California Writers Club, Mt. Diablo Branch's Young Writers Contest celebrated their winners on May 15 at Zio Fraedo's Restaurant in Pleasant Hill. The families and teachers were honored by the club. A first prize of \$100, second prize of \$50, and third prize of \$25 were given in short story, poetry, and essay categories. Honorable mentions were mailed to participants. This year a Best of the Best Award was presented to eighth grader **Gabriel Ostler** for his short story, *The Thin Line*.

“We had 523 manuscript submissions from public and private middle schools all around Contra Costa County,” said Elizabeth Koehler-Pentacoff, chair of the Young Writers Program. “Each year we

receive more submissions and they are more sophisticated in quality. We are particularly encouraged because of the recent budget cuts to creative programs in the public schools. We are grateful that teachers encourage writing!”

Begun in 1995 with thirty submissions from the Mount Diablo School District, the program now includes free writing workshops offered at local libraries, taught by children's authors Koehler-Pentacoff and Sarah Wilson.

“The January and February workshops are always booked solid,” says Koehler-Pentacoff. “It's exciting to see students this age passionate about words.” ♣



### Pleasant Hill's award-winning Garage Band concerts return



Teens and young adults who love music are invited for free concerts in downtown Pleasant Hill this summer. The first concert held Friday, June 25, featured three local bands—Macerate, Lobotomizer, and Feast. Upcoming Garage Band concerts on Fridays, July 16 and August 6, are being planned now. For July 16, the headline band will be The Rubber Munchkin Experience. If you know of a local teen band interested in performing, contact Katrina Hunn at Pleasant Hill Recreation & Park District, 682-0896 x 12. The Garage Band Concerts are held at the City Hall Lake on Friday nights from 7-10pm.

Support local teen music and help build pride in Pleasant Hill! ♣

## ROUND UP FROM THE RANCH

Rodgers Ranch is hosting camp sessions this summer for kids aged 7-11 years. Children can experience life on the farm having fun learning about 'back-to-basics' lifestyle from the 1800s. The program will include such things as churning butter, making ice-cream and lemonade, creating old-fashioned crafts, doing laundry with a washboard and wringer, and other creative activities.



There are two 2-day sessions held on Tuesday and Thursday from 9am to 2pm each day. The first session will be on July 20 and 22 and the second on August 3 and 5. Each session costs \$50 and you can register by emailing [roddgersranch@yahoo.com](mailto:roddgersranch@yahoo.com) or call Denise at 925-387-0158 for more information. ♣

Join us at the concerts!

# Sunset By The Lake Summer Concerts

Free!

On the lawn by the lake at  
**Pleasant Hill City Hall**  
Gregory Ln & Cleveland Rd

LIVE  
Music  
6-8pm!

**Jul 11:**  
Folksy rock with **Dream Posse** band!

**Jul 18:** Time Outs for the kids!

**Jul 25:** Country rock with **The Bell Brothers**

**Aug 8:** Spin Out! Classic rock

**Aug 22:** Cover2Cover!! Music from 5 decades

**Sep 5:** Lava! Hot...hot...HOT!!

Visit [www.pleasanthillconcerts.com](http://www.pleasanthillconcerts.com) for all concert information.

**GUITAR HEAVEN** May 30

**WARRIORS** May 30

**BACK PARTY** Jun 13, Aug 22

**Tahoe Joe's** Jun 27, Jul 11

**DOWNTOWN PLEASANT HILL** Jul 18

**Sweet Tomatoes** Aug 8

**Shel's Daycare** Jul 25

**Dallmeotts Italian Restaurant** Aug 22

**Down Block & Michael Harris** Aug 22

**Cozy Strand Chiropractor** Aug 22

**MAH HAN INSURANCE** Matt Flinn Agency Sep 5

## Our rockin' community! Events for July and August 2010

Date	Event	Location	Organization	Contact
Jul 4	4th of July Parade and Party	Downtown, PH Park	PH 4th of July Commission	938-5433
Jul 4	4th of July Pancake Breakfast	PH Senior Center	PH Senior Center	798-8788
Jul 12-16	Summer Soccer Camp	College Park High School	Martinez-PH Futbol Club	mike.bedig@mphfc.com
Jul 15	Learn to Play Bunco	PH Senior Center	PH Senior Center	798-8788
Jul 16	Garage Band Concert	PH City Hall Lake	PH Rec & Park District	682-0896
Jul 16	Derby Day	PH Aquatics Park	PH Rec & Park District	682-0896
Jul 18, 25	Sunset by the Lake Concert	PH City Hall	Civic Action Commission	671-5229
Jul 24	Blues & Brews Festival	PH Park	PH Chamber of Commerce	687-0700
Jul 26	Get to Know Your Cell Phone	PH Senior Center	PH Senior Center	798-8788
Jul 26	Latin, Salsa, and Swing!	PH Community Center	PH Rec & Park District	676-5200
Jul 28-Sep 1	OM Yoga	PH Senior Center	PH Senior Center	798-8788
Aug 3	National Night Out	PH City Hall Lake	PH City	671-5265
Aug 6	Garage Band Concert	PH City Hall Lake	PH Rec & Park District	682-0896
Aug 8, 22	Sunset by the Lake Concert	PH City Hall	Civic Action Commission	671-5229
Aug 15	American Iron Car Show	PH Community Center	PH Rec & Park District	676-5200
Aug 17	Composting Workshop	PH City Hall Comm Rm	PH City	671-5265
Aug 24	Tips for a Greener Home	PH Library	PH Library	www.pleasanthillrecycles.org

## Economic Development/Business News in Pleasant Hill... Welcome to 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 April, 2010

**Affordable All Around Assistance** (Personal Home Care)  
1941 Oak Park Blvd., #20  
925-938-5000

**AVH Auto Repair**  
1250 Contra Costa Blvd.  
925-609-9000

**Dreams, Inc.** (Frozen Yogurt)  
1926 Contra Costa Blvd.

**Hui Dong (Massage & Reflexology)**  
548 A Contra Costa Blvd.  
925-354-2734

**Kai's Health Care** (Massage/Acupressure/  
Foot Reflexology)  
1630 Contra Costa Blvd. "C"  
925-689-9888

**Promassage By Rob** (Massage Therapy)  
2367 Pleasant Hill Road  
925-787-2377

**Tomei & Tonjes** (Financial Services/Tax & Accounting)  
367 Civic Dr., #15  
925-849-6095

**Touch-Zen Reflexology/Massage**  
548 A Contra Costa Blvd.  
925-354-2734

**Valley Cars** (Retail Sales/Used Cars)  
3313 Vincent Rd., #100  
510-816-1151

**Grant Technology Services, LLC** (Web Design & Development Consulting)  
925-980-7994

**Javavintage** (Online Retail)  
925-685-4349

### New businesses in May, 2010

**Aletech Math Tutoring**  
1100 B Pleasant Valley Dr.  
925-708-6998

**Angelic Healing Clinic** (Reiki Healing)  
395 Civic Dr., Suite "E"  
925-451-6608

**Hair By Robin**  
1603 Oak Park Blvd.  
925-497-3301

**Harvest Fine Catering**  
1941 Oak Park Blvd.  
925-250-8883

**Master Touch Chiropractic**  
1100 Pleasant Valley Rd., "B"  
925-890-6036

**Oak Park Massage Therapy**  
1941 Oak Park Blvd.  
510-882-8591

**Paige Vazquez** (Cosmetology Services)  
1609 Oak Park Blvd.  
925-698-4051

**STFBMX** (BMX Retail Bike Shop/Repair)  
85 Chilpancingo Pkwy, #280

**American Specified Products** (Wholesale Distribution of Fencing Materials)  
925-759-3432

**Bay Area Plumbing** (Contractor)  
510-938-0693

**Precision Administrative Management** (Administrative Services)  
925-360-1510

### Summer Soccer Camp for Boys and Girls

Martinez-Pleasant Hill Futbol Club (MPHFC) is hosting a summer soccer camp for boys and girls ages 8-13 years old. Players with all experience levels (beginning to advanced) are encouraged to attend. The camp is designed to meet the needs of kids who have never played soccer all the way up through the more advanced player. The primary focus of the camp is to have lots of fun while learning/developing soccer skills!

Participants will receive training that is both age-appropriate and experience-level appropriate through drills, games and events run by MPHFC coaches and trainers. Highlights of the

camp include a free t-shirt and a family fun/soccer Olympics event on the last day of camp. Players can also sign up with a "buddy."

The dates of the camp are Monday, July 12 through Friday, July 16, 9am-3pm at the College Park High School turf field. The cost is \$165 for the full week. Please visit their website at [www.MPHFC.com](http://www.MPHFC.com) for registration.

Pre-registration is required. Late registration and registration on the first day of camp may not be possible if the spots fill up ahead of time.



Players are required to bring cleats, shin guards, water, and a bag lunch each day. Parents are also required to sign the "MPHFC Soccer Camp Information & Release form." The form should be sent with your player on the first day of camp. All forms are available on the website.

**For more information, please contact Mike Bedig, MPHFC Director of Coaching at [mike.bedig@mphfc.com](mailto:mike.bedig@mphfc.com).**

## City Meetings



WHEN	WHAT	WHERE
Thu 1 5:00pm	Architectural Review Commission	City Hall Small Community Room
Wed 7 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 8 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Tue 13 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 13 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Tue 15 7:30pm	Architectural Review Commission	City Hall Small Community Room
Mon 19 7:30pm	Redevelopment Agency/City Council	Council Chambers
Thu 22 7:00pm	Redevelopment Advisory Commission	City Hall Large Community Room
Thu 22 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Tue 27 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 28 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room

## AUGUST

WHEN	WHAT	WHERE
Mon 2 7:30pm	Redevelopment Agency/City Council	Council Chambers
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 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Tue 10 6:00pm	Traffic Safety Commission	City Hall Community Room
Thu 12 5:00pm	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 Hall Large Community Room
Thu 26 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Thu 26 7:00pm	Redevelopment Advisory Commission	City Hall Large Community Room
Mon 30 7:30pm	City Council/Redevelopment Agency	Council Chambers



### CITY OF PLEASANT HILL

100 Gregory Lane  
Pleasant Hill, CA 94523-3323  
925-671-5270  
[www.ci.pleasant-hill.ca.us](http://www.ci.pleasant-hill.ca.us)

#### CITY OFFICIALS

Mayor Karen S. Mitchoff  
Vice Mayor John Hanecak

#### Councilmembers

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

City Manager June Catalano  
City Clerk Marty McInturf  
Treasurer Mark W. Celio

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

Meetings are also available on the City website under "Council Webcast."

#### 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 September/October is August 6. 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](mailto: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  
Senior Van Service 671-5272



City of Pleasant Hill  
100 Gregory Lane  
Pleasant Hill, CA 94523-3323  
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### New festival in Pleasant Hill—Blues & Brews!

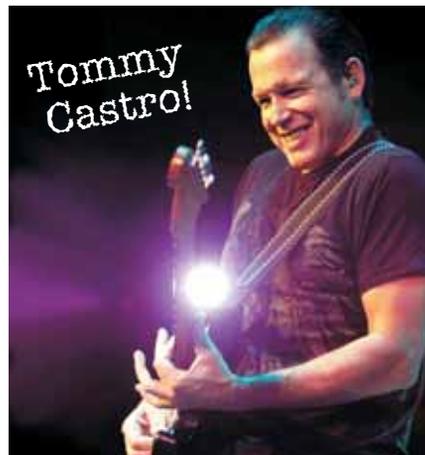
Fans of blues music and cold brews won't want to miss this first-time event! On Saturday, July 24, from 11am to 6pm, Pleasant Hill Park will be the site of the Blues and Brews Festival. Spend an afternoon sampling tasty brews combined with a talented lineup of local blues artists, including four-time BMA winner, the Tommy Castro Band.



Attendees have the opportunity to sample beers from over 20 breweries, enjoy food from local restaurants, and listen to great music in a relaxing park setting.

Tasting tickets to Blues and Brews are \$40 and include a commemorative mug and unlimited tasting from 1pm to 5pm. Music can be enjoyed 11am to 6pm—FREE. Proceeds will support the Pleasant Hill Recreation & Park District's Teen Center and the Pleasant Hill Chamber of Commerce.

A free shuttle will be running 10:30am to 6:30pm from the JFK University parking lot off of Ellinwood Drive. ♣



For directions, a complete list of bands and breweries or to purchase tickets, visit the website and Facebook:

**www.bluesandbrewsfestival.com** and  
**www.facebook.com/pleasanthillbluesfestival**

Tickets may also be purchased at the Chamber of Commerce office, 91 Gregory Lane, Suite 11 and Pleasant Hill Recreation & Park District office, 147 Gregory Lane.