Happy New Year, Pleasant Hill!

The start of a new year is full of possibilities. Here are some things to look for in 2019.

Library construction begins

The design of Pleasant Hill’s much-anticipated new library is expected to be done by late spring, with the start of construction activities slated for later in the year. The library is one element of a project being coordinated in partnership with Contra Costa County and the Recreation & Park District on 15 acres at Oak Park Boulevard and Monticello Drive. The Recreation & Park District is seeking to build sports fields on 5 acres behind the new library, while the County is proposing construction by a future buyer of 34 homes on the current library site. Environmental review of the projects is currently under way.

Want to stay in the loop as the library project progresses? Visit our website, and sign up for updates, at pleasanthillca.org/library.

Planning for the future

The City will launch a comprehensive update of its General Plan in 2019. Often referred to as the “Constitution of a city,” the General Plan establishes a vision for how the city will unfold over the next 20 years. The comprehensive update will take about 2 years to complete—look for opportunities to provide input throughout the process.

Smother neighborhood roads

Thanks to Measure K, the City is able to beef up its residential road paving program. In 2019, we’ll be investing approximately $6 million to resurface roads in five neighborhood zones. In the past, the City usually resurfaced one residential zone every two years. Look for a detailed map showing which zones will be done this year in the “City at Work” publication, due out with the March/April Outlook.

Pleasant Hill Road gets a makeover

Work begins this fall on improving Pleasant Hill Road between Taylor Boulevard and Gregory Lane for all modes of travel—cars, bikes and pedestrians. Look for new bike lanes, signal improvements, landscaping and lighting, plus fresh pavement by the time the project wraps up in 2020. Did you know that Pleasant Hill Road was once the connection between Martinez and San Jose?

Safety matters

Increased use of technology to engage the community and fight crime is a 2019 priority for the Pleasant Hill Police. Look for an increased social media presence packed with safety tips and updates (follow them on Facebook @PleasantHillPD).
Year in review

2018 was a busy year for Pleasant Hill. Here are a few highlights.

Economic Development

The City continued to attract new retail businesses, including national brands such as Orange Theory Fitness, Ulta Beauty, and Burgerim. The empty store once occupied by Toys R Us is being remodeled by Burlington Coat Factory, while the vacant Kmart and McDonalds buildings at DVC Plaza were removed to make way for construction of a new CarMax (on target to open in 2019).

On the hotel front, Hilton Homewood Suites opened for business in the late fall at 650 Ellinwood Way, bringing the total number of hotel rooms in Pleasant Hill to 693.

Several successful special events were held in the City with event partners including the Chamber of Commerce, Downtown Pleasant Hill, and the Pleasant Hill Recreation and Park District. Events included Off The Grid, Downtown Plaza Concerts, City Hall Summer Concerts, and Light Up The Night.

Public Safety

The police department got a new chief on December 2017, with the appointment of Bryan Hill. Hill joined Pleasant Hill PD in 2015 as a captain, and had 25 years of experience at the time of his appointment. Also new to the department’s leadership team is Captain Greg Kogler; the former Escondido PD captain joined Pleasant Hill Police in August and brings 21 years of law enforcement experience.

Under Chief Hill’s leadership, the department launched a community engagement strategy to strengthen their already strong relationship with the public and hear directly from residents and businesses. While social media is one component, face-to-face meetings—such as the popular “Coffee with a Cop” gatherings, and other events are key.

The City also partnered with the Mt. Diablo School District to share the cost of a dedicated School Resource Officer based at College Park High.

A new chapter for the library project

In July, the City, County and Recreation & Park District signed a memorandum of understanding that paved the way for 15 acres at 1700 Oak Park Boulevard to become home to a new library, sports fields, and a single family residential development. Design of the library continued throughout the year; in November, architect Bohlin Cywinski Jackson presented initial building and landscape designs at a Town Hall meeting. (The Memorandum of Understanding, as well as ongoing updates about the library project, are available at pleasanthillca.org/library).

Money matters

The City Council in June approved a two-year budget based on the following goals: A City that is safe; A City that is financially sound; A City that is attractive, well-planned, and well-maintained; A City that provides a high quality of life and a small-town atmosphere for its residents; and A City that provides efficient and effective public services.


—Continued on page 3
City Council approves Capital Improvement Plan

Caring for the City’s vast network of infrastructure—such as streets, sidewalks, storm drains, buildings and bridges—takes careful long-term planning. In July, the City Council approved a 5-year Capital Improvement Plan that identified which capital projects would be funded in 2018-2020, and which projects should be considered for three-to-five years in the future.

The 2018-2023 Capital Improvement Plan prioritized the following objectives: maintain existing City streets; maintain and upgrade the City’s storm drain system; construct new sidewalks, trails and bike facilities; and construct a new library. The plan also called for maintaining creeks, existing sidewalks, and bridges; implementing traffic calming strategies such as radar speed signs; and constructing ADA compliant curbs.

In addition to the Capital Improvement Plan, the City Council approved a 2-year CIP budget of approximately $29.4 million. Where does the money come from? More than half—63 percent—comes from voter-approved Measure K; 11 percent comes from successful grant applications; 7 percent comes from gas taxes; and about 17.5 percent comes from a combination of other funds. Only 1.4 percent comes from the General Fund.

Places to call home

The housing market continued to be strong in Pleasant Hill. Model homes for two new developments—Greyson Place at 100 Mayhew Way and the DeNova Homes development at the corner of Taylor Boulevard and Mercury Way—were open by late fall.

Introducing the Citizens Academy

Twenty enthusiastic residents participated in Pleasant Hill’s first-ever Citizens Academy in the fall. Highlights included a tour of the police station and a bus tour of current and future developments. Students gave the Academy an “A-plus” rating. The Citizens Academy will return in fall 2019—look for registration announcements in early summer.

Election highlights

City Hall hosted a vote-by-mail ballot drop off box through Election Day, which collected 6,356 ballots from Contra Costa voters. Countywide, voter turnout 68.28 percent—19 percent higher than the 2014 midterms.

Cannabis moratorium

In November, the City Council extended a moratorium on commercial cannabis activities (the City Code already prohibits medical marijuana dispensaries) through December 2019. This was the second time the moratorium has been extended; no further extensions are permitted.

Remember:
Hide your things, lock your car, take your keys! For more crime prevention tips, visit pleasanthillpd.org.

HELP US PREVENT VEHICLE CRIMES

Please Remove Valuables And Lock Your Doors!

To report suspicious activity call
(925)288-8800

City of Pleasant Hill
City of Pleasant Hill seeks applicants for commissions and advisory boards

Residents have an opportunity to get to know fellow residents while participating on commissions and advisory boards, and decisions made can help shape the future of Pleasant Hill! The City is now seeking candidates to serve on the following:

- **Civic Action Commission**

  The Civic Action Commission organizes major City events such as Community Service Day and the “Sunset by the Lake” Summer Concerts, and makes recommendations to the City Council on subjects that improve the overall quality of community life. Applicants must meet one of the following requirements: be a Pleasant Hill resident, a non-resident business person with a business in Pleasant Hill, or live outside City limits but within the City’s sphere of influence. Meetings are held on the 1st Wednesday of each month at 6:30 p.m. at City Hall. There are two vacancies with terms through April 2023.

Applications are due by Wednesday, January 30, 2019. For an application or more information visit the City of Pleasant Hill website at PleasantHillCA.org/vacancy or contact Juanita Davalos by phone at (925) 671-5283 or e-mail to Jdavalos@pleasanthillca.org.

Civic Action Commissioner Faye and husband Dennis Donaghu prepared large pots of hot chocolate at Light Up the Night in November, a job they’ve been doing since the inception of the event. The Commissioners made and served more than 75 gallons that night, while College Park HS Interactors, working for the Foundation for Pleasant Hill Education, gave out 3,000 cookies (bottom left photo).

**Off the Grid, Farmers’ Market updates**

The Off the Grid food trucks are taking a winter break. The popular food trucks will return to Pleasant Hill in the spring.

The Farmers’ Market will not be returning in 2019; staff will be evaluating options for a farmers’ market in the future. Anyone with feedback about the Farmers’ Market, or suggestions for future markets, is encouraged to email Economic Development Manager Kelly Calhoun at kcalhoun@pleasanthillca.org.

**Sandbag stations open**

Rainy days ahead! The City has three sandbag stations stocked with sand, bags and a shovel for those needing sandbags. Locations are the City Hall parking lot on Trelany; the northwest corner of the Community Center parking lot; and, the north Pleasant Oaks Park parking lot on Hawthorne Drive.

**International Jewish Film Festival returns to Pleasant Hill**

Super heroes, World War II heroes and everyday, contemporary heroes will be celebrated at this year’s 2019 East Bay International Jewish Film Festival, which starts its 9 movie-run at the Century 16 Theatres in downtown Pleasant Hill on Saturday, March 2.

“We’ll be showing two films in memory of Marvel Comics genius Stan Lee, as well as screening movies portraying individuals who have taken a stand against prejudice despite a danger to themselves,” says EBIF FF Director Riva Gambert. “This year’s lineup features films from Argentina, France, the Czech Republic, Denmark, Great Britain, Greece, Hungary, Israel, Lebanon, Slovakia, Spain, and the USA.”

The Festival’s website, eastbayjewishfilm.org, goes live on January 18. Brochures will be available in downtown Pleasant Hill and at the Century 16.

Young and old enjoyed all the lights at Light Up The Night!
Join the 4th of July Commission

The Fourth of July Commission delivered approximately $10,000 in checks to Pleasant Hill schools in December, thanks to proceeds from the 2018 Firecracker 5K Run. Over the years, the race has raised more than $160,000 for schools, supporting programs such as AVID, paying for school library books, and funding many other school needs.

Of course, the Firecracker 5K Run is just one part of the Fourth of July festivities. Other events planned by the Commission are the Parade, Party in the Park, and the evening Fireworks. The Commission is excited about the July 4, 2019 event, and is actively looking for new members to become involved in making the celebration a success.

Be a part of planning these events!

Every year, new members come up with innovative ideas to improve and enhance Pleasant Hill’s Independence Day events. Now is the best time to join to have an impact on the 2019 celebration.

Anyone interested in being part of the Fourth of July celebration is invited to the next Commission meeting at 7 p.m. January 16 in the Large Community Room at City Hall.

Groups or organizations that would like to provide volunteers on the day of the event are encouraged to contact the Commission. The more volunteers, the better! In particular, the Commission is actively looking for someone to fill the position of treasurer.

For more information, contact Sandy Vinson at sandy.vinson@comcast.net.

Kids can code!

On December 7, the Pleasant Hill Education Commission sponsored an Hour of Code event for Pleasant Hill students in grades K-12. Hour of Code is a national grassroots movement that takes place each year during Computer Science Education Week. The goal is to demystify code, show young people that anyone can learn the basics, and to broaden participation in the field of computer science.

During two hour-long sessions at the Pleasant Hill library, a combined total of 48 youngsters learned how to do simple coding, with instructors from Hackington’s donating their time.

Parent Keith McNeil watches as his son, Weston, learns to create a simple code using Scratch, while Dave Hutchins, far right, of Hackington’s, encourages another young coder.

Are you looking for a rewarding way to give back to your community?

Please consider volunteering for the Pleasant Hill Senior Van Service as a Ride Schedule Dispatcher.

➤ Only one morning shift each week (9 a.m. to 11 a.m.).
➤ Retrieve voicemail messages and answer live calls for passengers to schedule ride reservations for the next day.
➤ Easy training with an experienced dispatcher
If you can’t commit to one shift per week, substitute schedulers are always needed!

For more information, please visit pleasanthillca.org/seniorvan or call Michael at (925) 671-5288.

New “Girls Who Code” club

The first Pleasant Hill chapter of Girls Who Code will hold its kick-off meeting on January 25 from 3:30-4:30 p.m. at the Pleasant Hill library. The club is open to all girls in grade 6-12. There is no cost to belong, but registration is limited to 20 participants.

Girls Who Code is a national program founded to close the gender gap in technology. To learn more, go to girlswhocode.com. To register, click on the Locations link at the top of the website’s homepage.
Three steps to savvy recycling: Empty. Clean. Dry.

Three steps to savvy recycling: Empty. Clean. Dry.

For decades, China has been the largest importer of the world’s recycled commodities, and the U.S. contributed 40 percent of the inbound stream. In 2017, China announced dramatic changes for acceptance criteria of imported recyclables.

China now requires a significant reduction in acceptable contamination levels in any recovered paper and plastic. The average price paid for recycling has plummeted, while the need to add staff and slow down conveyor belts to catch more contamination has increased sorting costs. Republic Services is proactively evaluating the need to adjust to these changes. Here is how you can help:

1. Empty. Remove any remaining food or liquid contents from your recyclable item before placing it in a recycling container.
2. Clean. Lightly rinse or wipe out the recyclable item to remove any remaining residue.
3. Dry. Shake out excess water or let the recyclable item air dry before placing it in a recycling container.

What can be recycled?

Please continue to recycle clean paper and cardboard, clean plastic containers labeled with a triangle and a number 1-7, clean plastic bags bagged together in one bag tied at the top, metals like clean aluminum foil and empty tin cans, and glass bottles and jars.

What cannot be recycled?

- Plastic utensils and straws belong in the trash. Consider carrying your own reusable utensils and straw, rather than creating more waste.
- Paper coated in wax or plastic, like milk cartons, ice cream containers, and single-use coffee and soda fountain cups. These items belong in the trash, with the exception of the coated paper coffee cup, which can go in the green waste bin with food waste. As the coffee cups commonly dispensed in local shops are only coated with wax or plastic on the inside of the cup only, they will break down in an industrial compost facility. Items fully encased in wax or plastic do not biodegrade in the industrial compost process, nor do biodegradable or compostable plastic utensils and cups; such items should be placed in the trash.
- Food waste and yard waste should never go in the recycle bin. They belong in the green waste bin.
- Paper towels and napkins cannot be recycled due to the short length of the fibers in the product. Instead, place paper towels, napkins, dirty paper plates and even greasy pizza boxes in the green waste bin!
- Reusable items like clothing and appliances should be donated when possible. Clothes can be donated to a local thrift store or charity. Electronic waste can be picked up at the curb by Republic Services. Contact Customer Service, 925-685-4711, to schedule a pickup.

Drought-proof your landscape and save!

The Contra Costa Water District has three great ways to save water and reduce water bills. Acting on just one of these measures can reduce water bills by more than 20 percent.

- **Smart Irrigation Controller Rebate.** Purchase and install a WaterSense labeled Smart Irrigation Controller which adjusts your watering schedule automatically as the weather changes. CCWD is offering rebates of $12 per active irrigation zone up to 50 percent of the cost of the controller.

  - **Residential Home Water Use Survey.** Sign-up for this FREE service to have one of our water efficiency experts review your irrigation system, provide watering suggestions, check for toilet leaks, and provide tips to help avoid high water bills. This is a great way to have peace of mind that you are not wasting water. To schedule a free Home Water Use Survey, call (925) 688-8320.

  - **Lawn to Garden Rebate Program.** Homeowners across California are converting their water-thirsty front lawns to California friendly landscapes. These new yards are beautiful, increase property values, and require no chemical fertilizers or herbicides, making them safer for children and pets. Plus, water-wise landscapes use less than half the water that a lawn will use. The CCWD Lawn to Garden Rebate Program provides rebates to qualified customers to replace their existing water-thirsty front lawns with water-wise landscaping. The rebate is $1 per square foot with a maximum of $1,000 per single family residence and up to $20,000 for commercial properties. For more information visit ccwater.com/Rebates.

For year-round tips sign up for the CCWD Conservation E-newsletter or visit ccwater/conserve.
Sanford Institute of Philanthropy at JFKU is steadily enriching the nonprofit community

About to enter its fourth year, the Sanford Institute of Philanthropy at JFKU has been making impressive headway in its mission to strengthen the local nonprofit community. Throughout the year, the Institute has hosted a plethora of events geared toward educating nonprofit leaders and organizations, and building community.

In October, the Institute held its most successful Summit to date when it brought together more than 200 community leaders to discuss building nonprofit capacity and expanding opportunity.

The Institute recently graduated the inaugural cohort of its new Fundraising Academy, a comprehensive curriculum of fundraising training courses designed to enhance fundraising capabilities for nonprofit leaders. Nineteen organizations took part in the Academy’s successful inaugural year. Registration for the 2019 cohort is currently open!

Interested in seeing what the Sanford Institute of Philanthropy has to offer you in 2019? Visit jfku.edu/SIP to learn more about upcoming events and initiatives.

JFKU launches exciting new certificate programs

With its ever-expanding array of educational offerings, JFKU continues to connect working adults with exciting, accessible opportunities to build their knowledge and advance their careers. The University has recently added the following certificate programs to its catalogue:

- Paralegal
- Human Resources
- Holistic Health Coaching
- Creative Strategy

Visit jfku.edu to learn more!

Helping the community

Free tax preparation

Free tax preparation for the 2019 tax season is available starting in February from AARP’s Tax-Aide and United Way’s Earn It, Keep It, Save It (EKS) programs. Service is provided by volunteer tax preparers who are IRS trained and certified. Both programs serve taxpayers of any age, and AARP membership is not required for Tax-Aide. EKS service is limited to those with incomes below $54,000, while Tax-Aide does not have an income limit.

Beginning January 7, for information or to make an appointment for the Tax-Aide site serving the Pleasant Hill area call (925) 405-6011 for the Hillcrest Congregational Church site or (925) 709-4525 for the Pacheco Community Center. For general information and other site locations, call (925) 726-3199. For information on EKS sites call 2-1-1 or visit earnitkeepitsaveit.org.

To complete your tax return, you will need to bring the following documents:

- Social Security Card or ITIN letter for all individuals to be listed on the return
- Photo identification for the taxpayer and spouse
- Copies of all W-2s, 1098s and 1099s
- Other income and deductions
- Your 2017 Tax Return

Rotary helps the community of Paradise

In an almost spontaneous show of generosity at their holiday party, the Rotary Club of Pleasant Hill members stepped up to help the community of Paradise after the devastating Camp Fire.

The Pleasant Hill club had made a decision to donate up to $5,000 from the club’s foundation to match contributions. The hope was to raise a total of close to $10,000.

The holiday party is never about fund raising—but this pledge was put forth at the dinner and a lively “auction” began. Members and guests alike began pledging amounts from $25 to $1,000. This was then carried over to the following club meeting on Thursday, December 6—and when it was all over, more than $18,000 was raised from club members and their friends or family. The matching pledge then brought it to $23,400! District Governor Jon Dwyer, visiting the Pleasant Hill club that day, was ecstatic.

The funds are being sent to the Rotary Club of Paradise. That club was also a horrible victim of the fire. Seventy-seven of the 80 club members lost their homes. And probably their meeting place as well.

But as true Rotarians, they are still planning to help the community however they can. And the contributions from Pleasant Hill will help do just that.

President Bob Lamson announced the club’s matching pledge and asked for donations.
Magic Mike
- Monday, Jan. 7, 6:30 p.m.
  Magician Mike Della Penna is known for captivating the 3-to-7 year old crowd with his laughter-filled, participatory magic show. Join the fun and prepare to be delighted!

Propeller Powered Cars—A Maker Monday event
- Monday, Jan. 14, 6:30 p.m.
- Tuesday, Jan. 15, 2:30 p.m.
  Design the fastest car you can and race them against other participants!

Tea Tasting 101
- Tuesday, Jan. 22, 6:00 p.m.
  John van der Kamp of the Harbor View Tea Society will host a night of tea at the library. Learn all about tea, ask questions and enjoy a fun night out. There will be various teas to see, smell and taste! Registration is under way at goo.gl/Z9znWJ.

College Park Dance Performance
- Tuesday, Jan. 29, 6:30 p.m.
  Enjoy a lively performance by the Advanced Dance Students from College Park High School. All ages welcomed.

White Crane Lion Dancers
- Monday, Feb. 4, 6:30 p.m.
  Celebrate the Chinese New Year with the amazing White Crane Lion Dancers!

Very Volty Valentines—A Maker Monday event!
- Monday, Feb. 11, 6:30 p.m.
- Tuesday, Feb. 12, 2:30 p.m.
  Light up your Valentines cards with LEDs and circuits that you design!

Immigration Law Clinic
- Tuesday, Feb. 26, 6:00 p.m.
  Meet with a lawyer from the CCC Bar Association for a free and confidential 1-on-1 consultation on immigration law. Help is available on a first come, first served basis. Se habla Español.

Beading with Doonna
- Every first Tuesday, 6:00 p.m.
  Join local beading expert Donna Cooper for an introductory class on beading and jewelry making. Adults only, no registration needed.

All Abilities Playgroup
- Monday, Jan. 29 and Feb. 26, 1:15–2:15 p.m.
- Saturday, Jan. 26 and Feb. 23, 10:30 – 11:30 a.m.
  Looking for an opportunity to ask an experienced professional questions about your toddler’s development? Join us for our All Abilities Playgroup. More info at tinyurl.com/yt6qeh25.

Pajama Yoga
- Monday, Jan. 28, 6:30 p.m.
- Monday, Feb. 25, 6:30 p.m.
  Come in your jammies for a new twist on storytime with yoga poses connected to the evening’s stories.

Eco Studio
- Third, fourth, and fifth Wednesdays of the month, 3 – 5 p.m., check cclib.org for specific dates.
  Learn to machine sew your own fabulous up-cycled creations! Pop-up events will include opportunities to learn weaving, beading and other up-cycled crafting as well.
  As this program grows, the library is seeking extra adult volunteers who wish to share their sewing and needle arts skills with youth. Contact phl@ccclib.org to apply.

Storytimes
Every Wednesday, Thursday and Friday 11:15-11:45 a.m., plus Friday afternoons, 1:15-1:45 p.m.
Introduce your child to the wonderful world of words at any of our fun and musical storytimes. Join us for an extra craft after storytimes each Thursday.

Pleasant Hill Library display case
Reserve the library’s free lobby display case for your nonprofit organization and connect with 1,200 visitors a day. Contact the library at phl@ccclib.org for an application.

Pleasant Hill Library Meeting Room and Small Study Room available during library open hours. Details on how to reserve these rooms at cclib.org.

For additional information and details on events, go to cclib.org/locations/pleasanthill.html
Anime @ the Library
- Every first and third Tuesday, 3:00–4:00 p.m.
  Share your love of Anime with other teens after school. Selections are made by the group and snacks are provided. For ages 12–18.

Lego Creators Club
- From Duplos to Mindstorm EV3 Robotics. Every Saturday, 2–3 p.m.

Monthly Book Discussion Groups
- Senior Center Book Club (233 Gregory Ln), first Mondays at 12 p.m.
- Afternoon Book Club, second Fridays at 1 p.m.
- Evening Book Club, third Tuesdays at 6:30 p.m.

Adults Learn to Read and Spell
- Contact Project Second Chance, the Contra Costa County Library’s adult literacy program, for more information. (925) 927-3250.

1 on 1 Computer Tutoring
- Select Wednesdays, 11 a.m.-1 p.m. by appointment. Call (925) 646-6434.

Friends of the Library Flash Book Sale
- Saturday, Jan. 12 and Feb. 9, 10 a.m. – 2 p.m.
  Find great deals on books of all kinds and support your library.

The Book Annex: A pop up book shop!
- Tuesdays 5:30–8:00 p.m., Wednesdays 11 a.m.–1 p.m., and Fridays 10–2 p.m. For best deals on the newest books, stop into the annex in the quiet room.

ESL Conversation Practice for Adults
- Wednesdays, 1:30-2:30 p.m.
  Come practice and improve your English conversation skills in an informal, small group setting.

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FoPHL plans another great year helping the library

After another successful year of book sales in support of the programs and collections at the Pleasant Hill Library, the Friends of the Pleasant Hill Library have announced their sale schedule for the first few months of 2019.

The schedule can be viewed at phlibraryfriends.org, starting with the Premium Sales slated for January 12 and February 9.

Premium books are the crème de la crème of the donations in each category:
- children’s books
- new fiction
- mystery
- cookbooks
- history
- travel and audiobooks galore

These are lightly used books at incredible prices making them perfect for gift-giving and for additions to your own book collections. Hours are 10 a.m.—2 p.m.

**2018 fundraising was a new record!**

In 2018, the Friend’s fundraising efforts provided the library with $10,000 in new books and $25,000 for special programs for adults, teens, and children—a new record. Volunteers put in thousands of hours sorting books, working the book sales, and representing the Friends organization in outreach activities.

The community continues to enjoy access to the Annex store inside the library. The Annex is staffed by volunteers who assist with book recommendations as well as making cash or credit card transactions. This represents the community’s only retail book store in the city of Pleasant Hill. Current Annex hours are listed online at phlibraryfriends.org.

**Volunteers are essential**

The Friends of the Pleasant Hill Library is an all-volunteer-run organization comprised of book-loving, people-loving volunteers. If this is a volunteer opportunity that interests you, contact the volunteer coordinator at volunteer@phlibraryfriends.org.
Age gracefully with excercise
— Commission on Aging Commissioner Petra Kubler

Years ago, “aging gracefully” was what my mother-in-law emphatically told me was her goal for the future. She also wanted to be able to stay in her own home. She had taken care of her aging aunt and her mother and valued the notion of aging in her own place.

Working as a physical therapist for the past 25 years has made me more aware of our aging population. According to the National Institute on Aging, people age 65 and over outnumber children under the age of 5 for the first time in human history. In fact, the fastest growing portion of many national populations is people over the age of 85.

With our increase in life expectancy, we encounter a wide array of physical challenges. Staying fit and healthy is becoming increasingly important. My grandmother probably never heard the term “exercising” since she was naturally active; she gardened, cleaned the house, and walked everywhere instead of driving. On the other hand, my mother-in-law recognized that exercise helped her feel better when she was using her walker to walk around her neighborhood. “If I would have known this earlier, I would have started exercising in my seventies and not my eighties,” she said.

There is a lot of research to support the benefits of exercise and physical activity for the body and mind. Exercising most days of the week can improve memory, immune health, and energy, as well as potentially reduce the risk for Alzheimer’s disease. Exercise has been shown to prevent diseases such as heart disease, diabetes, and breast and colon cancer.

Specifically, we want to work on four types of exercises:

➢ **Endurance exercises**
   to help with increasing your breathing and heart rate.

➢ **Stretching exercises**
   to help with flexibility and reduce stiffness.

➢ **Strengthening exercises**
   to help with core strength and bone health.

➢ **Balance exercises**
   to help with fall prevention and maintaining your independence.

Gradually build up your exercise routine to ensure that you will not hurt yourself. The Pleasant Hill Senior Center and the YMCA are great local resources for you to safely start your new lifestyle.

My mother-in-law will be turning 98 next month. She still lives in her own home but has recently started to need some help for her daily chores and meals. I really enjoy listening to her stories… and sometimes she even asks for my advice.

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Activities at the Pleasant Hill Senior Center

- **Monthly pancake breakfast — All welcome!**
  Sundays, January 6 and February 3, 8:30–10:30 a.m. in the Pleasant Hill Senior Center, Chateau Room. Enjoy a stack of pancakes or French toast, scrambled eggs and sausage with bottomless orange juice and coffee. Special addition: biscuits and sausage gravy. It’s the best deal in town! Adults and youth ages 11 and older: $5. Children ages 5–10: $3. No charge for children 4 and under.

- **Crab Feed. Friday, January 25, 6 p.m. at 6pm in the Pleasant Hill Senior Center, Chateau Room.**
  All-you-can-eat crab, salad, pasta, garlic bread and dessert. Tickets will sell out, so don’t delay! Tickets are $45 until January 11; $55 after.

- **Coffee With a Cop. Tuesday, January 29, 9-10 a.m., Pleasant Hill Senior Center Dining Room.**
  FREE! Join us and enjoy a cup of Joe with one of Pleasant Hill’s finest. Ask questions, discuss what it’s like to be a police officer in today’s world or just come to put a friendly face to the badge. No reservations or signups required—just stop by!

- **Mardi Grad. Thursday, February 28 at 3 p.m.**
  Pleasant Hill Senior Center Dining Room. No need to go to New Orleans for Mardi Gras! Join us for our annual celebration of this fun Cajun celebration. Enjoy wine, food and live music. Non-alcoholic beverages available. Sponsored by Carlton Senior Living. Tickets: $13 presale; $16 day of event.

- **Care Management Series. Thursdays, Jan. 10 and Feb. 14, at 2 p.m. in the Senior Center Dining Room.**
  The Care Management Series brings a variety of topics from experts in our community. On January 10, Hillendale Homecare will present “Aging in Place.” On February 14, Humana will present “Healthy Sleep.” Presentations are free, however space is limited. To register, go to pleasanthillrec.com or call (925) 798-8788.
General Announcements


Dive into Spring with Rec & Park Aquatic Programs PHRec’s Dolphins Swim Team. Registration is open through May 20. Register early for lowest rates and to take advantage of the optional payment plan. Have Fun! Swim Fast! Register online at pleasanthillrec.com or in-person at the District office at Pleasant Hill Park.

Spring into Water Safety
Registration for spring swim lessons opens at the February 23 Summer Camp Expo. Interested in being a lifeguard? The deadline to apply for spring lifeguard positions is February 1 by 5 p.m. Spring lifeguard shifts start March 16. Sign up early for lifeguard training classes! Visit pleasanthillrec.com.

NEW! Home School Programs.
Rec & Park is introducing home school classes including Dance Mash Up!, PE/Sports and Aquatic classes. If you use Visions in Education, vouchers are required for pre-registration. Need more information? Contact Rec & Park office at (925) 682-0896.

NEW! FREE Pop-Up Play Date in the Park.
Friday, March 29, 3:430 p.m., Pleasant Hill Park Basketball Court, 147 Gregory Lane. Pop in and play with us! Rec & Park staff will provide organized outdoor games and activities in the park for ages 2-15. We provide the fun, you provide the smiles.

FREE Diablo Valley Preschool Fair
Saturday, January 19, 9 a.m.- 12 noon, Pleasant Hill Community Center, 320 Civic Drive

Focus on Wellness in 2019.
Explore our new interactive wellness classes for adults starting January 9. Classes include Anti-stress Adult Coloring, Boosting Brain Health with Drumming, Negative Effects of Diet and Lifestyle, and The Gut Health Connection. Add to your overall health by trying out a new fitness or dance class to keep active in the new year.

NEW! Karate Classes for Adults and Youth. Beginning and Advanced Karate classes available starting January 8, taught by Sensei Mike Bloom, 7th Dan. Online registration for Beginning classes only. To register for Advance classes, contact Rec & Park office at (925) 682-0896.

Team up with your friends and co-workers for sports competition! Spend an hour or two a week getting together with your friends or co-workers for some healthy sports competition and a whole lot of fun. Choose from Flag Football, Softball, Soccer, Basketball (3-on-3 or 5-on-5), Volleyball, Badminton and Cornhole bag toss. Visit the Adult Sports page at pleasanthillrec.com for more info.

FRIDAY NIGHTS LIVE! Spice them up with a little dinner, dancing and live music

Inclusive Recreation Dances. January 11 and March 8, 7:00–9:00 p.m., PH Senior Center, 233 Gregory Lane. PH Recreation & Park District, in partnership with City of Concord and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults. Admission: $7/person. Cash only. Caregivers free. Questions? Contact Holly Frates at hfrates@pleasanthillrec.com.

Annual All-You-Can-Eat Crab Feed (also in Senior section). January 25, 6:00 pm, PH Senior Center. Enjoy all you can eat fresh crab, pasta, salad, garlic bread & dessert. Don’t forget about our 50/50 split cash raffle. Purchase your tickets early. RSVP for 4+ people allowed. Tickets: $45 before 1/12; $55 after 1/11 (no tic sold at door).

My Little Sweetheart Dinner Dance (1-10 yrs, boys & girls). February 8, 6:00–7:30 pm, Chateau Hall, PH Senior Center. What a lovely way to celebrate Valentine’s Day as a family! Dinner & dessert included. Siblings under 2 welcome. All family members must pre-register. $10.50/$9.50 (Dist. Res.).

Come Together 8 Benefit Concert (21+ yrs). Friday, March 1, 7:30–10:30 pm, PH Community Center. An All-Star Benefit Show for PH Teen Center. Purchase tickets online at pleasanthillrec.com. Tickets: $20 advance/$25 at the door.

EVENTS...Mark Your Calendars!

SUMMER CAMP EXPO
Saturday, February 23 9 a.m.–12 noon, Pleasant Hill Community Center. Plan for summer camps early and save 10 percent on camp and swim lesson registration! Discount offered on EXPO day only. Valid for in-person and online registrations from 9 a.m. to 11 p.m. February 23 only. Watch for the new Summer Camp brochure in early February.

NEWS from Pleasant Hill Recreation & Park District...
STARS 2000 presents “CABARET” at Las Lomas Theater on January 11-27

STARS 2000 will present CABARET at Las Lomas Theatre in Walnut Creek from January 11 through 27.

In a Berlin nightclub, as the 1920s draw to a close, a garish Master of Ceremonies welcomes the audience at the infamous Kit-Kat Klub “a shimmering masterpiece of a show guaranteed night after night” and assures them they will forget all their troubles at the CABARET. With the Emcee’s bawdy songs as wry commentary, CABARET explores the dark, heady, and tumultuous life of Berlin’s natives and expatriates as Germany slowly yields to the emerging Third Reich. The musical tells the unconventional love story of two star-crossed lovers, singer Sally Bowles and novelist Cliff, depicting the nobility and fragility of characters striving to make the best choices for their lives as the world collapses around them.

Kander and Ebb’s 8-time Tony award-winning masterpiece has stood the test of time, thanks in part to a beloved score with memorable musical numbers including “Willkommen,” “Maybe This Time,” “Don’t Tell Mama,” “Two Ladies” and of course, “Cabaret.”

 Reserve your tickets beginning for CABARET by calling Brown Paper Tickets (800) 838-3006 or online at brownpapertickets.com. Tickets can also be purchased at the door. Tickets range from $16 to $22 with special pricing for groups. For additional information, please visit www.stars2000.org or call (925) 324-7359.
Choice in Aging celebrates 70 years

Buckle up and join us for the party of the season! Choice in Aging (CiA) is turning 70, and we are having a Crab Feed for the ages to mark this momentous milestone on February 9 at the Pleasant Hill Senior Center. Everyone is invited to help celebrate the landmark programs that have been removing barriers to independence for the vulnerable members of our community while giving their caregivers and families respite. Our partners at Choice in Learning Montessori (CiL) will also be on hand to join in the fun, and celebrate the success of our intergenerational program.

Choice in Aging has been providing services to our community’s frailest members since 1949 when it was created by volunteers to serve children severely disabled by polio. Over the years, the organization has evolved and has provided a wide variety of programs, but has always kept the mission “To promote dignity and independence of people with disabilities and special needs.” Currently, Choice in Aging provides Choice in Learning Montessori, the only intergenerational preschool in our community; Adult Day Health Care Programs; Multipurpose Senior Services Program; and California Community Transitions Program.

The festivities will include “All You Can Eat” fresh Dungeness crab with all the fixings, and live and silent auctions. To purchase tickets, visit choiceinaging.org.

New Year’s resolution: get prepared with CERT

Pleasant Hill’s Community Emergency Response Team (CERT) training kicks off on January 8, and there’s no better time to learn how to prepare yourself, your family and your home for the effects of a major earthquake, and how to safely and effectively deal with its aftermath.

The course, over seven Tuesday evenings, emphasizes preparedness, first aid, and how to help neighbors and other community members following a disaster. Training will be held at the Boy Scouts of America District office, 800 Ellinwood Way, Pleasant Hill. Classes are from 6–9:30 p.m. “Neighbors helping neighbors” is what CERT is all about. Take the first step in becoming prepared—sign up for the January class and gain the confidence needed to react safely and effectively, not just for earthquakes, but for those other emergencies that may enter your life.

Residents 14 and older are encouraged to sign up at pleasanthillcert.org. For additional information, contact Jim Bonato at jbonato@aol.com or (925) 938-5433.

Our rockin’ community! Events for January and February 2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Organization</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 8</td>
<td>CERT Classes</td>
<td>BSA office</td>
<td>CERT</td>
<td>938-543</td>
</tr>
<tr>
<td>Jan 10</td>
<td>Care Management: Aging in Place</td>
<td>PH Senior Center</td>
<td>Senior Center</td>
<td>798-8788</td>
</tr>
<tr>
<td>Jan 11</td>
<td>“Cabaret”</td>
<td>Los Lomas HS Theater</td>
<td>STARS2000</td>
<td>324-7359</td>
</tr>
<tr>
<td>Jan 12</td>
<td>Premium Book Sale</td>
<td>PH Library</td>
<td>Friends of the Library</td>
<td>phlibraryfriends.org</td>
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<tr>
<td>Jan 17</td>
<td>Workshop “Bounty from Your Garden”</td>
<td>Rodgers Ranch</td>
<td>Rodgers Ranch</td>
<td>RodgersRanch.org</td>
</tr>
<tr>
<td>Jan 19</td>
<td>Lions Crab Feed</td>
<td>PH Senior Center</td>
<td>Pleasant Hill Lions</td>
<td>683-7946</td>
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<tr>
<td>Jan 25</td>
<td>Senior Center Crab Feed</td>
<td>PH Senior Center</td>
<td>Senior Center</td>
<td>798-8788</td>
</tr>
<tr>
<td>Jan 29</td>
<td>Mayor’s Breakfast</td>
<td>Contra Costa Country Club</td>
<td>City of Pleasant Hill</td>
<td>671-5229</td>
</tr>
<tr>
<td>Feb 8</td>
<td>My Little Sweetheart Dance</td>
<td>PH Senior Center</td>
<td>PHRec</td>
<td>pleasanthillrec.com</td>
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<tr>
<td>Feb 9</td>
<td>Choice in Aging Crab Feed</td>
<td>PH Senior Center</td>
<td>Choice in Aging</td>
<td>choiceinaging.org</td>
</tr>
<tr>
<td>Feb 9</td>
<td>Premium Book Sale</td>
<td>PH Library</td>
<td>Friends of the Library</td>
<td>phlibraryfriends.org</td>
</tr>
<tr>
<td>Feb 14</td>
<td>Care Management: Healthy Sleep</td>
<td>PH Senior Center</td>
<td>Senior Center</td>
<td>798-8788</td>
</tr>
<tr>
<td>Feb 15</td>
<td>“Pirates of Penzance Jr”</td>
<td>Del Valle Theater</td>
<td>Diablo Theatre</td>
<td>Diablo Theatre.org</td>
</tr>
<tr>
<td>Feb 21</td>
<td>Workshop “What’s the Buzz”</td>
<td>Rodgers Ranch</td>
<td>Rodgers Ranch</td>
<td>RodgersRanch.org</td>
</tr>
</tbody>
</table>
Welcome these new businesses to Pleasant Hill!

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 (925) 671-5213 or Kcalhoun@pleasanthillca.org.

Axion Tax and Beyond
Tax Services
2258 Monument Blvd.
925-446-4140

John Muir Health
Cardiac and Pulmonary Rehabilitation
3480 Buskirk Blvd., Suite 110
(925)674-2610
johnmuirhealth.com

KPR and Associates, LLP
Certified Public Accountants
Tax and Business Consulting Services
2300 Contra Costa Blvd., Suite 315
925-941-6200
ourcpa.tax

Legacy Jewelry Design
3309 Vincent Road
925-954-7789
legacycustomjewelry.com

Serendipity Skin and Body Studio
Skin Care, Nutrition, Weight Loss and Spa Services
925-332-7952
serendipityskinstudio.com

Ultar Beauty
Beauty Products and Salon Services
155B Crescent Plaza
925-329-3975
ulta.com

Your business license renewals for 2019 were sent in mid December

Business owners in the City of Pleasant Hill should have received their business license renewal notice by now. The notices were mailed in mid-December to the mailing address on file.

If your mailing address has changed, notify the Business License Division at (925) 671-5234 or email Lrodriguez@pleasanthillca.org as soon as possible to update your records and have a copy of the renewal notice sent to you. This will allow the full grace period ending January 31, 2019.

You should also notify the Business License Division if you are no longer in business in the City of Pleasant Hill. A brief note explaining the situation, signed and dated, should be sent to:

City of Pleasant Hill
Business License Division
100 Gregory Lane
Pleasant Hill, CA 94523

or email to Lrodriguez@pleasanthillca.org.

If you are in business or own rental property but are not yet licensed, call the City’s Business License Division at (925) 671-5234 to have the appropriate forms sent to you or to answer any of your questions.

Thank you from the Finance Department

The City Council and Staff of Pleasant Hill City Hall, the Public Services Center, and the Pleasant Hill Police Department wish you all a Happy and Prosperous New Year.

We look forward to providing the efficient and professional delivery of public services for all residents and businesses in 2019 and beyond.

Thank You!
## January

<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHAT</th>
<th>WHERE</th>
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<tbody>
<tr>
<td>Wed 2</td>
<td>6:30pm Civic Action Commission</td>
<td>City Hall Small Community Room</td>
</tr>
<tr>
<td>Thu 3</td>
<td>5:00pm Architectural Review Commission</td>
<td>City Hall Community Room</td>
</tr>
<tr>
<td>Mon 7</td>
<td>7:00pm City Council*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Tue 8</td>
<td>6:00pm Traffic Safety Commission</td>
<td>City Hall Community Room</td>
</tr>
<tr>
<td>Tue 8</td>
<td>6:30pm Planning Commission (public hearing)*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Thu 10</td>
<td>5:00pm Zoning Administrator (public hearing)</td>
<td>Planning/Public Works Conference Room</td>
</tr>
<tr>
<td>Thu 10</td>
<td>5:00pm Commission on Aging</td>
<td>City Hall Small Community Room</td>
</tr>
<tr>
<td>Thu 17</td>
<td>5:00pm Architectural Review Commission</td>
<td>City Hall Community Room</td>
</tr>
<tr>
<td>Tue 22</td>
<td>6:30pm Planning Commission (public hearing)*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Wed 23</td>
<td>6:00pm Education Commission</td>
<td>City Hall Community Room</td>
</tr>
<tr>
<td>Thu 24</td>
<td>5:00pm Zoning Administrator (public hearing)</td>
<td>Planning/Public Works Conference Room</td>
</tr>
<tr>
<td>Mon 28</td>
<td>7:00pm City Council*</td>
<td>Council Chambers</td>
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</table>

## February

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<tbody>
<tr>
<td>Mon 4</td>
<td>7:00pm City Council*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Tue 5</td>
<td>6:30pm Planning Commission (public hearing)*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Wed 6</td>
<td>6:30pm Civic Action Commission</td>
<td>City Hall Small Community Room</td>
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<td>Mon 25</td>
<td>7:00pm City Council*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Tue 26</td>
<td>6:30pm Planning Commission (public hearing)*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Wed 27</td>
<td>7:00pm Education Commission</td>
<td>City Hall Community Room</td>
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<tr>
<td>Thu 28</td>
<td>5:00pm Zoning Administrator (public hearing)</td>
<td>Planning/Public Works Conference Room</td>
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* Live streaming of these meetings is available on the City’s website at pleasanthillca.org/media.
Welcome to the comfort zone

Stay Pleasant Hill (the brand for Pleasant Hill's Tourism Improvement District) marked a major milestone in November with the creation of a Visitor Guide. The colorful 70-page magazine is packed with things to do in Pleasant Hill and beyond, from dining suggestions to day trips. While hard copies of the Pleasant Hill Visitor Guide are found in local hotels, a downloadable copy is available at staypleasanthill.com. Check it out – even the longest-term resident is sure to find something new to do!

The City Council authorized creation of the Tourism Improvement District in 2017 with the goal of promoting Pleasant Hill as a destination place to stay (hence the slogan “Welcome to the Comfort Zone”). Marketing efforts are paid for through a small assessment that is added to hotel room rates. In addition to the Visitor Guide, Stay Pleasant Hill just launched a Stay Pleasant Hill app, and will introduce VIP packages for hotel customers, and a “Stay Pleasant Hill” branded wine available in hotels in the year ahead.

If you have friends or family coming to the area, be sure to refer them to staypleasanthill.com.

Students recognized for volunteerism

Seven Pleasant Hill students have earned the President’s Volunteer Service Award for 2017-18. They were recognized at the December 3 City Council meeting.

Josie Thomas received the Gold award for completing more than 250 hour of volunteer work. Other recipients include George Kadavil (Bronze), Kate Kadavil (Silver), Steven Kadavil (Bronze), Kasey Kelly (Bronze), Jillian Richards (Silver), Zachary Taylor (Bronze)

The Presidential Volunteer Service Award recognizes hours of service people provide to their communities. The Pleasant Hill Education Commission is the local sponsor for the program, which is open to any student K-12 who lives in Pleasant Hill and/or attends a school in Pleasant Hill. In addition, students attending all schools in the College Park High School feeder pattern (which includes Hidden Valley Elementary) can participate in the Pleasant Hill PVSA program.

For more information, and to register for the 2018-19 award, go to pleasanthillca.org/pvsa. Hours must be completed between September 1, 2018 and August 31, 2019.


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