Volunteer today for Community Service Day

Registration is now open for Community Service Day, which takes place on Saturday, Sept. 28.

Join us at 7:30 a.m. at Pleasant Hill Park for a tasty pancake breakfast, courtesy of the Lions Club, and then give a half-day to make Pleasant Hill shine!

There are projects for every age and interest. For project descriptions and registration details, turn to Page 3 of this Outlook.

Police department introduces interactive online crime map

A new online crime map is one of several technology upgrades launched by the Police Department to better engage and inform the community, said Chief Bryan Hill.

“It is our mission to build and maintain public trust,” said Chief Hill. “Sharing information related to crime increases transparency, encourages inclusion, and keeps our residents and visitors better informed about the community in which they live and work.”

—Continued on page 2
Council approves cannabis rules

Pleasant Hill will allow up to two delivery-only medical cannabis dispensaries, the City Council decided at their July 15 meeting. No on-site sales will be allowed.

The businesses would have to operate at least 600 feet away from schools, day care facilities and youth centers, and could only be located in the following zoning districts: light industrial, professional/administrative offices, general commercial, and second floor or higher in the retail business zoning districts.

The decision capped two years of public hearings and research following the November 2016 passage of Prop. 4, the Adult Use of Marijuana Act. Nearly 65 percent of Pleasant Hill residents voted in favor of Prop. 64.

Following the approval of Prop. 64, the Council passed a moratorium barring all commercial cannabis uses. The moratorium has been renewed twice, and is set to expire Dec. 4 of this year; no additional extensions are permitted under State law.

The crime map shows where, when and what kind of crime has taken place in Pleasant Hill. In addition, the police department website now offers information on recent arrests, a daily bulletin documenting calls for service, information about missing persons, and the ability to sign up for daily or weekly alerts to stay informed on what crime is occurring.

“We believe that public safety is everyone’s responsibility,” said Chief Hill, “and sharing this information encourages our community to help us keep Pleasant Hill as safe as possible.”

To learn more, go to pleasanthillpd.org and choose “crime information” from the left-hand menu.

NATIONAL NIGHT OUT—Hundreds of community members flocked to City Hall on August 6 to enjoy tasty barbecue, meet First Responders, and mingle with their neighbors. The annual event is coordinated by the Pleasant Hill Police. In the photo above, Sgt. Ron Priebe prepares to be ‘attacked’ by K9 Tibor; holding Tibor’s leash is Officer Aaron McGraw. No one was harmed during the K9 demonstration!

Take steps to prepare yourself and your family....don’t get caught short

Pleasant Hill CERT classes start September 10

As this article is being written, California has experienced 12,747 earthquakes in the past 365 days. Ridgecrest suffered a 7.1 quake on July 5, and has had ongoing tremors since. In the Bay Area, there have also been some smaller quakes in the past month. Collectively, could these be a precursor for a major temblor on the Hayward fault?

In addition to the danger of earthquakes, wildfires have been added to our list of potential disasters.

Is your family prepared for these or other disasters?

If not, look no further than Pleasant Hill CERT. CERT classes are starting on Sept. 10. Learn how to prepare yourself, your home and your loved ones, and how to safely respond to the needs of your neighbors and community in the wake of emergency. Join us!

“Neighbors helping neighbors” is what CERT is all about. Take the first step in becoming prepared—sign up for the fall class at www.pleasanthillcert.org. Gain the confidence needed to respond safely and effectively for any emergency that may enter your life.

For additional information contact Jim Bonato at jbonato@aol.com or 925-938-5433.
Community Service Day is Saturday, Sept. 28. There are projects for every age and interest. For details on projects, and to volunteer, go to pleasanthillca.org/volunteer. New projects other than these may have been added—check the website!

COMMUNITY SUPPORT

Be Prepared!—Distribute emergency preparedness information door-to-door (information will be left by the door or under the doormat, no knocking required!) Ages: All. Under 14 must be accompanied by an adult. Sponsored by CERT.

Bike Build-A-Thon—Repair used bikes for foster children and others in need in conjunction with Pleasant Hill Police Department. Ages: All. Under 14 must be accompanied by an adult.

COMMUNITY SUPPORT

Be Prepared!—Distribute emergency preparedness information door-to-door (information will be left by the door or under the doormat, no knocking required!) Ages: All. Under 14 must be accompanied by an adult. Sponsored by CERT.

Creeks & Gardens

Grayson Creek Cleanup—Clean up a section of Pleasant Hill’s Grayson Creek near the site of the new Pleasant Hill Library on Oak Park Blvd. Ages: All. Under 18 must be accompanied by an adult.

Pleasant Hill Instructional Garden—There are all kinds of jobs, big and small, for everyone, from restoring paths and repairing beds, to replacing plant tag signs to composting, mulching, raking, pruning, and cleaning up. Ages: Minimum age 10; children under 14 must be accompanied by an adult.

Rodgers Ranch Heritage Center—Weed, prune and cleanup site. Ages: All. Under 14 must be accompanied by an adult.

Library

Pleasant Hill Library Beautification Project—Volunteers will help clean books, shelves, and help prep materials for special library events. Ages: All. Under 14 must be accompanied by an adult.

Saturday, September 28

7:30 a.m. Check in at Pleasant Hill Park
Free pancake breakfast!
Free T-shirt (while supplies last)
8:45 a.m. Meet at project sites
9 a.m. Work begins

Questions? Contact Community Relations Manager Gayle Vassar at gvassar@pleasanthillca.org or 925-671-5229.

SCHOOLS

All school projects are open to all ages; under 14 must be accompanied by a parent.

College Park High School Beautification and Cleanup—Clean up, weeding and planting plus potentially a few minor repair projects.

Fair Oaks Elementary School—stay tuned for details!

Gregory Gardens Elementary School Beautification—Help complete artistic mural on our chain link fences, clean up and weed our preschool and kindergarten play areas, paint benches, fix lost and found area.

Gregory Gardens Elementary School Garden Cleanup—Painting, planting, prepare planter beds, stain picnic tables, and more!

Pleasant Hill Elementary—Come and join us to spruce up our school! We will have a variety of painting, cleaning and planting projects!

PHMS Make a Difference Day (Community Service Day)—General landscape and campus clean-up, painting and some planting/gardening.

Sequoia Elementary Beautification—Clean up the campus, do some gardening and weeding, remove leaves and debris, and potentially assemble some new equipment, do some painting, etc.

Strandwood Elementary—Basic clean up and landscape maintenance.

Valhalla Elementary School—Volunteers will work in various areas on cleaning and maintenance to improve the appearance of the campus including inside classrooms and outdoor in common areas.

Valley View Middle School—stay tuned for details!
City of Pleasant Hill seeks applicants for commissions and advisory boards

Looking for a way to give back to your community? To meet new people and participate in activities that support the good quality of life in Pleasant Hill? New opportunities are available for volunteers to apply to serve on the following:

Contra Costa County Advisory Council On Aging
The Advisory Council advises the County Board of Supervisors and the Area Agency on Aging on all matters related to the development and administration of senior programs throughout the County. The Council is composed of 40 members, appointed by the County Board of Supervisors in partnership with local cities. Members also serve on one of the following work groups: Education and Outreach, Health, Housing, Transportation or Legislative Advocacy. The Advisory Council on Aging meets the 3rd Wednesday of each month from 9:30 a.m. to 11:30 a.m. at 500 Ellinwood Way in Pleasant Hill. It is preferable that candidates reside in the City of Pleasant Hill. Mileage expenses to and from meetings are reimbursable. This position will serve a two-year term from October 2019 through September 2021.

Diablo Vista Water System Advisory Board
The Diablo Vista Water System (DVWS) Advisory Board administers the affairs of the DVWS. Board members must be a resident and property owner within the DVWS district for one year prior to appointment. Meetings are held as needed approximately four times per year at City Hall. Term is six years from November 2019 through October 2025.

Traffic Safety Commission
The Traffic Safety Commission conducts and analyzes studies of traffic related concerns, holds meetings with residents and business owners to hear traffic related suggestions and concerns, makes recommendations on signage, traffic calming or policy changes, and works with various City departments and other local government agencies to implement recommended changes. Candidates who live in Pleasant Hill and have experience in professional engineering, traffic safety, law enforcement or related vocational or professional pursuits that involve a technical and practical understanding of bicycle, pedestrian, vehicular or transit accommodation are invited to apply. Meetings are held on the 2nd Tuesday of each month at 6 p.m. at City Hall. One vacancy—one four-year term through September 2023. ▲

Deadline for submitting applications is Wednesday, September 19, 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.

Recycling—empty, clean and dry

One of the biggest obstacles to a successful recycling program is keeping it clean and contaminant free. When recycling is contaminated, it turns into trash and can end in the landfill. Here is how you can help:

Know what you can and cannot recycle. Here is a list of acceptable recycle items in Pleasant Hill:

- All types of paper, envelopes (with or without windows), magazines, newspapers, phonebooks, junk mail and hard cover books
- Empty hard plastic containers marked with a triangle and #1–7 (except for Styrofoam)
- Aluminum, tin cans, and scrap metal (under 10 pounds per item)
- Clean cardboard, flattened (no greasy pizza boxes)
- Waste peripherals (keyboards, mouse, speakers)
- Plastic bags (collect all soft plastics and wrap inside one bag)
- Glass bottles and jars of all colors
- Recyclables should be empty, clean and dry. Pour out any liquids. Wipe or rinse food off any containers or other items.
- Compost leftover food.
- Do NOT bag your recyclable material. Without knowing what is in the bag, it will be considered garbage. If you must use bags, use only clear bags.
- Place recycle containers next to trash containers. Please remember, all material must fit inside the cart with the lid closed. No material will be collected from outside the cart without prior arrangements.
- Recycling’s “most unwanted”—never put these items in your recycling container:
  - Electronics
  - Clothing
  - Batteries
  - Lightbulbs (CFLs)
  - Food scraps
  - Yard trimmings or wood
  - Styrofoam
  - Napkins/paper towels

If you’re not sure what can and cannot be recycled, contact the recycling coordinator at iangel@RepublicServices.com or call 925-671-5806. ▲
A simple fall can change your life

—Pleasant Hill Commission on Aging

The Centers for Disease Control and Prevention (CDC) found that the leading cause of death and injury among older Americans is falling down. It is a natural sign of aging to lose a steady healthy balance and gait. Slight, hearing, muscle strength, coordination, and reflexes aren’t what they once were. Balance can also be affected in many other ways: osteoporosis, change in thyroid or nervous system, diabetes, heart disease or circulation problems. Some medicines can cause dizziness. Any of these things can make a fall more likely.

Falls and accidents seldom “just happen.” The good news is that there are simple things that can be done to help prevent most falls. Here are a few suggestions to help prevent a fall:

➤ Be aware of possible side effects of medicine that will interfere with coordination or balance.
➤ Get up slowly, straighten posture, and stand still for a moment prior to walking.
➤ Carry a portable phone from room to room to take incoming calls or to call for help.
➤ Have regular hearing and vision tests. Slight changes in sight or hearing can affect balance.
➤ Limit alcohol consumption; even a small amount can affect balance and reflexes.
➤ Wear rubber-soled, low-heeled shoes that fully support your feet.
➤ Always use the handrails when using stairs. Make sure handrails are securely mounted. Mount grab bars near toilets and inside and outside of tub and shower.
➤ Tack down all carpets and area rugs firmly to the floor.
➤ Put night lights and light switches close to bed. Keep a flashlight bedside.
➤ Use a cane, walking stick, or walker to help you feel steadier. ▲

The CDC offers more information on older adult falls online at www.cdc.gov/homeandrecreationalsafety/falls/.

Activities at the Pleasant Hill Senior Center

- Care Management Series. Second Thursday of the month, 2 p.m., Senior Center Dining Room. Free, but RSVP to 925-798-8788 to reserve a spot.
  - Thursday, Sept. 12: “Be Safe & Sound in Your Home” presented by Carol Tracy-Handy Ma’am
  - Thursday, Oct. 10: “The Ten Minute Cognitive Workout” presented by Peggy Snyder

- Pancake Breakfasts—all are welcome! Sept. 1, 8:30-10:30 a.m. in the Chateau Room. Enjoy a stack of pancakes, scrambled eggs and sausage with bottomless orange juice and coffee. Special addition, biscuits and sausage gravy! Ages 11 and older: $5; children 5-10, $3; ages 4 and under are free.

- Taste of the Vine
  Sip a glass of wine with friends and relax. A variety of red and white wines plus light hors d’oeuvres will be served. Non-alcoholic beverages available. Sponsored by Wise Girl Ristorante & The Kensington.
  - Thursday, Oct. 17: 3–5 p.m.
  - Tickets: $13 presale/ $18 after Oct. 11.

- Living Joyfully
  If you are not as happy as you’d like to be, then this class is a must! In this course, students will learn how to find joy within themselves and how to live in that joy. We will focus on learning to be a friend to ourselves, to let go of old wounds that still have power in our lives and how to create a happier, more fulfilling life.
  - Senior Center, Classroom 2, Tuesdays, Sept. 3–24, noon to 2 p.m.
  - $84/$69 (Dist. Res.) Class 2260.101

- Brain Body Fitness
  This class unites the brain and the body through a series of exercises that includes isolations, stretching, opposition training, coordination, strength and balance work. Each class is different, keeping participants alert and strengthening mindfulness. Tools in this class may include resistance bands, gliders, tennis balls and chairs. No experience required.

- “Thriller!” Dance Classes
  A fun new way to get moving! In these classes you will learn simple yet famous choreography to the famous Michael Jackson song “Thriller”, including staging and performance skills. Be the hit of the next get together as you impress your friends and family with your new dance moves. No experience required.
  - Senior Center: Dance Studio
  - Thursdays, Oct. 3–31 1:30–2:15 p.m.
  - $77/$62 (Dist. Res.) Class 2355.103 ▲

Now accepting holiday boutique vendor applications. See more details on page 10.
All programs are free and made possible by the Friends of the Pleasant Hill Library

FAMILY EVENTS

Magical Nathaniel
- 6:30 p.m., Monday, Sept. 9
  High energy entertainment and original magic make this a must-see event. Fun and interactive, this show will leave every child with a big smile (and maybe even a book of magic of their very own).

Insect Discovery Lab
- 6:30 p.m., Monday, Sept. 16
  Come explore the fantastic lives of tarantulas, walking sticks, whip scorpions and more. Meet and greet these amazing creatures at this informative, engaging and hands-on event.

Puppet Company Presents: Legend of Sleepy Hollow (with a happy ending)
- 6:30 p.m., Monday, Oct. 7
  A great tale for the Halloween season based on Washington Irving’s Legend of Sleepy Hollow, with a special happier ending. A story about a schoolteacher, a beautiful girl, a bully, and a trouble-making student. Oh yes! And a headless horseman who goes haunting on Halloween Night! With suspense, lots of humor, and a delicious thrill, this tale is suitable for all ages. (But perhaps best for ages 5 and up.)

All Abilities Playgroup
- 1:15–2:15 p.m., second Tuesdays, Sept. 10 and Oct. 8
- 10:30–11:30 a.m., second Saturdays, Sept. 14 and Oct. 12
  Come join our fun toddler play group. As a special bonus, those looking for an opportunity to ask an experienced professional questions about their toddler’s development will be able to chat with Arezu Moshirian and Kathryn Brodsky of Chit Chat Preschool. Both are speech pathologist moms who can provide individualized referral information for a range of free and low-cost community agencies, resources, and parent support organizations.

Pajama Yoga Storytime
- 6:30 p.m., Monday, Sept. 30 and Oct. 28
  Come in your jammies for a fun movement storyline! Try out yoga poses connected to the evening’s stories and have fun telling stories with your body. Led by certified children’s yoga instructor Arezu Moshirian (goo.gl/w1zgnG).

Eco Studio
Third and fourth Wednesdays of the month, 3–5 p.m., check ccclib.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.

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

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 phi@ccclib.org for an application.

For additional information and details on events, go to ccclib.org/locations/pleasanthill.html
Estate Planning Workshop Series with Kristina L. Park

- 6 p.m., Tuesday, Sept. 24
  Advanced Topics: Technical Knowledge of Wills & Trusts
  Join local estate planning lawyer Kristina L. Park for the last session of our Summer Estate planning workshop series. These workshops are comprised of a talk on different estate planning topics followed by a Q&A. Join us and help better prepare your family and yourself for the future. No registration required.

Beading with Donna

- 6 p.m. every first Tuesday
  Join local beading expert Donna Cooper for an introductory class on beading and jewelry making. Adults only, no registration needed.

Henna Art Candles

- 6-7:30 p.m., Tuesday, Oct. 22
  Create beautiful decorative candles using henna. Taught by local Oakland artist Rachel-Anne Palacios, this event is free of charge but does require registration. Ages 18 and older only please. Registration begins Sept. 2 at https://tinyurl.com/yyd78wq2.

Monthly Book Discussion Groups

For more information about the book clubs, please contact library staff at 925-644-6434. Senior Center Book Club (held at 233 Gregory Lane) 12 noon, first Mondays. Afternoon Book Club, 1 p.m. second Fridays. Evening Book Club, 6:30 p.m. third Tuesdays.

ESL Conversation Practice for Adults

- 1:30–2:30 p.m. Wednesdays
  Learn how you can help an adult with low literacy practice English conversation skills in an informal, small group setting.

Adults Learn to Read and Spell

Contact Project Second Chance, the Contra Costa County Library’s adult literacy program, for more information at 925-927-3250.

Volunteer as an Adult Literacy Tutor

Learn how you can help an adult with literacy through Project Second Chance. Come to a tutor orientation on Tuesday, October 15, 6:30p.m. Register at 925-927-3250.

1 on 1 Computer Tutoring

- Select Wednesdays, 11 a.m.–1 p.m.
  by appointment. Call 925-646-6434.

Book Sales at the Book Nook Annex!

- 11 a.m.–1 p.m., Wednesdays through Saturdays
  For best deals on the newest books, stop into the annex in the quiet room at the library.
Community grants at Celebrating Your Community

For more than 30 years, the Pleasant Hill Community Foundation has worked to strengthen community organizations, build endowment funds to meet ongoing and future needs, and offer flexible tax-deductible options for giving at all levels.

Proceeds from its Annual Fund Appeal provides the funding for its annual Community Grant Awards, which were presented at the Celebrate Your Community event. Grantees included:

- Adult Day Services Network for a laptop and software
- Choice in Aging for shade canopies;
- Diablo Theatre Company to upgrade its sound system
- 4th of July Commission
- Friends of the Pleasant Hill Library for its City-Wide Reads program
- Pleasant Hill CERT Foundation for storage containers
- Pleasant Hill Recreation and Park District’s Senior Center for the CC Café nutrition program
- Pleasant Hill Recreation & Park District for its Special Recreation Halloween Dance
- Pleasant Hill Recreation and Park District for the Tinkers and Thinkers Make & Take
- Project 2nd Chance for a New for You subscription
- Rodgers Ranch Heritage Center for a tankless water heater
- STARS 2000 for microphones.

Individuals and families can establish endowments at the Community Foundation to develop funds that provide for regular giving as well as tax deductions for the donor. Two special grant awards were also presented at the event from two of these funds:

- Contra Costa Humane Society for their SNAP Spay/Neuter Program from the Guarino Community Fund; and
- AAUW for Study Art & Music program at Fair Oaks Elementary School from the Mary Walters Memorial Fund.

Betty Geishirt Cantrell, Community Grant Awards Chair, stated, “We had an incredible evening celebrating and supporting these organizations that, in turn, significantly influence the residents of Pleasant Hill. We also recognized three very special individuals whose impact deserved high praise.”

Two public employees received $500 stipends from the Holmes Family Fund. Oliver Holmes was one of the founding members of the Pleasant Hill Community Foundation. In 2006, Holmes funded an annual award to be given to an outstanding employee of the Pleasant Hill Recreation & Park District and City of Pleasant Hill. Ling King from the City and Sheila George from the Park District were chosen by their managers to receive these awards.

Each year the Foundation also presents its Cornerstone Award to someone who has contributed directly to the Foundation. This year, Jeff Clark of Steven’s Printing was honored for his generosity in providing beautiful printed materials to promote our community events.

To learn more about the many projects, grants and scholarships the Foundation has given to improve the quality of life in Pleasant Hill, go to PHCommunityFoundation.org.

Those interested in joining the all-volunteer board of directors may request an application at Info@PHCommunityFoundation.org.

Helping the community...
Rotary helps send seniors off to college

In 1988, the Rotary Club of Pleasant Hill started giving three $500 scholarships to seniors at College Park High School (CPHS). Two were given on a scholastic basis and one was given as a vocational scholarship.

Today, the club gives out four scholarships. But each is now worth $2,500, making the total Rotary Club scholarships worth $10,000 annually.

One is named the Will Fulton Memorial Scholarship in memory of the first President of the College Park Interact Club who tragically died in a car accident when he was 20. This scholarship is given to a member of the Interact Club who demonstrates outstanding leadership.

Two are general scholarships based not just on grades but also on leadership and community involvement.

The fourth scholarship is called the Jim Nunes Fine Arts Scholarship. This is given to a CPHS senior who wants to continue to pursue the arts in college.

In the order shown in the photo above, the scholarship recipients were:

- **Jano Paredes**—Will Fulton Memorial Scholar. He is going to San Diego State to major in marketing and wants to join Rotaract.
- **Olivia Bielskis**—General Scholarship. She is going to UCLA as a political science major. She wants to join Rotaract.
- **Elise Wildman**—General Scholarship. She is also going to UCLA as a political science major. She wants to join Rotaract.
- **Alana Stevens**—Jim Nunes Fine Arts Scholarship. She is going to DVC and will transfer to UC as a fine arts major.

Pleasant Hill Rotary wishes them all well!

New pilot ride program for Choice in Aging participants

Choice in Aging is testing a new way of helping participants get to and from their Mt. Diablo Center in Pleasant Hill.

In June, Choice in Aging entered into an agreement with SilverRide for a pilot program to provide transportation for approximately 12 people. SilverRide is a private company that offers “door-through-door” service tailored to the unique needs of older adults.

The goal of the pilot is to provide a cost-effective option that is more comfortable, with shorter trip times, than other forms of transit. For participants who have multiple chronic conditions and possibly Alzheimer’s disease, a ride in a sedan with only two other participants coming directly to Mt. Diablo Center has proven to be a positive alternative.

“So far, we have only had extremely positive experiences!” said Russian Program Activity Coordinator Marina.

SilverRide’s drivers pick up clients at the door, assist them to and into the vehicle, and bring them directly to MDC. The drivers call their riders on their cells when they are at their doors, so the seniors do not have to wait for long periods, and their commute times have been drastically reduced. Drivers use Google Translate to communicate with passengers, and even carry purses to the door.

The six-month pilot will last through the end of 2019, at which time the program will be evaluated to determine benefits, cost savings, and potential for expansion.
General announcements

» Fall into Fun
Check out The Spotlight Recreation Guide to discover all the exciting activities, classes and events offered in the months ahead. Fall/Winter 2019 registration is now open. Visit pleasanthillrec.com.

» Teen Center After-school Program (Grades 6-12)
Monday-Friday at the Pleasant Hill Teen Center. Open from school dismissal until 6 p.m. Transportation from VVMS and PHMS. Spaces limited for 2019-2020 school year. Call 925-691-5645.

NEW! Homeschool Activities
Rec & Park is excited to introduce new special interest classes, P.E. sports and aquatic activities this fall for homeschoolers including Aloha Mind Math (6-12 years), Jazz/Hip Hop (7-12 years), Vocal Arts (Grades 4-8), PE/Sports Medley (3-14 years), Lap Swimming and Water Aerobics (Under 14 years with parent). For more information, visit pleasanthillrec.com/530

NEW! What’s Your Game? Youth Class (11-16 years)
Join the local youth video game community and be part of a socially beneficial in-person environment. Try new games on the latest devices for Xbox, Playstation, Playstation VR (Virtual Reality) and Nintendo Switch. Visit pleasanthillrec.com/311

Pop-Up Play Dates FREE!
Pop in and play with us this fall. Join Rec & Park staff for organized outdoor games and activities in the park. All ages welcome. We provide the fun; you provide the smiles.
- 3:45-3:30 p.m. Monday, Sept. 30, Brookwood Park, 3250 Withers Ave., Lafayette
- 2:30-3:30 p.m. Wednesday, Oct. 23, PH Park, 147 Gregory Lane.
- Future play dates: Nov. 25, Dec. 20

NEW! Basketball for Preschoolers (1.5-6 years)
Introduce your little one to basketball. Improve gross motor skills, listening skills, hand-eye coordination, and balance. View classes at pleasanthillrec.com/219.

NFL Sponsored Fall Flag Football Jr. NBA/WNBA Winter Basketball
Got game? Team up with your friends to learn how to throw a football, go for a touchdown, dribble a basketball and defend the hoop. Make this season a slam-dunk. Volunteer parent coaches will receive $75 refund on their child’s registration. Flag Football season begins October 5. Basketball season begins January 4. Registration now open for both sports leagues.

PLAN EARLY! Register now for Spring 2020 Jr. NBA Basketball Leagues

Drop-In Adult Sports
- Basketball ($5/person)
  5:30-7:30 p.m. Mondays and Fridays, Pleasant Hill Middle School Gym
- Badminton ($6/person)
  7:30-9:30 p.m. Fridays, Pleasant Hill Middle School Gym
- Cornhole ($7/person)
  6:30-9:30 p.m. Tuesdays, Winslow Center

Mt. Diablo Dolphins Swim Team
For new and returning recreational swimmers interested in continuing to build their swim skills and confidence this fall. Season begins September 9. Visit pleasanthillrec.com/240.

NEW! G Adventures Family Travel Journeys
Explore the Galapagos Island with your family Feb. 9-16, 2020
What better place to learn about the natural world than in Darwin’s test kitchen? Snorkel, hike, kayak, meet rare, exotic wildlife and visit Charles Darwin Research Station. To learn more about this incredible family adventure of a lifetime, call Cassie Eternal, Rec & Park Travel Coordinator at 925-771-7636. Ask about other world adventures, too. ▲

To register or for more information on Pleasant Hill Recreation & Park District activities and events, visit pleasanthillrec.com or call 925-682-0896.
Mark your calendars for these exciting events!

▼ Tinkers & Thinkers Innovation Faire
11 a.m.–3 p.m. Saturday, Sept. 14, at Pleasant Hill Park and the Senior Center. Calling all creative thinkers and amazing tinkers! Don’t miss Pleasant Hill’s spin on the popular “Makers’ Fair.” Participate in variety of fun hands-on and make-and-take activities. Marvel at the latest mind-blowing innovations from local makers, entrepreneurs, businesses, non-profits and educators. A perfect opportunity for families to engage with S.T.E.M. together! Visit phtinkersandthinkers.com. Brought to you by the Pleasant Hill Library and PH Rec & Park District.

Thank you to our main event sponsors—City of Pleasant Hill and Republic Services.

Want to join the creative force? Contact Sheila Cotruvo at scotruvo@pleasanthillrec.com for sponsorship opportunities.

▼ Pumpkin Splash is BACK!
1-3 p.m. Sunday, Oct. 13, Pleasant Hill Aquatic Park
Pick your favorite Halloween pumpkin from our floating pumpkin patch. Enjoy the pumpkin decorating station and carnival games, too. $12/$10 (Dist. Res.).

▼ Share the Magic
7-9 p.m. Friday, Oct. 11, Senior Center Chateau Room
All new show every year! An evening filled with fun, mystery and excitement. See illusions, card experts, closeup performances by the Society of American Magicians. Come in costume for a chance to win a prize. Online pre-registration is required. Co-Sponsored by the Society of Magicians.

▼ Trunk or Treat
6-8 p.m. Friday, Oct. 25, Pleasant Hill Park Parking Lot, 147 Gregory Lane. Bring the whole family in costume and enjoy going from trunk to trunk of decorated vehicles to collect candy. Crafts, activities and a goodie bag for each child. Food and drinks available for purchase. Free for Trick-or-Treaters, donations appreciated. Co-sponsored by Generations Church & Surfside Dental.

▼ Rodgers Ranch Harvest Festival
10 a.m.–3 p.m. Saturday, Oct. 19, Rodgers Ranch Heritage Center, 315 Cortsen Road. Enjoy a family day with fun fall activities, live music and information about local services.

▼ Fairytale Princess Breakfast (1-8 years)
8:30-9:30 a.m. Saturday, Nov. 2, Chateau Room, Senior Center
Princess Story Time, pancake breakfast, and a visit with a very special guest. Online pre-registration required (child and adult) by 12 p.m., Nov. 1 at pleasanthillrec.com. ▲
What’s happening in Pleasant Hill...

Save the Date! Pancake breakfast fundraiser and health fair on October 6

Meals on Wheels Diablo Region, in partnership with the Pleasant Hill Senior Center, will hold a pancake breakfast fundraiser and health fair to benefit MOWDR’s Fall Prevention program on Sunday, Oct. 6 from 8:30-10:30 a.m. Proceeds will provide home safety modifications for seniors at risk for falls.

Enjoy a delicious stack of pancakes or French toast with scrambled eggs, sausage and bottomless orange juice and coffee. Attendees will enjoy raffle prizes, a pancake flipping contest for the kiddies, information about fall prevention and in-person health related checks. Tickets are $5 for ages 11 and up, $3 for children 5-10 and under 5 are free. All are welcome!

Visit www.mowdiabloregion.org for more information or call 925-937-8311. ▲
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Organization</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 1</td>
<td>PH Concert &quot;David Bustamente ukulele&quot;</td>
<td>Lake at City Hall</td>
<td>Civic Action Commission</td>
<td>925-671-5229</td>
</tr>
<tr>
<td>Sep 1</td>
<td>PH Concert &quot;Top Shelf&quot;</td>
<td>Lake at City Hall</td>
<td>Civic Action Commission</td>
<td>925-671-5229</td>
</tr>
<tr>
<td>Sep 7</td>
<td>Parking Lot Book Sale</td>
<td>PH Library</td>
<td>Friends of the Library</td>
<td>phlibraryfriends.org</td>
</tr>
<tr>
<td>Sep 8</td>
<td>PH Concert &quot;Forejour&quot;</td>
<td>Lake at City Hall</td>
<td>Civic Action Commission</td>
<td>925-671-5229</td>
</tr>
<tr>
<td>Sep 9</td>
<td>Magical Nathaniel</td>
<td>PH Library</td>
<td>PH Library</td>
<td>cclib.org</td>
</tr>
<tr>
<td>Sep 12</td>
<td>&quot;Be Safe &amp; Sound in Your Home&quot;</td>
<td>PH Senior Center</td>
<td>Senior Center</td>
<td>925-798-8788</td>
</tr>
<tr>
<td>Sep 14</td>
<td>Tinkers &amp; Thinkers</td>
<td>PH Park &amp; PH Senior Center</td>
<td>PH Rec &amp; Park, PH Library</td>
<td>925-682-0896</td>
</tr>
<tr>
<td>Sep 24</td>
<td>Estate Planning Workshop</td>
<td>PH Library</td>
<td>PH Library</td>
<td>cclib.org</td>
</tr>
<tr>
<td>Sep 26</td>
<td>&quot;Using &amp; Preserving Medicinal Herbs&quot;</td>
<td>Rodgers Ranch</td>
<td>Rodgers Ranch</td>
<td><a href="http://www.RodgersRanch.org">www.RodgersRanch.org</a></td>
</tr>
<tr>
<td>Sep 28</td>
<td>PH Community Service Day</td>
<td>PH Park and around town</td>
<td>Rogers Ranch</td>
<td><a href="http://www.RodgersRanch.org">www.RodgersRanch.org</a></td>
</tr>
<tr>
<td>Oct 5,6</td>
<td>Art, Wine &amp; Music Festival</td>
<td>Downtown Pleasant Hill</td>
<td>Civic Action Commission</td>
<td>925-671-5229</td>
</tr>
<tr>
<td>Oct 6</td>
<td>Pancake Breakfast Fundraiser &amp; Health Fair</td>
<td>PH Senior Center</td>
<td>PH Chamber of Commerce</td>
<td>925-687-0700</td>
</tr>
<tr>
<td>Oct 10</td>
<td>&quot;The Ten Minute Cognitive Workout&quot;</td>
<td>PH Senior Center</td>
<td>MOWDR, PH Senior Center</td>
<td>925-937-8211</td>
</tr>
<tr>
<td>Oct 12</td>
<td>Premium Book Sale</td>
<td>PH Library</td>
<td>Senior Center</td>
<td>925-798-8788</td>
</tr>
<tr>
<td>Oct 17</td>
<td>Taste of the Vine</td>
<td>PH Senior Center</td>
<td>Friends of the Library</td>
<td>phlibraryfriends.org</td>
</tr>
<tr>
<td>Oct 19</td>
<td>Rodgers Ranch Harvest Festival</td>
<td>Rodgers Ranch</td>
<td>Senior Center</td>
<td>925-798-8788</td>
</tr>
<tr>
<td>Oct 25</td>
<td>Trunk or Treat</td>
<td>PH Park parking lot</td>
<td>PH Rec &amp; Park</td>
<td>925-682-0896</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.

CarMax
Used Auto Sales, Purchase and Trade-In Services
77 Chilpancingo Parkway
925-822-0871
www.carmax.com

Don Hoekwater Photography
Personal Branding, Professional Headshots, Portraits, Product Photography, and Wall Art
925-408-7556
www.donhoekphoto.com

Linda Keeler, LCSW
Individual, Couples, & Group Therapy
140 Mayhew Way, Suite 902
925-335-6264
Keeler.linda@gmail.com

Livewire Gaming Café
Esports Arena and Lounge
714 Contra Costa Blvd.
510-409-7790
Visit Us on Facebook

Skin by Eleni
Facials, Body Sugaring
Hair Removal
www.elenifrediani.com
elenifrediani@gmail.com

The Unbroken Body
Chiropractic Services
395 Civic Drive, Suite E
925-639-8232
www.theunbrokenbody.com
theunbrokenbody@gmailcom

Volunteer with AARP Tax-Aide for 2020 tax season

Do you like working with people? Are you good with numbers?
AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages residing in Contra Costa County. Tax-Aide volunteer positions include Tax Counselors who are trained by Tax-Aide and certified by IRS, and Client Facilitators, who schedule appointments and assist clients at tax sites. Orientation is in November 2019, classes for tax counselors start in January 2020. Service is from February through April 15, 2020.
If interested, apply online at www.aarp.org/taxvolunteer or call 925-726-3199 for additional information.
## September

<table>
<thead>
<tr>
<th>WHEN</th>
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<tbody>
<tr>
<td>Wed 4</td>
<td>6:30pm Civic Action Commission</td>
<td>City Hall Small Community Room</td>
</tr>
<tr>
<td>Thu 5</td>
<td>5:00pm Architectural Review Commission</td>
<td>City Hall Community Room</td>
</tr>
<tr>
<td>Mon 9</td>
<td>7:00pm City Council*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Tue 10</td>
<td>6:00pm Traffic Safety Commission</td>
<td>City Hall Community Room</td>
</tr>
<tr>
<td>Tue 10</td>
<td>6:30pm Planning Commission (public hearing)*</td>
<td>Council Chambers</td>
</tr>
<tr>
<td>Thu 12</td>
<td>5:00pm Zoning Administrator (public hearing)</td>
<td>Planning/Public Works Conference Room</td>
</tr>
<tr>
<td>Thu 12</td>
<td>5:00pm Commission on Aging</td>
<td>City Hall Small Community Room</td>
</tr>
<tr>
<td>Mon 16</td>
<td>7:00pm City Council*</td>
<td>Council Chambers</td>
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<td>Thu 19</td>
<td>5:00pm Architectural Review Commission</td>
<td>City Hall Community Room</td>
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<td>6:30pm Planning Commission (public hearing)*</td>
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## October

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*For live streaming of these meetings, go to pleasanthillca.org and click on "Watch Meetings" icon.*

## The Outlook Newsletter

The Outlook newsletter is published bimonthly on recycled paper. For questions and comments, please contact Gayle Vassar, Community Relations Manager, at 925-671-5229 or email her at gvassar@pleasanthillca.org.

Editor/Writer Gayle Vassar, Community Relations Manager

Design/misc photos Donaghu Graphic Designs

**COVER: Collage of Pleasant Hill City Council meetings are broadcast on Comcast channel 28, U-Verse Channel 99, and Wave Broadband Channel 29 on 1st and 3rd Wednesdays at 7:00 p.m. Videos of meetings are also available on the City website under "Watch Meetings."

## Important Phone Numbers

- Police/Fire Emergency: 911
- Police (Business): 925-288-4600
- Fire (Business): 925-941-3300
- Public Services Center: 925-671-4646
- Chamber of Commerce: 925-687-0700
- Recreation & Parks: 925-682-0896
- Trash and recycling: 925-685-4711
- PG&E: 800-743-5000
- Senior Center: 925-798-8788
- Senior Van Service: 925-671-5272
- Library: 925-646-6434

## Sign up for Emergency Alerts!

Library project news

Here is the latest on the Oak Park Properties project—which includes a new library and sports fields, a residential component of 34 new homes, and improvements to Monticello Avenue. It is a unique partnership between Contra Costa County, the principal owner of the land; the City of Pleasant Hill; the Pleasant Hill Recreation & Park District; and Mt. Diablo Unified School District, which owns a portion of 1700 Oak Park Blvd.

Draft environmental impact report ready for public review

The draft environmental impact report for the Oak Park Properties project—which includes the new Pleasant Hill Library building—was targeted to be released by the end of August. It will be posted on the City website at pleasanthillca.org/library, and a hard copy will be at City Hall for public review.

Project timeline updated

Construction activities are expected to begin in 2020, about six months later than originally planned, due to additional permit requirements. The new library’s targeted completion date is late 2021.

The current library building will be open through the end of the 2019/20 school year, and will close in early June 2020.

What will happen to groups that currently meet at the Pleasant Hill library?

Project partners will host a stakeholders meeting this fall with groups and organizations that currently meet at the Pleasant Hill library to learn more about their needs, with the goal of finding other locations for them to meet until the new library building is complete.

What will happen with the Friends of the Pleasant Hill Library?

The City is working with the Friends of the Pleasant Hill Library to find a temporary location for their operations, so they can continue their fund-raising activities in support of library programs and other library-related needs.

How will library services be provided during the interim?

Library services will be temporarily relocated to the Pleasant Hill Senior Center and Teen Center, including:

► Approximately 10,000 items available for check-out at the temporary library, including DVDs and the popular “Lucky Day” collection of new books

► Storytimes or other programs at the Pleasant Hill Teen Center

► Access to computers

► Library staff on hand to assist with everything from book recommendations to online searches

For additional information, go to pleasanthillca.org/library.

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