

the OUTLOOK



of Pleasant Hill, California

A new location for the Pleasant Hill Farmers' Market

The Pleasant Hill Farmers' Market has a new location in the Downtown Plaza (next to Jack's Restaurant) this 2012 season!

The hours have also changed to **9am to 1pm**. The opening day ceremonies on **Saturday, May 5** will be a fun-filled celebration to kick off the start of a brand new season. "We're excited about the return of the Pleasant Hill Farmers' Market," said John Silveira, Director of Pacific Coast Farmers' Market Association. "The new location and hours will offer a very pleasant shopping experience and provide the community with healthy produce options and live entertainment, right in the heart of downtown Pleasant Hill." The Monument Plaza location is a perfect setting for those wanting to buy locally grown produce while enjoying everything downtown Pleasant Hill has to offer. The market will run through November 17, 2012.

Opening day festivities

On opening day, a ribbon cutting ceremony will be held at 11:00am; a cooking demonstration by Chef Mario Hernandez with PCFMA's Cookin' the Market will offer ideas for preparing fresh produce; and live entertainment will keep your toes tapping. And there will be face painting and JoJo the Clown for the younger set.

—continued on page 2

OUTLOOK IN COLOR
Due to changes in printing technology, the City is able to bring you the Outlook in full-color at no additional cost.
Enjoy!



Summer of music and family fun in Downtown Pleasant Hill

Starting Memorial Weekend and continuing past Labor Day Weekend, the Downtown and City Hall locations will host twelve concerts with some of the top bands in the Bay Area.



New this year...Stompy Jones!

♪ Sunset at the Lake Summer Concerts

The 15th Annual Summer Concert Series on the lawn at City Hall begins Sunday, May 27 and continues every other Sunday through Labor Day Weekend. The Civic Action Commission has scheduled a superb mix of bands this year including the Fundamentals, Stompy Jones, Petty Theft, East Bay Mudd and local favorites, Cover 2 Cover.

"We are very excited about our concerts this summer with probably the best lineup of bands ever," said Tim Flaherty, Chair of the Civic Action Commission. "Year after year the concerts at City Hall grow in popularity and have become more of a regional draw with people coming from all over the East Bay area," he added.

The complete concert schedule is listed on page 12.

—continued on page 2

You can make a difference!

The City is seeking candidates to serve on the following commissions:

► Pleasant Hill Building Board of Appeals

The primary goal of this three-member Board is to hear and decide appeals of orders, decisions or determinations made by the building official related to the application and interpretation of the California Building Code. Candidates must be qualified by experience and training to pass on matters pertaining to building construction. Those qualified include, but are not limited to, licensed contractors, engineers and architects. Pleasant Hill residency is not required, but residency or work in the City is preferred. The Commission meets at City Hall (100 Gregory Lane) as needed.

► Contra Costa county Advisory Council on Aging

The Advisory Council on Aging advises the County Area Agency on Aging on all matters related to the development and administration of senior programs throughout the County. The Council consists of 40 members appointed by the County Board of supervisors in partnership with the local cities. It is preferable that candidates be a resident of Pleasant Hill. Meetings are held on the 3rd Wednesday of each month from 9:30am to noon in Concord.

**For an application or more information,
please contact Linda Stehr by phone at 671-5284
or e-mail at lstehr@ci.pleasant-hill.ca.us.**



The next home composting workshop will be held on Tuesday, June 5 at 7pm in the large community room at City Hall. Register now by calling 671-5265 or sign up online at www.pleasant-hill.net/compost.

Stroke is a medical emergency! More than 600,000 Americans suffer strokes each year, yet few know the symptoms.

Stroke is a medical emergency that requires immediate treatment. The drug T-PA may reverse the effects by dissolving blood clots that obstruct blood flow to the brain. **It must be done within 3 hours.**

Stroke symptoms:

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe and unusual headache



Other important but less common symptoms include:

- Sudden nausea, and vomiting—different from a viral illness because of how fast it begins (minutes or hours vs. several days)
- Brief loss of consciousness or a period of decreased consciousness (fainting, confusion, convulsions or coma)

If you have any of these symptoms or see them in someone else, call 911! Treatment can be more effective if given quickly. Every minute counts. Time lost is brain lost!

Summer music—continued from page 1

♪ Downtown Plaza Concert Series

This year, Downtown Pleasant Hill is hosting four concerts on the first Friday of June, July, August and September in the Plaza area between Sweet Tomatoes and Jack's Restaurant. Each concert is from 6:30pm to 8:30pm. The concerts feature four of the most popular bands in the Bay Area with Cover 2 Cover launching the series on June 1st, followed by David Martin's House Party Band on July 6th, Rebel Yell on August 3rd and ending with The Fundamentals on September 7th. For more details see page 13.

Farmers Market—continued from page 1

Fresh produce all summer

A variety of local farmers and food producers will be there throughout the season to provide fresh seasonal produce, such as strawberries, asparagus, cherries, peaches, and summer squash, and hand-crafted gourmet foods, bakery items, olive oils, fresh cut flowers, and much more.

The Pacific Coast Farmers' Market Association operates over sixty Certified Farmers' Markets weekly in the Bay Area during the peak summer months. Certified Farmers' Markets are locations that offer only California-grown products sold directly to consumers by the farmers that grew, nurtured and harvested the crops. All PCFMA markets accept WIC FMNP (Woman Infant and Children Farmers' Market Nutrition Program coupons) and EBT (the Golden State advantage food stamp cards). For more information on the Pleasant Hill Farmers' Market please contact the Pacific Coast Farmers' Market Association at (800) 949-FARM, 825-9090, or go to www.pcfma.com.

A guest article from PG&E

Providing customers safe and reliable electric service through tree pruning

When a tree or branch falls into electric lines, it can short the line out, causing either a power outage or in some instances a fire. Currently, about 13 percent of outages are caused by trees, and more than 90 percent of those outages come from healthy trees or branches.

“At Pacific Gas and Electric Company, providing our customers safe, reliable and affordable electric and gas service is our absolute highest priority,” said Tom Guarino, PG&E spokesperson.

In order to provide safe and reliable electric service to customers, PG&E inspects every mile of power line in their service territory every year.

As part of this inspection, crews are looking for overgrown trees and vegetation that can threaten the safety and reliability of our electric system. When they find potential threats or situations that could lead to a line being out of compliance with federal or state laws, PG&E tree contractors prune the trees using a nationally recognized and approved standard for utility vegetation management.

PG&E uses directional pruning methods to keep trees from growing into power lines. Directional pruning promotes tree growth away from power lines and is endorsed by the International Society of Arborists and the National Arborists Association.

PG&E offers customers the following tips when it comes to vegetation near power lines:

- Never attempt to prune trees near power lines yourself. Only line clearance qualified personnel should work within 10 feet of high-voltage power lines.
- Do not allow children to climb trees growing near power lines. Never build tree houses in trees growing near power lines.
- Plant the right tree in the right place. When planting near distribution lines, plant only small trees that will grow no taller than 25 feet at maturity at least 10 feet from power poles. When planting near transmission lines, plant only low growing shrubs and small trees that will reach no taller than 10 feet at maturity along the border of the right of way.

If a customer is concerned with the way their private tree is pruned by PG&E contractors, we encourage them to call 1-800-743-5000.

For further information about PG&E's vegetation management program, please visit www.pge.com/trees. ♣

How does your car fit?

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

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

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

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

WHEN: Saturday, May 12, 9:00am to noon

RESERVATIONS ARE REQUIRED FOR
THE 20-MINUTE APPOINTMENTS

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

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

Sponsoring/participating organizations for the event include: City of Pleasant Hill, Commission on Aging, Kaiser Permanente, The Church of Jesus Christ of Latter-Day Saints, Neighbors Health Supply, AAA, AARP and AOTA





Update on the Teen Center and Senior Center construction

With the summer months quickly approaching, the new Senior Center and Teen Center are gearing up for the next phases of construction. The future recreational homes for the seniors and teens in our community have taken shape and are now beginning to show their personalities.

The Teen Center had its first set of glass windows, known as “Wacky Mullions” (angled and tinted), installed the last week of February. These windows provide a fun and playful face to the Teen Center while providing plenty of natural light into the main room of the building.

Another fun feature of the Teen Center, which was completed at the end of March, was the installation of the glass paneled garage door located between the Game Room and the Courtyard. Wide gates on the opposite end of the courtyard allow this space to be opened to the pool deck, a perfect setting for birthday parties.

The Senior Center isn't without its own milestones. Large glu-lam beams were fit-cut, lifted, and bolted into place over the Dance Studio, Dining Room and Multi-purpose room throughout March and into April. Additional trusses continue to be installed between the beams, giving the rooms their octagonal shape.

The surrounding areas of the Senior Center are seeing many changes, including freshly poured pathways and newly formed horseshoe pits. While the horseshoe pits are located toward the back of the building on the northeast side, it is much easier to spot the two new bocce courts located in the redwood grove on the northeast end of the Senior Center.

On April 13th a Pre-Bid Conference was held for the construction of the Community Center. The Pleasant Hill Recreation & Park District will award the contract on May 23rd and by early June will issue notice to proceed to the contractor. The Community Center is scheduled for completion in the fall of 2013. ♣

Spend your summer in Pleasant Hill!

★ Adult Sports Leagues kicking off summer registration

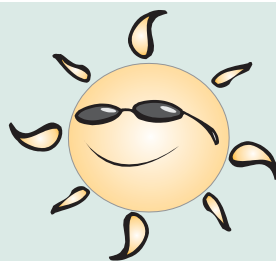
Pleasant Hill Recreation's Adult Summer Sports Leagues are ready for you!

Men's/CoEd/Women's Leagues (Softball, 5-5 Soccer, Kickball, Flag Football)—get your team registration packets turned in before June 22.

For a registration packet go to: www.pleasanthillrecsports.com or call Sheila at 925-682-0896 or email sgeorge@pleasanthillrec.com

★ It's Tennis Time

Monthly spring tennis lessons: Choose from Beginning, Intermediate, Advanced Group Lessons. We also offer Private or Semi Private. See more details on our adult fitness page at www.pleasanthillrec.com.



Pleasant Hill Senior Center activities

■ Bunco

May 20 & June 24, Sun., 2pm-5pm

VFW: 1919 Wendell Lane, PH

Tickets: \$4 plus bring potluck item to feed 4 people.

Potluck at 2pm, Bunco begins at 3pm. Fun and friendly atmosphere where no prior knowledge of the game is necessary! Buy your ticket at the Senior Center!

■ Classroom in the Community

Wednesday, May 30 “Maintain Your Brain” & Wednesday, June 27 “Control Your Cholesterol”

10am-11am

St. Andrew's Church, 1601 Mary Dr., PH

Free Presentation

The first 10 people to register will receive a free lunch from our CC Café, compliments of SCAN Health Plan. If you are not one of the first 10 to sign up, you may still reserve a meal for \$2. Lunch is served at 11:30am. Pre-registration is required for lunch. Call the Senior Center to register: 798-8788

■ Thirsty Friday

Friday, June 29; 3-5pm

Chateau III, 175 Cleaveland Road

Fee: \$7 presale/ \$10 at the door

Kick off the weekend early! Enjoy a spin-off of Taste of the Vine with a Margarita twist! Wine, Margaritas, and light hors d'oeuvres will be served. Non-alcoholic beverages available. Sponsored by the Chateaus of Pleasant Hill. Purchase tickets at the Senior Center beginning May 21.

■ Catch Yourself: Maintain Your Independence

June 7, 14, 21 & 28; 12:30-1:30pm

Aegis of Pleasant Hill (1660 Oak Park Blvd.)

Fee: \$10

Join us for a 4-part class series and learn how to stay strong to stay on your feet! Topics include: Risk factors for falling, exercises for balance and strength, home assessment, medication management, maintaining strong bones and how to fall safely. Presented by John Muir.

Pre-Registration is required. Call 798-8788 or visit the Senior Center to sign up! Class is limited to 20 people. ♣

We recycle!

Several businesses in Pleasant Hill will be recognized by Allied Waste Services for outstanding recycling efforts with a new "We Recycle" decal in honor of Earth Day. The decal can be placed on doors or windows to let customers know the business' commitment to sustainable practices.

County Office of Education goes all out!

One recipient is the Contra Costa County Office of Education. Cecile McNulty, Maintenance and Operations Specialist, has gone above and beyond creating an everyday recycling program for her large facility.

"I recycle everything at home," she said. "People here always ask me what can go in the recycling bin. So many cans, bottles, and frozen dinner packaging from lunches were ending up in the trash. It's such a waste."

Armed with recycling posters from Allied Waste Services and recycling bins courtesy of the City of Pleasant Hill, Cecile mapped out the current locations for trash and recycling bins throughout the facility and strategically placed containers and posters in copy areas, lunch, break, and meeting rooms. She followed up with an email to employees to notify them of the improved and convenient setup and how they could become better recyclers.

Thinking beyond recycling and towards reuse, Cecile set up a web-based catalog system featuring free surplus furniture and supplies that are available to teachers and coworkers. Anything that doesn't move gets listed on Public Surplus, an auction oriented website, which generates extra income for the Office. Cecile is a real recycling champion!

Kudos to Crestwood Healing Clinic

Crestwood Healing Center has also demonstrated a strong commitment to recycling. Director of Plant Services, Weimar Cano, was eager to improve the facility's recycling program. He coordinated a meeting between Allied Waste's Recycling Coordinator, Anne Baker, and Center employees. Blue desk

side recycling bins were supplied for use around the facility. The Center was originally recycling only cardboard and now they are diverting tremendous amounts of different types of materials from the landfill.

Other recycle-conscience businesses

Other Pleasant Hill businesses receiving the **We Recycle** decal for excellence in recycling are:

- Jug Liquor Store
- Carmelo Plaza
- Ellinwood Dentist
- Vogue Cleaners
- Prudential
- Dallimonti's
- Walgreen's
- Smart & Final
- Mattress Discounters
- California Stools
- Hillcrest Congregational
- Church of the Resurrection

Pleasant Hill businesses know recycling is good for business and good for the environment. If you are a business in Pleasant Hill and would like more information, a waste audit or an evaluation of how to improve your current recycling program, contact Anne Baker, Recycling Coordinator, at 671-5806.

Free E-Waste pickup for businesses

Electronic Waste Management provides free pickups of unwanted e-waste and cabling for qualified businesses, government agencies, schools, non-profits and corporations. Please contact us for more details!!! 866-335-3373 or www.noEwaste.com.



FREE

A globe of the Earth with a recycling symbol (three chasing arrows forming a triangle) overlaid on it. The globe is set against a background of a blue sky with white clouds.

E-Waste recycling in Pleasant Hill

Doing a little extra house cleaning?

We can help recycle old, unwanted electronic equipment at a **FREE E-Waste Recycling Event** happening at Diablo Valley College, located at 321 Golf Club Road in Pleasant Hill, on Saturday, May 5 from 9:00am until 1:00pm. There will also be one at Pleasant Hill Library from 10:00am-4:00pm. These events are open to any California resident, business, or school.

This is a monthly event that will take place the first Saturday of each month. Dropping off of your E-waste is **FREE** and items accepted include TVs, monitors, computers, and more—with no limit!

Visit www.NoEwaste.com or call toll free, (866) 335-3373 for electronic items accepted and detailed event info.



Save money by donating to the PH Community Foundation

—Ted Winslow, Foundation President



If you're planning to make a donation to a non-profit organization this year, look through your investment portfolio before you write a check.

If you have a big gain in a stock you purchased or received as a gift or inheritance, consider giving it to charity. The tax benefits — deducting the amount of the charitable donation AND escaping the unrealized gains on the donated stock — come from the fact that the deduction for a donation of property to charity is equal to the property's current fair market value. And when the donated property is an investment, the donor does not have to recognize the capital gain.

If you're considering making a donation this year to the Pleasant Hill Community Foundation, please consider donating appreciated stock. The stock transfer can easily be accomplished by your broker. Check our website for instructions at www.phcommunityfoundation.org under "make a donation." Thank you for your support!

The Pleasant Hill Community Foundation celebrates its 25th Anniversary!

Save the date of August 24th at 5:30pm and celebrate the PH Community Foundations 25 years of partnerships and giving back to the community. The event is open to families and will be held at the Pleasant Hill Aquatic Park, 147 Gregory Lane. Stay tuned for more detailed information. ♣

Successful Rotary fundraiser benefits community

The Rotary Club of Pleasant Hill wants to say "Thank you" to everyone who supported their annual fundraiser, this year called "St. Pat Goes to Hollywood!" The event on March 16 was attended by 380 people who enjoyed the silent, live, and cake auctions, Instant Wine Cellar, Irish dinner, raffles, Irish dancing, and other activities. Funds raised hit a new high!

Fifteen percent of the profits went into the club's Foundation, where it will continue to grow until needed for future grants. But shortly after the event the club's Board of Directors immediately returned a large portion of the profits to the community in the following grants:

- \$8,000 (towards a pledge of \$25,000) to Pleasant Hill Rec for furnishings in their new buildings
- \$3,000+ for LN-4 prosthetic hands
- \$1,000 to the Irvin Deutscher YMCA for childcare scholarships
- \$800 to BSA Troop 401 for new climbing ropes
- \$500 to a Kennedy-King Scholarship for underprivileged to attend college
- \$500 for "Every 15 Minutes" program (re-enactment of an alcohol-caused accident) at College Park High School
- \$500 for the Relay For Life, a fundraising event for cancer research
- \$500 to Young Life and Fiona Nelis for a water supply project at an orphanage in Kenya
- \$500 to Gregory Gardens Elementary School for their multicultural dinner
- \$500 for Mega Free Jaipur Limb camp
- \$250 to Pleasant Hill/Martinez Soccer team Arsenal for the USA tournament in Tennessee
- \$100 for RI Rose Parade float

The Rotary Club of Pleasant Hill meets every Thursday at noon at St. Andrews Presbyterian Church (while the new Community Center is being built). If you are interested in learning more about the club, please come by or call President Bob Turcios at 676-8365. ♣

Senior Options Seminar

A Seminar for Seniors, their Adult Children, & Caregivers

Saturday, May 5, 2012 ~ 8:30am-2:30pm

No Charge ~ Lunch Provided!!

Plenary Sessions include:

- Of All the Things I've Lost in Life, I Miss My Mind the Most! —Aging & mental health
- Seniors Just Want to Stay Home —Modifications to be able to remain in our homes
- It's My Money and I Need it NOW!! —Creative ways to manage retirement income
- It's All About the Law —The legal impacts upon end-of-life decisions



RSVP to Faith Lutheran Church: 685-7353 or go online to www.welcome2faith.com

Walk against breast cancer

Thousands of women and men across the East Bay will unite in their fight against breast cancer during the American Cancer Society's third annual Making Strides Against Breast Cancer walk on Saturday, June 16 at 9:00am at Heather Farm Park.

Since 1993, Making Strides Against Breast Cancer has been the American Cancer Society's rallying cry to raise awareness and money to fight breast cancer. In that time, 4 million walkers have raised more than \$280 million through Making Strides. Last year, over 800 walkers in the East Bay raised more than \$74,000.

Making Strides is a noncompetitive walk supporting the American Cancer Society's unique mission to help people stay well by preventing cancer or detecting it early; help people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight.

The American Cancer Society uses the dollars raised through Making Strides events to fund cutting-edge research leading to the discovery of lifesaving treatments, advocate for all women to have access to mammograms and treatments—regardless of income—and to provide free programs and services that improve the quality of life for cancer patients and their families. Since 1972, the American Cancer Society has invested more than \$352 million to give those touched by breast cancer more reasons for hope.

Registration for the 5K noncompetitive walk begins at 8:00am.



The walk begins at 9:00am at Heather Farm Park. Donations will be collected at the walk or can be made online by visiting <http://makingstrides.acsevents.org/walnutcreek>.

The American Cancer Society is joined by Diablo Valley Oncology, Shell and Epic Care in taking a leadership position in the community's fight against breast cancer. ♣

For more information about the Walnut Creek Making Strides event, call 925-934-7640 option 3, extension 315 or visit <http://makingstrides.acsevents.org/walnutcreek>

Annual plant sale—flowers, veggies and more!

A Pleasant Hill tradition on Mothers' Day weekend, Sunday May 12, is the plant sale sponsored by the Pleasant Hill Garden Study Club (PHGSC).

This year's sale will be Saturday, May 12, from 9am to 2pm at the Winslow Center, on the corner of Pleasant Hill Road and Taylor Boulevard.

Decorative pots of blooming flowers and succulent arrangements will greet shoppers as they enter. Youngsters looking for Mother's Day flowers will find a great selection priced for their little pocketbooks.

A large perennial section will include unusual varieties, some not readily available in



Member Eileen Sandiland participated in a workshop to pot up succulent arrangements for the sale.

nurseries, as well as many that are California natives or drought tolerant. Succulents will be plentiful, and there will be trees, bushes, and vines. Heirloom tomatoes are a plant sale favorite. Other vegetables, plus herbs will round out the edible plant section.

New this year are hand-crafted garden trays that will be sold in the "garden shed" section, along with vintage décor items, funky containers, garden tools, and more.

Competitive prices make the sale a popular destination. Another benefit is that Master Gardeners will be available to



Hand-crafted garden trays, available at the plant sale, can be used for yardwork or decorative purposes.

answer plant-related questions, and members of the Rose Society will have a display booth.

The PHGSC is a nonprofit organization, and a portion of the sale's proceeds are donated to local garden-related nonprofits. For details about the sale or the club, call 944-4898 or visit the club's website, www.phgsc.com. ♣



➤ **Idea Box**
May-July

Kids! You have amazing ideas! Come to the library and share them with everyone. Just drop them in the crazy collection contraption. This summer, you can help library staff pick the best ideas and together make them come true.

➤ **Summer Reading Festival**
June 9- August 18

Dream Big - Read! Pick up a reading record at the library and read away for amazing prizes. For Babies, Kids, Teens, & Adults.

➤ **Friends of the Pleasant Hill Library Book Sale & Free E-Waste Drop-Off Event**
Sat, May 5
9:30am-3:30pm (sale)
10:00am-4:00pm (drop-off)

Find the best bargains on books and support your library at the Friends' Book Sale. Bring your unwanted electronics to the Library's Green Zone's FREE E-Waste Drop Off Event. They will take your batteries, tvs, phones, computers, printers and cartridges, microwaves and more!

➤ **Farouche: Hot Jazz Ensemble**
Tue, May 15, 6:30-7:30pm

Join us for an evening of jazz. Farouche specializes in high-energy hot swing numbers, mournful gypsy ballads, infectious latin grooves, and Djangofied versions of modern jazz standards.

➤ **Lizard Lady**
Tue, May 29, 6:30pm

Check out the Lizard Lady's amazing reptiles, including iguanas, geckos, skinks, pythons, and other snakes. You'll learn about some of the coolest cold-blooded creatures on the planet.

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

➤ **Irish Music performance**
Tue, Jun 19, 6:30pm

Celebrate the beginnings of the Summer Reading Festival at the Library by joining us for a magical evening with **Celtic Sands**. This music ensemble will enchant you with traditional and contemporary Irish ballads played on the fiddle, Celtic harp, guitar, flute, whistle, and bodhran.



➤ **Reading Recommendations for Book Lovers**
Tue, Jun 5, 6:30-8:00pm

Project Second Chance, the Library's adult literacy program, will be hosting Ron Shoop, a representative from Random House Publishers, who will present one of his extremely popular Book Club Forums. The event is free and there will be a free raffle for a bag of books. A local bookstore will be on hand to sell any of the titles that intrigue you, and a percentage of any proceeds will be donated to **Project Second Chance**.

➤ **Peanuts....Naturally: A Night of Snoopy & Science**
Tue, Jun 26, 6:30pm

The Schulz Museum turns the library into a science museum with over 15 fun, nature-related interactive exhibits. Kids will explore and learn about the environment and more.

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

Pick up your box of produce every week at the Library by signing up with Doorstep Farmers! Doorstep Farmers is a Community Supported Agriculture (CSA) that supports local agriculture and sustainable healthy living. All subscribers

have the option to donate 5% to the Pleasant Hill Library or receive a 5% discount for choosing the library as their pick-up location. Visit the Doorstep Farmers website to sign-up (write "PLEASANT HILL LIBRARY" in the comments section of the form). For further questions, please contact Doorstep Farmers directly at 925-349-4568, www.doorstepfarmers.com/Sign_up.html.

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

Come practice speaking and listening to English in a casual ESL conversation group run by library staff and volunteers.

➤ **Storytimes**
Wed, Thu, Fri, and Sat, 11:15am
Fri afternoon, 1:15pm

Join us for songs, rhymes, and simple stories. Storytimes prepare your child to read by opening up a world of words, sounds, imagery, and books.

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

The Library is now offering a weekly chess club on Friday afternoons with instruction, friendly matches, and tournaments. All levels are welcome.



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

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

➤ **Teen Advisory Group**
Every second Wed of the month, 3:30-5:00pm

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

Educational workshops at JFK University

■ Break An Arrow; Break Your Fears! A workshop of Arrow Breaking with Intention

Saturday, June 2, 10am–4pm

JFKU, Room N166, \$5 materials fee*

Come to this exciting workshop to experience the present day transformative art form of arrow breaking, originally developed in Fiji. Arrow-breaking and other exercises will be explored in order to overcome fears, promote self-confidence, and enhance personal development. Activating and releasing hidden fears, increases the potential that lives in us all. **To register** contact Roya at royadaizadeh@gmail.com or 478-1592. For more information visit www.royalfirewalking.com. **A release form needs to be signed upon entrance into the workshop.*

Roya Daizadeh is a Firewalk Instructor and Transformative Life Coach who emphasizes inner healing and growth by encouraging people to step into their power and live their vision for their life!

■ Mindful Recovery: A Spiritual Path to Overcoming Addictions

Sunday, June 3, 10am–4pm

JFKU, Room N166, FREE

Mindful recovery is a path offering the recovering addict, family member, friend or anyone seeking a change from compulsive behavior a new prospective and skill set. Through mindfulness, the desire to use drugs, alcohol, chocolate, sex, technology or any other addiction can be controlled. In this transforming workshop, we will discover how to use mindfulness as a way to recognize thoughts as they rise and fall and to deal with the urges of compulsions. Mindfulness puts us in touch with the simple pleasure of being alive. We have the opportunity to live in the present moment instead of dwelling on past mistakes. **To register** contact Katie Pier at katiepier1951@gmail.com or 432-8826.

Katie Pier has worked as an addiction counselor and has successfully used mindfulness for the last 10 years. She is a Master's Degree Candidate in Consciousness and Transformative Studies at JFK University.

■ How to Tell Everything Important about Yourself, During an Interview, in 10 Minutes or Less!

Sunday, June 3, 10am–4pm

JFKU, Room N163, FREE

Come join us for a fun, interactive workshop and identify your talents and skills, unearth who you truly are, and increase your ability to communicate effectively during an interview.

- Discover the unique qualities of your authentic self
- Connect your life experiences to your present goals
- Learn to talk clearly and confidently about your transferable skills
- Choose a small next action step that will move you forward

To register, call Aimee at 530-902-0302 or email aimeedeem@aol.com.

For more than 20 years, certified Life Coach Aimee Deem has empowered clients through in-depth career marketing. She is completing her Master's Degree in Consciousness and Transformative Studies from JFK University with a graduate certificate in Leadership for Sustainable Change.

■ Aquaponics: An Emerging Sustainable Technology for Growing Vegetables and Fish

Saturday, June 9, 10am–4pm

JFKU, Room N166, FREE

Come learn about the exciting, emerging technology of aquaponics, a method of growing fish and plants together in a recirculating system. Aquaponics combines aquaculture (fish farming) with hydroponics (growing plants without soil), and it is considered the world's most water-efficient, sustainable, and productive method of food production. If you are interested in possibly building your own backyard aquaponic system to grow organic food for your family or community, this course will provide you with an introduction to the basic principles of aquaponics, different approaches to system design, and the how-to's of raising fish and plants in a symbiotic system. **To register** contact Lloyd at lloydminick@aol.com or call 512-569-6947.

Lloyd Minick is an entrepreneur with a passion for sustainability and socially-minded business. He is the founder of Ten Acre Organics, LLC, an aquaponic urban farming company based in Austin, Texas.

■ WOMANPOWER: Why women are changing the world

Saturday, June 9, 10am–4pm

JFKU, Room N163, FREE

What made the Dalai Lama proclaim that the world will be saved by the western woman? Women possess completely different qualities than men and are needed now more than ever to help transform society. In this interactive workshop we will explore the changing dynamics of women's power. You will discover how to recognize your hidden story and learn how to write a new one for the future. **To reserve space** please contact Deborah at dwoodcampbell@yahoo.com or call 437-6474. Please bring writing materials.

Deborah is a qualitative researcher and writer on women's issues. She holds a master's degree in Consciousness and Transformative Studies from JFK University and is passionate about helping women.

■ We are Cosmos: Astrology Workshop FREE

Sunday, June 10, 10am–4m

JFKU, Room #N166

This popular workshop explores the astrological basics of the birth chart. The birth chart is a means of bridging cosmos and consciousness. Through its symbolism we may glimpse the more we come to know where we are, the more we come to know who we are. As a result of this class, participants will be able to understand themselves via their natal charts. Bring the following birth information: birth day, time of day and place of birth. **To register** contact Kynlan at kynlan@gmail.com or 509-768-2173.

Kynlan Guy is an astrologer and graduate student living in the Bay Area. He is a Master's degree candidate in Consciousness and Transformative Studies. Kynlan's research focuses on the interface between consciousness and cosmos. www.unfoldingcosmos.com.

Diablo Women's Chorale plans high-octane concert for 70th annual!

Diablo Women's Chorale singers and musicians are revving up for their 70th annual spring concert "Goin' Down the Road" at St. Matthew's Church in Walnut Creek at 3pm on Saturday, June 2.

An American journey of jazz, blues, folk, popular and spiritual music explores themes of the road: adventure, solitude, love, loss, friendship, and homecoming.

Director Mary Sorenson and accompanist Stephen Evans return for their third season with the Chorale for a concert featuring the music of Cole Porter, Bob Dylan, James Taylor, Dale Evans and others. Pleasant Hill resident Stephen Evans, a noted local cellist, pianist, and educator, "is a wonderful musician who adds so much to our rehearsals and performances," says Sorenson. Pleasant Hill singers Suzanne Salter and Lura Osgood are also longtime members of the group. Osgood, in fact, is a 55-year member and will be on hand on June 2 to celebrate the Chorale's 70th.

DWC concertgoers will again be treated to an ensemble of fine local musicians. West Coast blues man Juke Joint Jonny plays steel guitar for "Me and Bobby McGee" and other songs and also adds his gravelly baritone to the sassy "Hit the Road Jack." A circle of guitarists will accompany an audience sing-along of John Denver's "Take Me Home, Country Roads."

An anniversary reception will follow the concert in the church hall, where silent auction items will be offered. Tickets are \$15 general admission, \$10 for students, and are available online at www.diablowomenschorale.org or at the door, which will open at 2:30pm for the 3pm concert on June 2. The Chorale's new concert venue, St. Matthew Lutheran

Church is located at 399 Wiget Lane just off Ygnacio Valley Road (south of the Shadelands) in Walnut Creek.

Diablo Women's Chorale, a community chorus singing together in harmony since 1942, performs twice yearly concerts and entertains in the Diablo area. DWC welcomes new members in September and January.

For more information call 925-945-0853 or visit online at www.diablowomenschorale.org. ♣



Rodgers Ranch *ROUND UP*

This year Friends of Rodgers Ranch are offering four Heritage Days with different themes. You can pick one, two, three or all four days to attend. Each day will be at Rodgers Ranch. For children ages 7-12.

■ Session 1—Feeding the Family (June 26)

There was no processed or fast food at the Rodgers table. Learn what was involved in preparing meals in the 1800s. Make a pot holder or apron, visit a chicken and bee farm, grind wheat, churn butter, make (and eat) muffins!

■ Session 2—Garden and Nature (June 28)

See how farming has changed or remained the same over the past 150 years. Learn about heritage gardens. Use old-fashioned garden tools. Make a flower pot windchime. Plant an herb garden to take home. Do an archeology dig.

■ Session 3—Sing and Play (July 24)

Play old-fashioned games and relays. Make a tick tac toe board game. Make lemonade. Sing and play homemade instruments.

■ Session 4—Job Day for the Kids (July 26)

Children in the 1800s were expected to do chores each day, but they were rewarded with some fun time. Do laundry with washboards and wringer. Learn about simple housecleaning techniques. Beat rugs. Do a woodworking project. Make ice cream.

Location: 315 Cortsen Rd, Pleasant Hill **Time:** 9am-2pm **Fee:** \$35 per day

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

Space is limited.



Save the Date!

Pleasant Hill's 10th Annual
Art, Jazz & Wine Fest

October 6 and 7

Presented by the PH Chamber in partnership with
Downtown Pleasant Hill and the City of Pleasant
Hill

**SPONSORSHIP OPPORTUNITIES
AVAILABLE**

For more information call 687-0700 or visit
www.PleasantHillChamber.com

...4th of July and summer school!

Pleasant Hill to celebrate a "Good Old-Fashioned" 4th of July!

Thanks to all who sent in theme suggestions. The Pleasant Hill 4th of July Commission members are excited about finalizing plans for our 2012 Good Old-Fashioned 4th of July!

Now it's time to nominate a Pleasant Hill resident for the 2012 Parade Grand Marshal.

Go to our website at www.phjuly4.com for details and criteria on how to submit a nomination. The deadline is May 18, 2012.

You still have time to get in shape for the Firecracker 5K Fun Run, the first event of our 4th of July festivities. Keep an eye on our website www.phjuly4.com and Facebook page (Pleasant Hill 4th of July Commission) for online registration information.

We have already received several parade entries and hope to have most of our usual parade line-up along with some new entrants.

Planning for The Party in the Park is well underway. Bands and food vendors are being contacted, and the children's games and activities are being confirmed.

The site of our spectacular Fireworks show will again be College Park High School. Look for more information and reminders as the 4th of July approaches.

As always, your thoughts and ideas are appreciated. If you want to help us out with planning or volunteer to help on the 4th, please contact Jim Bonato at 925-938-5433. ♣



Pleasant Hill Recreation & Park District's Recreation Summer School 2012

Brochures have been delivered to area schools!

Look for it in the weekly envelope or in the school office.

Recreation Summer School '12 - Grades 1-8 (as of Sept. '12)
June 25-August 2 • Tue/Wed/Th • 9:30 am-12:20 pm

Afternoon Recreation '12 - Grades 1-7 (as of Sept. '12)
June 25-August 1 • Tue/Wed/Th • 12:30-4:30 pm (No class August 2)

Extended Care - Grades 1-8, available mornings (7-9:20 am)

Recreation Summer School 2012 will be held at College Park High School, 201 Viking Drive, Pleasant Hill

NEW - Extreme Recess - August 6-August 17, an opportunity to have two-weeks of additional outdoor adventures and trips. Program based at Pleasant Oaks Park, near PH Middle School.

For Recreation Summer School '12 information, call 682-0896



Our rockin' community! Events for May and June 2012...

Date	Event	Location	Organization	Contact
May 5	Farmers Market opening	Downtown Plaza	PCFMA	825-9090
May 12	Plant Sale	Winslow Center	Pleasant Hill Garden Study Club	944-4898
May 12	CarFit Program	Church of Jesus Christ of Latter Day	PH City	671-5267
Mar 15	Farouche: Hot Jazz Ensemble	PH Library	PH Library	646-6434
May 19-20	Relay for Life of Pleasant Hill	Pleasant Hill Middle School	Relay for Life	944-4898
May 20	Bunco	VFW	Pleasant Hill Senior Center	798-8788
May 27	Summer Concert, East Bay MUDD	Lake at PH City Hall	Pleasant Hill Civic Action Commission	671-5229
May 30	Maintain Your Brain	St. Andrew's Prebysterian Church	Pleasant Hill Senior Center	798-8788
Jun 1	Downtown Concert, Cover2Cover	Downtown plaza by Jack's	Downtown Pleasant Hill	671-5229
Jun 2	Workshop	JFK University	JFK University	478-1592
Jun 2	Goin' Down the Road concert	St. Matthew's Church, WC	Diablo women's Chorale	945-0853
Jun 5	Composting Workshop	PH City Hall	PH City	671-5265
Jun 10	Summer Concert, En Vivo	Lake at PH City Hall	Pleasant Hill Civic Action Commission	671-5229
Jun 16	Strides Against Breast Cancer walk	Heather Farm Park	American Cancer Society	934-7640
Jun 24	Bunco	VFW	Pleasant Hill Senior Center	798-8788
Jun 24	Summer Concert, Stompy Jones	Lake at PH City Hall	Pleasant Hill Civic Action Commission	671-5229
Jun 26	Feeding the Family	Rodgers Ranch	Friends of Rodgers Ranch	387-0158
Jun 28	Garden and Nature	Rodgers Ranch	Friends of Rodgers Ranch	387-0158
Jun 27	Control Your Cholesterol	St. Andrew's Prebysterian Church	Pleasant Hill Senior Center	798-8788
Jun 29	Thirsty Friday	Chateau III	Pleasant Hill Senior Center	798-8788

Free!

Sunset By The Lake Summer Concerts

Free!

**LIVE
Music**

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

And on Sep 2...
**a DOUBLE
HEADER!**
3:30-8:00pm



May 27... **East Bay MUDD**



Jun 10... **En Vivo**



Jun 24... **Stompy Jones**



Jul 8... **Petty Theft**



Jul 22... **Tameen Donner**



Aug 5... **Fundamentals**



Aug 19... **Cover2Cover**



Sep 2... **The Bell Brothers**



Sep 2... **Lumberyard**

Visit www.pleasanthillconcerts.com for all concert information.

Series Sponsors



Concert Sponsors



Sponsored by Pleasant Hill Civic Action Commission



Cover2Cover
June 1st - High Energy Dance Music

Plaza
CONCERTS
Downtown Pleasant Hill

FIRST FRIDAYS
in June, July, August & September
6:30pm - 8:30pm

In the plaza next to Jack's Restaurant & Bar,



David Martin's House Party
July 6th - Variety Party Music



August 3rd Rebel Yell
- 80's and more

Pleasant Hill Chamber Wine Walk
5:30pm - 8:00pm

\$20 (includes wine glass)

Sample wine and hors d'oeuvres at numerous downtown businesses while enjoying the concert!

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

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



The Fundamentals
September 7th - Red Hot Rockin' Soul

Performances subject to change
SPONSORED BY:



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



Like us for event and concert updates.

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



New businesses February 2012

5 Popoki (Hand-drawn Photography Cards)
925-687-8209

Arts Ana (Arts & Crafts Sales)
321 Golf Club Rd.
925-864-8413

Charles Schoenberger Photography
181 Mayhew Way, #D
925-708-1579

Darren Yee Massage
140 Mayhew Lane, #100
925-788-7429

Deemer Development (Contractor)
510-701-1052

Draven Verza (Personal Assistant)
16 Wood Creek Place
925-639-8572

El Aguila Taqueria
1300 Contra Costa Blvd., #12
925-682-4444

Francine's Electrolysis
81 Gregory Lane, #210
925-899-6310

Golftec Enterprises
(Golf Instruction and Custom Club Fitting)
120 Crescent Drive
925-264-5047

Hair By Donna
508 Contra Costa Blvd., #K-1
925-286-7650

Julie Manning Studio
(Commercial & Residential Interior Design)
2255 Morello Ave.
404-783-4164

Kamani Group, Inc.
(Health & Beauty Product Sales)
321 Golf Club Rd.
510-537-1599

Law Office of Mark Cornelius
399 Taylor Blvd., #102
925-798-1500

Lissette Jackson Shepherd (Family/Conflict
Mediation Services)
925-933-2660

LNC Arms (Retail Sales of Firearms)
925-671-2222

My Accounting Department (Bookkeeping
& Business Software Consulting)
3478 Buskirk Ave., #1000
727-267-2504

Navarro Motors (Retail Auto Sales)
3333 Vincent Rd., #214
415-558-8290

PJB Holdins (Social Networking Website)
925-954-1720

Skin Science Medical Spa
(Facial & Aesthetic Injectables)
101 Gregory Lane, #27
530-400-8738

Skin Care by Jenn
1603 Oak Park Blvd.
707-360-7557

Skinsational (Skin Care)
1962 Contra Costa Blvd.
925-395-8487

Zaccaro Hot Rods (Mobile Auto Repair)
510-734-1814

New businesses March 2012

4 Therapeutic Kneads (Massage Therapy)
81 Gregory Lane, #230
925-260-5354

Alexandra de Avalon
(Skin Care, Esthetician, Massage)
1571 Oak Park Blvd.
925-899-1895

Aurum (Jewelry Sales, Freelance Writing)
925-286-8325

Blue Nile Skin Care (Online Cosmetics Sales,
Personal Care)
925-935-6522

Carola Ziermann Accounting Services
925-357-5846

Charming Destinations
(Internet Travel Agency)
57 Matisse Court
415-307-2006

CJ Trading Company
(Internet Sales, Computer Parts)
707-386-7039

Gazelle Woodworks
(Custom-Built Wooden Boxes)
925-787-6192

Golfsmith USA, Inc.
(Retail Sales of Golf & Tennis Equipment)
120 Crescent Drive
925-689-5574

Gui Ying Duan (Massage Therapist)
508 Contra Costa Blvd., #M-1
925-682-8888

Hair Design by Kelly Lucini
101 Gregory Lane, #24
925-689-6642

Ingle Engineering (Pro AV Sales)
925-285-8108

Kids Crafts 2 Go
(Packaged Craft Kits for Children)
925-946-0843

MJS Appliance Repair Co.
1638 St. Lawrence Way
925-788-4477

NRC Corporation (DVD Kiosk inside Safeway)
707 Contra Costa Blvd.
770-623-7018

Safeway, Inc. (Grocery Store
and Fueling Station)
707 Contra Costa Blvd.
925-689-2044

Skin Care by Tera (Waxing Services)
101 Gregory Lane, #25
925-695-5512

Skin & Wellness (Skin Care Consultation)
3496 Buskirk Ave., #200
831-435-8075

Syufy Properties
(Health Fitness, Zumba Classes)
2316 Monument Blvd.
925-798-7506

Terri Flower (Hair Stylist)
101 Gregory Lane, #38
925-695-4703

Village Music School
(Music Lessons and
Retail Sales)
1720 Linda Drive
925-676-8400

Window Rider
(Eco-Friendly Window
Washing Service)
925-407-7274



City Meetings



WHEN	WHAT	WHERE
Wed 2 9:30am	Commission on Aging	City Hall Small Community Room
Wed 2 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 3 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 7 7:30pm	City Council	Council Chambers
Tue 8 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 8 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 10 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Thu 17 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 21 7:30pm	City Council	Council Chambers
Tue 22 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 23 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room
Thu 24 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Mon 28	City Hall closed for Memorial Day	



WHEN	WHAT	WHERE
Mon 4 7:30pm	City Council	Council Chambers
Wed 6 9:30am	Commission on Aging	City Hall Small Community Room
Wed 6 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 7 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 12 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 12 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 14 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Mon 18 7:30pm	City Council	Council Chambers
Thu 21 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 26 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 27 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room
Thu 28 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room



CITY OF PLEASANT HILL

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

CITY OFFICIALS

Mayor John Hanecak
Vice Mayor Michael G. Harris

Councilmembers

David Durant
Jack Weir
Terri Williamson
City Manager June Catalano
City Clerk Marty McInturf
City Treasurer Mark W. Celio

City Council meetings are broadcast on Comcast channel 28 on 1st and 3rd Wednesdays at 7:30pm.

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

CITY HALL HOURS

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



The City of Pleasant Hill newsletter is published bimonthly. Deadline for stories and story ideas for Jul/Aug is June 8. Ideas are always welcome. Local non-profit groups may submit articles to the Public Information Officer at 100 Gregory Lane, Pleasant Hill, CA 94523. For information, call Martin Nelis at 671-5229, fax to 680-0294, or email to mnelis@ci.pleasant-hill.ca.us.

PUBLISHED ON RECYCLED PAPER



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

COVER: Lake at Award-winning City Hall

Important Phone Numbers

Police/Fire Emergency 911
Police (Business) 288-4600
Fire (Business) 941-3300
Public Services Center 671-4646
Chamber of Commerce 687-0700
Recreation & Parks 682-0896
PH Bayshore Disposal 685-4711
PG&E 800-743-5000
Senior Center 798-8788
Senior Van Service 671-5272



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Walk around the track to fight cancer!

Adults, teens and children are invited to walk a few laps around the Pleasant Hill Middle School track on Saturday, May 19 to support the fight against cancer.

Starting at 9am and for the next 24 hours, the third annual Relay For Life® of Pleasant Hill will have teams raising awareness after they spent several months raising money for the American Cancer Society. The Relay is open and free to the public, although a donation would be appreciated.

Cancer survivors and their caregivers walk the first lap as they are cheered on by other Relayers. Anyone who has had cancer may participate in the "survivors lap." They are requested to register in advance at no cost by going to the Relay website (see below) and clicking on the Survivors tab.

Before the Relay starts, survivors will be special guests at a pancake breakfast sponsored by the Pleasant Hill Lions Club.

Activities and entertainment will keep things hopping on Saturday

There will be live music, belly dancing, exercise classes, a Kids Zone



for youngsters, and "fun" activities with a cancer awareness message.

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

During the day and throughout the night, Relay teams will have at least one member on the track at all times, to make the point that cancer never sleeps, and neither does the fight against cancer.

On Sunday, the Relay ends at 9am with participants committing to healthy lifestyles, regular cancer screenings and other efforts to fight back against cancer. ♣

Details about the Relay can be found at www.relayforlife.org/pleasanthillca, by e-mailing queries to RelayForLifePH@aol.com, or by calling 944-4898.