

CITY OF

# PLEASANT HILL



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FALL 2017

## MAYOR and CITY COUNCIL MEMBERS

- MAYOR SARA KUROVSKI**  
515-262-9368  
[skurovski@pleasanthilliowa.org](mailto:skurovski@pleasanthilliowa.org)
- DEAN COOPER**  
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- JEFF MULLEN**  
515-229-4667  
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## CITY OFFICIALS

- CITY MANAGER**  
J. Benjamin Champ 515-309-9460  
[bchamp@pleasanthilliowa.org](mailto:bchamp@pleasanthilliowa.org)
- COMMUNITY DEVELOPMENT DIRECTOR**  
Madeline Sturms 515-309-9464  
[msturms@pleasanthilliowa.org](mailto:msturms@pleasanthilliowa.org)
- BUILDING DIVISION**  
515-309-9461
- CITY CLERK/FINANCE DIRECTOR**  
Dena Spooner 515-262-9368  
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- FIRE CHIEF**  
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- LIBRARY DIRECTOR**  
John Lerdal 515-266-7815  
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- PARK & REC MANAGER**  
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- PUBLIC WORKS DIRECTOR**  
Gary Patterson 515-208-5211  
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## JOIN US FOR OUR UPCOMING COMMUNITY EVENTS!

### Farmers Market

Support local farmers and artisans in Iowa by visiting the Pleasant Hill Farmers Market. Vendors have a wide selection of locally-grown produce, baked goods, dog treats, and flowers.

<b>Location:</b>	Berean Church
<b>Time:</b>	4:00 p.m. – 7:00 p.m.
<b>Dates:</b>	Mondays through September 25



### Art on the Lake Festival

Join us for the 2nd annual Art on the Lake Festival to meet and talk with artists, watch demonstrations, and purchase art from local artists! There will be live music, children's activities, food for purchase, and a community project!

<b>Location:</b>	Copper Creek Lake Park
<b>Date:</b>	September 16, 11:00 a.m. – 5:00 p.m.
<b>Fee:</b>	Free!
<b>Information:</b>	<a href="http://www.artonthelakefestival.com">www.artonthelakefestival.com</a>

### Captain Underpants Movie Fun

<b>Location:</b>	Pleasant Hill Public Library
<b>Date:</b>	Saturday, September 16
<b>Time:</b>	10:00 a.m.

### Healthiest State Walk

It's time to "Get Your Walk On" with the 2017 Annual Healthiest State Initiative. Encourage residents and employees to be a party of the movement by walking one kilometer (.62 miles) on October 4 at Pleasant Hill's Copper Creek Lake Park.

<b>Location:</b>	Copper Creek Lake Park
<b>Time:</b>	12:00 p.m.
<b>Date:</b>	October 4
<b>Fee:</b>	Free!



### Cops 4 Kids

The Pleasant Hill and Altoona Police Department's Annual Cops 4 Kids benefit fundraiser is rapidly approaching this fall. Watch for additional details regarding the event on the City and Police Department Facebook Page. Donations are accepted year round for the Cops 4 Kids program at the Pleasant Hill and Altoona Police Departments – mark all donations to the attention of Cops 4 Kids.

### Coffee with Cops

The next Coffee with the Cops event will be held in October. Please join the community at this event. Watch the Police Department Facebook page for updates on the event date, time, and location.

### Fire Safety and Prevention Week

Come for a special story time at the Fire Department during Fire Safety and Prevention Week.

<b>Location:</b>	Pleasant Hill Fire Department, 5151 Maple Dr.
<b>Date:</b>	Wednesday, October 11
<b>Time:</b>	10:00 a.m.

### Firefighter's Pancake Breakfast

Come meet your local fire department volunteers, friends, and neighbors. Donations will benefit the firefighters association.

<b>Location:</b>	Pleasant Hill Fire Department, 5151 Maple Dr.
<b>Date:</b>	Saturday, October 14
<b>Time:</b>	7:00 a.m. – 11:00 a.m.



### Halloween Party

Come and join the ghoulish fun! Wear your Halloween costume and come to enjoy indoor games, prizes, food and fun. This annual event draws hundreds of participants every year and is sponsored by the Pleasant Hill Public Library and Parks & Recreation.

<b>Location:</b>	Doanes Park Youth Center
<b>Date:</b>	Friday, October 27, 6:30 p.m. – 8:00 p.m.
<b>Fee:</b>	Free!
<b>Ages:</b>	All ages welcome!

### Family Literacy Night

<b>Location:</b>	Pleasant Hill Public Library
<b>Date:</b>	Thursday, November 2
<b>Time:</b>	6:30 p.m.

### Iowa Food Cooperative

The City of Pleasant Hill has partnered with the Iowa Food Cooperative to provide convenient, year-round access to hundreds of food and non-food products directly from Iowa farmers and artisans. Orders are available for pick-up bi-weekly on Thursday's from 5:00 - 6:00 p.m. at the Pleasant Hill Public Library. To learn more about the IFC and place your first order, visit [iowafood.coop](http://iowafood.coop).



FOR MORE INFORMATION ABOUT THE CITY, PLEASE CALL (515) 262-9368 OR VISIT [PLEASANTHILLIOWA.ORG](http://PLEASANTHILLIOWA.ORG)

# FALL PROGRAMS - CHILDREN'S ACTIVITIES

ONLINE REGISTRATION NOW AVAILABLE! PLEASANTHILLIOWA.ORG/REGISTRATION

<b>Pre-K Art</b>	Nurture your child's inner artistic curiosity as they explore various art techniques and creative experimentation with acrylic, mixed media, watercolor, sculpture, and collage. Projects will be engaging and focus on seasonal themes, beginning art fundamentals, a particular media or just plain messy. Come to create together and leave the clean up to us.
<b>Location:</b>	Pleasant Hill Public Library
<b>Time:</b>	11:30 a.m.
<b>Dates:</b>	Sept. 20, Oct. 18, Nov. 29, Dec. 20
<b>Fee:</b>	\$8/person/class
<b>Age:</b>	2 - 6
<b>Deadline:</b>	Sept. 19, Oct. 17, Nov. 28, Dec. 19



<b>Mixed Media Pumpkin Workshops</b>	Working with a batik inspired technique, students will follow specific steps to achieve this impressive artistic result. Topics introduced include resist, batik, warm and cool colors, and exposure to oil pastels.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	2:00 p.m. - 4:00 p.m.
<b>Dates:</b>	October 20
<b>Fee:</b>	\$12
<b>Age:</b>	1st - 8th grade
<b>Deadline:</b>	October 18



<b>Yoga &amp; Mindfulness</b>	We will cover the basics of yoga and mindfulness and build a strong foundation for practicing yoga. During mindfulness, students will learn practical, universal life skills to counteract stress reactivity. Yoga explores awareness of breathing, building compassion, regulating emotions, and expressing gratitude. Each child will receive a workbook journal to incorporate the practices into daily lives. Signed waiver required.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	3:00 p.m. - 4:00 p.m.
<b>Dates:</b>	Session 1: Sundays, October 1 - October 22 Session 2: Sundays, October 29 - November 19
<b>Fee:</b>	\$50/session
<b>Age:</b>	Kindergarten - 8th grade (ages will be split into 2 groups)
<b>Registration Due:</b>	Session 1: September 27 Session 2: October 25

<b>Martial Arts</b>	Pleasant Hill Parks and Recreation will be offering martial arts classes beginning in September. Two sessions will be offered - Little Ninja (ages 4 - 6) and Family Karate (ages 7+). Martial Arts builds character while learning concepts of life protection. To register contact Greg Thorson.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	Little Ninjas 6 p.m. - 6:30 p.m. Family Karate 6:30 p.m. - 7 p.m.
<b>Classes begin:</b>	Wednesday, September 6
<b>For more information contact:</b>	Greg Thorson 515-710-2342 or email gctkarateka@aol.com

<b>Tumbling Tots</b>	This 45 minute program is designed for kids ages 3 - 6 to explore large motor movements in a group environment, emphasizing balance and coordination through basic tumbling moves and exercises.
<b>Location:</b>	Doanes Park Youth Center
<b>Dates:</b>	Tuesday, September 12 - October 17
<b>Time:</b>	Session 1: 9:00 a.m. - 9:45 a.m. Session 2: 9:50 a.m. - 10:35 a.m.
<b>Fee:</b>	\$10/child
<b>Ages:</b>	3-6
<b>Registration Due:</b>	Friday, September 8. Contact Melody Cook at hstumbling@gmail.com or 515.321.3809 to register

<b>Life Skills Boot Camp</b>	Come join us to learn how to communicate with a purpose, cooking skills, and STEAM activities. Youth will learn important interview skills and other key communication skills. They will prepare their lunch while learning key cooking techniques. Lastly, youth will have some fun with STEAM activities.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	9:00 a.m. - 4:00 p.m.
<b>Dates:</b>	September 25
<b>Fee:</b>	\$40
<b>Age:</b>	9 - 16
<b>Deadline:</b>	September 18



<b>Family Fun Night</b>	
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	5:00 p.m. - 7:30 p.m.
<b>Date:</b>	Saturday, December 2
<b>Fee:</b>	Free!

<b>Make and Take an Ornament</b>	
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	1:00 p.m. - 4:00 p.m.
<b>Date:</b>	Sunday, December 3
<b>Fee:</b>	Free!

## SAVE THE DATE!

<b>Breakfast With Santa</b>	
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	8:00 a.m. - 11:00 a.m.
<b>Date:</b>	Saturday, December 2
<b>Fee:</b>	Free!

# FALL PROGRAMS - ADULT ACTIVITIES

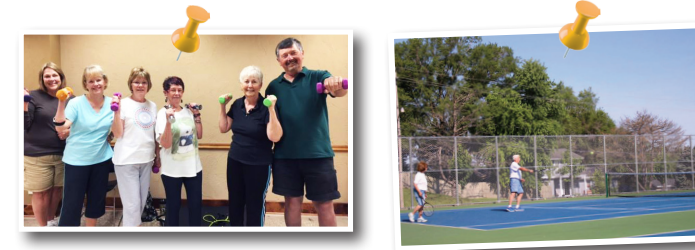
ONLINE REGISTRATION NOW AVAILABLE! PLEASANTHILLIOWA.ORG/REGISTRATION

<b>50+ Stretch Class</b>	This 30-minute program is designed for individuals who would like to increase their flexibility and range of motion. You will learn how to safely stretch and engage your entire body, improve joint flexibility, and help prevent age related injuries. After this class you will feel calm, relaxed and possibly an inch taller! Participants are asked to bring a Yoga mat and small pillow.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	11:30 a.m. - 12:05 p.m.
<b>Dates:</b>	Wednesday, September 6 - December 20
<b>Age:</b>	50+
<b>Registration Due:</b>	September 6. Contact Lisa Carter at 515.444.1434 or fit360withlisa@gmail.com to register

<b>Senior Tennis League</b>	Join the Pleasant Hill Tennis League every Wednesday to meet new people and play tennis. Beginner tennis players always welcome.
<b>Location:</b>	Doanes Park Tennis Courts
<b>Time:</b>	8 a.m. - 10 a.m.
<b>Dates:</b>	Wednesdays through October 25
<b>Age:</b>	55+
<b>Fee:</b>	Free!
<b>For more information contact:</b>	Rick Courcier at 515.262.9368 or rcourcier@pleasanthilliowa.org. No pre-registration required

<b>50+ Chair Fitness</b>	This fun chair based class focuses on balance, core, and strength using weights and bands. This program is perfect for those just starting their fitness journey or new to adding strength and balance into their exercise routine. This class is designed to increase muscular strength, range of movement and daily living skills.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	9:45 a.m. - 10:30 a.m.
<b>Dates:</b>	Wednesdays, September 6 - December 20
<b>Age:</b>	50+
<b>Registration due:</b>	September 6. Contact Lisa Carter at 515.444.1434 or fit360withlisa@gmail.com to register

<b>50+ Fitness - Strength, Core and Balance Class</b>	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and balls are offered for resistance; a chair is used for seated and/or standing support.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	10:45 a.m. - 11:30 a.m.
<b>Dates:</b>	Wednesdays & Fridays, September 1 - December 20
<b>Age:</b>	50+
<b>Registration due:</b>	September 1. Contact Lisa Carter at 515.444.1434 or fit360withlisa@gmail.com to register



<b>Open Art Night</b>	Join us once a month and be encouraged to explore art through a guided studio session. This class is open to all levels and will provide the necessary materials to complete the project for the evening. Feel free to bring a friend, snack, and non-alcoholic beverage, and enjoy an evening out.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	7:00 p.m.
<b>Dates:</b>	September 1, October 20, November 3, December 8
<b>Fee:</b>	\$5/person/class (pay at the door)
<b>Age:</b>	16+
<b>Register:</b>	Email inspiremeartclass@gmail.com to reserve a spot



<b>Adult Yoga</b>	Yoga basics class led by instructor Tammie Dixon is open to all ages and abilities. The goal is to calm your mind by using breathing as well as strengthening bodies through movement. Participants will work through opening, standing, balance and seated poses. The last 5 - 10 minutes is for guided relaxation. Signed waiver required.
<b>Location:</b>	Doanes Park Youth Center
<b>Time:</b>	4:15 p.m. - 5:15 p.m.
<b>Dates:</b>	Sundays, October 1 - November 26 (9 weeks)
<b>Fee:</b>	\$125
<b>Age:</b>	16+
<b>Register Due:</b>	September 27

<b>Pickleball League</b>	Join the Pleasant Hill Pickleball League for a great way to meet people and play pickleball. Beginner players always welcome!
<b>Location:</b>	Doanes Park Tennis Courts
<b>Time:</b>	4:00 p.m. - 6:00 p.m.
<b>Dates:</b>	Sundays through October 29
<b>Fee:</b>	Free!
<b>For more information contact:</b>	Rick Courcier at 515.262.9368 or rcourcier@pleasanthilliowa.org. No pre-registration required



# LIBRARY NEWS

## PROGRAMMING

[pleasanthilliowa.org/library](http://pleasanthilliowa.org/library)

515-266-7815



Follow us: PleasantHillLib

### Children's Activities

**1000 BOOKS B4K:** This program challenges you to read 1,000 books with your child before Kindergarten. Your child will get a browsing bag to gather books. We will cheer you and your child along the way, with recognition at each 100 book milestone.

**CREATIVE KIDS CRAFT:** Wednesday's, 4 p.m. Pre-registration is required. Ages K-5th.

**MOVIES & POPCORN:** 3rd Thursday of every month at 6 pm. Upcoming events on September 21st, October 19th, and November 16th.

**PRESCHOOL STORY TIME:** Wednesday's & Thursday's, 10:30 – 11 a.m. Stories and crafts for preschoolers.

**TICKET TO READ:** Participants will be exposed to a variety of literary genres with a free book upon completion! Kids from Kindergarten through High School can sign up.

**TODDLER TIME:** Wednesday's, 10 – 10:20 a.m. Designed for children up to age 2. Includes a lot of movement and singing.

### Adult Activities

**BRINGING EDUCATION AND SENIORS TOGETHER:** A day trip is planned once a month to local sights. Day and times vary according to destination. Call the library at 515-266-7815 for more information and to reserve your seat. In Thanksgiving, a BEST potluck will be held on November 17th at 12 noon at the Doanes Park Youth Center. Preregistration for trips is required. Call the library at 515-266-7815 to reserve your seat or visit [pleasanthilliowa.org/BEST](http://pleasanthilliowa.org/BEST) for more information.

**BOOK DISCUSSION:** 4th Monday of each month at 7 pm. Each month, a new book is read and discussed by the group.

**FRIENDS OF THE LIBRARY:** September 1st and December 5th at 2 p.m. Des Moines Adult Education also offers a variety of adult classes. For more information visit [dmced.org](http://dmced.org) or call 515-242-8521. Preregistration for class is required through Des Moines Adult Education.

### LIBRARY HOURS

**MON - THURS:** 10:00 AM – 8:00 PM  
**FRIDAY:** 10:00 AM – 6:00 PM  
**SATURDAY:** 10:00 AM – 5:00 PM  
**SUNDAY:** 1:00 – 4:00 PM

The library has over 50,000 items for you to checkout. We offer Internet access, meeting space and many other services. Take a look at our website to see new databases recently installed including auto repair and foreign language instruction! The library is open to all residents. Please stop in soon and see what we have to offer!

### Teen's Activities (Grade 6-12)

#### TEEN ADVISORY BOARD

Looking for a great way to get involved at the library? Join our Teen Advisory Board! Have a blast and earn volunteer hours while helping shape teen services. Have a great idea for a program, or a book the library should get? This is your chance to tell us!

Where: Pleasant Hill Public Library

Date: September 10, October 1, November 5

Time: 2:00 – 3:00 p.m.

#### TEEN CAFÉ

Stop in for a hot beverage and a snack. Coffee, hot chocolate, cappuccinos, and more. The first beverage is free, and each additional drink is \$0.50.

Hang out, read, study, or chat with your friends at our Teen Café!

Where: Pleasant Hill Public Library

Date: September 10, October 1, November 5

Time: 1:00 – 4:00 p.m.

#### TEEN GAME NIGHT

We have Wii! Play your favorite Wii games on our large projector. Video games not your forte? We have ping-pong and traditional board and card games. Join us for Game Night!

Where: Pleasant Hill Public Library

Date: October 12, November 9, December 14

Time: 6:00 – 7:30 p.m.

#### ART OF THE MAKERSPACE

Come in and get crafty! Let your imagination loose and see what you can create in our Makerspace. Each month we will provide materials for a different project!

Where: Pleasant Hill Public Library

Date: September 5, October 3, November 7, December 5

Time: 4:00 – 5:00 p.m.

## COMMUNITY INFORMATION

CITY HALL CLOSED ON MONDAY, SEPTEMBER 4, 2017 FOR LABOR DAY. PUBLIC LIBRARY CLOSED SEPTEMBER 3 – 4, 2017 FOR LABOR DAY. CITY HALL AND LIBRARY CLOSED FRIDAY, NOVEMBER 10, 2017 IN OBSERVANCE OF VETERAN'S DAY.

### Community Meetings and Events

\***BOARD OF ADJUSTMENT:** 1st Thursday of each month, 5:30 pm, City Council Chambers

\***CEMETERY COMMITTEE:** 2nd Wednesday of each month, 10 am, City Hall

**CITY COUNCIL:** 2nd and 4th Tuesday of each month, 6:30 pm, City Council Chambers

**LIBRARY BOARD:** 4th Thursday of each month, 5 pm, Library

**PARK & REC COMMISSION:** 2nd Thursday of each month, 6 pm, City Council Chambers

**PLANNING & ZONING COMMISSION:** 1st Monday of each month, 5:30 pm, City Council Chambers

**PUBLIC ARTS ADVISORY COMMISSION:** 4th Monday of each quarter, 5:30, City Council Chambers

\*Board meets on an as-needed basis; please verify that a meeting is being held by contacting City Hall at 515-262-9368.

### HELP IMPROVE WATER QUALITY IN PLEASANT HILL:

Consider installing a rain garden, rain barrel, or native plantings in your yard. By incorporating these best management practices (BMPs) into residential landscaping it aids in the improvement of water quality and decreases the water quantity that enters the streams, ponds and storm sewers in our community. The City of Pleasant Hill offers a homeowner reimbursement program for rain barrels up to \$75. To learn more about the program, visit [www.pleasanthilliowa.org/stormwater](http://www.pleasanthilliowa.org/stormwater).

**PLANT SOME SHADE:** MidAmerican Energy customers are eligible to purchase trees for \$30 each. Tree purchase is limited to two trees per household. Advanced purchase is required. To order online, visit <https://www.midamericanenergy.com/ia-res-trees.aspx>

FOR MORE INFORMATION ABOUT THE CITY, PLEASE CALL (515) 262-9368 OR VISIT [PLEASANTHILLIOWA.ORG](http://PLEASANTHILLIOWA.ORG)