

Acalanes High School • Bentley School • Burton Valley • Camino Pablo Campolindo • Contra Costa Jewish Day School • Del Rey Donald L. Rheem • Glorietta • Happy Valley • Joaquin Moraga

Lamorinda Schools

Lafayette Elementary • Los Perales • Miramonte • Orinda Academy Orinda Intermediate • Saklan Valley School • Sleepy Hollow Springhill • Stanley Middle • St. Perpetua School • Wagner Ranch

SCHOOL CALENDAR

School Governing Board Meetings

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Monday, July 21 at 5:00 pm

The Governing Board set these dates for special Board meetings to adopt a resolution to place a no-tax rate increase bond measure on the November 2008 ballot.

Download "Your" story from

www.lamorindaweekly.com

Alison Karol Named 2008 Buck Scholar

By Andrea A. Firth

Wayne Karol has experienced what most parents of a high school senior only dream about. His daughter Alison, known by most as Ali, is one of this year's recipients of the Frank H. Buck Scholarship, which entitles her to a full ride to the college of her choice. "It's a tremendous opportunity for any kid because of the extent of what it covers," notes the proud father. The Buck Scholarship, established in 1990 in honor of former United States Representative Frank H. Buck, covers all the usual costs of undergraduate school, and upon review, most likely graduate school as well.

Ali was one of fifteen recipients culled from a pool of over 950 applicants for the prestigious and generous award. The scholarship is given annually to a select group of deserving students who either live or attend school within the boundaries of the Congressional District that

Buck served which includes Contra Costa County.

"I heard about the scholarship from a young woman who won in 2000," explains Ali. "She encouraged me to apply, because she thought I was the sort of person that they were looking for," she adds. Ali, who grew up in Orinda and attended Sleepy Hollow Elementary and Orinda Intermediate Schools, is the first graduate of Miramonte High School to have received the Buck Scholarship.

"They are looking for a well rounded student," notes Ali. "Someone who shows leadership potential and a commitment to the community. Grades are important but there is no defined minimum GPA requirement," she adds. Ali is able to meet these standards and then some. An active member in Miramonte's speech team all four years of high school, Ali maintained a GPA well over 4.0. She also partici-



Alison Karol, Frank H. Buck Scholarship recipient. Photo provided

pated in choir, musical theater, and a host of community service activities throughout high school.

Ali notes that her public speaking experience helped her with the intense interview she underwent as part of the Buck Scholarship application process. "You are interviewed by the Buck Foundation's Board members. There are six people interviewing you; it lasts about 45 minutes; and the questions are very specific," she explains. Ali notes that the Board members are all related to Frank Buck in some way. Despite the formal nature of the interview process, she understands the reason for it. "They are inviting you into their family," she explains.

Ali will attend the University of California Los Angeles in the fall where she plans to major in History. "I love history," states Ali. "I don't understand when people say the past is the past. Without history there is no present. Everything in the past leads us to where we are," she adds.

What's For Dinner?

By Jill McTaggart

Congratulations working mothers! You have read the article about putting more joy into the weeknight dinner routine. Taking into account that most working moms make a variation of the same meals each week; Mexican, Italian, burgers, and pastas, this strategy names the night according to the Menu that you have shopped and planned for.

Here is a reminder of how you can simplify dinnertime for all in 3 easy steps.

1. Have a family meeting that outlines this easy strategy and how each family member has a co-operative role.
2. Try the Weeknight Menu Plan.
3. Enjoy dinnertime again as a family - one of the most important parenting tools there is.

STEP 2. The weeknight menu plan is a way of staying one step ahead of the agonizing "what's for dinner" question.

Sunday has the most "to-do" because shopping is involved. I like to shop at Trader Joe's, but I do need to stock up at Safeway every couple of weeks for; Taco seasoning, Mahatma's saffron yellow rice, Tacos, Tostados and frozen tortellini.

Weeknight Menu Plan	To-do's	Ingredients <u>underlined</u> all Trader Joe's Includes basic cooking instructions.
<p>Mantra: Sunday is Pasta night!</p> <ul style="list-style-type: none"> • Fusilli pasta with Bolognese sauce, sausage and ricotta cheese. • Salad • Dessert 	<ol style="list-style-type: none"> 1. Shop 2. Cooperatively cook and clean up dinner with entire family. 3. Bake cookies or a cake if you have time to enjoy during the week. Great activity to do with your child and a sweet way to start the week. 	Boil Organic fusilli Pasta in salted water while pan frying sliced Medium Italian <u>Sausage</u> . Microwave jarred <u>Bolognese meat sauce</u> . Combine drained pasta, sauce and browned sausage, add <u>Ricotta</u> Cheese and serve with <u>Organic Spring Mix Salad</u> <u>Balsamic Vinaigrette</u> dressing or <u>Caesar Salad</u> dressing
<p>Mantra: Monday is Mexican night!</p> <ul style="list-style-type: none"> • Chicken Burritos • Side of fruit <p>Put all burritos fixings; in bowls and let family make their own at the table.</p>	<ol style="list-style-type: none"> 1. Cooperatively cook and clean up dinner. 	Frozen <u>chicken tenderloins</u> - cut and sautéed with <u>taco seasoning</u> Microwave <u>Organic frozen rice</u> or <u>Mahatma's yellow rice</u> . Microwave <u>Organic refried beans</u> <u>Guacamole</u> prepared <u>Romaine lettuce</u> shredded <u>Sour cream</u> <u>Cheddar cheese</u> shredded <u>Tortillas</u> <u>Salsa</u> <u>Fruit</u>
<p>Mantra: Tuesday is BBQ night!</p> <ul style="list-style-type: none"> • Pork Tenderloin • Green beans with Pinole nuts in garlic and oil • Scalloped potatoes • Side of fruit 	<ol style="list-style-type: none"> 2. Cooperatively cook and clean up dinner 	Pork <u>Tenderloin</u> - season and bbq for 20 minutes <u>Frozen Green Beans</u> sautéed in <u>garlic</u> and <u>olive oil</u> with <u>Pinoli</u> nuts <u>Scalloped potatoes</u> follow boxed instructions <u>Fruit</u>
<p>Mantra: Wednesday is Italian night!</p> <ul style="list-style-type: none"> • Tortellini soup • Garlic bread • Dessert 	<ol style="list-style-type: none"> 3. Cooperatively cook and clean up dinner 	Sauté 2 <u>frozen garlic</u> cubes in olive oil. Add a jar of <u>marinara tomato sauce</u> and a <u>box of organic chicken</u> stock and bring to a boil. Add <u>frozen spinach</u> or <u>frozen peas</u> and boil again. Add <u>frozen tortellini</u> , tortellini bubbling at the top, time to serve. <u>Fresh bread</u> - freeze or refrigerate until ready to warm in oven
<p>Mantra: Thursday is Burger Night!</p> <ul style="list-style-type: none"> • Turkey burgers • Potato chips • Crudite fries 	<ol style="list-style-type: none"> 4. Cooperatively cook and clean up dinner 	Grill <u>Turkey burgers</u> Toast <u>Burger buns</u> <u>Potato chips</u> <u>Carrots</u> , <u>peppers</u> , <u>cucumbers</u> cut like French fries dipped in ketchup or ranch dressing.
<p>Mantra: Friday is Take out or Pizza Night!</p>	<ol style="list-style-type: none"> 5. Cooperatively cook and clean up dinner 	Look for coupons from Mangia and Mountain Mike's pizza.

So that is it for Step 2. The beauty of the Menu Mantra is that it doesn't have to be the same exact meal each week, but a variation on that night's theme. For instance, one week Mexican Monday might be Burritos and the next it could be Tostados. In the next issue we'll cover Step 3, the real return to the sit - down family dinner.



3645-C Mt. Diablo Blvd.
Lafayette | 925.283.2391
Store Hours:
Monday - Saturday
10 am - 6 pm

MUSIC LESSONS

www.musicandart.org

Lamorinda Academy of Music and Art

Private and group lessons
Piano, string instruments, voice
Competitions, Tests, Fun

All Ages & All Levels
925-299-1240

Top Students Honored for Academic Excellence

By Cathy Tyson

Thirteen Lamorinda students in seventh and eighth grade were recently honored at a Bay Area awards ceremony for gifted children held by the Johns Hopkins University Center for Talented Youth (CTY) at Cal State East Bay, Hayward.

Not just anyone can get invited to participate, CTY invites students based on an exceptional performance on the SAT, the same exact test that high school juniors take.

Only 25% of the middle school students who take the test earn an invitation to the awards ceremony. In addition to being recognized, their scores may qualify them for summer programs and distance education courses.

"With our annual award ceremonies, we're committed to giving these exceptional young people a stage on which to recognize their academic achievements, just as we celebrate achievements in athletics or the performing arts," said CTY Executive Director Lea Ybarra. Who gets the credit for success? "The students, they possess an academic fearlessness and intellectual ability that will benefit their generation."

"We try to provide as much exposure as possible right now," said Keith Chan, proud father of Kyle Chan who will be entering eighth grade in the fall. Al-



Kyle Chan

Photo provided

though school administrators gave him the option of skipping a grade early in his academic career, his parents were concerned about him staying with his peers, and wanted him to be well-rounded socially.

It all started for Kyle when his fifth grade teacher at Los Perales, Ms. Smith, recommended that he take the test. "We were a little hesitant at the time," said Chan, "but believe it or not he likes to take tests."

When asked if his gifted son inherited his extraordinary smarts from mom and dad, Chan said, "My wife and I are as normal as can be." Chan is a Network Administrator at UC Berkeley and wife, Carmen Ma stays quite busy taking care of Kyle.

Kathryn Gelston, mother

of Kevin Gelston explains that children who score 97% or better on the Star 9 test qualify to take the SAT in the CTY program. "It's challenging to measure their intellect," she notes of gifted students.

Since GATE the Gifted and Talented program at public schools was cancelled, she's happy to see Odyssey of the Mind for those kids interested in science. Kevin will be busy this summer with the Blue Devil Marching band, and recently earned his black belt in karate.

Ms. Gelston encourages parents of gifted kids as young as the second grade to look into the Center for Talented Youth at www.cty.jhu.edu for more information.

Honored students

- Kyle Chan - Moraga
- Nina Fairbairn - Orinda
- Robert Fluegge - Orinda
- Kevin Gelston - Moraga
- Eric Ho - Moraga
- May Hui - Lafayette
- Thomas Joyce - Moraga
- Francine Penikis - Orinda
- Peter Shweh - Moraga
- Zachary Sorenson - Orinda
- Wendy Woodin - Orinda
- Nicholas Yan - Moraga
- Hayley Young - Orinda

Imagine...

accomplishing more each day than the day before.

Call to schedule a **FREE** placement test today!

Great things are possible when your child has the skills to succeed on her own. Kumon Math and Reading unlocks your child's potential using a proven method that nurtures achievement. Victories are frequent. And rewarding. So she's motivated time and again to seek out the next challenge. For over 50 years, Kumon Instructors worldwide have helped millions of children defy expectations, and dare to exceed them.

KUMON MATH & READING CENTER OF
LAFAYETTE - 925.284.9038
925 VILLAGE CENTER #3
LAFAYETTE, CA 94549
www.kumonlafayetteca.com

KUMON

MATH. READING. SUCCESS.

877.586.6671
www.kumon.com

©2008 Kumon North America, Inc.

Communicate with clarity & kindness
and say what needs to be said

Awareness Training
Listening to Understand
Communication Skills

Children, Teens & Parents
Lamorinda location

J a m i e A n d e r s o n

communication consultant

5 1 0 . 8 2 5 . 2 7 6 8