

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

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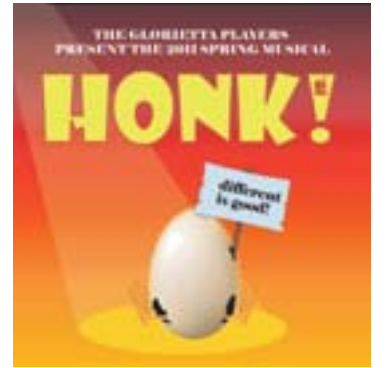
Glorietta Elementary School Students get Ducky

Submitted by Jennifer Rogers



Elementary School. Producers of the production include parent volunteers Reed, Robyn Bowen and Pam Severson. The music director is Ralph Severson.

Performances of Honk, Jr. will be at the Glorietta Elementary School multipurpose room on Friday, April 29th at 4:00pm and 7:00pm and Saturday, April 30th at 3:00pm and 7:00pm. Visit www.orindaschools.org/glorietta for ticket information.



With 110 fourth and fifth grade students participating in its 13th spring musical, Glorietta Elementary School presents Honk! Jr. The play is a contemporary re-telling of Hans Christian Anderson's classic story, *The Ugly Duckling*. It has been transformed into a smart comedy, full of bright, original, and fun musical theater. Through its wonderful humor, charm and message of tolerance, Honk! Jr. is

an entertaining show for audiences of all ages.

With its engaging choreography, innovative sets, and darling costumes, Glorietta's large-scale production of Honk! Jr. tells the story of Ugly, whose odd, gawky looks instantly incite prejudice from his family and neighbors. Separated from the farm and pursued by Cat, Ugly must find his way, while his loving mother, Ida, searches for him. Along his jour-

ney, he not only discovers his true beauty and glorious destiny, but he also finds love and acceptance.

"Honk! Jr. reminds us that being 'different' isn't necessarily bad... although it isn't always easy," says musical producer and Glorietta parent, Nan Reed. "Through his journey kids learn that being different is okay, and that somewhere out there, someone is going to love you - warts and all! This is a musical produc-

tion the entire family can enjoy... even the teens!"

Ron Pickett, a professional award-winning actor, returns to direct his 13th show at Glorietta

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How Six Figure Income Families Get Thousands of Dollars in Free Money For College

Local man teaches free workshops to help parents save thousands in process

Moraga---East Bay parents that are planning on sending a child to college in the next few years, but aren't quite sure how to pay for it can now rest a little easier. Gerna Benz of Bay Area College Planners has been educating families in the community for over 15 years.

'It's really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$45,000 a year, and they don't know who to turn to,' he says. 'Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true even if they make a six-figure income.'

Gerna would know, because his group has worked with over 1400 families in the last 10 years ranging from single moms to corporate CEO's, and they say they can help anyone get through the process and save a bundle.... no matter how good of a student they have or how much money they make.

'I got started in this because I was a very good student and no one told us anything about how to access money for college, or even how to pick a career...so I didn't go right away. But, I vowed that I would learn the process and devote my time to helping families not fall into the same trap that we did. 'Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works and save thousands of dollars in the process.'

Lamorinda parents will have an opportunity to hear Gerna speak. He is teaching his class 'How to Give Your Kid a 4-Year College Education Without Going Broke!' on Saturday April 9th at the Moraga Library located at 1500 St. Mary's Road, Moraga, CA 94556 from 11:00am-12:15pm.

'We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it'll be like learning how to get a brand new Lexus for the price of a used pick up truck,' he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this coming January, and much, much more.

'They will learn a ton, and I do my best to make the class fun,' he says. 'It's like I'm giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly! 'Don't forget: the class is totally free, but seats are limited. Also, we are not sure when we will be teaching these classes in the East Bay again since my May and June calendars are already filling up, so come on out and see me.' You can reserve a seat online at www.baycollegeplanners.com or by calling our 24 hour reservation line at (877) 924-3726.

Ask Doctor Harold: Resiliency, Revisited

By Harold Jules Hoyle Ph.D.

I received several e-mails asking me to write more about the concept of resiliency that I introduced at the end of my last article on bullying.

What is resiliency?

Resiliency was once thought to be a trait, but more recent research indicates it is a set of processes. This is good news. The larger category of residence is made up of resiliency skills that can be learned and taught. Early studies by Anna Freud on children who were subjected to bombings in London indicated that family characteristics like consistent limit setting and families that modeled dealing with difficult emotions helped kids to "bounce back." Many of our kids deal with the more secret anxieties of school pressure and social pressure. When I was growing up there weren't any shows where people got voted off the show. Exclusion has become entertainment.

By the way, the bulk of the present research indicates that the primary factor in aiding kids in bouncing back is to have caring and supportive relationships inside and outside the family.

What can we do about it?

The American Psychological Association came up with a list of 10 processes that aid in building resiliency and here are my translations of four that I think are perfect for families to work on.

1) Make connections: Relationships are important to kids. Build intergenerational time in your family life. Families that have activities that bring grandparents and cousins and extended family members together build a stronger sense of support and connection. If your family is far away use Skype or immerse yourself in a local faith-based community.

2) Have realistic plans and follow through: This might involve you modeling how you solve problems at work or in your family life. Barry Schwartz in his book, *The Paradox of Choice*, makes a strong case that too much choice causes us anxiety. It is not realistic for a 7 year old to pick out

what they want for dinner from a multi-page menu. Order a few things for the table and eat family style. Let your kids see your mistakes and how you deal with them. This modeling is important to teaching them that don't have to be perfect.

3) Avoid letting things get blown out of proportion: We can teach our kids to take a step back and see things from a longer term perspective. Having the ability to calm your self and take things in stride can take some time to learn and it is best to have multiple teachers and models.

4) Have a positive view of yourself: This is not about children's self-esteem, it is about helping kids to look realistically at their skills and acknowledge their strengths. In Ken Robinson's book *The Element: How Finding Your Passion Changes Everything*, he makes a strong case that we are healthier when we can realize the point where our talents and our interests meet. A place he calls the element.

I tried to use this one to avoid weekend chores and take long naps where I do dream work. You can try it, but it didn't work.

You can find the rest of the list at APA.com.



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