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## New year, new body, new you!

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# studio membership

Three month





#### Classic Tale Transformed in SMC's **Original Stage Adaptation**

'The Princess and the Pea' promises to delight young and old **By Lian Walden** 



SMC student performers at recent dress rehearsal for "Princess and the Pea." reen, round, and hopefully or-Jganic, an inconspicuous pea leads to royal matrimony in Hans Christian Anderson's classic tale "The Princess and the Pea," presented by the Saint Mary's College (SMC) Performing Arts Department. In this delightful stage adaptation written and directed by Michael Cook, the actors perform in the aisles as well as on

stage to keep the audience engaged. Cook transformed the original onepage story into a 45 minute stage spectacle, with original music written for the show by his wife, professional actress and singer Jeffra Cook.

The production is entirely student produced. It is the culmination of Cook's four-week Children's Theater class, one of the most popular courses

Photos Ohlen Alexander offered during SMC's Jan Term. A unique program at SMC, Jan Term is a shortened term during which students are encouraged to branch out from their familiar course load and expose themselves to new areas of learning. As a result, the cast and crew of "The Princess and the Pea" hail from a variety of academic backgrounds. The course is divided into two sections, performers and stage crew, however the production is a highly collaborative endeavor, with both singers and stagehands joining forces to build and paint the set out-

Over 3,000 people are expected to attend the performance over the course of its four-day run. Local schools such as Camino Pablo, Rheem, Los Perales, Glorietta, Diablo Valley Montesorri, and the Pied Piper Preschool, among others, have arranged to bring their students. Tickets are sold out for most of the performances, but can still be reserved for tonight, Jan. 30 at 7 p.m. and tomorrow, Jan. 31 at 4 p.m. by calling (925) 631-4670. Tickets are \$8.

side of rehearsals.



Music composer Jeffra Cook

## St. Stephen's Preschool

Age 2 program ~ Tuesday & Thursday 9am - 11:30 Ages 3-5 program ~ Monday - Friday, 9 a.m. - noon 2, 3 or 5 days a week with an optional lunch bunch from 12-2

66 St. Stephen's Dr., Orinda CA 94563 (925) 254-3770 ext. 19 · www.ststephensorinda.org



#### **Kindergarten Registration:**

Registration for kindergarten and transitional kindergarten for the 2013-2014 school year will be held in Orinda and Moraga in early February. Parents should go to the school their child will attend.

Orinda: 9 a.m. to 1 p.m., Feb. 4-7. Moraga: Feb. 7-8 (check with school district for specific times)

A child must be at least five years of age on or before October 1st, 2013 to be eligible for enrollment in kindergarten. A child is eligible for transitional kindergarten if his/her fifth birthday is between October 2nd and December 2nd, 2013. Contact your school district office for more information.

#### **Motivational Presentations** by Cynthia Brian

Hailed as an expert in lifestyle, teens, gardening, and personal growth, New York Times Best Selling Author, Media Personality, & Coach, Cynthia Brian empowers audiences to find their inner star.



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Book Cynthia Brian as a speaker for your next event. 925-377-STAR

Cynthia@Star-Style.com, www.Star-Style.com

### THE APP RAP

By Alex Pawlakos

**Evernote, by Evernote Corporation** App: For: **All smartphones** 

**Price:** Free

vernote is a very useful notetaking app that lets the user organize and access everything they want to remember. There are many occasions where you might want to jot down a little note to yourself, or make a to-do list, make travel plans, store a web page for future reading or even store a picture or a photo. For most of us, the problem is accessing the notes at a later date to quickly find a specific item. The beauty of Evernote is that it enables you to search all your notes by keyword or phrase. It even searches text within images, and will list any notes or images you have previously saved that contain that

keyword or phrase. For example, if your personal computer. Evernote is you took a picture of the label on a especially useful for students and bottle of chardonnay and saved it in business people on the go. Evernote, you could search the word "chardonnay," and retrieve that picture, along with any pictures or notes with the word "chardonnay." This app also allows you to create tabs for blocks of notes that can be organized into notebooks for easy recall. It makes it simple to have individual notebooks dedicated to travel, business or school, contacts, to-do lists, recipes, photos, family, and more. As an added bonus, this app lets you synch all your notes with all your devices, including your smartphone and



Alex Pawlakos enjoys biking, weightlifting, and tutoring in his spare time. He is a reporter on Express Yourself!TM Teen Radio.