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Photo Gint Federas

Miramonte girls soccer NorCal champions!

By John T. Miller

The Miramonte girls soccer team swept through the NorCal tournament to claim the championship, beating El Camino of Sacramento 2-0 before a home crowd March 2.

The Matadors got second half goals from Alison Whipple and Jordan Goularte while controlling the tempo of the game, outshooting El Camino 15-3. The

match was played in a light drizzle on a soggy field. Unlike other sports such as football and basketball, there are no state playoffs for soccer. According to head coach Barry McQuain, this may be Miramonte's first ever NorCal state championship.

"It was very sweet to be able to win on our home field with about 300 supporters cheering us on," said McQuain. "Perhaps in the near future the C.I.F. may allow a California playoff. That would be

a great game."

Miramonte earned the home field advantage by knocking off the No. 1 seed Liberty Ranch of Galt in the semifinals 3-2. Down 1-0 in the second half, Sabrina Grant scored their first goal on a header off a corner kick assist by Jordan Goularte. Taylor Walthall added two more goals on assists by Grant and Isabel Fine to secure the victory.

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SMC student honored by MOFD for heroic lifesaving efforts



Photo Dennis Rein, MOFD

Courtney Newton speaks at the Feb. 20 MOFD board meeting. Fire Chief Dave Winnacker and President Steven Danziger look on.

By Nick Marnell

Courtney Newton rarely visits the Moraga Starbucks, but one 57-year-old man is undoubtedly grateful that she did the afternoon of Jan. 27.

As the Saint Mary's College student studied with her roommate in the coffee shop, a woman ran inside, asking if anyone knew CPR. Newton, recently recertified for CPR by the American Heart Association, responded immediately and ran to the outdoor patio.

She saw a man collapsed on the ground, bleeding from his mouth. His face had turned blue. He was unresponsive. "I yelled for one of the 15 or so people around me to call 911," Newton said, as she scanned the man's prone body and flipped him over on his back. She began compressions and using her CPR pocket mask, she administered three rounds of CPR before emergency responders from the Moraga-Orinda Fire District arrived, less than two-and-one-half minutes after dispatch. The crew took over and

used a Lucas device to deliver consistent, uninterrupted chest compressions. The patient was taken to the hospital and is expected to fully recover.

"Unequivocally, her actions helped save the man's life," said MOFD Capt. Brian Oliver, who directed the crew at the scene. "It's fantastic when someone responds to the moment. It takes a high degree of courage, and her actions were commendable."

Commendable to the degree that the MOFD board of directors publicly recognized Newton at its Feb. 20 district meeting, issuing a proclamation honoring Newton's lifesaving efforts. "When I received the report about this call, the crew obviously relayed the competency with which you provided the care," Fire Chief Dave Winnacker said to Newton. "But they mentioned over and over again the calmness with which you approached the scene. So, we're hiring!"

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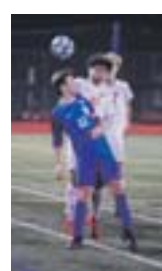
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