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Cantor to speak of the dangers of drugs at Las Lomas

By Elisabeth Nardi

enardi@bayareanewsgroup.com

"This is your brain on drugs" may be an old slogan, but it will be the center of a talk given to Las Lomas students and parents the first week of December.

Sponsored by the school's parent and teacher association, Ralph Cantor — who has 40 years of experience as math and science teacher, school counselor and administrator — will speak to kids and parents about the damage drugs and alcohol can cause to teens' developing brains. Cantor will discuss the physiology of addiction and the health risks of drug use, particularly marijuana, alcohol and tobacco. Can-

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tor was with the Alameda County Office of Education for 13 years where he coordinated drug, tobacco and violence prevention programs and is the author of "Days of Respect."

According to a flyer put together for the event, studies reveal that the vast majority of freshman-age students have not yet participated in risky health behaviors, yet by the time they are juniors, participation is well over 60 percent.

During their physical education classes on Dec. 2, freshmen will hear Cantor speak. Sophomores will hear it on Dec. 3, and that

night at 7 p.m., in the Las Lomas Theater, parents and students of all grades are invited to attend an evening lecture.

The event is expected to be crowded; to reserve a seat e-mail wood.birgit@gmail.com.

EssayEdge, a college application essay editing service, has launched its Tell Your Story College Admissions Essay Contest, which awards a grand prize of \$1,000. The contest runs through Dec. 1.

Students should fill out the entry form at www.essayedge.com and submit essays between 250 and 1,000 words in length.

Entrants must be at least 13 years old and residents of the United States. The prize winner will be selected on or about Dec. 15.

Essays will be judged by EssayEdge editors and will evaluate entries on proper grammar, spelling and usage; topic and organization; word choice, style and eloquence; creativity and originality; and overall effectiveness.

For information and complete official rules, visit www.essayedge.com.

Oak Grove Middle School is holding its second annual community rummage sale from 2:45 to 5 p.m. Friday, Dec. 4, and 8 a.m. to 2

p.m. Saturday, Dec. 5, at the school, 2050 Minert Road, Concord.

The sale will be held rain or shine.

Donations needed include clothes, shoes, housewares, home décor, furniture, small appliances, books and toys.

Donations can be dropped off at the school from 7:30 to 8:30 a.m. Monday through Thursday. For information, call Martha Potts at 925-682-1843.

To submit an item for School Notes reach Elisabeth Nardi at 925-952-2617 or enardi@bayareanewsgroup.com.