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There have been no cases of coronavirus involving a SoCal college student, but universities like UCLA and USC are taking no chances. Kara Finnstrom reports.

SoCal Universities Tell Students To Stay Home After Spring Break

"Our guys on the offensive line get an extra charge of adrenaline when it's smashmouth football," Martin, a 6-foot-1, 220-pounder who will play for Moorpark College next fall. "When it's ...

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SLO County edges Santa Barbara in OT

11 preschools near Moorpark, CA ... re in session when your local public schools are on break and you'll find our flexible scheduling works for your busy family. See why our summer (and winter and ...

Moorpark Preschools

National Signing Day was Wednesday, February 4.

Universities announce student athletes during National Signing Day

During spring break, I stumbled on one in particular that caught my attention: "The Serpent" (spoiler alert: if you haven't watched "The Serpent," then skip this next three

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paragraphs!). “The Serpent” ...

Review: ‘The Serpent’ is a suspenseful drama

In Division 2 at Moorpark, junior cornerback Domani ... The cornerback/receiver has been picking up college football scholarships en masse as his track times continued to drop this spring. Audrey ...

Multisport standouts show off talent at Southern Section track and field finals

But London's basketball experience just might make him the best wide receiver in college ... During spring practice he also demonstrated his fast-break playmaking. And he's shown he can break ...

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USC Football: Drake London Poised to Carry the Mantle for Wide Receiver U.

Spring has sprung and USC's spring camp is ... gave us a look at where the Trojans stand as they move into yet another "make or break" year under Head Coach Clay Helton.

Ten Takeaways From USC Spring Camp

SPRING CITY, Pa. - It was a hard-fought battle ... A close one came in the 27th minute when Pat Harris (Moorpark, Calif.) had a spinning pass down the Kentwell on the right baseline who passed ...

Indoor USMNT Fall in Hard-Fought IPAC Final

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SPRING CITY, Pa. – On the first day of competition ... USA went into the halftime break with a commanding 11-0 lead. In the final quarter, Cadogan scored again for Guyana but USA went on to ...

"On The Floor" is an inspirational, provocative, amusing read, with autobiographical aspects thrown in for good measure. At its core, the book is about process, hence the sub-title, "If You Don't Love This, You Just Plain Don't Love Dancing". Seeing that an ever-increasing number of students each year simply do not know how to take charge of their own learning, the Rawles' felt "compelled" to lay out in detail their ideas, philosophies, and strategies. These principles, acquired over

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a collective 80 years of experience in the professional world of the arts (film, T.V., concert, stage production), as well as the educational field, have proven themselves time and again effective learning/life tools for students of all ages, backgrounds, and interests. The book's title can be taken literally, for those who dance, or metaphorically for everyone else. One thing for sure, it can be applied to anyone who wishes to better themselves in any circumstance, whether it's in the arts, academia, business, or life. It's very simple: before you can learn or accomplish anything, you have to get on the floor, and that, as Rawles writes, means "getting up off your ever-expanding derriere and getting to work".

Over the years, Thich Nhat Hanh and his monastic

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community in Plum Village, have developed more and more ways to integrate mindfulness practices into every aspect of their daily life. A few years back Thich Nhat Hanh began to develop gentle exercises based on Yoga and Tai Chi movements. Initially designed as mindful stretching breaks between long periods of sitting meditation, Mindful Movements became a popular tool to complement to sitting meditation extending Thich Nhat Hanh's trademark gentle approach to Buddhist teachings into a series of physical movements. These movements enjoy a growing popularity amongst his students and have become integral part of his retreats. These simple and effective practices are meant to reduce stress and tension to help the practitioner gain the serenity he needs to return to a state of mindfulness. When

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done as part of a full meditation practice, these movements can address mental, emotional, and physical stress. Offered to the general public for the first time, the Mindful Movements have been lovingly illustrated by one of Thich Nhat Hanh's long-time practitioner, Wietske Vriezen. Drawn in a whimsical and immediately appealing style the booklet presents 10 routines that can be practiced by people of all ages and body types whether they are already familiar with mindfulness practices or not. The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice. They can be practiced before or after sitting meditation, at home, or at work - any time you have a

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few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Movements will come as a welcomed addition to their practice. With a foreword by Thich Nhat Hanh and Introduction by Jon Kabat-Zinn [TBC]

This book explores the many dialogues that exist between the arts and literacy. It shows how the arts are inherently multimodal and therefore interface regularly with literate practice in learning and teaching contexts. It asks the questions: What does literacy look like in the arts? And what does it mean to be arts literate? It explores what is important

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to know and do in the arts and also what literacies are engaged in, through the journey to becoming an artist. The arts for the purpose of this volume include five art forms: Dance, Drama, Media Arts, Music and Visual Arts. The book provides a more productive exploration of the arts-literacy relationship. It acknowledges that both the arts and literacy are open-textured concepts and notes how they accommodate each other, learn about, and from each other and can potentially make education 'better'. It is when the two stretch each other that we see an educationally productive dialogic relationship emerge.

Aimed at scientists and engineers, this book is an exciting intellectual journey through the mathematical worlds of Euclid,

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Newton, Maxwell, Einstein, and Schrodinger-Dirac. While similar books present the required mathematics in a piecemeal manner with tangential references to the relevant physics and engineering, this textbook serves the interdisciplinary needs of engineers, scientists and applied mathematicians by unifying the mathematics and physics into a single systematic body of knowledge but preserving the rigorous logical development of the mathematics. The authors take an unconventional approach by integrating the mathematics with its motivating physical phenomena and, conversely, by showing how the mathematical models predict new physical phenomena.

JANET W. LERNER This timely volume explores issues

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pertinent to the emerging subject of college education for adults with learning disabilities. The inspiration for the book was a conference held at Barat College in Lake Forest Illinois on April 7, 1990, entitled College Students with Learning Disabilities: Reviewing the '80s and Planning for the '90s. The occasion was the celebration of the tenth anniversary of Barat College's program for college students with learning disabilities. Papers presented at this conference, plus several additional invited chapters, and those of the co editors are included in this much needed publication. Only a few years ago, college was out of the question for most adults with learning disabilities. It is heartening to note that this situation has changed substantially over the last 15 or so years, with great strides in opportunities for adults with learning

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disabilities to acquire a college level education. From a slow beginning with programs such as the one at Barat College, there are today programs and support services in a variety of settings at a growing number of colleges and universities. Many individuals with learning disabilities can look forward to experiencing college and better preparing themselves for the future. The collection of papers in this book offers a comprehensive review of this exciting and challenging field.

How to Keep the Dream Alive! Network marketing is one of the fastest-growing career opportunities in the United States. Millions of people just like you have abandoned dead-end jobs for the chance to achieve the dream of growing their own businesses. What many of them find, however, is that the first

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year in network marketing is often the most challenging—and, for some, the most discouraging. Here, Mark Yarnell and Rene Reid Yarnell, two of the industry's most respected and successful professionals, offer you strategies on how to overcome those first-year obstacles and position yourself for lifelong success. The Yarnells provide you with a wealth of savvy advice on everything you need to know to succeed in network marketing, such as proven systems for recruiting, training, growing and supporting your downline, and much more. In an easy, step-by-step approach, you will learn how to:

- Deal with rejection
- Recruit and train
- Avoid overmanaging your downline
- Remain focused
- Stay enthusiastic
- Avoid unrealistic expectations
- Conduct those in-home meetings
- Ease out of another profession

You owe it to yourself to read

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this inspiring book! "This will be the Bible of Network Marketing." — Doug Wead, former special assistant to the president, the Bush Administration

Proposes a philosophy of education based on the theory that intellectual inquiry can be enhanced by inviting indecision, incoherence, and paradoxical thinking

Children in today's world are inundated with information about who to be, what to do and how to live. But what if there was a way to teach children how to manage priorities, focus on goals and be a positive influence on the world around them?

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The Leader in Me is that programme. It's based on a hugely successful initiative carried out at the A.B. Combs Elementary School in North Carolina. To hear the parents of A. B Combs talk about the school is to be amazed. In 1999, the school debuted a programme that taught The 7 Habits of Highly Effective People to a pilot group of students. The parents reported an incredible change in their children, who blossomed under the programme. By the end of the following year the average end-of-grade scores had leapt from 84 to 94. This book will launch the message onto a much larger platform. Stephen R. Covey takes the 7 Habits, that have already changed the lives of millions of people, and shows how children can use them as they develop. Those habits -- be proactive, begin with the end in mind, put first things first,

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think win-win, seek to understand and then to be understood, synergize, and sharpen the saw -- are critical skills to learn at a young age and bring incredible results, proving that it's never too early to teach someone how to live well.

London, 1660. King Charles II has exploded onto the scene with a love of all things loud, extravagant and sexy. And at Drury Lane, a young Nell Gwynn is causing stirrings amongst the theatregoers. Nell Gwynn charts the rise of an unlikely heroine, from her roots in Coal Yard Alley to her success as Britain's most celebrated actress, and her hard-won place in the heart of the King. But at a time when women are second-class citizens, can her charm and spirit protect her from the dangers of the Court? Jessica Swale's exhilarating take on

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the heady world of Restoration theatre premiered at Shakespeare's Globe, London, in September 2015, before transferring to the West End in February 2016, starring Gemma Arterton.

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