

Littles, a nonprofit based in Orinda.

After the fire, Mindful Littles worked with Orinda schoolchildren to create and deliver peace kits to Ponderosa Elementary students that included gratitude journals, deep breathing exercises and stress balls. Weeks later, many told Gregorio that they were still using the kits when feeling stressed or anxious. That's why he wanted to expand the partnership, he told the CN&R, and provide students with more tools "to tap into their inner resilience" and cope with "whatever stress or uneasiness that they might be feeling that day."

Next school year, Paradise Ridge Elementary students will receive weekly yoga, meditation and deep breathing instruction and participate in social-emotional learning exercises to strengthen their self-image, outlook and compassion. These programs also will be provided to teachers and staff, who will receive coaching to continue implementation. The program

Departure details:

Camp Courage is Monday through Wednesday (July 29-31), 8 a.m. to 4 p.m. Go to activityreg.com/selectactivity_t2.wcs to register.

could be extended two more years, depending on funding.

In addition, the kids' new campus (at Paradise Intermediate) will have a fresh coat of paint, new furniture and a new playground. The school also plans to launch an adopt-a-business program and reach out to local establishments with projects or letters of encouragement.

"I think the schools will be able to provide some positive energy to our community, and I want to help the students get reattached to the community of Paradise," Gregorio said. "Our expectation is that through this whole experience we are going to be better individuals because of it. All of us will realize how truly strong we are, and that by working together there's nothing we can't accomplish." □

WEEKLY DOSE

Say
no
to
soda?



A recent study in the British Medical Journal found that the consumption of sugary drinks is "positively associated with the risk of overall cancer and breast cancer." The study spanned over 100,000 people in France and included both soda and 100 percent fruit juice. This news is especially important for women—breast cancer is the most common form of cancer among females, regardless of race. It is important to note that the link between sweet drinks and breast cancer is new and research is limited, so consumption itself doesn't necessarily cause cancer. Data does show a connection between obesity and cancer, though, and high-calorie drinks can cause weight gain. In fact, based on data from the Centers for Disease Control and Prevention, obesity-related cancers make up 40 percent of cancers diagnosed in the U.S. Sounds like the best advice for now is "everything in moderation." Rely on water for your hydration and save the soda for a treat.

This guy saves you money.



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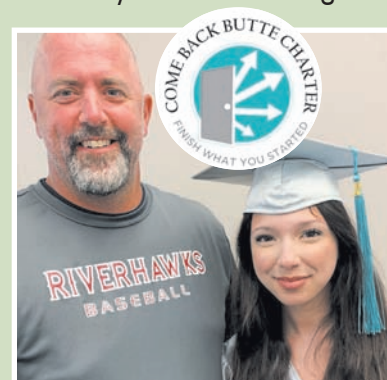
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