



TORCHBEARERS: Lion's Heart, a south Orange County community service organization for teens, announced the recipients of its annual Torchbearer's Award. The award is voted on by members of Lion's Heart honoring the members that most exemplify the "spirit of community service." Recipients pictured are, back row from left, Bryn Luce, Brad Andersen, Jason Beitdashtoo, and Trevor Curtis; and front row, from left, Jenna Ward, Troy Adair and Mackenzie Rose.

COURTESY TERRY CORWIN, LION'S HE

Tuesday, October 30, 2007

AROUND TOWN: Trabuco Hills High homecoming Newsy tidbits from Rancho Santa Margarita, Coto de Caza and The Canyons.

By EUGENE W. FIELDS AND NAYELI PAGAZA
STAFF WRITERS

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HOMECOMING FOR TRABUCO HILLS

RSM Tonight's Trabuco Hills High School varsity game, which is at 7 p.m., will also be the campus' homecoming game on Friday, Nov. 2. THHS will play Northwood High School. During the halftime show, the school will feature the coronation ceremony where the homecoming princesses and queen will be announced.

RSM Intermediate School and Los Alisos Intermediate will also perform pep music in the stands for THHS's Intermediate School Band Night. You can also check out THHS Band's Field Show performance that will follow the game. The homecoming dance will be at 7 p.m. Saturday, Nov. 3 at the campus, located 27051 Mustang Run, Mission Viejo, CA 92691. For more information: 949-768-1934.

RSM RESIDENT LEADS BASIC

ROPE MAKING CLASS

RSM Megan Dukett, a Rancho Santa Margarita resident and staff member at Mission San Juan Capistrano, taught the basics of rope making to kids at the mission's annual Kids Day celebration on Oct. 27. The day included a variety of hands-on activities including teaching about the Mission's history. To see the mission's upcoming events, visit: www.missionsjc.com. The mission is located at 26801 Ortega Highway, San Juan Capistrano.

NEW COUNCILMAN

APPOINTED

RSM City Councilman Neil Blais was appointed the city's new representative for the Foothill/Eastern Transportation Corridor Agency (TCA) at the Oct. 24 City Council meeting. Blais will replace Councilman Jim Thor, who served since 2000 and recently announced his temporary resignation because of personal and professional time constraints and requested. Blais will begin serving at the November board meeting.

TEEN DANCE

CLASSES OFFERED

LAS FLORES The Teen Jazzercise Class will start on Nov. 7. The class runs from 8:45 a.m. to 9:30 a.m. at the Las Flores Middle School Fitness Center Studio. Teenagers can dance to their favorite music while learning dance routines. Students will also be taught how to increase balance, flexibility and cardiovascular endurance through hip-hop moves choreographed to today's music. The session lasts for six weeks and costs \$70. Parents can register their teens online at capousd.org/adult or download a registration form at

rsmjazz.com. You can also contact Nora Grabar with any questions: nlgjazz@cox.net.

SPECIAL YOGA SESSIONS DUE TO FIRES

RSM Certified yoga instructors at Lotus 7 Yoga and Pilates will offer special yoga classes focusing on chest-opening poses and twists in an effort to eliminate toxins residents may have been inhaling because of the recent fires, according to the owners.

The fire special workshop will be held on Nov. 4. Liesa Smith, certified yoga instructor will also be holding a "Yoga for Golfers" workshop for those who are suffering from shoulder or back pain.

The class is focused on improving flexibility, strength and improving an athlete's performance on and off the golf course. Reservations are required, due to limited space availability. The class is from 1 p.m. to 3:30 p.m. and costs \$45. Lotus 7 Yoga and Pilates is located in Plaza Antonio, located 22411 Antonio Parkway, Suite C215. To register, call 949-888-4508 or visit lotus7yoga.com.

BLESSING OF THE NEW PIPE ORGAN

RSM San Francisco Solano Catholic Church will hold a blessing for the church's new pipe organ Nov. 3. The organ is a two-manual, 25-rank pipe organ. It has fifty-four pipes. The blessing will be made by Reverend Tod D. Brown. The event will take place at 7 p.m. on Nov. 3. The church is located at 22082 Antonio Parkway. Visit the church's website: sfsolano.org.

LEARN ABOUT

RACING GREYHOUNDS

RSM The Rancho Santa Margarita PetSmart will hold an informational greyhound adoption event from 10 a.m. to 2 p.m. on Nov. 3. PetSmart is at 30515 Avenida De Las Flores. The "Show and Tell" session will help participants learn about the type of pets greyhounds make and how to adopt them.

The event is hosted by Needle Nose Crew, a greyhound adoption information organization. The organization began in 1994, and its mission is to assist greyhound adoption and rescue agencies. For more information: www.NeedleNoseCrew.org or call 949-552-1373.

TESORO SCHEDULES

MAKEUP ACT EXAM

RSM Tesoro High School has rescheduled their ACT exam that was to be given on Oct. 27. The new scheduled date is Nov. 10. Students will receive additional notification from ACT. The school will post room assignments in the window at the front of the school, near the flag pole.

There will also be a test preparation/review class for juniors and seniors who have to take the California High School Exit Exam. Students who have not passed either portions of the CAHSEE will be able to go to a math review class from 8 to 10 a.m. in room 913. The English/Language Arts review class will be held from 10:30 a.m. to 12:30 p.m. in room 611.

FAMILY NATURE

WORKSHOP

THE CANYONS Audubon's Starr Ranch Sanctuary will host its biannual Family Nature Workshop from 9 a.m. to 1 p.m. on Saturday, Nov. 3. Staff scientists, docents, and guest biologists will offer nature walks and programs that emphasize how biologists study wild animals and their habitats. Admission is free, but by reservation only. Information: 949-858-0131 or visit www.starr-ranch.org.

DANCE REGISTRATION

UNDER WAY

RSM Dance Dynamics is accepting fall registration. The studio offers commercial dance lessons for kids and adults. Students can learn ballet, jazz, tap, lyrical, musical theater and hip hop. Information: www.dancedynamics.biz, or call 949-888-9446.

COMMUNITY 5K

IS NOV. 10

COTO DE CAZA The Coto de Caza Community Activities Network and the Coto de Caza Golf and Racquet Club are hosting a 5K race and 1-mile Fun Walk/Run at 8 a.m. on Saturday, Nov. 10. The race starts at the Life Enrichment Center, located in the parking lot of the golf club at 25291 Vista del Verde. Entry forms are available at the golf club; the Community Service Center, 26800 Coto de Caza Drive; the General Store, 23472 Vista del Verde; and Merryhill School, 23432 Vista del Verde. Entry fee is \$35 per runner and proceeds benefit the Camp Pendleton Armed Services YMCA. Information: 949-459-0619.

SMCHS EAGLE REGIMENT BAND PLACED SECOND

RSM Santa Margarita Catholic High School's 52-member Eagle Regiment Band placed second among 1A bands at the Rancho Buena Vista Premier Field Tournament on Oct. 20. At the show, SMCHS performed

"Reflections of Innocence" under the field direction of Drum Majors Rebecca Nichols and Ryan Hope. This weekend, the Eagle Regiment will perform in the Mission Viejo High School Tournament. For more information on Santa Margarita's Eagle Regiment, visit the band website: www.smchsband.org.

SOCCER ORGANIZATION REGISTERING FOR SPRING

RSM Rancho Santa Margarita's American Youth Soccer Organization (AYSO) Region 630 is now registering for the spring 2008 season. Registration is ongoing and will end on Dec. 1. Practices will begin in early February 2008 and games begin soon after that. To register, visit: www.ayso630.org.

VOLUNTEERS NEEDED FOR LUNCH PROGRAM

RSM South County Senior Services is in need of volunteers to assist on Wednesday mornings with the Senior Lunch Program held at the Bell Tower Regional Community Center. Volunteers would need to be available from 10:45 a.m. to 1 p.m. For more information: 949-216-9700, ext. 271 or visit:

www.belltowerfoundation.org.

NEW BOARD MEMBER AT BELL TOWER FOUNDATION

RSM Sara Kashani, regional vice president for South County Bank, recently joined The Bell Tower Foundation's Board of Directors. Kashani will serve on the Foundation's fundraising committee. This year, Kashani served as a lead volunteer for the American Cancer Society's Relay for Life and has been serving the fundraising event since 2002.

She also serves on the Rancho Santa Margarita Chamber of Commerce Board of Directors and is involved with the Rotary Club of Coto de Caza/Rancho Santa Margarita.

CHORAL FUNDRAISER UNDER WAY

LAS FLORES The Tesoro High School Choir is holding a fundraiser to buy a new grand piano for the Titan Theatre called "Buy-a-Key." Donors can purchase one or more of the 88 keys on the piano and will receive a season pass to the school's choral and solo concerts. For more information, call Choral Director Keith Hancock at 949-234-5310.

CHILDREN'S PROGRAM OFFERED

RSM A new round of peer intervention programs is being offered at the Rainbow Kids Achievement Center, a nonprofit group aimed at helping kids ages 3 to 6 with academic and social development.

It offers individual therapy and intervention programs. The preschool program runs from 9 a.m. to noon on Mondays through Thursdays. The pre-kindergarten program is offered from 9 a.m. to 2 p.m. Monday through Thursday, and from 9 a.m. to noon on Friday. Some programs have monthly fees, but the organization also offers free programs. The nonprofit is at 30412 Esperanza.

Information: 949-459-1658 or www.rainbowkids-ac.com.

Contact the writer: canyonlife@ocregister.com



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