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 3-0 before a home crowd March 2.

The Mustangs got second half goals from Aliona Whipple and Jordan Goulart while controlling the tempo of the game, outshooting El Camino 13-6.

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 McCown, 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 McCown. "Perhaps in the near future the CIF 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 Calistoga in the semifinals 2-1. Down 1-0 in the second half, Sabrina Grant scored their first goal on a header off a corner kick assist from Jordan Goulart. Taylor Walker added two more goals on assists by Grant and Isabel Fite to secure the victory.

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SMC student honored by MOFD for heroic lifesaving efforts

By Nick Marnell

Courtenay Newton rarely visits the Moraga Starbuck’s, but the 75-year-old man is undoubtedly grateful that she did the afternoon of Jan. 27.

At 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 certified for CPR by the American Heart Association, responded immediately and ran to the worker’s aid.

She saw a man, collapsed on the ground, breathing from his mouth. His face had turned blue. He was unconscious. "I called for one of the 16 or so people around me to call 911," Newton said, as she scanned the man’s pulse, body, and flipped him over on his back. She began compressions and using her CPR gaiter mask, administered three rounds of CPR before emergency responders from the Moraga-Contra Costa Fire District arrived, less than two-and-a-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.

"Unquestionably, her actions helped save this 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 commensurate."

Commentable to thedegree that the MOFD board of directors officially recognized Newton at its Feb. 10 district meeting, issuing a proclamation honoring Newton’s lifesaving efforts. "When I received the e-mail about this, I called the chief and relayed the compliment with which you provided the care," Fire Chief Dave Winstead said to Newton. "It’s possible it was the best moment of the year."

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