

## Briefly

## Learn how to prevent falls

The Yolo Healthy Aging Alliance will offer a free workshop on how to prevent falls from 9 to 11 a.m. Thursday, Sept. 21, at the Davis Senior Center, 646 A St.

Data show that one in five falls causes a serious injury and 300,000 older people are hospitalized in the U.S. every year for hip fractures, of which 95 percent are caused by falling.

Participants will learn to strengthen their muscles, improve balance and assess the environment for fall hazards. Speakers include Kelly Ward, a fall prevention consultant, and Mary Ann Laumas, a public health and palliative care nurse. No registration is necessary.

For more, contact Sheila Allen, executive director, at 530-757-5583 or info@yolohealthyaging.org.

## Watsu workshops to be offered

A free four-hour workshop on Watsu — a warm-water massage technique — will be offered Saturday, Sept. 23, at Loving Aquatic Massage in Davis. Standing in a shallow pool, participants will work in groups of three to hold, swirl, massage and stretch each other.

"You will deepen your connection to water, your breath and each other," says Laurie Loving, MSW and Watsu practitioner.

Space is limited to only three students for each workshop — the free one on Sept. 23 from 10 a.m. to 2 p.m. and a second one (at \$60 per person) on Saturday, Oct. 7, from 1 to 5 p.m.

For information, reservations and the location, call Loving at 530-219-5118. For more on Watsu, see www.LovingAquaticMassage.com.

## Babysitter training offered

The American Red Cross will train new babysitters ages 11-15 at a two-day course offered through the city of Davis. The class meets from 9 a.m. to 2 p.m. Sept. 23 and 24 at the Davis Senior Center, 646 A St. The cost is \$150.

Students will learn child and infant CPR, rescue breathing, choking rescue, preventing disease transmission and first aid. This course includes hands-on activities, videos, role-plays and lively discussions, and students will gain confidence to make smart decisions in various babysitting situations.

Registration is required (Activity # 850100-01), online at www.cityofdavis.org or at the city's Parks and Community Services office, 23 Russell Blvd. For details, call 530-757-5626.

## Watercolor class slated this fall

Beginning and intermediate watercolor painting classes will be taught in six-week sessions at the Davis Senior Center, 646 A St., starting Oct. 4.

Classes meet Wednesdays from 10 a.m. to noon (Beginning #881910-01) and from 1 to 3 p.m. (Intermediate #881910-11). The fee for each class is \$82.

These studio classes will experiment with color and apply skills to create art. Lucy Sargeant will teach color theory and composition.

Register online at www.cityofdavis.org, via phone at 530-757-5696 (with current liability waiver on file) and in person at 646 A St.

## Think you're a college whiz? Take this quiz

Welcome back to another school year! I thought I would start my columns off this season with a college trivia quiz.

I have put together a list of 12 questions and the answers are below. For context, at my workshops where I go through these questions, the participants usually answer about 80 percent correctly. See if you can beat them or at least pull through with a passing grade. Here we go:

**1. The only state with two Ivy League schools is:**

- Massachusetts
- Pennsylvania
- California
- New York

**2. Which of the following schools is not considered one of the three oldest public universities in the United States?**

- University of Georgia
- University of North Carolina at Chapel Hill
- The College of William and Mary
- The University of Virginia

**3. This coed institution was originally a women's college:**

- Mount Holyoke
- Vassar College
- Davidson College
- Wake Forest University

**4. The most expensive school in terms of the current published tuition is:**

- New York University
- Harvey Mudd
- Sarah Lawrence
- Southern Methodist University

**5. Which of the following colleges or universities is known as "The Farm"?**

- Cal Poly San Luis Obispo
- Fresno State
- Stanford
- UC Merced

**6. St. Ignatius Church is the largest on-campus church and it is**



JENNIFER BORENSTEIN  
COLLEGE CORNER

**on this college campus:**

- Santa Clara
- Cal Lutheran
- University of San Francisco
- Notre Dame

**7. Which of the following colleges or universities is not part of a consortium:**

- Hampshire
- Scripps
- Swarthmore
- Rice

**8. Ninety percent of the students who apply to medical school from this university are accepted — in part because of their nine-week medical education summer program:**

- Tufts
- UC Irvine
- Northeastern
- University of North Carolina, Chapel Hill

**9. Grades are not given at all of the following schools except:**

- Evergreen State
- Reed
- Brown
- Middlebury

**10. This college/university has the largest endowment:**

- Harvard
- USC
- Stanford
- Vanderbilt

And, a couple on the lighter side ...

**11. "Girls" creator and star Lena Dunham is an alumna of this college/university:**

- Juilliard
- UCLA
- Oberlin
- Bard

**12. One of the most unusual official school mascots is UC Santa Cruz and its banana slug. What is the banana's slug's name?**

- Bubba
- Cal
- Sammy
- No name

**Answers**

1. d, 2. d, 3. b, 4. b, 5. c, 6. c, 7. d, 8. d, 9. d, 10. a, 11. c, 12. c

— Jennifer Borenstein is an independent college adviser in Davis and owner of *The Right College For You*. Her column is published monthly. Reach her at jenniferborenstein@therightcollegeforyou.org, or visit www.therightcollegeforyou.org

## Getting to know you



WAYNE TILCOCK/ENTERPRISE PHOTO

Caitlin and David Kelley pet Sweets, one of the pups available for adoption at Saturday's "Find Somebody to Love" event at Coldwell Banker Select Real Estate, 505 Second St. Caitlin Kelley works for the Coldwell Banker Select group. In addition to the lovable four-legged friends, the event was a client appreciation party, with refreshments, raffles, giveaways, a bounce house and face-painting.

## Workshop series blends mindfulness, computing

Enterprise staff

This fall, Davis Makerspace will host a meditation workshop that addresses barriers to entry that budding programmers face and also discusses practices that can help refresh longtime programmers.

Emily Schleiner and Rez Khan have created a six-night workshop that will take place at 7 p.m. Tuesdays at Davis Makerspace, 221 G St., Suite 1337, from the beginning of October through mid-November. The sessions are:

- **Oct. 3:** Introduction to Mindfulness;
- **Oct. 10:** Encountering Computers with a Fresh Perspective;
- **Oct. 17:** Living Bravely with Uncertainty;
- **Oct. 24:** Competition and Interdependence;
- **Nov. 7:** Physical Awareness and Care; and
- **Nov 14:** Vision and Big Picture.

This workshop series is geared for people who would like to overcome problems that arise when they work on computers for long periods, improve their quality of life and ultimately connect the creative sides of their personality with the technical and analytical sides. This series may help some to grow to a new level of skill and enjoyment in their careers.

Schleiner is a Davis-based artist and web developer with a master's degree in performance and interactive media arts. She works for Parallel Design.net. Khan is a physicist with a Ph.D. from the University of Texas at Austin. He has studied the brain using functional magnetic resonance imaging and leads the group "Austin Mindfulness."

No specific computer

literacy is needed to attend, but beginners may choose not to participate in intermediate or advanced practice times. Participants do not need to attend every session.

Davis Makerspace is a group of builders, makers, hackers and programmers

with a space located in Davis. They have an interest in science, technology, art and what happens when those interests collide. For details, visit [www.davismakerspace.org/blog/eschleiner/mindfulness-and-computing-workshop](http://www.davismakerspace.org/blog/eschleiner/mindfulness-and-computing-workshop) or call 718-683-8654.



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**SEPTEMBER EVENTS**

**The Gilded Cage: Queen Esther's Untold Story with Sorele Brownstein**  
Drawn from the Talmud, Midrash, and commentaries from renowned Jewish scholars, comes the story of Esther as you have never heard before. Join Davis author Sorele Brownstein for a reading, discussion, and signing of her debut novel.  
*Thursday, September 14th • 7:30 pm to 8:30pm*

**Mrs. Smith's Spy School for Girls with Beth McMullen**  
After a botched escape from her boarding school, Abigail is stunned to discover it is actually a cover for an elite spy ring and training grounds for future spies. Along with a former nemesis and charming boyfriend, Abigail goes through a crash course in Spy Training 101.  
*Saturday, September 16th • 5:00 pm to 6:00pm*

**Bouncing Back: Community, Resilience & Curiosity with Isao Fujimoto**  
"A remarkable memoir by rural sociologist and community organizer, Isao Fujimoto," says Christopher Breisner. *Bouncing Back* describes the life of Fujimoto and his family. Like a Japanese daruma doll, they kept "bouncing back" from a series of injustices and other hardships.  
*Friday, September 22nd • 7:30 pm to 8:30pm*

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## SUPPORT: Police chiefs oppose bill

From Page A1

Senate President Pro Tem Kevin de Leon, D-Los Angeles, who introduced the legislation, said SB 54 is necessary because "when local police enforce immigration laws, they rapidly lose the trust of the undocumented community."

"Crimes go unreported for fear of deportation," De Leon said. "The perpetrators roam free to strike again. Our communities become less — not more — safe."

"SB 54 ... will prevent state and local law enforcement agencies from acting as agents of Immigration and Customs Enforcement," he added. "Instead, it will keep them focused on community policing, rather than rounding up hard-working, honest immigrants who in many instances assist police in solving crimes rather than committing crimes."

But opponents of the bill — including the California Police Chiefs Association, the California State Sheriffs' Association and the Peace Officers Research Association of California — have argued that SB 54 will make it more difficult to work with federal law enforcement partners in apprehending dangerous criminals.

Additionally, the CPCA has stated, "SB 54 ... threatens to create more fear in our communities by forcing federal immigration operations out of our jails and into our communities."

Locally, Yolo County Sheriff Ed Prieto is among those law enforcement officials who oppose SB 54, according to county staff.

SB 54 previously was passed by the state Senate on a 27-12 vote with Sen. Bill Dodd, D-Napa, voting in favor of the measure.

Assemblywoman Cecilia Aguiar-Curry, D-Winters, has said she will vote for the bill as well.

"This administration has proved we cannot rely on today's federal government to protect our neighbors, our co-workers, our friends or the children in our schools," Aguiar-Curry said in statement. "We must take on that responsibility ourselves. That is why I will vote in favor of the California Values Act."

Salle will make his case to colleagues during their Tuesday board meeting, which begins at 9 a.m. in the Board of Supervisors chambers at the County Administration Building, 625 Court St. in Woodland.

— Reach Anne Ternus-Bellamy at [aternus@davisenterprise.net](mailto:aternus@davisenterprise.net)



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