

What's happening

Tuesday

■ Tickets go on sale for the annual **Sixth-Grade Graduation Party** hosted by the city of Davis. The party itself takes place on Thursday, June 9, from 6:30 to 9 p.m. at the Veterans' Memorial Center, 203 E. 14th St. The annual event is for all recently graduated sixth-graders and includes music, dancing, foosball, video games, a photo booth and a food truck. Tickets go on sale at 8 a.m. Tuesday at the Parks & Community Services Department at City Hall, 23 Russell Blvd., or online at <http://www.cityofdavis.org/recguide>. Click the "register online" button and search for activity 750200-01. Tickets are \$12 and have sold out in advance in previous years. For more information, call 530-757-5626.

Saturday, June 4

■ Young men and women ages 14-20 are invited to join a **Risk tournament** starting at 9 a.m. at American Lutheran Church, 1114 College St. in Woodland. The event is sponsored by Venture Crew 66 of Davis and Crew 512 of Woodland. Participants are welcome to bring their own Risk board. Pizza, drinks and snacks will be available for \$5. For information, contact Dan Heath at htaehnad2001@gmail.com.

June 4 and 9-11

■ **Davis Grad Night**, an annual safe and sober celebration for every graduating senior from Davis' four high schools — Da Vinci, King, DSIS and Davis High — relies on the community for donations and volunteer support. This year's party is shaping up to be spectacular, but community volunteers are needed for a variety of tasks on Saturday, June 4; and Thursday, Friday and Saturday, June 9-11. No experience or special talents are required. To volunteer or contribute raffle prizes, visit www.DavisGradNight.org or call Tricia Bosco at 916-807-0863.

June 13-17 and 20-24

■ Students in grades 4-8 are invited to a **summer camp hosted by the world-champion Citrus Circuits** robotics club. Classes will run from 9 a.m. to 3 p.m. each day. Participants will go through a project-based robotics challenge that will culminate in a fun and interactive competition. No previous experience is necessary. Register at <http://goo.gl/forms/IgNL6Hwx2h>, with a fee of \$200 per student. Contact coach Steve Harvey at sharvey@djsud.net for information.



Unsung? Carla Lehn, center rear, gets a big cheer at the Girl Scout Cabin from some of the girls and young women she helped get into scouting.

WAYNE TILCOCK/
ENTERPRISE PHOTO

Celebrating an unsung hero

BY ANNE TERNUS-BELLAMY
Enterprise staff writer

Carla Lehn is a familiar face around the Davis Girl Scout service unit.

She's the unit treasurer these days and spent many years as her daughter's troop leader.

It's not unusual, of course, for a mom to take on the role of leader — sometimes if your daughter wants to be a Scout, taking on the leader job is the only way to make it happen.

But Lehn has done far more than that — she's opened the door to Girl Scouts for many local girls.

For five straight years after her own daughter graduated from high school and headed off to college, Lehn started and led a troop of kindergartners — five troops in five years. After a year with each, she turned the leadership role over to

willing parents and started all over again with a new group of girls.

Ask her why, and her answer is simple: "If we don't have leaders, these kids don't get to be Scouts," Lehn said.

Angela Schouten, now a leader of one of the troops Lehn started, has a different perspective: "Carla is a silent, unsung hero."

Last Friday, many of the girls who became Girl Scouts because of Lehn's willingness to lead thanked her in a celebration at the Girl Scout Cabin at Slide Hill Park.

The girls, all now in grades 4-8, sang songs and presented a slide show of their many fun activities and outings with Lehn, who was amazed to see how those little kindergartners she knew had grown into such poised girls.

Joining Lehn for the celebration were a couple of people who assisted her in making Girl Scouts

possible for many girls.

Allison Tallyn was in Lehn's daughter's troop, and since she was staying in Davis for college, Lehn asked her if she'd be willing to help out with a kindergarten troop. She agreed, and kept coming back to help, year after year.

"It was really fun," Tallyn said last week.

Also helping out was Rosemary Martin-Ocampo, whose daughter, Natalia, also had been in Lehn's troop for many years.

"Carla asked me if I'd help, and I said, 'Heck, yes!' To be around adorable kindergartners every week? Of course," Martin-Ocampo recalled.

Lehn's plan at the time was simple: These would be "starter" troops, with the parents of the girls who belonged taking over leadership after a year. By then, they'd be comfortable with the duties

involved and the girls themselves would have begun taking responsibility as well.

Laurie Loving is a co-leader of one those troops — her 10-year-old granddaughter Heaven Wendt's troop. She, too, praised Lehn's willingness to serve.

"She made Girl Scouts more available to our community's girls," Loving said. "She did this even when she didn't have any more children of her own at home."

Lehn is more modest about it all. "This isn't rocket science," she said. "If you care about kids, you can do it."

Learn more about local Girl Scouts opportunities and how to become a leader at <http://groups.den.org/davisgirlscouts>

— Reach Anne Ternus-Bellamy at aternus@davisenterprise.net or 530-747-8051. Follow her on Twitter at @ATernusBellamy.

Holmes students produce winning recycling video

BY ANNE TERNUS-BELLAMY
Enterprise staff writer

Four ninth-graders from Holmes Junior High School came out on top in a recycling contest sponsored by Yolo Farm to Fork and Davis Waste Removal.

The contest, aimed at promoting recycling on school campuses, was open to all junior high and high school students in Davis and required contestants to create videos educating students about recycling and composting.

The winning video was created by Holmes students Mia Jones-Zamora, Emi Eckey, Jordan Hayakawa and Chloe Sears, all members of the Holmes Recycling is Simply Elementary (RISE) Program run by Keri Hawkins.

The late Dorothy Peterson had asked Davis Waste Removal manager John Geisler to support the contest by donating \$100 to first-place winners and \$50 to second-place winners.

The RISE program, operating at many elementary, junior high and high schools in Davis, aims to teach students how to properly recycle and dispose of other garbage items.

KIDS IN THE NEWS



COURTESY PHOTO

Davis Waste Removal manager John Geisler congratulates Holmes students Mia Jones-Zamora, Emi Eckey, Jordan Hayakawa and Chloe Sears, the first-place winners in a recycling contest sponsored by Yolo Farm to Fork and DWR.

Make healthy choices once you're on campus

Now that the May 1 college decision deadline has passed, many seniors and their parents can finally buy the college sweatshirt and exhale. However, while the academic component may be settled, now comes the time to start tackling the life-skills component.

A big part of college is not just what happens in the classroom, but what happens on campus. It's about becoming an independent, self-reliant adult. Some students are ready for this transition, while others need a bit more support.

Regardless, there are several topics it is important to discuss with your soon-to-be college freshman, ranging from health insurance coverage to safety to stress management. So let's do a quick run down of some of the more pertinent issues. Disclosure: I am not a doctor nor a therapist so this column is meant to be a starting point for further research and discussion with the appropriate professionals if needed.

For starters, there's the usual healthy living habits discussion. For many new freshman, being solely responsible for eating, sleeping, laundry and budgeting may be the dawn of a new era for them. (Note that even for those who choose to live at home, the child-parent relationship will change quite a bit.) If this is your child, there's still time to practice before college starts.

Making healthy choices is not



always easy in a new unfamiliar environment. Dorm life may not be conducive to promoting healthy eating and sleeping habits either. Late-night snacking and study sessions ring a bell? By bringing up these topics ahead of time and talking about realistic goals, you can help your child ease into their new role. Oh, and in relation to this discussion, it is often useful to discuss budgeting and financial topics.

Physical and mental health issues may need to be discussed as well, since they may be present before college or may present in college. To help smooth the transition, talk about health insurance, emergency care and available resources on campus. Look into whether your school requires health insurance. Some do. Some make it optional and not necessary to receive treatment at their health center but charge for medical services.

Even though many students choose to remain on their parents' health insurance plans, they may use the college's student health services; but insurance plans may require referrals from

home doctors for specialists, or want specialists chosen from particular lists. Understanding your coverage is crucial to getting the care you may need.

It's also a good idea to make sure teens are ready to be their own health-care managers. They need to know their own medical issues (and many do), but there's no harm in emphasizing this.

Do they have allergies, asthma, diabetes? Think about sending medical records to the college health service to keep on file. Also, make sure students are up-to-date on vaccines. Living in dorms can increase certain health risks (think meningitis outbreak and whooping cough, not to mention the flu). Talk to your doctor.

An important development related to managing health in college is that once a student is 18 years old, parents are no longer allowed to access health information unless there's a crisis. Thus, it may be worthwhile to have your teen sign a medical release before leaving for college.

Some of the most common mental health challenges for students once they are in college are depression, anxiety and eating disorders. Start a conversation now with your teen about these issues and stay on the lookout for signs of potential problems. Along these lines it is also useful to set up communication routines and expectations. How often will you be in touch? How and when? This type of contact can be invaluable

should problems arise.

In all cases, it is good to learn about campus resources ahead of time. Depending on the circumstances, it may be necessary to contact the college's counseling office to find a psychologist or psychiatrist on campus or nearby and to set up an introductory appointment for soon after arrival. Best to have a support system in place rather than play catch up if/when there are struggles.

Some other helpful resources on campus and off are NAMI (the National Alliance on Mental Illness), Active Minds and the Jed Foundation. And, if your student is on medications, check to see if the college's health center offers a pharmacy on campus to determine whether they may have to venture off campus. Again, consult with your doctor.

And, now to the even more dicey topic of safety as it pertains to sex, drinking, drugs and violence — safety is the umbrella in all of these issues.

Basic street-smarts at college may be, and usually is, different than what is required during high school ... especially coming from a town like Davis. Get to know the situation at your college and be prepared. Research and discuss the statistics for crimes at the college and in the college's surrounding area. The federal Jeanne Clery Act requires colleges to report crime statistics. Go to clerycenter.org and also check the Office of Post-Secondary Education's

database for more information. A word of caution about these numbers, though ... sometimes the colleges that do the best job at reporting are the ones that look like they have the most crimes.

An unfortunate reality of colleges these days is the prevalence of sexual violence and assault. Reading and discussing the May 4 Wall Street Journal article, "Reports of Sexual Assault Rising Sharply on College Campuses," is a way to start this talk. Both men and women will benefit from a clearer understanding of what is happening on campuses and what to do to minimize risk. Make sure your child is familiar with the concept of affirmative consent.

Finally, there are the drinking and drugs to discuss. Each family will have its own way of approaching this topic but a good starting point is, "The Healthy Student: A Parent's Guide to Preparing Teens for the College Years" by Dr. Larry Neinstein, which can be found at <http://bit.ly/1W6Buft>.

With all of this in mind, your teen will be well-equipped for what lies ahead. Enjoy these last few months of this stage and I wish you all the best in the stage to come. Have a great summer!

— 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