

Making a difference, one step at a time

By Anne Ternus-Bellamy

ENTERPRISE STAFF WRITER

There's not much anyone can do about their genetic inheritance — the genes you get are the ones you've got.

But if those genes carry with them a heightened risk of cancer, well, you can do something about that.

Raychel Kubby Adler is proof positive. Born with the BRAC2 gene which greatly



Marley Kubby Adler, at left with her pedometer, and above, walking with a group of friends, set a goal of increasing her walking by 10 percent. Marley managed to increase it by four times that goal.

WAYNE TILCOCK/
ENTERPRISE PHOTOS

increases the odds of developing breast and ovarian cancer, Adler has taken steps to improve her own odds — including by undergoing a prophylactic bilateral mastectomy — and the odds of others through her efforts at raising awareness and money through the national organization FORCE: Facing Our Risk of Cancer Empowered.

She also provides outreach for the organization locally, assisting women facing the same challenges she's gone through.

And now her daughter is doing her part.

Marley Kubby Adler, a student at César Chávez Elementary School, doesn't know if she inherited the gene her mother did — “I have a 50-50 chance,” she says — but she's doing her part nonetheless to raise awareness and money in the fight against genetic cancers.

And she's doing it one step at a time.

It all started

when her mom returned from a FORCE conference last year.

She told Marley what she had learned about the importance of exercise, how it can play an important preventive role even for genetic cancers.

Adler does her part teaching spinning classes and running an exercise program for new parents.

Marley decided to start with simply walking more.

Armed with a pedometer her mom had received from FORCE, Marley began keeping track of her steps, with the goal of increasing the amount she walked by 10 percent. She learned that on average, she was totaling about 10,305 steps at school every day. She set the goal of adding 1,000 steps a day more. Turned out she added four times that, by doing things like walking the dog more often and playing basketball.

She's also raising money for FORCE as part of the organization's HEROS campaign.

Running through the beginning of July, the campaign is collecting donations for the fight against hereditary breast and ovarian cancer.

Marley set the goal of raising



\$1,000, figuring she could get 100 people to donate \$10 apiece. As of Thursday she was at \$405 with several months to go. She's spread the word at school and among family and friends, and many have come through, including several teachers at Chavez.

The message, she tells people, “is that it's not about how many steps I take, it's about raising money and awareness.

“Even if you don't have the gene,” she said, “it's good to know about it for other people.”

Her parents are very proud.

“She's a thoughtful, aware kid,” said her dad, Mitch Adler.

“She's raising awareness about this topic, which is the biggest challenge. It's something a lot of people don't know about.”

And she's doing it with a

sense of fearlessness.

“It blows my mind sometimes that she can think ahead and not be afraid,” her mom said. “It makes me so happy that she's looking at this in such a positive way.”

As it says on her FORCE fundraising page, Marley “is not waiting to get a title like ‘previvor’ to kick her into action. She is making change now so that she (and other girls like her) might have brighter options for their futures.”

Donate to her fundraiser by visiting <http://www.firstgiving.com/fundraiser/marleymovesmnts/heroes>

— Reach Anne Ternus-Bellamy at aternus@davisenterprise.net or 530-747-8051.

What's happening

Ongoing

■ **Recovery Happens Counseling Services** is offering a professionally facilitated parent support group in Davis. The group, for parents of teens and young adults with substance abuse issues, meets on Fridays from 5:30 to 6:45 p.m. at 204 F St., Suite E. Space is limited and reservations are required. The cost is \$35 per person and clients must commit to attending group every week. For more information, contact Amy Rose at 916-595-5224.

Thursday through Sunday

■ **The Emerson Junior High School PTA is bringing the carnival back to town.** Located once again at Cannery Park at J Street and Covell Boulevard, the carnival will feature popular rides like the Zipper, Century Wheel and Cliff Hanger, as well as games and food. Advance purchase all-day passes are \$20, good for unlimited rides. All proceeds support classroom technology at Emerson and DaVinci junior highs. Purchase tickets now at Fleet Feet, 615 Second St., and Davis Food Co-op, 620 G St.

Friday and Saturday

■ **The Davis High School Future Farmers of America and agriculture department will hold their annual plant sale** on Friday from 3 to 5:30 p.m. and Saturday from 9 to 11 a.m. in the Davis High greenhouse on the Oak Avenue side of the campus. Plants include everything from petunias to tomatoes and range in price from \$2 to \$15. For more information, contact Ellie Michel at emichel@djusd.net.

Saturday

■ **Davis High School's Advanced Treble Choir is performing in a free concert** 7 p.m. at Davis' Unitarian Universalist Church, 27074 Patwin Road. The choir has just returned from a music education and performance trip to Boston, Quebec and Montreal and is looking forward to sharing their concert repertoire with the community. For more information, please contact atcboard@gmail.com.

— Have a free youth event you'd like to publicize in *The Enterprise*? Send the who, what, where and when details to newsroom@davisenterprise.net, or aternus@davisenterprise.net.



The music man

Montgomery Elementary kindergarten through second-graders were treated to a hands-on music assembly last week with performer Joe Craven. Described as a “musical madman with anything that has strings attached or not,” Craven regularly had the kids laughing, clapping and engaged during his performance.

SUE COCKRELL/ENTERPRISE PHOTO

May 1 mash-up — Time for high school seniors to make decision about college

For many high school seniors, that life-changing deadline of May 1 is approaching too quickly. This is the day when you need to commit to one and only one college. Sounds fun, right? For some. But for others it can be stressful, confusing and a bit of a let down. In this column, I will explain the various possibilities that students face come May 1 and what should be done about it. My aim is to get you through this deadline and on your way to enjoying what is on the other side.

Rocksteady

Many of you have applied and been accepted to several colleges. Congratulations! Now you can review the financial aid offers (each school's will be different) and choose the place where you will be happiest in terms of academic, social and emotional “fit.” Hopefully, you have researched and visited these schools and are prepared for this decision.

Sign your Statement of Intent to Register (or Enroll) and pay the deposit. Voila! You are ready to buy the sweatshirt. Two things to keep in mind, though:

1. Please let the other colleges you have chosen not to attend know about your decision as soon as possible. Other students are eager to take those spots.

2. Remember that your acceptance is contingent upon performance. If you change your schedule or get a grade lower than a C, notify the school immediately to see what is required.

A slight deviation from this riff is that students may be accepted, but not until the spring semester or quarter.

This is becoming more common according to the National Association for College Admission Counseling. Students in this situation need to consider whether the downside of getting off-track from their peers is worth getting into their school of choice. Reach out to the school and other

students in this situation to learn more about the pros and cons of whether this is right for you.

The waitlist blues

You may have ended up on a waitlist. Roughly one third of colleges maintain waitlists. A majority of these are the highly selective schools since they are competing for students who have many college options. The use of waitlists has grown at the UCs in large part due to the mismatch between the increasing number of applicants and the limited funding for new seats. UC Berkeley and UC Merced are the only campuses without a waitlist policy.

What exactly does being on the waitlist mean? It means that your application was reviewed and rather than being admitted or denied, you have been put on hold. Other applicants were selected over you and you are now in a pool that acts as a safety net for the college. You fill in the gaps if they do not fill their spaces. Is there anything you can do to get off the waitlist? Well, for starters, keep up your academic performance. Then, show your interest by writing to the admissions office about how much you want to attend their school and why it is a good fit. In addition, learn as much as possible about the college's waitlist practices.

Of course, the main issue regarding waitlists is what the chances are of actually getting admitted from the waitlist. This depends on a variety of factors that are out of your control such as the competitiveness of the applicant pool. It is next to impossible to predict.

If you remain on the waitlist as May 1 approaches, please remember that you still need to commit to attend a college and make a deposit! After May 1, colleges will begin to notify students from the waitlist when a spot becomes available for them. Be ready to act quickly



since colleges may require a decision within 24 to 48 hours.

Indie folk

Another growing college admissions trend is the number of American high school graduates who decide to do a “gap year” before going to college. In other countries (Britain and Australia) gap years are more common. What is a gap year and why consider it? A gap year is when students take a break from the traditional education path to travel, volunteer, study, intern or work. Students often choose this path in order to broaden their perspective, gain self knowledge and/or make money. There are many places online to research and plan gap years. As a starting point, check out www.americangap.org to find accredited gap year programs.

For students on this path, I recommend going through the customary application process, getting accepted and then deferring acceptance for a year. Otherwise it is easy for a gap year to turn into gap years. Most colleges will accept deferral, but not all. Each school is different so check their websites for more information. Here's an example of how deferral typically works:

1. Student signs Intent to Register by May 1.
2. Before July 1, write a letter requesting a deferral for a year.
3. As long as the college does not rule out deferrals and feels the student has made a legitimate case, deferral will usually be granted.

Alternative

Other students may not have

a college they want to attend or were accepted to by May 1. In such situations, the California Community Colleges offer a great alternative — either as a way to transfer to a four-year college or to earn an associates degree. Apply online at <http://home.cccapply.org/>. The application is simple — there is no transcript, test scores or essay required.

Just be prepared to hit the ground running if transfer is the goal. A very helpful website for planning how course credits from one public California college or university can be applied when transferred to another is <http://www.assist.org/>.

Another option is to get a job or enroll in a vocational school. A good resource for learning about vocational schools is <http://www.consumer.ftc.gov/articles/0241-choosing-vocational-school>.

Lastly, there is always the option to check the results of the NACAC space availability survey due to be released online May 3 at <http://www.nacacnet.org/research/research-data/SpaceSurvey/Pages/SpaceSurveyResults.aspx>. These results show which colleges still have space and therefore are still accepting applications for fall 2103.

Facing the music

Well, with this information about what is on the horizon come May 1, I hope you high school seniors find the right path for you. Just remember no matter which road you take, enjoy the ride.

— Jennifer Borenstein is an independent college adviser in Davis and owner of *The Right College For You*. Her column is published on the last Tuesday of the month. She lives in Davis with her husband and two daughters. Reach her at jenniferborenstein@therightcollegeforyou.org, or visit www.therightcollegeforyou.org.