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Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

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Resources for English Learners

By Aisha Goodman

When I visited Germany, as part of a student exchange program, I had studied German for about four years. Nonetheless, I could hardly engage in simple conversation with “real Germans.” I’d accidentally speak English, need locals to repeat themselves, check a written menu or bill twice to make sure I understood before trying to talk, and carefully construct appropriate phrases in my mind. After a week or two, I could navigate the trains and buy snacks at the market. But when I sat in on a university lecture I could hardly follow along. Although I wish I could have spent more time to improve my German, my six-week summer classes ended and I went home. During this time, I gained

appreciation for how long it takes to develop fluency in a second language, and how dear one’s own language sounds after being surrounded by foreign sounds.

Every year at Solano Park, I make friends who, moving from another country, undergo an adventure similar to mine, as they immerse themselves in new language and culture, gaining improved understanding through time and experience. Sometimes international students (or spouses of students) ask me about resources to improve their English, and so I wanted to find out more about local classes for English learners. I found a great jumping off point, a website by an

organization called SISS, Services for International Students and Scholars (http://siss.ucdavis.edu/about_siss.htm, and related sites), whose stated purpose is, “to help promote the internationalization of the University of California, Davis by facilitating the integration of international students and scholars into the campus community.” They provide assistance with visa and immigration issues, and information on a variety of other topics, such as some suggested English language classes.



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Special points of interest:

- University Holidays: January 1 and 21. All campus offices closed.
- Planning to vacate? Remember a 42-day notice is required.
- More questions about Student Housing? Please visit our newest feature **AskMe!** which allows you to view a database of frequently asked questions.

Dairy Weight Loss Study for Overweight Men and Women

Submitted by Mary Ellen Rivera

USDA, ARS Western Human Nutrition Research Center seeks healthy, non smoking men and women, ages 20-45 and 30- 80 lbs. overweight, to participate in a study to measure the effects of dairy consumption with a moderate calorie restriction on central body fat, weight loss, cholesterol, and blood pressure.

Participants must be willing to eat 3 prepared meals daily and commit to the study schedule for 15 consecutive weeks (105 days). For 8 weeks of the study, daily

visits will be required for meals on the UC Davis campus.

This study includes prepared meals at no cost for 15 weeks, health status evaluations and monetary

compensation for participation. For more information, call (530) 752-5177 and press #5.

Also, visit our website: www.ars.usda.gov/pwa/davis/whnrc



Resources for English Learners

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Here is a list of some organizations that offer classes or assistance for English learners:

*English as a Second Language classes are offered through the Linguistics Department for UC Davis students.

*UCD Extension, at 1333 Research Park Drive, 757-8686, offers 4 and 10 week courses, and more.

*The Davis Adult School, located at 315 W 14th St, offers classes at all levels, mostly at night and on

weekends. Classes are free, except for FI students, who pay \$3/contact hour. Apparently this works out to about \$120. All students must take a placement test. Call 757-5380.

*The Learning Skills Center provides help with study skills and paper writing, reading efficiency, and other topics.

*The Language Learning Center provides a site where faculty, staff, and students study language and culture, and to facilitate language learning, research, and

culture. It is located in the Olson Hall basement, room 49.

*International House offers English conversation courses, and a variety of services and support for International students. Call 753-5007.

In addition to these resources, a conversation group meets regularly at Orchard Park, and a number of residents have chosen to pursue English study at the University or through other venues.

Nut Tree Family Park – Vacaville, CA

By Bonnie Weeks

If you need an activity to get away to, the Nut Tree is an awesome place to go. There are shops, restaurants, ice cream, a Jelly Belly Store, and more. Not only that, but there are children's amusement park rides. It's free to walk around in the park, but you must purchase tickets to ride the attractions. I just went there this past weekend and it was so much fun. The rides' prices are determined by a certain number of tickets; each ticket costs 85¢ - bought individually or in packs of 10, 20, or 30. If you end up buying more than you need, they never expire. And the best part is that children under 2 are free!

I personally took my 1 ½ year-old on the train ride and carousel. The train loops around the park tooting its horn and ringing its bell as it goes. On the carousel, if you're standing with a child who's riding the ride, you don't need a ticket. So if

your child is under 2 and wants to ride the carousel, you can go on it as many times as you can handle. It is great! They also have large rocking horses for the children to play on in a corral. The roller coaster is the perfect size and would have been a lot of fun to ride on, except it was a little cold when we went. There are a lot of other attractions that you can ride, go to <http://www.nuttreeusa.com/tickets.html> to find a list and prices.

Another good part about spending the day at Nut Tree is that when the amusement park gets boring, there are so many good stores nearby to go shopping. Even though this is the rainy season for Northern California, it feels good to get out and walk around. This is a great place to take the

whole family because there's sure to be something that somebody is interested in. Everyone ends up entertained, and with a little exercise, at only the price of amusement park tickets.

Just so you know, it's located directly next to I-80, you can see it from the interstate. Take the Nut Tree Parkway exit if you're coming for the West or the East Monte Vista Avenue exit if you're coming from the East.



Pregnancy and Skin Care

By Chris Towland; submitted by Yalina Soto

During pregnancy the body goes through a lot of changes. One very common complaint during this time is of pregnancy skin problems. These changes are however normal and should not be termed as skin disorders. They are the marks of motherhood and are no risk to the mother or unborn baby.

You should protect your skin from the sun by staying out of it when it is hot and also by using a sunscreen of at least SPF15. Some moms-to-be develop a pregnancy mask which is a darkening of the skin around the mouth, nose and forehead which worsens when exposed to the sun.

Dry skin and pregnancy are another common combination that calls for extra moisturizing to get rid of the dryness and the accompanying itch. The moisturizing cream will help with the dry skin, however, you should seek your doctor's advice regarding anti-itch lotions which may be required to alleviate itchy skin during pregnancy.

Using a water- based moisturizer will help pregnant women who suffer from greasy skin. As there is no treatment, it is best to keep the skin moisturized with

cocoa butter as it helps minimize the development of stretch marks.

It is advisable to perform the following skin care routines during pregnancy in order to avoid pregnancy skin problems:

Cleanse your face twice daily in order to keep pores unclogged and to help with acne. However, regular acne medication should not be used during pregnancy.

Do not use soaps, which will remove oils and make the skin even drier. Due to the sensitivity of the skin, use products labeled as being non-comedogenic. Don't forget your feet, which are often neglected, especially if you suffer from gestational diabetes. Don't forget to drink adequate amounts of water. Taking long baths should be avoided, as they will make dry skin even drier.

Most importantly, make sure you rest as much as possible as sleep restores the skin. While it is very important to maintain the skin care routine during pregnancy, expectant mothers must always ensure that the products being used will not harm the unborn baby.

Pregnancies can be very

stressful and this is mostly shown on the skin of the woman. She can have dark circles under the eyes, varicose veins, acne, brown patches on the skin and also loss of collagen and elastin.

While pregnant, be aware of the special needs and requirements of your body and skin. Special care should be taken of your condition. Listen to your body. One of the most common skin problems faced by expectant mothers is stretch marks. Most women worry about stretch marks, which become visible during the latter part of the pregnancy or after birth. Almost all expectant mothers have stretch marks which are mostly visible on the lower abdomen, hips, thighs, breasts and arms.

Stretch marks appear on the body in different colors depending on the race of the expectant mother. For example if women have a light skin color the stretch mark is pinkish and in dark skinned women they seem to be lighter than the surrounding areas of the stretch marks.

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Pregnancy and Skin Care

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Unfortunately, there is no remedy for stretch marks other than to apply some medicated lotions on the effected areas.

It is unfortunately very likely

that you will suffer from some form of pregnancy skin problem but a good skin care routine with safe and tested products will help you keep your skin in the best condition that is possible. If

you have found this Pregnancy Skin Problem information useful, visit <http://www.HavingaBaby.info> for more information that will make your pregnancy more enjoyable and less frightening!

“One Pot” Salmon and Kale Linguine

by Chloe Taylor Evans

I call this “one-pot” because the final product is a meal in itself, all in one pot. In reality, it takes a few more pots to prepare this, but the resulting medley of textures, colors and flavors is worth it.

1lb wild-caught Alaskan salmon (farmed is more likely to contain PCBs and other contaminants)

1lb linguine

1 large bunch lacinato (aka “dinosaur”) kale

Pat of butter

1½ large red bell peppers, seeds and membranes removed, and cut into thin strips

1 small red onion

2 cloves garlic

6-7 sprigs fresh thyme

1-2 Tbsp fresh oregano leaves, chopped or torn

Juice of one lemon

2 Tbsp capers

2-3 Tbsp olive oil, plus extra for cooking pasta
black pepper and salt to taste
aluminum foil for baking salmon

Preheat the oven to 350. Wrap the salmon filets side by side in a packet of foil, loosely, but ensuring they are thoroughly covered. (If the piece of fish is especially thick, cut it in half to make two thinner cuts, then wrap together). Bake fish for around 15 minutes on a cookie sheet. Check to make sure it is thoroughly cooked, and if not, give it a few more minutes being careful not to let it get dry.

While the fish is baking, prepare linguine according to package directions with a little oil in the water. Chop the kale in narrow strips across the stem and throw it in the steamer for 4-7 minutes until tender but still bright green – then take off the lid, and remove from heat. Halve your onion and cut it into thin semi circles, and mince your garlic, if you do not have a garlic press. Heat 2 Tbsp of olive oil with the butter on medium-low heat, and once the butter is melted, throw in the garlic, peppers, onions, thyme leaves and oregano. Turn up the heat and cook for 7 or minutes or so until the vegetables are tender, stirring frequently to keep garlic from burning. At some point in the midst of all this you should drain the linguine and set aside, and take out your fish, of course. Add the kale, capers, juice of half the lemon, and black pepper and salt to the onion-red pepper pan. Stir and continue cooking a minute or two. Then pick your fish apart in bite-sized chunks and add to this mixture, along with the linguine, stirring together a minute or two more. Remove from heat, add juice from the other lemon half, and a little more of your olive oil, if it seems to need it. Toss and serve!

Community Programs

Family Game Night

Get your family together for a fun night of games! You can bring your own games to share or play with board games we already have available. This is a great opportunity to get to know your neighbors and a nice activity for the cold winter. Please contact Yalina Soto at 756-3670 if you have questions.

When: Friday,
January 4 at 6:30pm
Where: Orchard Park
Community Center

Fingerpainting

Toddlers and older kids are welcome to come try their hands at fingerpainting. See you there! Contact Chloe with any questions at 756-3405.

When: Friday,
January 4 at 2pm
Where: Melvin Fassler
Community Center

Family Rock Jam

Let's make a ruckus together! Kids and adults of all ages are invited to bring their own instruments or come use ours. Ages 0-3, please come 3pm to 3:45. Everyone ages 4 and older please come at 3:45 to 4:30. Contact Chloe with any questions at 756-3405.

When: Saturday,
January 5 at 3pm
(toddlers) & 3:45pm
(older kids)

Where: Melvin Fassler
Community Center

Baby Sock Dolls



Do you have a baby sock that's lost its mate? Come learn how to cut and sew your sock to make a simple doll that can be a keepsake for your baby. Just bring the sock and we'll provide the rest. No sewing experience required. Contact Chloe with any questions 756-3405.

When: Wednesday,
January 9 at 2pm
Where: Melvin Fassler
Community Center

Cooking Class (Mexican Salsas)

Do you want to learn how to make the salsas you buy at the store or you eat at the restaurant? Come to the Community Center and learn how to make two different kinds of salsas. Araceli Calderon will teach us how to make them and it is very easy. Call Yalina Soto at

756-3670 if you have any questions.

When: Thursday,
January 10, at 7pm
Where: Orchard Park
Community Center

Baby/Children's Clothes Swap

It's time to clean out those closets and recycle all those clothes that your children have outgrown. Please bring clean, unstained clothes (no toys or other items) in good condition to the swap. Hopefully you'll find some needed items in the right size to take home without spending a dime. If you have any questions, please call Shawna Stevens at 757-7899.

When: Saturday,



January 12 at 11am
Where: Melvin Fassler
Community Center

Cheesy Pretzels

Come learn how to make delicious and easy cheesy pretzels with resident Anya Kayne. We will make the dough and then twist it into our own creative shapes. While the pretzels are baking, we will have time for a short

Community Programs

Best for adults and children 3 and older. If you have any questions, please contact Anya Kayne at 848-0686 or Shawna Stevens at 757-7899.

When: Wednesday,
January 16 at 4pm
Where: Melvin Fassler
Community Center

Ping-Pong

Who is going to be the Ping Pong Champion of Solano Park? Could it be you? Or do you want to practice your game or just learn how to play? If you have any questions, please call Aisha, at 681-6897.

When: Saturday,
January 20 at 2pm
Where: Melvin Fassler
Community Center

Fruit Prints

What shapes do fruits make? Explore printmaking with botanical objects, as we use fruits and vegetables to create works of art. If you have any questions, please call Aisha, at 681-6897.

When: Thursday,
January 24 at 3pm
Where: Melvin Fassler
Community Center

Playdough and Coloring Playdate

Escape the outdoor chill and come inside to play with your friends. We'll make some playdough and then have fun playing with it. I'll also provide some pictures for kids who would like to color. Everyone will be able to take some playdough home. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday,
January 24 at 4pm
Where: Melvin Fassler
Community Center



Ping-Pong Playoffs

We are welcoming a brand new ping-pong table to Orchard Park! We want to give it some use by starting off with a ping-pong tournament. If you would like to participate in the tournament, just show up. If you don't want to play

competitively, come and practice your skills in between tournament matches. This is open to all ages. If you have your own paddle, you're welcome to bring it with you. We will provide paddles and balls to play with. The closer on time you show up, the sooner in the tournament you play! Contact Bonnie Weeks with questions at 204-8539.

When: Saturday,
January 26 at 4pm



Where: Orchard Park
Community Center

Science Experiment

Let's learn about what makes things go fizz, goop, and boom in this science series for kids. All ages are welcome, but please bring a grown-up helper. For any questions, please call Aisha, at 681-6897.

When: Tuesday,
January 29 at 4pm
Where: Melvin Fassler
Community Center

Community Programs

Mom Party!

Are you a mom, wanna-be mom, soon-to-be mom, or woman who would like a party for just *you*? This is it! We're having a celebrate mom party where we can all kick back and relax for the evening. We'll be having pizza, watching movies, playing games, or whatever else you want. You are welcome to bring any project you want to work on in this child-free environment. Be prepared to unwind from the

day. Infants are welcome. Contact Bonnie Weeks with questions at 204-8539.

When: Wednesday,
January 30 at 7pm
Where: Orchard Park
Community Center

Kids Birthday Party at Orchard Park

Kids, come and celebrate all the January birthdays in Orchard Park. I'll provide cupcakes for you to decorate and eat and you can see who

else was born in your month. All kids are invited. Please call Yalina Soto at 756-3670 if you have any questions.

When: Thursday,
January 31 at
6:30pm
Where: Orchard Park
Community Center



Graduate Women of Color Coffee and Donut Social

Submitted by Macy Minor

Get your day started right!

Tuesday, January 15, 9-11am @ Women's Resource and Research Center

Wednesday, January 23, 9-11am @ Cross Cultural Center

Self-Defense for Graduate Women

Submitted by Macy Minor

This self-defense and safety class will teach you strategies to:

- increase awareness
- reduce risk
- enhance your confidence
- increase your security
- realize your own power

Friday, January 25, 3-5pm

TO REGISTER AND FOR LOCATION CALL (530)752-3372

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Special concerns for the cold dark days of January:

- Let us know if you see exterior lights out. We will re-lamp them for you to keep that early

darkness illuminated.

- Watch for wet and icy pathways; they can be slippery afoot or on your bike.
- Be sure the frost and

water vapor is off all your cars' windows. You need to see when you're leaving your parking space and driving the city streets.

Children's International Storytelling

Submitted by Ann Gunion

Community Room at
International House,
10 College Park,
Davis, CA 95616

Sunday, January 13, 2008,
2:00 - 3:00 p.m. (Doors open
at 1:45 p.m.)

MATT ARIEL BIERS will share original and traditional Jewish tales, such as "Liser the Miser" and "The Rabbi who was Hard of Hearing". Since January is the month of Tu B'shvat, the Jewish Arbor Day, Matt will also be telling some stories about trees, including *Solomon and the Trees*.

Matt lives in Davis with his wife and two sons. In addition to being a writer, he is an English teacher at Winters High School. He is the author of two books of short stories as well as a children's book, *Solomon and the Trees*. He is currently finishing his first novel. Books will be available for purchase and signing.

The storytelling event is open to the public. There is no charge for International House members. There is a suggested donation for non-members (\$2 per person or \$5 per family).

For further details, contact

Shirley German, 530-758-4196 or Kathryn Tyson, 530-753-5007. More information on the Storytelling Program is at

www.internationalhousedavis.org/storytelling.

One Sunday afternoon per month, children ages 4 through 10 enjoy storytelling performances with international content at the I-House.

Holidays and Anniversaries

January 3—Genshi-Sai
First beginning of one of the four great holidays of the Emperor and his family; observed by a reading of the Imperial Proclamations.

January 4—First woman inaugurated as US governor
Mrs. William B. Ross served as governor of Wyoming in 1925.

January 6—La Befana
Epiphany festival in which the "Befana", a kindly witch, bestows gifts on children— toys and candy for those who

have been good and a lump of coal or a pebble for those who have been naughty.

January 14—Pongol
Celebrated when the sun enters Makara, or Capricorn. The exuberant four-day festival in South India is a celebration of the harvest and a thanksgiving. Flavored rice is offered to the sun god Surya, and the sound of conch shells and joyous cries of "Pongol, Pongol!" fill the air. Also celebrated with a cultural evening song and dance.

January 20—Aquarius, The Water Bearer
Astrological zodiac sign characterized as masculine/direct, air/communicative and fixed/resistant to change. Astrology is a science based upon specific energy sources represented by different planets in the solar system; zodiac signs describe the way planets express their meaning.

January 20—Midwife's or Women's Day
This day is to honor midwives and all women.

Calendar of Events

January 2008

All residents are welcome to attend all programs, regardless of location. All events held in the Community Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 HOLIDAY Both Parks Offices Closed	2	3	4 Family Game Night OPCC 6:30pm Fingerpainting MFCC 2pm	5 Family Rock Jam MFCC 3pm & 3:45pm
6	7	8	9 Baby Sock Dolls MFCC 2pm	10 Cooking Class OPCC 7pm	11	12 Baby/Children's Clothes Swap MFCC 11am
13	14	15	16 Cheesy Pretzels MFCC 4pm	17	18	19
20 Ping-Pong MFCC 2pm	21 HOLIDAY Both Parks Offices Closed	22	23	24 Fruit Prints MFCC 3pm Playdough & Coloring MFCC 4pm	25	26 Ping-Pong OPCC 4pm
27	28	29 Science Experiment MFCC 4pm	30 Mom Party OPCC 7pm	31 Kid's Birthday Party OPCC 6:30pm		



The Parks at UC Davis

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A Publication of Orchard and Solano Parks, UC Davis

Your doorway to campus life & academic achievement

We're on the Web!
housing.ucdavis.edu/Parks

The **Park Messenger** is published by Student Housing, at the University of California, Davis. Our goal is to communicate with Park residents, campus departments and the community of Davis. We encourage reader suggestions, criticisms and articles. Let us hear from you.

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The Park Messenger online:

<http://housing.ucdavis.edu/Current/Parks/default.html>

Did you know?

➤ **Registration Reminder ~** Student Housing requires all students to meet our eligibility requirements to continue living in The Parks Apartments. **Students must have full-time registered status during fall, winter and spring quarters/semesters. Full-time status is defined at 12 units for quarter students and 10 units for semester students.** Students who do not meet the requirement are required to register for additional classes or submit notice to move out. Please

be aware of these requirements when you register for winter and spring quarters in the coming months. Please contact Student Housing at 752-2033 or your Park Office if you have any questions.

- Rain often drives insects to seek shelter in your apartment. If you find that this is the case, please let your Park Office know. We can inspect and treat for ants and other insects.
- In submitting online repair requests, please remember that you should submit one

request for each repair needed, as each request is a different task.

- **Package Delivery ~** Please don't ask the Park Office to accept your incoming packages. We don't have space and security for them. Perhaps a neighbor could be designated to accept a package for you, or you might indicate your balcony for drop-offs.
- Remember, visitor permits are not to be used for any vehicle that you or occupants in your apartment are using.