



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

February 2008

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### Special points of interest:

- February 18 is a University Holiday. Both Park Offices and all campus offices will be closed.
- More questions about Student Housing? Please visit [AskMe!](#). This feature allows you to view a database of frequently asked questions.

## Better Digestion in Winter

By Chloe Taylor Evans

Sometimes going through a period of less-than-optimal health can be a blessing as we are called to pay more attention to our bodies' subtle cues, and learn better self-care. After a year of tummy troubles, I have a lot more insight into what foods, eaten when and how, are going to help my digestion, or hinder it.

In winter, while we are tending toward richer, heavier food to insulate us from the cold, our body is expending more energy trying to keep us warm, and this can mean less energy in the gut to digest all that food. Therefore, stoking our digestive fires through warming spices, warm water, and warm, well-cooked food is paramount, as well as modifying the schedule of your meals around the sun.

Here are some tips to enhance your digestive

health, and overall, health. Experiment and see what makes a difference for you.

- Avoid cold foods and drinks, in general, but especially when it is cold out. Especially, avoid ice water with meals. All that energy to bring what you're taking in up to your body temperature is taken away from actually digesting the food you are eating.
- Start the day with a large glass of warm-hot water with lemon. Try drinking warm water throughout the day, except with meals, when water can dilute your digestive juices.
- Hot soup is highly digestible and warming; a good way to get your winter nutrients in greens, root veggies, seaweeds, and tender well-cooked meats, grains, or beans.
- Add warming and digestion-enhancing spices wherever you can – fresh or ground ginger, black pepper, cayenne, garlic, fennel, mustard seeds or powder, cinnamon, cardamom, nutmeg, cloves (it's no accident that these last ones are the staples of traditional holiday baking).
- Teas of basil, ginger, lavender or fennel are tasty and digestion-enhancing.
- To make grains and beans more digestible, soak overnight, discard the water, and add a stick of kombu (a type of seaweed) and a few bay leaves to the pot while cooking.
- Have yourself a nice warm, moist breakfast. Give cold cereal and milk a

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# Better Digestion in Winter

## Continued from Page 1

break, and have a bowl of oatmeal, or mushy, well-cooked rice with a little cinnamon, ginger and cardamom thrown in – delicious way to get your guts going for the day!

- Raw foods take more energy to digest. They do provide beneficial roughage, which is helpful if you have been constipated, but try and take them at room temperature instead of cold, and balance them with cooked veggies and fruits too.
- Limit your dairy, or take your milk warm and spiced (think Chai). In Ayurvedic medicine, milk is considered cooling, which is why we reach for yogurt or sour cream when we eat something spicy. Cooling foods should be de-emphasized in the winter. Dairy foods are also very mucus-forming. Excess mucus slows down digestion, and becomes a breeding ground for the bacteria and viruses which cause us to get sick in the winter. This is especially evident in dealing with children's ear infections. I love cheese, milk and yogurt and I can never eliminate them from my diet. But whenever I feel myself getting mucus-y or see Violet starting to wipe her face with her sleeve, I really pull back from the dairy, and have managed to stave off a number of colds this winter

that way. Wheat flour, refined grains in general (pasta, bread, etc.), sugary foods and orange juice can also be highly mucus-producing.

- If you are constipated, be sure to emphasize fruits, vegetables, and whole grains in your diet, and limit dairy, refined grains, meat, eggs, and especially refined sugar. Drink plenty of warm water, and try adding flax meal or ground psyllium husk to your cereal or a cup of water for beneficial bulk.
- Consider your gut flora. I am told our guts contain a mixture of beneficial bacteria, yeast and other bacteria we don't need. All sugars, but especially refined sugars (the kind found in almost all commercial baked goods, cereal, basically anything on the inner isles of Safeway) feed yeast and unfriendly bacteria, which crowd out the bacteria we need for healthy digestion and elimination. Yogurt, kefir, saurkraut and other sour fermented food can restore some of that beneficial bacteria. I also take an acidophilus supplement and finds that has helped my tummy at times. One food I've started to get into this winter is jerusalem artichoke. It's actually a root vegetable rich in inulin, a type of starch which feeds beneficial bacteria. Slice it up and throw it in soups

with or instead of potato.

- My herb teacher, Kami McBride reminded us on our Solstice class how digestive fire follows the sun. In other words, it makes sense to take your biggest heaviest meal in the middle of the day, and not eat as much after the sun goes down. I have found it hard to make this change from dinner being the main meal in my house, but I know I feel better when I'm not still digesting my food at 10 at night! I understand from conversations with international neighbors here that lunch-as-principal-meal is the norm in many, if not most, parts of the world...
- Obviously, being mindful of eating, not eating while driving, standing up, on the computer, and having an argument, is going to help your digestion. Stress and agitation pull energy away from your guts.

*Full disclosure:* I was mindlessly gorging on globs of goat cheese as I wrote this, trying to allay my hunger as I hurried to meet this deadline...Live and learn. If anyone has any digestive wisdom from their culture, please email me at [zanzando@yahoo.com](mailto:zanzando@yahoo.com). I would love to share this information in a future article. Let's support each other in caring for ourselves, so we can feel better, depend less on drugs and doctors, and have more energy to participate in this life!

# Children's International Storytelling

Submitted by Ann Gunion

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

**Sunday, February 10, 2008, 2:00 - 3:00 p.m. (Doors open at 1:45 p.m.)**

Crane Culture Theater presents the "Grandfather's Dream", presented with masks and live music. Performers enact the amusing story of a post-war Vietnamese family divided over whether to plant rice in the marsh where the cranes once lived, or to give the crane one last chance to return before farming the land. Will the cranes return in time and fulfill one person's dream? Following the show, attendees can glimpse the beauty and wonders of local Sandhill cranes

on video, and will have the opportunity to make a colorful crane bracelet that reflects the crane's life cycle and habitats. Crane Culture Theater is a Sacramento-based traveling troupe that brings international folktales to the stage. The stories enable attendees to gain greater respect for all life and appreciation of both natural and cultural diversity within their own communities. 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).

One Sunday afternoon per month, children ages 4 through 10 enjoy storytelling performances

with international content at the I-House.

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](http://www.internationalhousedavis.org)

*\*International House, Davis is an independent, nonprofit community organization. Its purpose is to promote respect and appreciation for all peoples and cultures.*



## Library Events

Submitted by Yalina Soto

**Yolo County Library, Davis Branch**

315 E, 14th St  
Davis, CA 95616

**February – May 2007**

**For ages 5 + up**  
Wednesdays at 3 p.m.

February 20: Write a Story & Honor Norman Bridwell; Author of *Clifford the Big Red Dog*

March 19: A Story a Story: Storytelling (bring one to share)  
April 23 at 7 p.m.: The Fox: A

Persian Folktale—Penny Royal Puppet Theater

**Preschool Events**  
(Ages birth – 5 years)  
No registration necessary

**Baby & Toddler:** Ages birth to 36 months may attend with their favorite adult on Tuesdays, 10:30 a.m.:

February 12  
March 4—18  
April 1—15  
May 6—27

**Preschool:** Ages 3-5 may attend alone on Wednesdays, 7:00 p.m. & Thursdays, 10:30 a.m.

February 5—14  
March 5—20  
April 2—17

**Family Storytime**

Saturdays at 10:30 a.m., all ages

February 16  
March 15  
April 12  
May 10

[www.yolocountylibrary.org/](http://www.yolocountylibrary.org/)  
530-757-5593 ext 4

# Making The Most of Your Apartment

By Aisha Goodman

Here at the Parks optimal space usage is extremely helpful for making our spaces comfortable. Fortunately large cabinets make our challenge easier, but face it, many have moved from bigger spaces and have to spend some time thinking about how to creatively get the most use out of our space. But, since we all have variations of the same space, it allows us to borrow ideas from our neighbors and make it our own. Here are some suggestions and clever ideas that I've seen in apartments at Solano Park.

- Build up! Make use of vertical space. Bookcases and tall furniture mean more storage
- When possible, use small versions of what you need. A toddler bed takes up less room than a twin-size, and that means more play space
- Use the closets (and the storage units, and whatever else you've got). My "coat closet" doubles as a pantry. I use the coat rod to hang

Nalina's umbrella stroller, prop the broom to the side, and use freestanding cubby shelves to store bulky food items. I've also seen people use the coat closet as a toy closet. Anyway, many people create multi-use storage spaces with a little organization.

- Compartmentalize. Stacked boxes look tidier than stacks of little objects. Then you can take out one box instead of having to sort through everything you own for the one item you need. It is also less daunting to pick up the contents of one box rather than everything that belongs in that space (say all toys)
- Use the small indented space that is in the 2 bedroom apartments. I often see it used as a desk area or as a space for recessed shelving.
- Get rid of stuff you don't use, and put things you're not using away. It sounds simple, but it's hard to keep

up with the mess made by living.

The point is to let the living spaces be living spaces, and get everything else out of the way. The kids (or you) will get many things out again, but maybe you never iron and can stow your ironing board in the storage unit until you're ready to start interviewing for "real jobs." Clutter, besides getting in the way, is distracting, and a little regular entropy reversal helps. Who hasn't been studying or writing a paper and hasn't been struck with a sudden desire to start picking up the house and sweep the floors.... If I had already tidied up my kitchen, for example, I wouldn't be thinking about washing the dishes and putting some things away while I write about the presumed benefits of a tidy house. I'm starting to give reasons to procrastinate and that might not be helpful for a student publication. I should probably go tidy up my space.

# Black History Month – Local Events

Submitted by April Berryman

## Celebrate Black History Month at the Crocker

Celebrate Black History Month at the Crocker Art Museum with lectures, tours, a concert and a special exhibition featuring a premier African American artist throughout the month of February.

Crocker Art Museum  
[www.crockerartmuseum.org](http://www.crockerartmuseum.org)  
216 O Street, Sacramento, CA  
95814 916.808.7000

## Black History Month Expo 2008

We are more than delighted to invite you to join us at the 19th Annual Black History Month Black Expo events held throughout the month of February 2008 in Sacramento. For the first time in California history, Rick Warren Media, original founder and producer of the Sacramento Black Expo will implement nearly 20

years of organizational strategy to create the only "month long Expo" in the nation.

The Expo will be held in various locations throughout the Sacramento area. Please check the following website for more details and locations:

[www.blackhistorymonthinfo.com](http://www.blackhistorymonthinfo.com)

## Lunar New Year

Submitted by **Shawna Stevens** (Sources: [www.infoplease.com](http://www.infoplease.com); [www.wikipedia.com](http://www.wikipedia.com))

Lunar New Year or the Spring Festival is the most important of the traditional Chinese holidays and is a celebration of change. The festival traditionally begins on the first new moon of the New Year- the Chinese year 4706 begins on February 7, 2008. It ends on the full moon of the 15th day with the Lantern Festival, which is celebrated at night with lantern displays.

In Chinese astrology, there are twelve different animal signs representing twelve different types of personality. According to legend, Buddha asked all animals to meet him on Lunar New Year, but only twelve came. He rewarded them by naming a year after each one and proclaimed that people born in the year of a particular animal will share characteristics with that animal. According to the Chinese calendar, 2008 is the Year of the Rat. Individuals born in rat years are often characterized as leaders, hardworking, and passionate.

Lunar or Chinese New Year is considered a major holiday for the Chinese and has had a strong influence on the New

Year celebrations of its geographic and cultural neighbors. These include Koreans, Mongolians, Nepalese, Bhutanese, and Vietnamese. While each of these groups



celebrate the New Year in different ways (and even on different dates) the common theme of family runs through them all. The New Year is a time for families to gather and many will travel home for bountiful reunion dinners on Lunar New Year's eve.

At Lunar New Year celebrations, people often wear red clothes, decorate with poems on red paper, and give "lucky money" in red envelopes to both children and unmarried adults. The color red symbolizes fire, which according to legend can drive away evil spirits and bad fortune. This is also why fireworks often shower the festivities. New clothing is usually worn to signify a new beginning in the New Year.

Preparing for the New Year and its celebrations usually involves extensive cleaning so that the bad luck from the previous year can be swept away. However, no cleaning is allowed on Lunar New Year's day to make sure no one accidentally sweeps away good fortune. Homes are often decorated with pretty

鼠年



# The Civil Rights Movement 1955-1965: Sit-Ins

Submitted by Sue Franck; From Lisa Cozzens: <http://www.watson.org/~lisa/blackhistory/civilrights-55-65/index.html>

"All of Africa will be free before we can get a lousy cup of coffee."  
— James Baldwin

On February 1, 1960, Joseph McNeil, Franklin McCain, David Richmond, and Ezell Blair, Jr., walked into an F.W. Woolworth Company store in Greensboro, North Carolina, purchased some school supplies, then went to the lunch counter and asked to be served. They knew they probably would not be. The four freshmen at the North Carolina Agricultural and Technical College were black, and this lunch counter was segregated. Still, as one of the students told UPI, "We believe, since we buy books and papers in the other part of the store, we should get served in this part." When they were forced to leave as the store closed, they still had not been served. This first sit-in had very little effect. C.L. Harris, manager of the store, said of the students, "They can just sit there. It's nothing to me." But when a larger group of students returned the next day, wire services picked up the story, and civil rights organizations began to spread the word to other college campuses. Gordon Carey, a representative from the Congress of Racial Equality (CORE), came down from New York to organize more sit-ins. Ella Baker of the SCLC contacted students on many college campuses. In two weeks, students in eleven cities held sit-

ins, primarily at Woolworth's and S.H. Kress stores. Soon stores put signs in the window, saying "NO TRESPASSING," "We Reserve the Right to Service the Public As We See Fit," and "CLOSED - In the Interest of Public Safety."

The basic plan of the sit-ins was that a group of students would go to a lunch counter and ask to be served. If they were, they'd move on to the next lunch counter. If they were not, they would not move until they had been. If they were arrested, a new group would take their place. The students always remained nonviolent and respectful. Students in Nashville had some "Do's" and "Don'ts" during sit-ins:

Do show yourself friendly on the counter at all times. Do sit straight and always face the counter. Don't strike back, or curse back if attacked. Don't laugh out. Don't hold conversations. Don't block entrances.

Another part of the sit-ins was that the students would be dressed up in their best Sunday clothing. James J. Kilpatrick, the editor of the *Richmond News Leader* and an vehement segregationist, noted that this created an interesting contrast with the whites who came to harass them:

Here were the colored students, in coats, white shirts,

ties, and one of them was reading Goethe and one was taking notes from a biology text. [The students often brought schoolbooks with them to sit-ins so they could study.] And here, on the sidewalk outside was a gang of white boys come to heckle, a ragtail rabble, slack-jawed, black-jacketed, grinning fit to kill, and some of them, God save the mark, were waving the proud and honored flag of the Southern States in the last war fought by gentlemen. Eheu! It gives one pause.

When Northern students heard of the movement, they decided to help their Southern counterparts by picketing local branches of chain stores that were segregated in the South. Martin Smolin, a Columbia student who led picketing at Woolworth's, explained, "People have asked me why northerners, especially white people, who have been in the majority in our picketing demonstrations in New York, take an active part in an issue which doesn't concern them. My answer is that injustice anywhere is everybody's concern." And when a reporter asked Congressman Adam Clayton Powell of Harlem if he was advocating that Negroes in New York stay out of national chain stores such as Woolworth's, he answered, "Oh no.

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## Civil Rights Movement

### Continued from Page 6

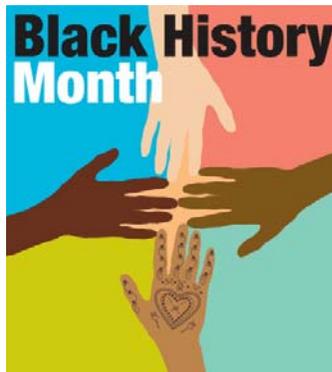
I'm advocating that American citizens interested in democracy stay out of these stores."

The first few weeks of sit-ins were fairly quiet. Blacks were not served, but they were not harassed much either. Then, on February 27, sit-in students in Nashville were attacked by a group of white teenagers. Police arrived, but they let the white teens go while arresting the protesters for "disorderly conduct." As each group of protesters was arrested, a new group would take its place. "No matter what they did and how many they arrested, there was still a lunch counter full of students there," explained Diane Nash, one of the leaders of the sit-in movement in Nashville. Z. Alexander Looby, a prominent black lawyer, represented the protesters in court; however, as he began his arguments, the judge literally turned his back. Looby stopped his argument and said, to the judge's back, "What's the use!" The judge found the defendants guilty, and they were fined \$150 plus court costs. A few days later, 63 protesters were arrested during sit-ins at Nashville's Greyhound and Trailways bus terminals.

Over Easter Weekend, Ella Baker of the SCLC helped organize a conference of sit-in students from around the nation. Held at Shaw University in Raleigh, North Carolina, the conference was dubbed the "Sacrifice for Dignity." Older organizations such as SCLC,

CORE, and NAACP hoped that the students would create a youth organization inside of them. Baker, however, encouraged the students to form an independent organization. They formed the Student Nonviolent Coordinating Committee (SNCC, pronounced "snick") to lead the sit-in effort.

On April 19, Z. Alexander Looby's home was destroyed by a powerful dynamite blast. Looby was considered to be fairly conservative, so the bombing enraged not only the black community but many whites as well. 2,500 students and community members staged



a silent march to City Hall that day. When they reached it, Mayor Ben West was waiting for them. Diane Nash asked him, "Do you feel it is wrong to discriminate against a person solely on the basis of their race or color?" West said yes. He later explained, "It was a moral question -- one that a man had to answer, not a politician." Nashville merchants were somewhat relieved by West's

answer. "The merchants were afraid to move on their own, were almost looking for an excuse to say 'Well if that's what the mayor thinks, then maybe we ought to go ahead,'" explained Bernie Schweid. A few weeks later on May 10, six Nashville lunch counters began serving blacks. The students in Nashville had won an important victory.

The sit-ins, however, were not over. By August 1961, they had attracted over 70,000 participants and generated over 3,000 arrests. They continued in some areas of the South until and even after the passage of the Civil Rights Act of 1964 declared segregation at lunch counters unlawful. In addition, the technique of the sit-ins was used to integrate other public facilities, such as movie theaters, and SNCC, the student group that rose out of the sit-ins, continued to be involved in the civil rights movement for many years. Perhaps most importantly, the sit-ins marked a change in the civil rights movement. In the words of journalist Louis Lomax, "They were proof that the Negro leadership class, epitomized by the NAACP, was no longer the prime mover in the Negro's social revolt. The demonstrations have shifted the desegregation battles from the courtroom to the marketplace." They showed that nonviolent direct action and youth could be very useful weapons in the war against segregation.

# Community Programs

## Using Herbs for Your Family's Health

Please join us for this very special workshop with Heather Baker, herbalist, midwife, and mother. Learn how to make simple, safe, and effective treatments for common ailments to prevent sickness and speed recovery. You will also learn how to bring the healing power of plants into your everyday life. Advance notice is preferred for this program – please contact Chloe at 756-3405.

When: Saturday, February 2,  
2pm-5pm  
Where: Melvin Fassler  
Community Center

## Breakfast Potluck

Now that school holidays are over, let's catch up with our neighbors and share a warm, hearty breakfast together. Bring your favorite breakfast food to share. Coffee, tea, and juice will be provided. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Saturday,  
February 23 at 10am  
Where: Melvin Fassler  
Community Center

## Super Bowl Party

Superbowl XLII kicks off on February 3, 2008 at 3:18 Pacific time. We will bring chicken wings and snacks and watch it at the Melvin Fassler Community Center. Join us! If you have any questions, call Aisha at 681-6897.

When: Sunday, February 3 at  
3:15pm

Where: Melvin Fassler  
Community Center

## Super Bowl Party

Come and watch the Super Bowl Game with us in the Community Center and enjoy a complimentary snack bar and pizza. You only have to bring your own drinks. Call Yalina Soto if you have questions or suggestions at 756-3670.

When: Sunday, February 3 at  
4pm

Where: Orchard Park  
Community Center

## Chocolate Dessert Extravaganza

Get ready for a totally decadent pre-Valentine's chocolate feast! Bring your favorite homemade chocolate dessert and taste your neighbor's. There will be a prize for the most outrageous chocolate creation. As always, please bring your own plate, fork and mug to reduce waste.

When: Sunday, February 10  
at 7pm

Where: Melvin Fassler  
Community Center

## Jewelry Making Class

The winter months are great for staying indoors and crafting. Come join resident Adele De Leon and make some beautiful beaded earrings to take home or give as a Valentine's gift. This class is suitable for adults and children 8 and older. If you have

any questions, please call Shawna Stevens at 757-7899.

When: Monday,  
February 11 at 4pm

Where: Melvin Fassler  
Community Center

## Recycled Valentines

Forget about store-bought valentines! Show some real love with a valentine you make yourself from some paper you reuse. Please bring some old paper, cards, magazines, letters, newspapers or books – anything recyclable that you would like to turn into a cute card. We'll provide decorating supplies.

When: Tuesday, February 12  
at 3pm

Where: Melvin Fassler  
Community Center

## Valentine's Day Craft

Kids, let's create a neat gift to give a parent or a loved one. Bring a favorite photo of yourself or you with your family and we'll make a neat Valentine's Day frame to put it in. If you have any questions, please call Shawna Stevens at 757-7899.

When: Wednesday,  
February 13 at 3pm

Where: Melvin Fassler  
Community Center

## Community Programs

### Crayola Coloring Fun

Come to the Community Center and have a fun hour with coloring pages, games and more. It's the perfect project for these cold rainy days. Contact Yalina Soto 756-3670 with any questions.

When: Saturday,  
February 16,  
10am – 11am

Where: Orchard Park  
Community Center

### Lunar New Year Potluck: The Year of the Rat

Come and celebrate the Lunar New Year with us! This is a special time to get together with our friends and neighbors to celebrate the abundance of the past year with feasting and fun. Please join us as we enjoy the good food and fellowship that are hallmarks of this auspicious occasion. Bring a dish to share. If you would like to volunteer to help with preparations please contact Bonnie Weeks at 204-8539.

When: Saturday,  
February 16 at  
5:30pm

Where: Orchard Park  
Community Center

### Lunar New Year Potluck

Lunar New Year is a very important holiday for many Asian cultures. Let's celebrate the New Year and the good luck it brings with our friends and neighbors at a potluck dinner. Bring your favorite dish

to share. Drinks will be provided. If you have any questions, please call Shawna Stevens at 757-7899.

When: Saturday, February 16  
at 6pm

Where: Melvin Fassler  
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: Monday,  
February 18 at 3pm

Where: Melvin Fassler  
Community Center

### Dolmas

Dolmas are delicious grape leaves stuffed with rice and simmered in tomato sauce. Learn how to make them from friend and neighbor, Asmaa Mohamed, and try some when they're done. It may take a little longer than some programs, but if you've ever had Asmaa's dolmas, trust me, it's worth it! There will be an activity for kids. If you have any questions, call Aisha at 681-6897.

When: Thursday,  
February 21 at 5pm

Where: Melvin Fassler  
Community Center

### Cooking Croatian Pancakes

Join us to experience cooking Croatian style with Orchard

Park resident, Ivona. Croatia is a country East of Italy, Ivona's home until just recently when she moved to UC Davis. Ivona is going to share a dessert recipe: Croatian pancakes, or crepes with cheese. She will show us how to make them and then let us sample the finished product. Contact Bonnie Weeks with questions 204-8539.

When: Monday,  
February 25 at 7pm

Where: Orchard Park  
Community Center

### Play Dough

Since it's still the rainy season, come inside and create some play dough shapes. We'll provide the play dough, you provide the imagination. This is for children of all ages –but parents please come to supervise. Contact Bonnie Weeks with questions 204-8539.

When: Thursday,  
February 28 at 3:30pm

Where: Orchard Park  
Community Center

### Kid's Birthday Celebration

Come and celebrate your birthday with everybody. We will have cupcakes for you to decorate! Call Yalina Soto if you have suggestions, 756-3670.

When: Friday, February 29  
7pm – 8pm

Where: Orchard Park  
Community Center

## Monthly Maintenance Tips

### By Orchard and Solano Park Maintenance

Apartment Heating Issues:

- If you have problems with your heater after hours (4:30pm or



weekends) please contact your RA for assistance. They will come to your apartment and re-light your heater or get you a portable heater to use until repairs can be made.

- Also, please make sure that you have nothing stored on top of your heater as this is a fire hazard.
- Try to keep toys and other things from going under the heater.

## Weekly Yoga in Orchard Park

### Submitted by Serena Ulaner Durand

Come join other moms and their **babies up to age 12 months** at the Orchard Park Community Center for an hour of informal yoga/movement every Wednesday at 3:15 pm. During this time babies will have the space to

crawl around and play with their toys while moms have the space to do their yoga/movement in a safe non-judgmental environment. Serena Ulaner Durand will be leading the group in a series of beginner yoga poses that will leave you

feeling refreshed and calm. Hope to see you there!

Contact Serena at [sulan75@hotmail.com](mailto:sulan75@hotmail.com) with questions.

## Holidays and Anniversaries

### February 5—Mardi Gras, Shrove Tuesday, Pancake Tuesday

Always the day before Ash Wednesday, the name Shrove Tuesday comes from the custom of “shriving”, or purification, through confessing one’s sins prior to lent. The terms Pancake Tuesday, Mardi Gras, and Fat Tuesday come from the custom of eating certain foods for the last time before Lenten period begins on Ash Wednesday.

### February 6—Tet Festival

Celebration of Vietnamese New Year. The most important celebration of the year.

### February 11—Vasant Panchami

Hindu celebration dedicated to Saraswati, goddess of learning, wisdom and fine arts.

### February 14—Nirvana Day

Commemorates the death of Siddhartha Guatama, the Buddha; celebrated in mid-February.

### February 24—National Day of Remembrance for Black Lesbians and Gays

The National Coalition for Black Lesbians and Gays (NCBLG) established the last Sunday in February as a remembrance of the death of Joseph Bean, NCBLG board member and founding editor of *Black/Out*. Bean died in December 1988, and the board called for a national day of remembrance to

honor his life and that of all Black lesbians and gays who have died.

### February 28—Kalevala Day

The Kalevala in Finland’s national epic and is observed throughout the country with lectures, parades and recitations to honor Elias Lonnrot, a country doctor, folklorist and philologist who compiled the Kalevala in 1835. The Kalevala has greatly influenced the development of modern Finnish literature.

# Calendar of Events

## February 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	2 Herb Workshop MFCC 2pm
3 Breakfast Social MFCC 10am  Super Bowl Party MFCC 3:15pm  Super Bowl Party OPCC 4pm	4	5	6	7	8	9
10 Chocolate Extravaganza MFCC 7pm	11 Jewelry Making MFCC 4pm	12 Recycled Valentine's MFCC 3pm	13 Valentine's Crafts MFCC 3pm	14	15	16 Crayola Coloring OPCC 10am  Lunar New Year Potluck MFCC 6pm  Lunar New Year Party OPCC 5:30pm
17	18 Science Experiment MFCC 3pm  <b>HOLIDAY</b> <b>Both Parks</b> <b>Offices</b> <b>Closed</b>	19	20	21 Dolmas MFCC 5pm	22	23
24	25 Cooking Croatian Pancakes OPCC 7pm	26	27	28 Playdough OPCC 3:30pm	29 Kid's Birthday Party OPCC 7pm	



**The Parks at UC Davis**

Phone: (Orchard Park) 530-752-3959  
Phone: (Solano Park) 520-752-3958  
Fax: 530-752-4345  
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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](http://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:**

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**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.

- If you lose your laundry card, you need to purchase a new card at the ADD VALUE STATION within the laundry facility. The Park Office does not provide replacement cards.
- Planning to vacate? Remember a 42-day advance notice is required and must

be submitted to your Park Office.

- When PG & E turns off your gas or electricity for non payment of your utility account, you need to contact them directly at 1-800-743-5000 to reset your service.