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Parks, UC Davis

THE PARK MESSENGER

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Planning to Sublet Your Apartment? Submitted by Joann Wilson, Residential Services Manager

Leaseholders wishing to sublet their apartment may do so for one quarter/semester or during summer, if they will be registered for the following quarter/semester. Your apartment may be sublet only to registered students, faculty or staff of UC Davis.

Leaseholders may download the Sublease Applicant Eligibility Form by visiting <http://www.housing.ucdavis.edu> and clicking on the publications link located at the bottom of the web page. The form must be completed and returned to 160 Student Housing along with a written statement requesting approval to sublet and documentation as to where the leaseholder will be living while the apartment is being sublet. The Residential Services

Manager will then review the applicant eligibility form and written statement.

If approved, a meeting will be scheduled for the leaseholder (sublessor) and sublessee to meet with the Residential Services Manager to sign a sublease agreement and to review sublease policies. If the request is not approved, a letter will be sent to the leaseholder explaining why the request was not approved.

Leaseholder Reminders
You are responsible for your monthly rent payment, not your sublessee.

- You are responsible for any damages to the apartment while the apartment is being sublet.
- Parking permits. Your parking permit cannot be used on

the sublessee's vehicle. If you are not planning to take your car with you while your apartment is being sublet, the sublessee will be required to purchase a temporary permit.

- The sublessee is not authorized to make a request data port changes. It is your responsibility to inform the sublessee about this condition.
- Key authorization for your sublessee must be submitted to the Park Office.
- Your sublessee cannot use your mailbox to receive mail.

Special points of interest:

- Renewal leases must be signed electronically online by June 9, 2008.
- Submit your notices to vacate by June 20, 2008 if you are not renewing your lease for 2008-2009.
- If you are travelling during the summer and your apartment will be vacant, submit a vacation travel notice with your respective Park Office.

Juneteenth

Submitted by Aisha Goodman gathered from www.wikipedia.com

Juneteenth, also known as Freedom Day or Emancipation Day, is an annual holiday in 26 states of the United States. Celebrated on June 19, it commemorates the announcement of the abolition of slavery in Texas. The holiday originated in Galveston, Texas; for more than a century, the state of Texas was the primary home of Juneteenth celebrations. However, one small community in Arkansas (Wilmar) boasts that its celebration, called "June Dinner" has been consistently observed and celebrated, except for one year, since approximately 1870. As of February 2008, 26 states have recognized Juneteenth; these include Texas, Oklahoma, Florida, Delaware, Idaho, Alaska, Iowa, California, Wyoming, Missouri, Connecticut, Illinois, Louisiana, New Jersey, New York, Colorado, Arkansas, Oregon, Kentucky, Michigan, New Mexico, Virginia, Washington, Tennessee, Massachusetts, and North Carolina, as well as the District of Columbia.

Though the Emancipation Proclamation had been issued on September 22, 1862, with an effective date of January 1, 1863,

it had little immediate effect on most slaves' day-to-day lives, particularly in Texas, which was almost entirely under Confederate control. Juneteenth commemorates June 19, 1865, the day Union General Gordon Granger and 2,000 federal troops arrived on Galveston Island to take possession of the state and enforce the emancipation of its slaves. Legend has it while standing on the balcony of Galveston's Ashton Villa, Granger read the contents of "General Order No. 3"

The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor. The freedmen are advised to remain quietly at their present homes and work for wages. They are informed that they will not be allowed to collect at military posts and that they will not be supported in idleness either there or elsewhere.[6]

That day has since become known as Juneteenth, a name derived from a portmanteau of the words June and nineteenth.

Former slaves in Galveston rejoiced in the streets with jubilant celebrations. Juneteenth celebrations began in Texas the following year.[6] Across many parts of Texas, freed people pooled their funds to purchase land specifically for their communities' increasingly large Juneteenth gatherings—including Houston's Emancipation Park, Mexia's Booker T. Washington Park, and Emancipation Park in Austin.[6] Juneteenth celebrations include a wide range of festivities, such as parades, street fairs, cookouts, or park parties and include such things as music and dancing or even contests of physical strength and intellect. Baseball and other popular American games may also be played.

Juneteenth is traditionally celebrated with a large feast served as an all day meal in a park or outdoor space. The traditional dishes of Juneteenth are served pot luck and usually include portions of barbecue, cakes, pies, and watermelon. Big Red soda is the traditional beverage of Juneteenth.[7]

Preparing Siblings for a New Baby

Submitted by Yalina Soto gathered from www.parenthood.com

For older children, the arrival of a baby brother or sister means they will have to learn to share their toys, other belongings and their parents.

This is not always easy for them, but there are things parents can do right from the start to ease the transition and set the stage for positive sibling

relations.

Here are some developmental factors to keep in mind:

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Preparing Siblings for a New Baby

Continued from page 2

- Two- to 3-year-olds can be quite self-absorbed and into the "mine" stage. They have a tendency to be inflexible, domineering and resistant to change.
- Four-year-olds are more social and verbal. They aren't as clingy, since they're making friends and there are more diversions.
- Five- and 6-year-olds are more independent of their parents.
- Pre-adolescents may have a difficult time with a new baby because they are going through so much change in their own development.

No matter what the age, parents need to acknowledge beforehand that kids have conflicting feelings about the prospect of a new sibling and that those feelings are normal.

Preparing for Change

- Tell your older child about

the events leading up to his or her birth and how excited you were. Look at the child's baby photos or videos.

- Take your child to some of your prenatal doctor appointments. Let him listen to the baby's heartbeat.
- Enroll your child in a sibling class.
- Make any necessary changes in family or home life before the baby arrives, including having your child spend more time with Dad and changing bedrooms if necessary. Tell an older child that she's moving out of her crib because she's growing up, not because the baby is coming and you need the crib.
- Let your child decide where to put the crib and which toys she wants to lend to the baby. If there's something she wants to

hold on to, let her. Don't oversell the baby before it arrives. Be realistic. Explain that the baby will cry a lot, sleep a lot, eat and poop.

Helping Siblings Adjust

Once you bring your new baby home:

- Give plenty of attention to your older child. Have someone else hold the baby so you can hug him. Give lots of extra hugs during this time.
- Suggest ways for the child to interact with the baby, such as helping with diapering, playing with the baby or talking to or making funny faces at the baby.

Your new baby will probably get many gifts. When possible, encourage friends and family to get a little something for your older child too, acknowledging his or her status as a big brother or sister.

A One-Eyed Invader in the Bedroom

Submitted by **Alex Geddes-Osborne** gathered from <http://www.nytimes.com>

By [TARA PARKER-POPE](#)

Published: March 4, 2008

Here's one simple way to keep your children healthy: Ban the bedroom TV.

Tara Parker-Pope discusses this article with David Corcoran, a science editor, in the Science Times podcast.

By some estimates, half of American children have a television in their bedroom; one study of third graders put the number at 70 percent. And a

growing body of research shows strong associations between TV in the bedroom and numerous health and educational problems. Children with bedroom TVs score lower on school tests and are more likely to have sleep problems. Having a television in the bedroom is strongly associated with being overweight and a higher risk for smoking.

One of the most obvious consequences is that the child

will simply end up watching far more television — and many parents won't even know.

In a study of 80 children in Buffalo, ages 4 to 7, the presence of a television in the bedroom increased average viewing time by nearly nine hours a week, to 30 hours from 21. And parents of those children were more likely to underestimate their child's viewing time.

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A One-Eyed Invader in the Bedroom

Submitted by Alex Geddes-Osborne gathered from <http://www.nytimes.com>
Continued from page 4

“If it’s in the bedroom, the parents don’t even really know what the kids are watching,” said Leonard H. Epstein, professor of pediatrics and social and preventive medicine at the School of Medicine and Biomedical Science at the State University of New York at Buffalo. “Oftentimes, parents who have a TV in the kids’ bedrooms have TVs in their bedrooms.”

Moreover, once the set is in the child’s room, it is very likely to stay. “In our experience, it is often hard for parents to remove a television set from a child’s bedroom,” Dr. Epstein said.

Dr. Epstein and his colleagues put monitoring devices on bedroom TVs and all the other sets in the house. In one two-year study, the devices in half the homes were programmed to reduce children’s overall viewing time by half. (Children had to use a code to turn on any TV in the home, and the code stopped working once the allocated TV time for the week had been reached.)

Although all the children in the study gained weight as they grew, relative body mass index dropped among those with mandatory time limits. The researchers found that cutting into TV time did not increase exercise levels. Instead, the children snacked less, lowering their consumption more than 100 calories a day. The study, published Monday in The

Archives of Pediatrics and Adolescent Medicine, did not break down the data by bedroom television viewing.

But in 2002, the journal Pediatrics reported that preschool children with bedroom TVs were more likely to be overweight. In October, the journal Obesity suggested that the risk might be highest for boys. In a study among French adolescents, boys with a bedroom television were more likely than their peers to have a larger waist size and higher body fat and body mass index.

The French study also showed, not surprisingly, that boys and girls with bedroom TVs spent less time reading than others.

Other data suggest that bedroom television affects a child’s schoolwork. In a 2005 study in The Archives of Pediatric and Adolescent Medicine, researchers looked at the television, computer and video game habits of almost 400 children in six Northern California schools for a year.

About 70 percent of the children in the study had their own TV in the bedroom; they scored significantly and consistently lower on math, reading and language-arts tests. Students who said they had computers in their homes scored higher.

Why a bedroom television appears to have such a pronounced impact is unclear. It may be that it’s a distraction during homework time or that

it interferes with sleep, resulting in poorer performance at school. It could also suggest less overall parental involvement. Another October study, published in Pediatrics, showed that kindergartners with bedroom TVs had more sleep problems. Those kids were also less “emotionally reactive,” meaning that they weren’t as moody or as bothered by changes in routine. While that sounds like a good thing, the researchers speculated that having a TV in the bedroom dampened the intensity with which a child responded to stimulation.

Another study of more than 700 middle-school students, ages 12 to 14, found that those with bedroom TVs were twice as likely to start smoking — even after controlling for such risk factors as having a parent or friend who smokes or low parental engagement. Among kids who had a TV in the bedroom 42 percent smoked; among the others, the figure was 16 percent.

“I think it matters quite a lot,” Dr. Epstein said. “There are all kinds of problems that occur when kids have TVs in their bedroom.” So while many parents try to limit how much television and what type of shows their children watch, that may be less than half the battle. Where a child watches is important too.

Farewell to Friends By Bonnie Weeks

Right now I'm feeling sad. It's moving season at the Parks and my friends are leaving to careers and other job opportunities far away. I'm excited for them, but sad because I'm not going to have the pleasure of their company. This makes me really grateful for email. I think it's interesting to know that email began in 1965. That means it's now been around for over 40 years!

So with the thought of keeping in touch with the many people who are moving on, I can't think of a better way to keep their memory alive than to use the knowledge they've passed on to us. I know we're each touched

by the lives of others, and if we let them, those relationships can make us better people. I know I'm a better person because of my friends.

With this in mind, I would like to commemorate my friendship with resident Sondos Kholaki. I feel like it's been a long time since I've really had a best friend, and she's it. I wish her the best in her new adventures. I hope you each are able take the time to relish friendships and let those around you know how much you appreciate them.

In her honor, I share an awesome recipe she's given to me

Couscous Salad

From Sondos Kholaki

- 3 cups cooked instant couscous
- ½ diced red onion
- ½ diced red bell pepper
- ¼ cup toasted sliced almonds
- ½ cup golden raisins
- ½ cup dried cranberries
- ¼ cup chopped flat leaf parsley
- ¼ cup orange zest
- ½ orange, juiced
- ¼ cup lemon zest
- ¼ cup olive oil
- Salt and pepper, to taste

Mix all ingredients except for oil, juice, and zest. Then mix oil, juice, and zest together, pour on top of couscous mix, and toss.

Community Programs

Watercolors

Lets spend the afternoon creating beautiful pictures with watercolor paints. This activity is great for all ages, especially little ones. If you have any questions, please call Shawna Stevens at 757-7899.

When: Thursday, June 5 at 4pm

Where: Melvin Fassler Community Center

Beginning Pilates

Pilates focus on the core postural muscles which help keep the body balanced and which are essential to providing support for the [spine](#). In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim

to strengthen the deep torso muscles (from wikipedia.com). Join us for an early work-out with resident Lisa Dettman. This is for first timers and a brush-up for Pilates regulars. Contact Bonnie Weeks with questions at 204-8539.

When: Saturday, June 7 at 7am

Where: Orchard Park Community Center

Father's Day Cards

Come and create a special homemade card for your dad or a special male relative. Bring a photo of yourself and we'll create a card around it. If you have any questions, contact Shawna Stevens at 757-7899.

When: Tuesday, June 10 at

4pm

Where: Melvin Fassler Community Center

Tongan Dancing

If you're **male** and want to learn how to island dance, here's your chance. Tongan resident Adrian Bell is going to teach any interested **male** a simple dance. The night after this event, the group will perform the dance at the Orchard Park Luau. This is going to be awesome! Contact Bonnie Weeks with questions at 204-8539.

When: Wednesday, June 11 at 7pm

Where: Grassy area outside Orchard Park Community Center

Farewell and Thanks

Submitted by Chloe Taylor Evans

As I will be handing my hat off this month to a fabulous new RA, I wanted to thank all the residents and my fellow RAs for making this job as fun and fulfilling as it has been. First of all, gratitude for teaching me what community is - sharing resources, making fun, and getting work done together! Cleaning up with all of you after a nice dinner always tickled me...that we could come into an empty space, enliven it

and mess it up, and then leave it clean and empty as it was is totally beautiful, and something I will seek wherever we live next. On the subject of eating, many thanks for the wonderful food you've prepared and shared over the year and, to those whose food I've never tasted, the smells of pakoras and roast chicken and green onions frying as I patrolled patios and balconies late into the afternoon wondering what on earth I

should make for dinner. This is a really inspiring place to live, in so many ways, so I am glad to have another year to enjoy it, if no longer as a key-toting insider. Violet, Kris and I will be having a BBQ/potluck, on Solstice, June 20 at 5pm, and would love to see any and all of you in front of 3200 to celebrate the start of summer! Peace, Chloe

Community Programs

Water Slide

The weather is warming up so let's welcome summer with the water slide! Please bring towels and sunscreen and get ready to get wet! If you have any questions, please contact Shawna Stevens at 757-7899.

****Waivers must be signed by a guardian to participate in this event.***

When: Thursday, June 12 at 4pm

Where: Grassy area between 2000 & 2200

Luau

We're bringing in summer luau style. Join us for an evening island potluck. Please bring a main dish to share with your neighbors. Contact Bonnie Weeks with questions at 204-8639.

When: Thursday, June 12 at 6pm

Where: Orchard Park Community Center

Scratch Art

Join us for a fun and easy art project! Resident Anya Kayne will show us how to use crayons to create a colorful background, cover it in black paint, and then scratch away with paper clips to make a "magic" picture appear. All are welcome, but children under 5 will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, June 16 at 4pm

Where: Melvin Fassler Community Center

Waterslide

Yeah, it's getting warm again. We're going to begin celebrating summer by bringing out the inflatable waterslide. Children will need a waiver signed by a parent to participate. We will also have a small pool for younger children to play in. Contact Bonnie Weeks with any questions at 204-8539.

When: Tuesday, June 17 at 4pm

Where: Grassy Area by the Orchard Park Community Center

Project Night

This is a night out for parents. If you have a project you'd like to work on, bring it to the community center. We'll have tables set up and food to aid our creative powers. We'll also have scrapbooking materials available for anyone interested. This is for adults only, infants welcome. Contact Bonnie Weeks with any questions at 204-8539.

When: Wednesday, June 18 at 7:30pm

Where: Orchard Park Community Center

New and Expectant Mom Group

Let's get together and enjoy our little ones and some company, while we share our questions and experiences as parents of

Community Programs

new children, or anticipate the questions to come. Siblings are welcome, and so are dads. If you have questions, please call Aisha, 681-6897.

When: Thursday, June 19 at 10:30am

Where: Melvin Fassler Community Center

Summer Evening in the Park

Many of us are at the park almost every evening, enjoying the weather as it cools and watching the kids play. I'll bring some cold lemonade, jacks, and sidewalk chalk. For questions, please call Aisha, 681-6897.

When: Tuesday, June 24 at 5pm

Where: At the green park, by the Melvin Fassler Community Center

Bubbles and Popsicles

Lets enjoy a lazy summer afternoon with bubble blowing and cool down with some popsicles. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, June 26 at 4pm

Where: The playground outside Melvin Fassler Community Center

Tie Dye

This was so much fun recently, that we're going to do it again. We will NOT be providing shirts, so make sure to bring your own clothes to dye. You can dye any type of clothing: shirts, socks, underwear,

bandanas, baby clothes, small blankets or sheets, etc. Please make sure the clothing is clean when you bring it to dye. Contact Bonnie Weeks with any questions at 204-8539.

When: Thursday, June 26 at 7pm

Where: Orchard Park Community Center

Ice Cream

It's summer and that means warm evenings and ice cream! Come on out! If you have questions, please call Aisha, 681-6897.

When: Thursday, June 26 at 7:30pm

Where: In front of the Melvin Fassler Community Center

Water Slide

Calling all Kids! The sun is shining bright and it is hot here in the Parks. Join in the fun and take a slide down the new Water Slide. Parents don't forget the towels and sunscreen.

All children have to come with an adult. For questions, please call Yalina Soto at 756-3670.

***Waivers must be signed by a guardian to participate in this event.**

When: Friday, June 27, from 2pm to 3:30pm

Where: By the Orchard Park Community Center

Ice Cream Social

Let's have Ice Cream together! Come down to the Orchard Park Community Center for a

free cone and spend a nice evening with your neighbors. Please call Yalina Soto at 756-3670 with questions.

When: Monday, June 30 at 7pm

Where: Orchard Park Community Center

Farewell Potluck for Chloe the RA

Yes, it is sad but true; Chloe Taylor Evans will be leaving the RA position as of June 8th. On Tuesday, June 3rd we will be saying thank you to Chloe for her time and contributions to the Solano Park Community. We hope that you will please join us for a potluck and a favorite dish to share. As always, please bring your own plates and utensils. If you have any questions, please contact Sue Franck at 754-7524.

When: Tuesday, June 3 at 5:30 pm

Where: Melvin Fassler Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- Maintenance only replaces exterior lights, and the kitchen and dining room lights. All other fixtures are your responsibility.

Bathroom Mold and Mildew Issues

- To help reduce the incidence of mildew and molds, air exchange is the key. If possible after you shower or bathe, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also, leave

the bathroom door open as much as possible, even if you choose not to run the fan.

- If you notice mold and/or mildew starting to form on shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. Make sure to follow directions on the label.
- Also, a 1% to 2% solution of bleach and water will take care of most

problems. Diluted bleach and over the counter products will actually kill bacteria causing mold and mildew if you let them work for a few minutes after you apply them before you wipe them down.

If you find that mold and mildew have actually gotten into the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies.

Holidays and Anniversaries

June 2—International Mother’s Peace Day

Provides and opportunity for mothers worldwide to demonstrate for peace. “Those who nurture life on earth are of one mind in the opposition to those who would destroy it.” Founded on June 2, 1872 by Julia Ward Howe and observed on the first Monday of June.

June 6—D-Day

On this day in 1944 during World War II, Allied forces invaded France, and action long awaited and hoped for by occupied Europe. Intense fighting in Normandy lasted for many weeks.

June 6—Race Unity Day

Observance held the second Sunday in June promoting racial harmony and

understanding and the essential unity of humankind.

June 12—Anne Frank Day

Birthdate of a young Jewish girl whose diary describes the years her family hid from Nazis with the assistance of gentile friends. She died at Bergen Belsen concentration camp in 1945.

June 17—Trail of Tears

After a series of fraudulent, land-acquiring treaties were imposed on the Cherokee Nation by the US government in the 1830’s, the Cherokee people were driven from their land and began a 1,200 mile forced march to Arkansas and “Indian Territory” (now known as Oklahoma). About 4,000 of the more than 15,000 Cherokee

involved died of disease and exposure. The march was conducted under general Winfield Scott, and followed the signing of the Treaty of New Echota, which transferred seven million acres of Cherokee land to the UC government.

June 21—Summer Soltice

The longest day and night of the year in the Northern Hemisphere. This is considered by some a time to make a commitment to love ourselves and the partner of our choice.

June 29—Lesbian and Gay Pride Parade & Rally

Held on the last Sunday in June in major US cities in recognition of the Stonewall Rebellion.

Calendar of Events

June 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	3 <u>Farewell Potluck for Chloe the RA</u> MFCC 5:30pm	4	5 <u>Watercolors</u> MFCC 4pm	6	7 <u>Beginning Pilates</u> OPCC 7am
8	9	10 <u>Father's Day Card</u> MFCC 4pm	11 <u>Tongan Dancing</u> outside OPCC 7pm	12 <u>Waterslide</u> MFCC grassy area 4pm <u>Luau</u> OPCC 6pm	13	14
15	16 <u>Scratch Art</u> MFCC 4pm	17 <u>Waterslide</u> OPCC 4pm	18 <u>Project Night</u> OPCC 7:30pm	19 <u>New and Expectant Mom Group</u> MFCC 10:30am	20	21
22	23	24 <u>Summer Evening in the Park</u> MFCC 5pm	25	26 <u>Bubbles and Popsicles</u> MFCC 4pm <u>Tie Dye</u> OPCC 7pm <u>Ice Cream</u> MFCC 7:30pm	27 <u>Waterslide</u> Outside OPCC 2pm	28
29	30 <u>Ice Cream Social</u> OPCC 7pm					

