



INSIDE THIS ISSUE:

Popsicle Recipes	2
Tres Leches Recipe	3
Where to Find Childcare in Davis	3
Error in last month's newsletter	4
Community Programs	4
Solano Park Neighborhood Watch	7
Holidays and Anniversaries	8

Orchard Park Office Hours:

Monday ~ Friday: 8:30 a.m.—12:00 p.m. 1:00 p.m.—4:30 p.m.

Solano Park Office Hours:

Monday ~ Friday: 8:00 a.m.—12:00p.m. 1:00 p.m.—4:30 p.m.

Special points of interest:

- Parking permit renewals begin September 2, 2008.
 Renew your permit(s) before October 1, 2008 at your respective Park Office during regular office hours.
- Monday, September 1, 2008 is a national holiday and all campus office will be closed. Please contact the on-call RA for immediate assistance.

RAMADAN

Submitted by: Shakeela Kuthubdeen; gathered from www.islamicity.com

Ramadan is the month of fasting for Muslims the world over. Muslims refrain from eating, drinking, and sexual intercourse from dawn to dusk for the duration of Ramadan. Fasting the month of Ramadan is one of the five pillars of Islam. These are the foundation upon which the entire structure of Islam is built. These consist of the declaration of faith. prayer, fasting Ramadan, paying of Zakah [the annual charity payment], and performing the pilgrimage to Makkah, known as hajj.

Fasting is not simply a time during which people deprive themselves from physical pleasures, but is an occasion to exercise moral restrain and experience spiritual growth. Ramadan is a time of remembrance of God and renewal of commitment to the high and noble values he revealed to mankind. It is, like other religious

practices in Islam, is an occasion for pursuing moral excellence that can also be translated into excellence in social organization and interaction.

After the month of Ramadan is over. Muslims celebrate one of the two most important holidays in the Islamic year: EID-UL-FITR, or the Festival of the Fast Breaking. It is a day to thank God for the blessing and training that He provides us with throughout the month of Ramadan, EID-UL-FITR is marked by praying in a huge congregation at an Islamic center or mosque, and by giving donation to the poor in the community. The adults give the donation on behalf of their children as well.

"What is fasting?" "How does the fasting of Muslims in Ramadan differ from the fasting of other faiths?" "Why should one 'torture' one's body in the first place?" "What do you really gain from fasting in the end?"...These are a few questions that are often raised regarding fasting.

Fasting is an institution for the improvement of moral and spiritual character of human being. The purpose of the fast is to help develop self-restraint, self-purification, Godconsciousness, compassion, the spirit of caring and sharing, the love of humanity and the love of God.

Fasting indoctrinates in patience, unselfishness, and gratitude. Fasting gives the opportunity to feel the pains of deprivation and hunger, and learn how to endure it patiently. "It is the month to visit the poor, the sick, and the needy to share their sorrows.

*Continued on Page 2

RAMADAN

Continued from Page 1

It is the month where the food, sustenance and the earnings of a believing Muslim, increases and they are blessed," said Prophet Muhammad (peace be upon him).

Fasting in Ramadan enables to master the art of mature adaptability and Time-Management, by changing the entire course of their daily life. When they make the change, they naturally adapt themselves to a new system and schedule, and move along to satisfy the rules. This, in the long run, develops in them a wise sense of adaptability and self-created power to overcome the unpredictable hardships of life.

It cultivates the principle of sincere Love, because when we

observe Fasting, we do it out of deep love for God. And a person, who loves God, truly is a person who knows what love is and why everyone on this Earth should be loved and treated justly, for the sake of God.

With the clarity of mind and absence of distractions, also comes a greater focus. In the month of Ramadan, many Muslims try to avoid some leisure activities, which spares them more time and energy to be spent on more productive activities such as academics, intense study of Islam, voluntary prayers, social and humanitarian causes, and a quality time with the family, to name a few.

Fasting has numerous,

scientifically proven, benefits for the physical and mental wellbeing. One of the medical benefits is a much-needed rest to the digestive system.

In a nutshell, even though the real purpose of the dynamic institution of Fasting is to discipline soul and moral behavior, and to develop sympathy for the less fortunate, it is a multi-functional and a comprehensive tool of change in various spheres of our lives, including: social and economic, intellectual and humanitarian, spiritual and physical, private and public, personal and common, inner and outer-all in one!

Join other Parks residents for Ifthar (break fasting) on

Popsicle Recipes

by Shawna Stevens

Davis is still hot in September, so that means there is still time to make some tasty popsicle treats. Homemade popsicles are really easy to make and fun to create. They can be as simple as fruit juice or smoothie poured into popsicle molds. For extra pizzazz, throw in chopped fruit, such as halved grapes in a grape juice pop. And don't worry if you don't have a mold, you can just pour your creation into paper cups and insert popsicle sticks about an hour after you place the pops in the freezer. Once the pops are frozen, just peel away the paper cup and your frozen treat is ready to

enjoy. Here are two recipes from <u>Parents</u> magazine that are a step up from simple, but still easy to make. Enjoy!

Root Beer Float Popsicle (makes 8)

maraschino cherries (optional) 4 cups refrigerated root beer 2 ½ cups softened vanilla ice cream

Place a cherry in each pop mold or paper cup. Fill halfway with root beer. Freeze for I to 2 hours. Add softened ice cream and insert sticks. Cover and freeze for I hour. Add more root beer until molds or cups are full, and then fully freeze another 6 hours. Let sit at room temperature for about 5 minutes before unmolding. Yum.

Mint Chocolate Chip Popsicle (makes 8)

I half-gallon **box** mint-chocolate chip ice cream I 6 mint wafer candies (such as Nestle After Eight Thin Mints)

Fold down ice cream box and cut ice cream into squares the size of mints. Sandwich ice cream between two mints and insert popsicle stick into ice cream. Cover and freeze for I hour to harden. Soften a bit before gobbling it up.

Page 2

Tres Leches (From Costa Rica)

Submitted by Yalina Soto

Ingredients:

For Cake:

6 eggs, yolks and whites separated

I ½ cups granulated sugar I ½ cups self-raising flour I teaspoon of baking powder 4 tbsp. ice water

For The Tres Leches Syrup: I can sweetened condensed milk

I can evaporated milk
I ½ cups of heavy cream

Instructions:

Preheat oven to 350°F (180°C). Grease and lightly flour a 9x13 inch rectangular baking dish (Pyrex glass baking dish is good). Set aside.

Beat the 6 egg whites until soft peaks form. Add the sugar and self-raising flour with the baking powder, the 6 egg yolks and the ice water.

Pour batter into prepared pan, and bake in oven at 350°F

(180°C) for 25-30 minutes, or until a toothpick inserted in center of cake comes out clean. (Make the Tres Leches Syrup while cake is baking). Remove cake from oven and place cake (Do NOT remove cake from baking dish) on wire cooling rack.

To Make The Tres Leches Syrup:

In a large bowl combine the three milks (evaporate, condense and heavy cream). Mix well. Stir in a little rum if desired.

With a fork, toothpick or wooden skewer, poke holes all over top of cake and pour the Tres Leches syrup over the top of cake until completely absorbed.

Once cake has cooled sufficiently, refrigerate cake in baking dish for at least 3 hours or preferably overnight before frosting with whipped cream.

Makes 9 - 12 servings.

For Whipped Cream Topping: Ingredients:

2 cups heavy whipping cream I/4 cup granulated or confectioners' sugar I tsp. vanilla extract

Instructions:

Before making the Whipped Cream Topping, chill your beaters and bowl in freezer for 15 - 20 minutes. Make sure your heavy whipping cream is well chilled.

Pour "chilled" heavy whipping cream into mixing bowl, beat until soft peaks form; add sugar and the vanilla extract and beat until stiff peaks form. Do not over beat!

Spread whipped cream topping evenly over Tres Leches Cake and garnish cake with nuts, fruit or decoration of your choice. Makes approximately 4 cups whipped cream topping.

Where to Find Child Care in Davis

Submitted by Aisha Goodman

Choosing a child care provider is a challenge for many in the Parks (and parents, in general). There are a number of facilities and resources for families in Davis. Child Care Services Resource and Referral offers parents in Yolo County free referrals (not recommendations) to help inform parents of their options regarding licensed child care programs, preschools, and

playgroups. To get a referral and talk to a Resource and Referral counselor, call 530-757-5695. There is also a registry called TrustLine of in-home childcare providers who have passed a background screening. For more information, check out www.trustline.org or call 800-822-8490.

Many resources are listed on the Davis Wiki, along with

information and links to pages from some larger institutions. Look up child care for some resources, and schools (or preschools) for some centers and institutions in Davis. Always call, visit, and ask questions, and stay involved even after you have made a choice. Good luck!

Error in last month's Park Messenger

Submitted by Sue Franck

A resident recently brought an error in the Park Messenger to my attention and I wanted to address the topic while also sharing the error so it can be corrected.

In an email the resident stated the following: My name is Tanya Marshall. I am a new resident to the barks. It seems like a great place to live while finishing up my education. Anyway, I am writing you in regards to the August 2008 issue of The Park Messenger. It is a really good newsletter, very well put together. But the focus of my e-mail is the Holiday and Anniversary section of the newsletter. Among the anniversaries is August 23, 1950 when Edith Sambson became the first African American to be appointed as a US delegate to the UN. First, I'd like to say thank you

for including anniversaries such as this one. However, as an African American woman I am somewhat offended at the wording that was chosen when describing Sampson. In the actual printing it reads, she was the first **Black** to be appointed.... Edith Sampson was not a black, black does not tell nor does it describe who she was as an individual or as a woman. The term black is an adjective; it is a descriptive term that could describe how any person or thing appears. Black does not communicate the essence of a person or thing. In other words, black may have been how she looked, but black is not who she was. There is no such thing as **A** Black just as there is no such thing as a White, a Red, a Brown or a Yellow. I understand that nothing was intended by the wording that was used. I just wanted to bring it

to your attention for future reference.

Thanks to Tanya for pointing this error out and taking the time to write such a thoughtful response. While there still a lot of debate about people's preferences about the terms African American verses black or black American, we should have been more accurate and said "black woman" when making this historical reference.

Community Programs

Homemade Playdough

Owen and I just ran out of playdough, so it's time to make more! We'll make some playdough from scratch, color it, 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: Tuesday, September 2 at 4pm Where: Melvin Fassler

Community Center

Meringue & Salsa Lessons

A native of Peru, Otilia will be teaching us some meringue and salsa. This is a family dancing event. Come ready to relax and learn a couple hip swinging moves. Only one rule: have fun! Contact Bonnie Weeks with any questions 204-8539.

When: Wednesday, September

3 at 7pm

Where: Orchard Park
Community Center

Water Slide—Solano Park

Enjoy the last days of summer & sunshine. Kids! Join your friends and have fun in the water slide. Don't forget your sunscreen &

towel.

**A waiver must be signed by a parent.

When: Thursday, September 4

at 3:30pm

Where: At the grassy area between 2700 & 2800

When: Saturday, September 6

at 3pm

Where: Between 4100 and 4300 When: Thursday, September 11

at 5pm

Where: In the grassy area

between buildings 2000

and 2200

Page 4

Community Programs

Water Slide—Orchard Park

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

*Waivers must be signed by a guardian to participate.

When: Thursday, September 4

at 4:30pm

Where: By the Orchard Park Community Center

When: Saturday, September 6

at I I am

Where: By the Orchard Park Community Center

Making Rainbows

What makes a rainbow? Water droplets? Prisms? How about drawing with chalk? Let's play outside with some different kinds of rainbows. Dress in something that can get wet. For questions, call Aisha, 681-6897.

When: Monday, September 8 at

4_Dm

Where: Outside by the Melvin Fassler Community

Center

Indian cooking

Eager to taste an Indian dish? Learn how to make "Kichdi", an all time Indian favorite with resident Revathi Akshay. All are welcome who like spicy food. For questions please call Shakeela at 297-7451.

When: Tuesday, September 9

at 6pm

Where: Melvin Fassler
Community Center

Equestrian Center Tour



If your child is interested in horses or you're just looking for a new adventure, join us as we tour the equestrian center on campus. They'll tell us what happens there on a daily basis, show us the barns, fields, and the horses they care for. This should be a great field trip! Contact Bonnie Weeks with any questions 204-8539.

When: Wednesday, September

10 at 11am

Where: Meet at 10:45am at the gazebo on the West side of the Arboretum

Cooking with Kids

It is fun to work together in the kitchen and your kids will surprise you by eating their own creation. Come to the Community Center and cook a pizza with your kids. All materials will be provided. Contact Yalina Soto at 756-3670 for comments of questions.

When: Friday, September 12 at

5:30pm

Where: Orchard Park
Community Center

Ifthar (Break Fasting) potluck

Diversity is the spice of life. Join some of our Muslim friends for Ifthar (break fasting) & experience the joy of Ramadan. Bring your favorite dish to share. For questions please call Shakeela at 297-7451.

Page 5

When: Saturday, September 13

at 7pm

Where: Melvin Fassler Community Center

Beaded Jewelry for Kids

Come make a neat beaded bracelet or necklace that you can wear home. All ages are welcome, but children 8 and under will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, September 15

at 4pm

Where: Melvin Fassler Community Center

Watercolor

Let's paint with watercolors and see what beautiful paintings we make. For questions, please call Aisha, 681-6897.

When: Tuesday, September 16

at 2pm

Where: Melvin Fassler Community Center

Music Time

Spend a great afternoon with your kids. Enjoy the music. Join in the fun with some noisy instruments. Admire the talent in your child. Let them bang the drums. (Ideal for toddlers too!!)

Community Programs

For questions please call Shakeela at 297-7451

When: Wednesday, September
17 at 4pm
Where: Melvin Fassler
Community Center

Family Game Night

Get your family together for a fun night of games! We have new games available. This is a great opportunity to get to know your neighbors and a nice activity for the family. Please contact Yalina Soto at 756-3670 if you have questions.

When: Thursday, September 18 from 6:30 to 8:30pm
Where Orchard Park
Community Center

Dirt Cups

This is a fun food activity for children of any age. Kids, come make your own dirt cup, worms and all, and then eat it! Contact Bonnie Weeks with any questions 204-8539.

When: Friday, September 19 at 3:30pm Where: Orchard Park Community Center

Family Fun Night

Let's have a fun evening at the Community Center. We will play games and order pizza. Call Aisha, 681-6897 for questions

questions.

When: Friday, September 19 at 6pm

Where: Melvin Fassler Community Center **Breakfast Social**

Let's get together and have breakfast. It's a good time to meet our new neighbors before the fall quarter starts. We will provide bagels, donuts and beverages. You are welcome to bring fruit. For questions, please call Yalina Soto at 756-3670.

When: Saturday, September 20

at 9am

Where: Orchard Park
Community Center

Sun Prints

Learn about silhouettes and create a composition on paper that changes color in the sun. For questions, call Aisha, 681-6897.

When: Tuesday, September 23 at 4pm

Where: Melvin Fassler Community Center

Bagel Breakfast

Let's kick off the new school year with a tasty bagel breakfast. This is a great way for new neighbors to meet other residents in Solano Park and become part of this great community. Bring your family and we'll spend the morning hanging out and munching away!

When: Saturday, September 27 at 9:30am

Where: Melvin Fassler Community Center

Bike Tune-Up Clinic

Has your bike sat idle all summer? Is it so squeaky people hear you coming from

across campus? Maybe a simple tune-up would help. Come let resident Nathan Stevens show you some basic bike maintenance tips to keep your bike rolling smoothly through the school year. Meet at the large patio in front of the Community Center with your bike and clothes you don't mind getting dirty. If you have any questions, please call Shawna Stevens at 757-7899.

When: Sunday, September 28

at 10am

Where: in front of Melvin Fassler Community

Center

Croatian Olive Bread

Resident Ivona from Croatia is going to show us how to make traditional olive bread from her country. She will teach us and then let us sample some. Contact Bonnie Weeks with any questions 204-8539.

When: Monday, September 29

at 7pm

Where: Orchard Park
Community Center

Play Dough and Coloring Play Date

Parents with toddlers this activity is perfect for you. Meet me at the Community Center for a morning of play dough and coloring. If you have any questions, please contact Yalina Soto 756-3670.

When: Tuesday, September 30

at 10am

Where: Orchard Park
Community Center

Solano Park Neighborhood Watch

Submitted by Corey Cherr

Like anywhere else, crime does occur at Solano and Orchard Parks. A couple of years ago, residents at Solano Park were motivated to form a Neighborhood Watch group. In this article, I would like to talk about what we've learned from the Solano Park Neighborhood Watch.

Last year one of our members conducted an online survey that was completed by 130 Solano Park residents. More than 30% reported being the victim of a crime here at Solano Park and 50% were aware of other residents who had been victimized. A large majority of those victimized had experienced theft (72%), but vandalism (19%) and burglary (12%) were also common. Although these events most frequently occurred between midnight and 6 am, residents reported that they happened at almost anytime on any day of the week. A large majority of residents felt that the most likely ways to reduce crime included securing their own property and keeping watch over property belonging to their neighbors. It should also be noted that representatives of the UCD Police met with the Neighborhood Watch in 2007. These officers clearly communicated that the two most important things we could do were to "lock up" and call the UCD Police (752-1230) anytime we saw someone or something suspicious.

My personal experience greatly agrees with the results of the survey and the suggestions of the UCD Police. In the last two years, I am aware of roughly \$20,000 worth of theft from residents here at Solano Park. Most of these thefts seemed to be very preventable. Almost all of them involve failure to lock doors (either to apartments or vehicles), failure to secure valuable items (bicycles,



recreational equipment, tools, etc) or keep valuable items out of plain sight (leaving navigational equipment on a car dashboard where anyone can see it, for example).

A great deal of crime might also be prevented if residents use common sense and call the police when they see someone or something suspicious. I find myself calling the UC Davis Police perhaps once a month because I have seen someone camping next to the dumpsters or the train tracks, or seen an unfamiliar person asking residents for access to the

laundry rooms or walking around the complex looking at residents' property. I explain to the police dispatcher who and where I am, that I see someone or something suspicious, and explain why I think it is suspicious. This kind of information really helps the police patrol our complex more effectively, and it also lets suspicious individuals know that residents and police notice their presence.

Summer is always a high-crime period. Crimes have occurred here during the past summer, but it does appear to me that crime activity has been less than in past summers. We cannot know for certain, but I do think this is related to greater diligence on the part of residents in terms of locking up and calling the police to report suspicious people or events.

In the Fall Quarter, please expect more information and a pot-luck dinner for the Solano Park Neighborhood Watch. In the meantime, I would like to invite all Solano Park residents to join our email list or get more information by contacting me at cmcherr@ucdavis.edu. Communication among residents is most of what the Neighborhood Watch has done over the past two years and it is very easy. Anytime one member of the Neighborhood Watch finds out about a crime that occurred in Solano Park, or

*Continued on page 8

Neighborhood Watch

Continued from page 7

reports an incident or suspicious person to the police, they can email me and I will distribute the important information to all members of the Neighborhood Watch email list. This means that many people living all over Solano Park become aware very quickly when something is stolen or a suspicious person is reported. Awareness helps prevent more

crime.

On behalf of the Solano Park Neighborhood Watch, Corey Cherr cmcherr@ucdavis.edu

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

FLOORS: Keep them nice and free from stains, scratches and holes.

Some suggestions:

- Make sure all furniture has glides (the nylon or plastic pieces on the bottom of the legs that help keep the floor
- from getting scratched). Chairs, tables, and bed posts and especially important.
- Don't drag heavy objects across the floor. Be sure to pick up heavy objects when moving them.
- Wipe up water and other spills right away.

Be sure the underside of your washing machine doesn't have sharp exposed metal. Also, make sure that each load of laundry is balanced so that the washing machine doesn't "dance" when spinning.

Holidays and Anniversaries

September 10— California becomes the 31st State—1850

September 14—Chinese Moon Festival

The Chinese Moon Festival is one of the biggest annual holidays in China. It is also called the Mooncake Festival or Lantern Festival.

Chinese Moon Festival, or the Mooncake Festival, is a celebration of the Autumn harvest. It occurs when the moon is the brightest. and the highest in the sky. This celebration is one of the oldest holidays in the world, dating back thousands of years. Early celebrations included worship of the moon as a god.

Today, the Chinese Moon

Festival is celebrated as a national holiday in China and other Asian countries. People take the day off from work. They view the moon They cook and enjoy family and friends.

Making, giving, and eating mooncakes is a tradition on this day. Mooncake pastries are thick and dense. They can be filled with a variety of things. Mooncake fillings are not usually sweets. It is often filled with beans, nuts, or seeds.

September 21—World Gratitude Day

The United Nations Meditation Group created World Gratitude Day to express appreciation for the great things that individuals and groups do. This recognition is on a global basis. According to their website: "World Gratitude

Day presents an award to someone who we feel has done something outstanding in the spirit of Globalism." This group also suggests that

you find something to be grateful for, and remember the feeling.

September 22—Family Health Fitness Day

Family Health & Fitness Day USA is a national health and fitness event for families (always on the last Saturday in September.) The event's purpose is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health.

Calendar of Events September 2008

Page 9

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 LABOR DAY HOLIDAY BOTH PARKS OFFICES CLOSED	2 Homemade Playdough MFCC 4pm	3 Meringue & Salsa Lessons OPCC 7pm	Waterslide Between 2700 & 2800 Waterslide By OPCC 4:30pm	5	6 Slide Between 4100 & 4300 3pm Waterslide Outside OPCC
7	8 Making Rainbows Outside MFCC 4pm	9 Indian Cooking MFCC 6pm	10 Equestrian Center Tour I lam	Materslide Between 2000 & 2200 5pm	12 Cooking with Kids OPCC 5:30pm	13 Ifthar MFCC 7pm
14	15 Beaded Jewelry MFCC 4pm	16 Watercolor MFCC 2pm	Music Time MFCC 4pm	18 Family Game Night OPCC 6:30pm	19 Dirt Cups OPCC 3:30pm Family Fun Night MFCC 6pm	20 Breakfast Social OPCC 9am
21	22	23 Sun Prints MFCC 4pm	24	25 FALL '08 CLASSES BEGIN	26	27 Bagel Breakfast MFCC 9:30am
28 Bike Tune-up Outside MFCC 10am	29 Croatian Olive Bread OPCC 7pm	30 Playdough & Coloring OPCC 10am				



A Publication of Orchard and Solano Parks, UC Davis



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.

<u>Editor:</u> Sue Franck

<u>Assistant & Desktop Publishing:</u>
April Berryman

Contributors:
Aisha Goodman
Bonnie Weeks
Corey Cherr
Fred Parker
Shakeela Kuthubdeen
Shawna Stevens
Sue Franck
Yalina Soto

The Park Messenger online:

htt:p//www.housing.ucdavis.edu/current/park_messenger.htm

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 fulltime 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.
- Remember to renew your parking permit before
 October 1, 2008.
- Planning to vacate? Remember a 42-day notice is required.
- Incoming packages ~ 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.
- Large Item Dumping ~ There has been a trend of leaving large items behind, in

the hopes that they will be reused by members of the community. Unfortunately, usually this is not the case, and our dumpster areas are overflowing with unwanted items. Student Housing then has to pay for staff time, dump fees, and gas to remove these unwanted items. As a result, if any personal items are left at the dumpsters upon vacate, you will be billed for the full cost of removal/dumping.