



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

January 2009

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### 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.—12:00 p.m.  
1:00 p.m.—4:30 p.m.

### Special points of interest:

- University Holidays: January 1 and January 19. Both Parks offices are closed. Contact your on-call RA for any immediate housing needs.
- Both Park offices will be closed January 2, 2009.

## Are Plastic Baby Bottles and Formula Cans Safe?

Submitted by Yalina Soto from [www.babycenter.com](http://www.babycenter.com)

The linings of formula cans and polycarbonate (a type of plastic) baby bottles contain the chemical bisphenol A (or BPA). While there's little scientific data on the effects of BPA on humans, studies on animals suggest that it may not be safe.

Problems arise when the chemical leaches out of the bottle or container into the liquid or food that's in contact with the plastic. If your baby drinks from one of these bottles — or consumes formula packaged in one of these cans — it's possible that he's also getting a dose of BPA. The amount of the chemical that leaches depends on the type of cans, the temperature used to sterilize the formula after the can is sealed, and the food itself (whether it's oily, for example, or how much salt it contains).

While the government and the chemical industry assert that the levels of BPA found in humans are very low and that the product is safe, many medical experts, scientists, and environmental experts disagree and believe that the evidence is now strong enough that parents should consider steps to reduce infants' exposure to BPA when possible. Animal studies show that low levels of BPA affect hormones that control the development of the brain, the reproductive system, and the immune system. In laboratory rats, exposure to BPA has been linked to an increased risk of some cancers, decreased sperm counts and reduced fertility, and hyperactivity. BPA exposure has also been linked to obesity, diabetes, and the early onset of puberty.

### How can I protect my baby?

If you're concerned about your baby's exposure to BPA, his baby bottle or formula container is an important source to address. Here are some concrete things you can do that shouldn't hurt and might help:

**Breastfeed your baby.** This one step will avoid BPAs in both bottles and formula can liners.

If you bottle-feed your baby, use glass baby bottles or those made from BPA-free plastic instead of polycarbonate bottles. If you're using plastic, look for bottles labeled "BPA free" or buy bottles made of polypropylene, which are usually opaque or colored rather than clear.

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# Are Plastic Baby Bottles and Formula Cans Safe?

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Get rid of polycarbonate baby bottles and sippy cups that turn cloudy or are scratched or cracked. Worn bottles may leach BPA more easily.

Don't put polycarbonate bottles or sippy cups in the microwave. Some studies show that high heat can cause more leaching of the chemical. When necessary, warm the bottle or cup by placing it in a pan of hot water.

Whichever type of bottle you use, be sure to carefully follow the manufacturer's instructions

for preparing and heating the formula. Formula needs to be gently warmed, not boiled. (In addition to causing more leaching, hot formula can burn your baby's mouth and cause nutrients in the formula to break down.)

Use powdered rather than liquid formula. While both liquid and powdered formula cans contain BPA, powdered is a safer choice. The Environmental Working Group has calculated that babies fed reconstituted powdered formula probably

receive eight to 20 times less BPA than those fed liquid formula from a metal can.

If you buy liquid formula, select a concentrated version instead of ready-to-use formula. Diluting the product with water before giving it to your baby reduces the amount of BPA your baby receives.

**For more information on this subject visit**

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

## Davis People's Free School

Submitted by Aisha Goodman modified from [davispeoplesfreeschool.org](http://davispeoplesfreeschool.org)

The Davis People's Free School is a non-hierarchical project advocating the radical de-institutionalization of learning. They reject the commodification, corporatization, hierarchy, and inaccessibility of the modern educational system and seek to create an alternative space that is free, accessible, community-inspired and community-driven. The Davis People's Free School was created out of the Tri Co-ops Lecture and Workshop Committee in the winter

quarter of [2007](#) with the aim of bringing free and accessible education to the people of Davis.

Program topics for the spring of 2009 include Bicycle Basics, Circus Training, Waste Diversion Sewing, Vermicomposting, Metal Working Skills and many others. Classes are hosted and developed by individuals from the community, take place in a variety of locations, and are listed on the website. Ingrained in the program appears to be a

counter-culture, Do-It-Yourself ethic that encourages individuals to challenge the mainstream and develop one's own relationship to society and learning. If you are interested in learning (or teaching) some traditional (or unconventional) skills, or if you are interested in learning about theories that challenge mainstream conventions, the Davis People's Free School may be a good organization to check out.

## New Baby

Submitted by Carl McCabe

Carl McCabe and his wife Lei McCabe gave birth to a beautiful and healthy, 8 lb 5 oz baby girl

on Monday, December 1st. The baby's name is Leilia McCabe and she is recovering well along

with her mother. This is their first child.

# 1-Minute Discipline Magic

*Submitted by Shakeela Kuthubdeen (from [www.parents.com](http://www.parents.com))*

*Imagine just 60 seconds to correct the bad behavior of your child.....isn't it magic? I read this article after few minutes when I gave Shahama a time out. I hope I've read this earlier because these steps were so easy and make more sense than yelling and losing my control. I hope you will enjoy it too.....*

Your 2-year-old wrote on the wall with lipstick; your 5-year-old helped herself to a cookie after you said no; you caught your 7-year-old in a lie. Your first inclination is to explode, but you've made a resolution to be more patient. Besides, you know that when you lose it, you end up apologetic and defensive. This is not a specific method of discipline, like giving time-outs. Rather, it's an overall strategy--one that focuses not on the child's misbehavior but on your response to it. If you use the 60-Second format, the consequences you impose will be more effective. You'll be in control, your child will know what to expect, and you'll be sure that you're modeling what you actually want her to learn. Here are the six simple steps.

## 0-10 Seconds Act Quickly

The first thing you have to do is take away the lipstick, separate the sparring siblings, or remove the child from the counter. Intervene immediately, don't say 'stop' and wait for a child to obey. Safety is always the first priority, so if there's any

potential danger to your child, you need to act right away. You must also remove anything that is part of the problem. Your child needs to be able to focus on you and the situation. The cookie or the offending sibling will be a distraction to him. If necessary, remove your child from the scene of the crime. In addition, you need to separate yourself from the mess and the commotion so that you'll be less tempted to do or say something in anger that you'll regret later.

## 10-20 Seconds Stay Calm

You know how the flight attendants tell you to put on your own oxygen mask before you help your child put on his? Dealing with emotion is like that--take care of yourself first. Being angry isn't the problem. It's how you handle your anger. Vowing not to get mad sets up an impossible standard, and you'll just end up feeling bad. And kids know when you're annoyed even if you try to hide it. What you really need to do is limit your anger. You have to learn to vent in a different way: Instead of saying, 'You bad boy,' you can say, 'Ahhhhhhhhhh!' loudly. That way, you let off some steam and your child doesn't feel belittled.

Calming down will not only help you handle the situation but enable your child to hear you. If you shout, you'll undermine what you're trying to teach because your child will pay

attention to your intense emotion, not to the wrongdoing.

## 20-30 Seconds Assess the Situation

Take a few seconds to focus on what has actually happened. A 2-year old drew with a purple marker in the living room. The couch and the wall were ruined and you are furious. From his point of view, it was a great creative endeavor. Knowing your child's intentions doesn't rescue the couch, of course, but it does put his behavior in a completely different light.

Separate the incident from all others like it in the past as well as those that might happen in the future. And when you look at the situation in the here and now, as a single event rather than a repeated offense, it's often not as serious an infraction as you originally thought. Ask yourself whether there's something you need to do that will help prevent this behavior in the future, such as keeping off-limits items in a less accessible place or changing family routines. In other words, don't say, "How many times have I told you . . . ?" Even if you think you've told your child something 100 times (which you haven't), it doesn't really matter. You need to tell her again and again, and yet again.

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# 1-Minute Discipline Magic

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## 30-40 Seconds Talk to Your Child

If you simply put a child in time-out, you're controlling her rather than making her responsible for managing her own behavior. Instead tell her why you don't want her to do something and what the real consequences are--not her punishment, but that the marker doesn't come off the walls, for example. Two or three sentences will do just fine. The younger the child, the fewer the words. Get down to her level, and look her in the eye. She needs to hear what she's done wrong and what would have been correct: "We don't draw on the walls--we draw on a piece of paper" or "You can't have a cookie--it's too close to dinner. You may have a carrot instead." Then let the issue drop. As soon as you let your child lure you into a discussion, you weaken the message.

What if she has a valid objection? Talk about it later. In the heat of the moment, she's likely just pleading her case, not starting a real conversation.

## 40-50 Seconds Figure Out Whether a Consequence Is Needed

Many parents think that punishment is the heart of discipline, but most experts disagree. Consequences are necessary only when being consistent doesn't work. But it usually does. Four or five instances of simply taking the cookie out of the child's hand and saying, 'No sweets before dinner' will likely take care of the cookie-snatching behavior. Punishment is usually not the way to go. If the kids are throwing the ball in the house, by all means take the ball away--but they don't need to be punished. If the issue is something you care deeply about, reinforce your message later at a neutral time.

Consider consequences only for a few, carefully chosen misbehaviors--and only when your child repeatedly ignores your clear instructions. What's most effective is to let him experience the results of his actions: If he hits other children, he won't be able to join them for playtime.

## 50-60 Seconds Enforce the Consequence

The child's mind is completely logical, and it tells her, 'If Mom and Dad don't follow through, they don't mean it. The idea is to have very few rules but to enforce them every single time. So don't make idle threats that you can't or won't carry out. You know what we mean: You're grounded for life; that's the last cookie you'll ever see; no play dates for a month. You'll not only upset your child but ultimately undermine your authority.

When all is said and done, the 60-Second Plan is very simple, but it does require a great deal of thought about your goals and an equal amount of self-control. Why is that important? Because good discipline is about much more than not throwing food on the floor and not writing on the furniture. You are conveying your values and showing you have the self-discipline that you're trying to teach your child.

# Protect Your Baby from RSV!

Submitted by Bonnie Weeks (<http://www.cdc.gov/rsv/about/faq.html>)

My baby is a one-year-old now. Time flies when you having fun (and when you're really busy). She is a walking, healthy, and chunky baby. She is most often happy and loves to play with her

brother. But it didn't begin that way.

She was born a couple days before Christmas last year. When she was a week old, her

whole body turned gray and we rushed her to the emergency room.

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# Protect Your Baby from RSV!

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I didn't know what was wrong and didn't expect it to be that bad, but after x-rays, an IV put into her arm, RSV test, and some breathing treatments, they determined that she did have RSV (the respiratory syncytial virus). She was very sick. Just FYI, watching them put a needle into your newborn's veins is not very fun.

We had an ambulance ride to a different hospital where we stayed for two days. On that second day, she got worse. I don't know if the images of my baby laying on the hospital crib/bed will ever leave. Her chest and stomach took turns heaving and made a weird clicking and gasping sound. The doctors and nurses tried several different things to see if her breathing would improve, but eventually went to the C-PAP. The doctor was making the comment, "this is the last ditch effort" before intubation. This was not what I wanted to hear. As a parent, this kind of night is the least fun.

We had to take another ambulance ride to a hospital with infant ICU capabilities. We were in the ICU for another 9 days. RSV is a sickness that has to run its course. The body is the only thing that can fight it because it is a virus. No medication is going to improve the condition. It was a long 9 days. Hospital food and our pull-out chair/bed got old quickly. But our little girl was a fighter.

When we finally got to hold her

without tubes and cords getting tangled in our arms, it was the sweetest gift. I think we love her even more because she was so sick, so close to not being with us. Our children are gifts. I know I'm grateful for the opportunity to be mother of two beautiful children. I hope we all can remember to appreciate their simplicity, desire for learning, and humility. They love truly and appreciate sincerely.

As this cold season presses on, please protect your baby from others who could infect them with unfortunate sicknesses. Some ideas are constant hand sanitizer, not letting anyone hold your baby unless they've washed hands and have no sickness themselves, stay away from other sick children, and avoid crowded places. Good luck and may you enjoy your healthy baby.

### What is RSV?

RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia in children under 1 year of age in the United States. Each year, 75,000 to 125,000 children in this age group are hospitalized due to RSV infection. Almost all children are infected with the virus by their second birthday, but only a small percentage develop severe disease.

### What are the symptoms of RSV?

Symptoms of RSV infection are

similar to other respiratory infections. A person with an RSV infection might cough, sneeze, and have a runny nose, fever, and decrease in appetite. Wheezing may also occur. In very young infants, irritability, decreased activity, and breathing difficulties may be the only symptoms of infection. Most otherwise healthy infants infected with RSV do not need to be hospitalized. In most cases, even among those who need to be hospitalized, hospitalization usually last a few days, and recovery from illness usually occurs in about 1 to 2 weeks.

Visits to a healthcare provider for an RSV infection are very common. During such visits, the healthcare provider will assess the severity of disease to determine if the patient should be hospitalized. In the most severe cases of disease, infants may require supplemental oxygen, suctioning of mucus from the airways, or intubation (have breathing tubes inserted) with mechanical ventilation.

There is no specific treatment for RSV infection.

### Who is at risk for severe illness?

Premature infants, children less than 2 years of age with congenital heart or chronic lung disease, and children

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# Protect Your Baby from RSV!

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with compromised (weakened) immune systems due to a medical condition or medical treatment are at highest risk for severe disease. Adults with compromised immune systems and those 65 and older are also at increased risk of severe disease.

## When is the risk for infection the greatest?

RSV infections generally occur in the United States from November to April. However, the timing of the season may differ among locations and from year to year.

## How is it transmitted?

People infected with RSV are usually contagious for 3 to 8 days. However, some infants and people with weakened immune systems can be contagious for as long as 4 weeks. RSV is often introduced into the home by school-aged children who are infected with RSV and have a mild upper respiratory tract infection, such as a cold. RSV can be rapidly

transmitted to other members of the family, often infecting about 50% of other household members.

RSV can be spread when droplets containing the virus are sneezed or coughed into the air by an infected person. Such droplets can linger briefly in the air, and if someone inhales the particles or the particles contact their nose, mouth, or eye, they can become infected.

Infection can also result from direct and indirect contact with nasal or oral secretions from infected persons. Direct contact with the virus can occur, for example, by kissing the face of a child with RSV. Indirect contact can occur if the virus gets on an environmental surface, such as a doorknob, that is then touched by other people. Direct and indirect transmissions of virus usually occur when people touch an infectious secretion and then rub their eyes or nose. RSV can survive on hard surfaces such as tables and crib rails for many hours. RSV

typically lives on soft surfaces such as tissues and hands for shorter amounts of time.

## How is it prevented?

Frequent hand washing and wiping of hard surfaces with soap and water or disinfectant may help stop infection and spread of RSV. Also, persons with RSV illness should not share cups or eating utensils with others.

Ideally, persons with cold-like symptoms should not interact with high-risk children. If this is not possible, these persons should cover their mouth and nose when coughing or sneezing and then wash their hands before providing any care. They should also refrain from kissing high-risk children while they have cold-like symptoms. When possible, limiting the time that high-risk children spend in child-care centers or other potentially contagious settings may help prevent infection and spread of the virus during the RSV season.

## Community Programs

### Library Field Trip

Do you have young ones who need somewhere to go on a chilly, rainy, winter morning? We will be visiting the Davis Public Library for two exiting programs described below. Meet at the Orchard Park Community Center and we will carpool over to the library. All children must be accompanied

by an adult.

### **Mother Goose on the Loose**

**Time:** 10am - 10:45am  
A fun and energetic way to share music, movement and books with your toddler! A lap-sit program for children from 12 to 36 months and their parents and/or caregivers. In 30 minutes, the award-winning early-literacy program combines music, movement, visual literacy and

language development to help nurture important school-readiness skills.

### **Hug-a-Bye Baby**

**Time:** 10:10am  
A warm and cuddly time of bonding with your baby through books! A lap-sit program for children 2 to 12 months that will share with parents ways to stimulate language development. The 15 minute program will

## Community Programs

consist of songs, lullabies, fingerplays and picture books in a program designed just for infants and their parents. *Join us every Tuesday in the Blanchard Room. No registration is required. Questions? Call 530-757-5593 x4*

When: Tuesday, January 6 at 9:45 am

Where: Meet at Orchard Park Community Center

### Slime

Who doesn't like to play with slime? Learn how to make some, and take home some wiggly, jiggly goo! For questions, please call Aisha at 681-6897.

When: Tuesday, January 6 at 4pm

Where: Melvin Fassler Community Center

### Origami Bookmarks

Make cute 'Origami- Pencil' bookmarks to show off when you go back to school after the holidays. This is so easy even you can teach it to your friends like a pro. For questions please call Shakeela at 297-7451.

When: Wednesday, January 7 at 4pm

Where: Melvin Fassler Community Center

### Powerballs!

Kids, come learn how to make yummy powerballs! These are a tasty snack with lots of energy built in. Plus, they are fun to mush up and don't require any cooking. All ages are welcome,

but all children will need an adult helper. If you have any questions please contact Shawna Stevens at 757-7899.

When: Thursday, January 8 at 4pm

Where: Melvin Fassler Community Center

### Bicycle Repair Workshop

Do you want to learn some basic bike repairs to help your ride be smoother? We are going to have some avid bike-fixer-upers teach us some specific repairs. Bring your bike, tools, and questions to learn how you can become a better bike repair person. Contact Bonnie Weeks with questions at 204-8539.



When: Saturday, January 10 at 10am

Where: Orchard Park Community Center

### Rice Casserole and Potluck

Want a great way to use leftovers? Kasia Scielska likes to make a rice casserole. Learn her recipe and enjoy a communal dinner. Feel free to bring some side dishes, if you like, and we will get out games to play while our dinner cooks. For questions, please call Aisha, 681-6897.

When: Sunday, January 11 at 5pm

Where: Melvin Fassler Community Center

### Paper Flowers

This is a great green project: we reuse magazine pages to make fun flower bouquets. This is easy to learn and make. Bring any old magazines you want to get rid of with you, keeping in mind that the more colorful, the better. After we make our flowers, you'll get to take home your project. Contact Bonnie Weeks with questions at 204-8539.

When: Tuesday, January 13 at 1pm

Where: Orchard Park Community Center

### Toy Swap

Is your little one tired of playing with the same set of toys? Bring those piled up toys which are not in use and take some interesting ones home. (NO broken toys please !!!) For questions please call Shakeela at 297-7451.

When: Wednesday, January 14 at 4pm

Where: Melvin Fassler Community Center

### Earring Class

Time to let your creative side shine. Let's relax and enjoy an evening making beaded earrings. All ages are welcome, but children 12 and under will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

## Community Programs

When: Thursday, January 15 at 5pm

Where: Melvin Fassler Community Center

### Easy Wine Charms

When you are in a party it is nearly impossible to remember just whose wineglass belongs to whom. Well, wine charms can help solve the problem. They also work as a nice decoration when you set up the table for a special occasion. We will show you how to make some elegant wine charms very quickly. Call Yalina Soto if you need more information at 756-3670.

When: Friday, January 16 at 8pm

Where: Orchard Community Center

### Mom and Baby Social

Parents and babies between 4 and 18 months are invited to a social hour at the Orchard Park Community Center. We will spend time getting to know one another and offering advice from previous experience. Expecting moms are also welcome. Please bring a blanket and toys to share. We will

provide a snack.

When: Monday, January 19 at 10am

Where: Orchard Park Community Center

### Fingerpainting

Feeling like getting messy? Time to let your fingers create your next masterpiece! Come on over for an afternoon of fingerpainting. If you have any questions, please call Shawna Stevens at 757-7899.

When: Tuesday, January 20 at 4pm

Where: Melvin Fassler Community Center

### Pipe Cleaner Pals

This is a great toddler activity. Come learn how to bend and

twist pipe cleaner people that you can take home with you. Contact Bonnie Weeks with questions at 204-8539.



When: Thursday, January 22 at 10am

Where: Orchard Park Community Center

### Rainbow Bracelets

The winter months are great for staying indoors and light up the crafting minds. Join me to make colorful rainbow bracelets. Kids under 8 will need an adult helper. For questions please call Shakeela at 297-7451.

When: Thursday, January 22 at 4pm

Where: Melvin Fassler Community Center

### Kombucha

What is Kombucha? It's fizzy and tart, and it's made from sweetened tea. The health junkies think it's good for them, so who am I to disagree? It reminds me of a sour soda, and I happen to have some "mother" to share. Learn more! For questions, call Aisha, 681-6897.

When: Tuesday, January 27 at 4pm

Where: Melvin Fassler Community Center

## French Conversation Group

Submitted by Tiffany Neal

"Bonjour, francophones! Si vous parlez français, vous êtes invité au groupe de conversation. Hello, French speakers!

I would like to set up a French

conversation group at Solano Park. If you want a fun place to keep up with your French, please let me know! I'm envisioning casual get-togethers in the community center. If

interested, please contact Tiffany Neal at [xarcadia@stanfordalumni.org](mailto:xarcadia@stanfordalumni.org). A bientôt!"



## Chinese Animal Frolics

Submitted by Daniel Quincy

Crane & Bear, Snake & Rooster, Monkey & Tiger, Phoenix & Dragon, done for play by children, done for energy development, health and well-being by adults, or done for martial training and self-defense, these Chinese Animal Frolics discipline the mind and train the body, and develop focus and awareness the playful fun way! This Course is open to anyone, including children six years old and older when accompanied by a parent or guardian adult. The classes are going to be held in the EC's M.Arts/Yoga/Dance Studio Rm.280 in South Silo Building

Experimental College #201-3  
Thurs 2:10pm - 2:50pm

Jan.15 - Mar.12 classes  
\$20 /8weeks +Reg Fee. (UCD students and non-UCD students)

Please remember that a **reg fee** is charged once per quarter to each student. The fee is **\$10** for UCD graduate and undergraduate students and **\$15** non-UCD students. This means that the listed course fee of any particular course will not reflect the registration fee, so you should remember to factor that into the cost of your courses. You may also get year long membership.

Instructor Biography: **Sifu Daniel Quincy, Ph.D.**, is a full-time T'ai-Chi (Taiji)

instructor/educator. He has practiced Yang family style T'ai-Chi Ch'uan (Taijiquan) since 1978, and has taught since 1986. He was a member of the 1990 Tai Chi Team USA. He is fortunate to have learned the San Shou practices from Peter Ralston, the 1978 KuoShou World Champion, and T'ai-Chi Gien/Jian/Khim "sword" with two renowned masters of this art (Master Choy,Kam-Man, and Master Hu,Yuen-Chou, both of whom are now deceased). He has won numerous medals in national and international competition exhibiting this art. *Sifu Quincy* is a founding member of both the National Qigong Association and the American Qigong Association.

## Physical Activity, Fitness, and Health Study for Sedentary Women

Submitted by Mary Ellen Rivera

USDA, ARS, Western Human Nutrition Research Center invites healthy, non smoking women, ages 42 – 52, and currently physically inactive, to participate in a 7-month physical activity research study.

The purpose of the study is to determine the health benefits of regular physical activity programs. We will work with you to achieve a goal of being physically active for 60 minutes

each day. Also, we will evaluate your fitness levels, body composition, caloric expenditure and food intake. Participants must be willing to come to the WHNRC on the UC Davis campus to participate in regular weekday physical activity, initially with frequent study visits and ending with 1-2 visits per week. Also, women must not be taking hormone contraceptives or replacements, anti-depressants, or medications

for weight loss,

The study includes compensation for your time and effort. For more information, call (530) 752-5177, and Press #3. Also, visit our website: [www.ars.uds.gov/pwa/davis/whnrc/nutrition](http://www.ars.uds.gov/pwa/davis/whnrc/nutrition)

# 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 bicycle.
- Be sure the frost and water vapor is off all your car's windows. You need to see when you are leaving your parking space and driving the city streets.
- Rain and cold weather

often drives insects such as ants indoors to seek shelter. If you find that this is the case, please let your Park Office know either by phone or in person. We can inspect and treat for ants and other insects.

## Holidays and Anniversaries

### January 1—Shogatsu, New Year's Day—Japan

Traditionally celebrated for either the first three days or the first week of January, Shogatsu is probably the most important Japanese holiday. Schools and businesses close for one to two weeks, and many people who live away from their families return home to spend this time with their families. Many people wear kimono and make their first temple or shrine visit of the year.

### January 4—Birth of Louis Braille—1809

A Frenchman who invented the Braille system of printing and writing for the visually impaired, Braille was blinded at three by an accident and from that time on he relied on his memory in school to learn from teachers' lectures. He studied in Paris at the national Institute for Blind

Youth where cumbersome textbooks were used with regular large raised writing. Other methods of code were used and demonstrated at the school, but were too complex and inconvenient to use. Braille was only fifteen years old when he improved on one method and worked at teaching it throughout his life. Louis Braille dies on January 6, 1852.

### January 14—Pongol—Hindu

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 of song and dance.

### January 26—Chinese New Year

Year of the Ox. A festive holiday celebrated for about two weeks. Each year is symbolized by a different animal. The New Year is the most colorful, joyous and important festival for the Chinese. Popular customs include writing spring couplets (two lines of poetry) on red paper and posting them in doorways, displaying peach blossoms, offering trays of candies and preserved fruits, displaying tangerines, eating rice dumplings, giving children good luck money on red envelopes, and greeting friends with special New Year's sayings. Every home is cleaned and decorated with five lucky signs of happiness, new clothes are worn and even the poorest buy new shoes, for it is bad luck to step down on the ground into old shoes.

# Calendar of Events

## January 2009

*\*\*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
				<b>1</b> <b>HOLIDAY</b>  <b>PARKS OFFICES CLOSED</b>	<b>2</b> <b>PARKS OFFICES CLOSED</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> <u>Library Field Trip</u> Meet at OPCC 9:45am  <u>Slime</u> MFCC 4pm	<b>7</b> <u>Origami Bookmarks</u> MFCC 4pm	<b>8</b> <u>Powerballs</u> MFCC 4pm	<b>9</b>	<b>10</b> <u>Bicycle Repair Workshop</u> OPCC 10am
<b>11</b> <u>Ricer Casserole and Potluck</u> MFCC 5pm	<b>12</b>	<b>13</b> <u>Paper Flowers</u> OPCC 1pm	<b>14</b> <u>Toy Swap</u> MFCC 4pm	<b>15</b> <u>Earring Class</u> MFCC 4pm	<b>16</b> <u>East Wine Charms</u> OPCC 8pm	<b>17</b>
<b>18</b>	<b>19</b> <b>HOLIDAY</b>  <b>PARKS OFFICES CLOSED</b>  <u>Mom and Baby Social</u> OPCC 10am	<b>20</b> <u>Finger Painting</u> MFCC 4pm	<b>21</b>	<b>22</b> <u>Pipe Cleaner Pals</u> OPCC 10am  <u>Rainbow Bracelets</u> MFCC 4pm	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> <u>Kombucha</u> MFCC 4pm	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



**The Parks at UC Davis**

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[http://www.housing.ucdavis.edu/housing/apartments\\_orchard\\_solano.htm](http://www.housing.ucdavis.edu/housing/apartments_orchard_solano.htm)

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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**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.
- Remember visitor permits are not to be used for any vehicle that you or occupants in your apartment are using.
- Planning to vacate after finals? Remember a 42-day notice is required to be submitted at your Park Office.
- In submitting online repair requests, please remember that you should submit one request for each separate repair. We request this since each request is a different task.
- **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.