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.

*Continued on Page 2
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.

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The Davis People’s Free School
Submitted by Aisha Goodman modified from 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.

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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.

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Submitted by Aisha Goodman modified from davispeoplesfreeschool.org

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Imagine just 60 seconds to correct the bad behavior of your child. Isn’t it magic? I read this article after a 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, ‘Ahhhhhhhhhhhh!’ 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.

*Continued on Page 4
保护宝宝远离RSV

提交人：Bonnie Weeks (http://www.cdc.gov/rsv/about/faq.html)

我的宝宝是一个一岁的孩子。时间过得飞快，当你在享受乐趣的时候（或者当你真的很忙的时候）。她是行走的健康和壮实的婴儿。她最常是快乐的，并喜欢和她的哥哥一起玩。但这并不总是这样。

她是在去年圣诞节前几天出生的。当她一个星期大时，她的整个身体变灰了，我们赶紧把她送到急诊室。

*继续在第5页*

1-Minute Discipline Magic

继续从第3页

30-40秒，**与你的孩子交谈**

如果你只是把孩子放在时间外，你是在控制她而不是让她为自己的行为负责。相反，告诉她你为什么不想让她做某事以及真正的后果——不是惩罚，而是“标记”不能在墙上。例如，两到三句话就足够了。年龄越小的孩子，语言就越少。让她看见你的眼睛。她需要知道她做错了什么以及正确的方式：“我们不在墙上画画——我们在一张纸上画画。”然后把这个问题放下。一旦你让孩子诱使你进入讨论，你就软化了你的信息。

什么是有效的呢？如果他打了其他孩子，他将无法加入他们的玩耍。

40-50秒，**决定是否需要后果**

许多父母认为惩罚是纪律的中心，但大多数专家不同意。后果只在一致不起作用时才需要。但通常都是这样。四到五个例子，只要简单地把饼干从孩子的手中拿走，并说：“在晚餐前不要吃糖果”是可能的。惩罚通常不是正确的方式。如果孩子们在室内玩球，当然把球拿走——但他们不需要被惩罚。如果这是你非常关心的事情，在一个中立的时间段内增强你的信息。

考虑后果，仅限于选择的少数几件错误行为，并且只在你的孩子无视你的明确指示时。有效的办法是让他体验他的行动的后果：如果他打了其他孩子，他将无法加入玩耍。

50-60秒，**执行后果**

孩子的头脑是完全逻辑的，它会说：“如果爸爸妈妈不立刻执行，他们就不认真。目的是少设立规则，但要严格执行。所以不要作空头威胁，你将永远看不到最后一只饼干；一个月内没有玩伴。你不仅会惹恼你的孩子，而且会最终削弱你的权威。

当所有一切都说完之后，60秒计划非常简单，但它确实需要对你的目标进行大量的思考和对自我控制的同样的量。

为什么这很重要？因为良好的纪律不仅仅是不把食物丢在地板上，而且不把写在家具上的东西。

你也正在传递你的价值观，展示你正试图教你的孩子你有自控能力。

保护宝宝远离RSV!

提交人：Bonnie Weeks (http://www.cdc.gov/rsv/about/faq.html)

我的宝宝是一个一岁的孩子。时间过得飞快，当你在享受乐趣的时候（或者当你真的很忙的时候）。她是行走的健康和壮实的婴儿。她最常是快乐的，并喜欢和她的哥哥一起玩。但这并不总是这样。

她是在去年圣诞节前几天出生的。当她一个星期大时，她的整个身体变灰了，我们赶紧把她送到急诊室。

*继续在第5页*
Protect Your Baby from RSV!
Continued from page 4

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.

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

*Continued on page 6
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-readyness 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 typically live 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.

Protect Your Baby from RSV!

Continued from page 5

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.

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: Saturday, 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: Tuesday, January 27 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

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**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. 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 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.usda.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 your 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 inspectors 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.**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<td>1 HOLIDAY</td>
<td>PARKS OFFICES CLOSED</td>
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<td>5</td>
<td>6 Library Field Trip Meet at OPCC 9:45am</td>
<td>7 Origami Bookmarks MFCC 4pm</td>
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<td>8 Powerballs MFCC 4pm</td>
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<td>10 Bicycle Repair Workshop OPCC 10am</td>
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<td>11 Ricer Casserole and Potluck MFCC 5pm</td>
<td>12</td>
<td>13 Paper Flowers OPCC 1pm</td>
<td>14 Toy Swap MFCC 4pm</td>
<td>15 Earring Class MFCC 4pm</td>
<td>16 East Wine Charms OPCC 8pm</td>
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<td>18</td>
<td>19 HOLIDAY PARKS OFFICES CLOSED</td>
<td>20 Finger Painting MFCC 4pm</td>
<td>21</td>
<td>22 Pipe Cleaner Pals OPCC 10am</td>
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<td>27 Kombucha MFCC 4pm</td>
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*January 2009 Calendar of Events*
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 your 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.