



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

May 2009

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### Orchard Park Office Hours:

Monday ~ Friday:  
8:00 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:

- Monday, May 25, 2009 in a University Holiday. All campus offices will be closed in observance.
- Don't forget to renew your lease during the month of May. Check your email often for important instructions regarding the process.

## ANNUAL BUDGET MEETING

Submitted by Sue Franck

Come meet with the Director of Student Housing, Emily Galindo. The discussion will center on the budget for the 2009-2010 fiscal year, as well as general questions from residents. This is your opportunity

to hear first-hand information and gain an overview of the Parks' fiscal management.

Meetings will be held in the Community Centers and are scheduled as follows:

Solano Park  
Wednesday, May 13,  
5:00-5:45pm  
Orchard Park  
Wednesday, May 13,  
6:00-6:45pm

We hope to see you there!

## Graduation Party? Plan ahead!

Submitted By Sue Franck

For graduation parties, an exception to our usual Community Center reservation policy is being made. Between May 1 and May 16 we will accept reservations for Spring graduation parties to be held on May 16 or June 6 and June 10-14. Parties for May 16 can be booked immediately. Parties for June 6 and June 10-14 must be limited to time blocks to ensure the highest use of the Community Center. The blocks are from 8am – 12:30pm, 1pm – 6pm and 6:30pm – midnight. After May 10, unreserved time

blocks for May 16 will be released so residents can extend the hours of their party. After May 22, unreserved time blocks for June 6 and 10-14 will be released for reservation extensions. Because of heavy demand, we ask that those utilizing the Community Center be extra diligent with clean-up so the facility will be ready for the next reservation.

You may reserve the Community Center at either Solano or Orchard Park. If demand exceeds capacity, remember that

June is a great month for a picnic; feel free to move the picnic tables around the park for your parties. Put a note on a table the day before you need it as an informal reservation, and please respect others' reservations as well.

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# Graduation Party? Plan Ahead!

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## GRADUATION SCHEDULE 2009

| <u>EVENT NAME</u>                                | <u>DATE</u>        | <u>TIME</u>        | <u>LOCATION</u> |
|--|--------------------|--------------------|-----------------|
| School of Law                                    | Saturday, May 16   | 10:30am            | ARC Pavilion    |
| School of Medicine                               | Saturday, June 6   | 10am               | Mondavi Center  |
| School of Education                              | Wednesday, June 10 | 4pm <b>AND</b> 6pm | Mondavi Center  |
| Graduate Studies                                 | Thursday, June 11  | 4pm                | ARC Pavilion    |
| College of Biological Sciences                   | Friday, June 12    | 10am               | ARC Pavilion    |
| College of Engineering                           | Friday, June 12    | 3pm                | ARC Pavilion    |
| School of Veterinary Medicine                    | Friday, June 12    | 10:30am            | Mondavi Center  |
| College of Agricultural & Environmental Sciences | Saturday, June 13  | 9am <b>AND</b> 2pm | ARC Pavilion    |
| Graduate School of Management                    | Saturday, June 13  | 10am               | Mondavi Center  |
| College of Letters and Science                   | Sunday, June 14    | 9am <b>AND</b> 2pm | ARC Pavilion    |

## Feeding Your Picky Eater

Submitted by Shakeela Kuthubdeen From Parents.com

### The Source of Picky Eating

If you're the parent of a toddler, you probably have had your share of "food fights." For most parents, the situation quickly turns from annoying to worrisome. After all, if your child eats nothing but a spoonful of macaroni and cheese for an entire day, how can he possibly get the nutrients he needs to grow? Fortunately, there's little cause for concern--and lots of tricks and treats you can employ to get your finicky eater to step up to his plate.

It's quite normal for toddlers to go through a finicky-eating phase for emotional, development, and physical reasons. Surprisingly, 95

percent of picky eaters are between the ages of 2 and 4. Here are some of the reasons children often become picky eaters at this stage:

1. Little children thrive on routine and are sometimes fearful of new people or experiences. All those new tastes, textures, and smells can be overwhelming to a toddler, so he's less likely to try an unfamiliar food.
2. Refusing food is a toddler's way of declaring her independence. As your child becomes mobile and reaches more developmental milestones, she gains a sense of her own

capabilities and starts to have more opinions about what she wants to do and where she wants to go. It's a common struggle between children and their parents -- kids at this age are testing the world around them, and the dinner table is no exception.

3. Food fights allow a toddler to observe cause and effect. There's nothing more satisfying to a toddler than seeing what his parents will do when he asserts his will.
4. Some kids don't need much food. Your little one isn't a

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## Feeding Your Picky Eater

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baby anymore. Babies grow at a tremendous pace, but 1 - to 3-year-olds grow more slowly. In fact, there are weeks when they don't grow at all. A toddler's appetite will vary according to that particular growth period -- sometimes she'll be hungrier and need more food than at other times. And since a toddler's stomach is small, she doesn't need much food to feel satisfied.

#### Overcoming Mealtime Struggles

Here are some strategies for putting an end to those food fights.

1. Make food more fun. The same old sandwich is a lot more appetizing to a toddler when it's shaped like a dinosaur. Stock up on cookie cutters and muffin tins and you'll see more of that lunch disappear.
2. Start sneaking in new foods. Many fussy children eat the same collection of foods every day. To broaden your child's limited repertoire and pack more vitamins, minerals, and fiber into his diet, offer small portions of new foods alongside old favorites. Initially, your child may ignore these strange new dishes, but keep trying. Studies show that if you offer a food to a toddler 10 times, eventually he'll try it.
3. Give traditional recipes a healthier twist. A brownie made with applesauce instead of oil is just as sweet, and a lot more nutritious than its fatty counterpart.
4. Mix and match ingredients. Don't get hung up on which foods "go" together. Go ahead and put those berries next to that potato. A variety of colors and textures may help make healthy food palatable to your picky toddler.
5. Keep juice and soft drink intake to a minimum. Beverages are important -- especially whole milk and water. The American Academy of Pediatrics recommends that your toddler drink two to three glasses of milk a day. However, be sure to moderate the amount of other liquids, such as juices and soft drinks between meals. Kids often over drink, and when there's lots of liquid in their stomach, they don't eat.
6. Compromise. If your kid is clamoring for sugared cereal, mix some in with Cheerios or another healthy option. A little sugar won't hurt if you monitor it.
7. Let your child help. Even a toddler can sprinkle grated carrots on a salad. Little kids love to help and are more likely to try food they've had a hand in preparing.
8. Resist the urge to bribe. No matter how tempting it is to coax in a few carrots with the promise of a cupcake, these kinds of negotiations teach your child that some foods are more desirable than others and that food is about power struggles rather than nutrition.
9. Set a good example at the table. Arrange mealtimes so you can sit together as a family for at least one meal a day. Kids are more likely to try different foods if everyone else is eating them.
10. Let your child leave the table when he's done. A young child doesn't have the attention span to sit through a long meal. When he's finished with his food, let him leave the table to play with some quiet toys in your dining area or kitchen while you finish eating.

Don't worry every time your little one leaves the table with his plate half full. Offer your child three healthy meals and two small snacks a day. And if he doesn't eat much, don't sweat it. Children are the best judges of how much food they can fit in their small tummies. Your toddler will eat when he's hungry and stop when he's full.

# Why You're a Great Mom, No Matter How You Mother

Submitted by Jennefer Sisneros from <http://lifestyle.msn.com/your-life/family-parenting>

My husband emailed me this article awhile ago. He knows I can be hard on myself about whether I am doing a good job as a mommy. This article helped me to put things into perspective and I like to look back on it every once in awhile to remind myself that I am doing the best I can and to trust my instincts.

**Wonder if you're doing the whole mommy thing right? Here's how to tune in to your instincts and know for sure.**

## By Aviva Patz

I remember one day when my daughter Sadie, now 5, was still just crawling. A friend came over with her baby for a playdate. When she arrived, she looked around and asked, "Where's Sadie?" I shrugged casually and said, "I don't know. I think she went upstairs." My friend, who never let her own child out of her sight, was aghast — I had allowed my daughter to go up the stairs all by herself! It made me wonder: Am I too laid-back? Am I a bad mom? Fortunately, parenting is not one-size-fits-all. "What works for one mom may not work for another — or her kids," says Michelle Borba, author of *12 Simple Secrets Real Moms Know*. And it's important to get comfortable with your innate parenting style. "If you're always worrying — am I doing it right? — it could hinder your ability to parent effectively," says

marriage, family, and child therapist Lisa Dunning, author of *Good Parents Bad Parenting*. "But if you trust yourself as a parent, you can focus on what's best for you and your child." What's more, feeling secure about your own style actually makes you a better parent — you're not constantly "trying on" other moms' methods, which can confuse your kids. "When you're confident and reliable in your parenting, kids know what's expected of them, and they learn to trust you and feel safe," Dunning says. Follow these five steps to get comfortable with your particular parenting style and make the most of it.

## Stop the compar-a-thon.

"Other people are our worst enemy when it comes to destroying our instincts," says Mary DeBiccari, 35, of Lake Grove, NY, who has two kids, 5 and 2, and a third on the way. "When a friend would say, 'You use wipes instead of washcloths?' and 'How could you not feed on demand?' I would second-guess everything I did." Try to tune out those unsolicited opinions. "When it comes to how your child adapts and copes and his unique emotional and physical needs, you're the expert," Borba says. "And when you go with what you know is right for your child, it will make you the best possible parent." Mary Werner, 37, a mom of three in St. Louis,

often scrutinizes other moms — and imagines they're doing the same to her. But a little perspective goes a long way toward deflecting her self-doubt: "I realize that one situation — on the playground or in the grocery store — is such a limited view of what a parent is like overall," she says. "The mom who's really good at making up fun games may be terrible at handling tantrums. There's just no such thing as a perfect mom."

## Trace the roots of your parenting style.

No matter how hard you try to forge your own unique path as a mom, there's a good chance you're raising your kids the same way your parents raised you — for better and worse. "When you feel a little pain in your stomach because you've triggered a bad memory from growing up, it's a good sign that maybe this is one behavior you don't want to pass on to your kids," Borba says. I got this wake-up call a few months back when I screamed at my 3-year-old — for some trivial infraction — and saw a look of primal fear on her face, as if I were a *T. rex* coming in for the kill. I had an instant flashback to my own mother's constant yelling — while she always apologized after an episode, I'd feel hurt for days. One of the great gifts you get from being a parent, though,

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# Why You're a Great Mom, No Matter How You Mother

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is the chance to right the wrongs from your childhood. "You spend 18 years in your parents' home, so their ways become normal for you," Dunning says. "But if it doesn't feel right, you can make new rules." You can also go overboard compensating for your parents' missteps, however. To tap into whether your style is working, ask yourself, Are my kids responding to me the way I want? If not, examine your choices in certain situations and tweak them to meet your kids' needs and your own.

## Celebrate your style.

It's not often that your kids will tell you what a great job you're doing at being their mom. Borba recommends recording your parenting triumphs and wisdom in a log. You might write, "When I lower my voice, it diffuses Will's tantrums." Says Borba, "It gives you confidence because you're not only tracking successes but also making an effort to improve — and both are signs of a good parent." Add to this journal the compliments from teachers and other parents that have made you feel good about your parenting style. Ariel Zeitlin Cooke, 46, felt really proud when her daughter's principal told her, "Your kid knows right from wrong. She won't be swayed by other kids to go along with the crowd." Says the Montclair, NJ, mom, "I

thought that was a ringing endorsement for a 7-year-old — and by extension, for my liberal parenting style. I've given Eve room to make choices, so now she trusts her own judgment — and I do, too." Don't forget to also record the delicious things your child tells you, like what my 3-year-old said recently: "Mommy, I love you the best."

## Understand that your kid is unique.

Kids are not robots that you can program. "Children are born with different temperaments that determine how easy or challenging they're going to be to parent," says psychologist Howard Paul, Ph.D., a professor of clinical psychiatry at the University of Medicine and Dentistry of New Jersey. And since the exquisite skill of good parenting is meeting your child's specific needs, no one is better equipped than you are — whatever your style — to parent your child. A few years ago, Laurie Hurley, 50, of Newbury Park, CA, was an easygoing mom to then 8-year-old Hannah, but her style changed after she adopted a daughter who had attention deficit/hyperactivity disorder. "I went from being spontaneous to sticking to a schedule," Hurley says. "I'd never naturally be that regimented, but it made my daughter's life more peaceful."

Yes, you're the mom, but parenting is always a give-and-take proposition. Researchers have recently discovered that even in the newborn period, the baby likely has more impact on Mom than they once thought. Apparently, infants — by communicating through cries and other signals — influence not only Mom's actions (getting her to change a diaper, for example) but also her brain, actually stimulating new neurons, enhancing existing ones, and prepping her to become the particular kind of parent that child will need.

## Follow your gut.

Nobody knows your child better than you do — not your pediatrician, your neighbor, your mother-in-law, or some guru on TV. "We devalue ourselves as moms when we don't trust our instincts — that mommy-vision you get when your baby is born," Borba says. "Your gut instinct, which is where your parenting style is formed, is almost always right for your child." And when you start listening to your heart, you'll make peace with your parenting style. This bore out for me when my 3-year-old, who'd been potty-trained for a year, began wetting her pants daily. Her preschool teachers told me to be patient, while my husband thought we should bribe her with stickers. No one liked the idea of making her

# Why You're a Great Mom, No Matter How You Mother

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wear diapers — except me. I thought that it would work because my daughter, who's always striving to act older,

would be horrified at a backslide into babyhood. And, after one embarrassing day at preschool in a pull-up, she quit

the pants-wetting cold turkey. I did it my way — which was right for her — and it worked.

## Community Programs

### Mother's Day Handprint Tiles

Come and create a special gift for your mom or a special woman in your life for Mother's Day. We'll use paint to decorate our tiles with designs and handprints. The tiles will then be glazed and fired and returned to you a week later to give as a gift. **All children will need an adult helper- no exceptions.** If you have any questions, please contact Shawna Stevens at 757-7899.

When: Friday, May 1 at 4pm  
Where: Melvin Fassler Community Center

### Open House at the Raptor Center

The California Raptor Center holds its Open House Saturday, May 2, 2009, 9:00 a.m. - 2:00 p.m. There will be special presentations at 10:00 a.m. and 12:00 p.m. We also invite people to join our Hawk Walk, which starts at the CRC gate at 8:00 a.m. and finishes at 9:00 a.m.

At CRC we care for injured raptors (eagles, hawks, vultures and owls), rehabilitating and releasing them back to the wild

whenever we can. Birds that cannot be released are trained to take part in our Education Program. The Open House is designed to show people what we do. The special presentations will demonstrate fascinating features of raptor biology and ecology, and visitors will be able to see many different raptors close up, on the fist and in our display cages. Our museum will also be open. Call Yalina Soto if you need more information at 756-3670.

When: Saturday, May 2 at 9:30am; For the 10am Presentation  
Where: Meet in front of the Orchard Park Office

### Cinco de Mayo Potluck

Celebrate Cinco de Mayo with a fiesta potluck and piñata! Bring your favorite Mexican food dish to share with your neighbors. If you have any questions, please call Jennefer Sisneros at 792-1097.

When: Tuesday, May 5 at 6pm  
Where: Melvin Fassler Community Center

### Coffee Filter Butterflies

Summer is around the corner, but let's celebrate springtime once more with some beautiful butterflies made out of coffee filters. We'll paint them and then fold them into butterflies for hanging. Children under 6 will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Wednesday, May 6 at 4pm  
Where: Melvin Fassler Community Center

### Sidewalk Chalk, Bubbles and Popsicles!

How does an afternoon of bubbles and drawing outside sound? Bet it sounds even better with popsicles! We'll have lots of chalk for your masterpieces, bubbles galore, and some fruity popsicles. If you have any questions, please contact Shawna Stevens at 757-7899

When: Thursday, May 7 at 4pm  
Where: Outside Melvin Fassler Community Center

## Community Programs

### Mother's Day Cards

Let's make cute Mother's Day Cards to say 'I Love You Mom' & to say how much she means to you all year. Bring some photos of yourself with your mom to create your own cute card. For questions please call Shakeela at 297-7451.

When: Friday, May 8 at 4pm  
Where: Melvin Fassler  
Community Center

### Fun with Bubbles

Blow the magic bubbles and have fun in the playground. For questions please call Shakeela at 297-7451.

When: Monday, May 11 at 4pm  
Where: At the green playground, by the Melvin Fassler Community Center

### Cooking Class: Flan

This time we are going to make FLAN. My friend Marcela Sicairos is going to teach us a very simple and delicious Flan Recipe. We hope to see you there. Call Yalina Soto if you have questions; 756-3670.

When: Monday, May 11, at 8pm  
Where: Orchard Park Community Center

### Scratch Art

Join us for a fun and easy art project! We'll use crayons to create a colorful background, cover it in black paint, and then

scratch away with paper clips to make a "magic" picture appear. Children under 6 will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Tuesday, May 12 at 4pm  
Where: Melvin Fassler Community Center

### Cheesy Pretzels

Come learn how to make delicious and easy cheesy pretzels. We will make the dough and then twist it into our own creative shapes. While the pretzels are baking, we can color and read stories. After enjoying our pretzels, you will have the recipe to take home and make more! Children will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Wednesday, May 13 at 4pm  
Where: Melvin Fassler Community Center

### Kids Games

All kids are welcome to enjoy a fun filled afternoon with your favorite games. We will have jump ropes, hop scotch, & sidewalk chalk. For questions please call Shakeela at 297-7451.

When: Thursday, May 14 at 4pm  
Where: In front of the Melvin Fassler Community Center

### Ice Cream Social

Come! Let's enjoy ice cream & the company of neighbors. For questions please call Shakeela at 297-7451.

When: Monday, May 18 at 4pm  
Where: In front of the Melvin Fassler Community Center

### Waterslide

Let's welcome summer & sunshine in the best way. Kids! Join your friends and have fun on the waterslide. Don't forget your sunscreen & towel. **\*\*a waiver signed by a parent is a must.** For questions please call Shakeela at 297-7451.

When: Wednesday, May 20 at 3:30pm  
Where: At the grassy area between 2700 & 2800

### Family Face Painting

Parents will paint their kids' face and children will paint their parents' face. This is a great family event. Everyone welcome! With comments or suggestions call Yalina Soto at 756-3670.

When: Saturday, May 23 at 1pm  
Where: In front of Orchard Park Community Center

# Change in Seasons: A New RA is Coming

Submitted by Bonnie Weeks

I have greatly enjoyed being your resident assistant in Orchard Park over the past two years. I feel privileged to have associated with so many and enjoy the company of new

friends. It has been a rewarding time for my family and if I had the chance to do it again, I'd take it. However, my Orchard Park RA season has ended and I look forward to a new season with a

new quest. I will still be living in Orchard Park for at least another year and a half, so please keep in touch. Good luck in all you do and remember to enjoy simple things.

## Recently Born Babies

Submitted by Bonnie Weeks

We want to congratulate parents who recently had a baby. Good luck in your adventures.

Girl: Emma Lyn Gilbert  
Parents: Caleb and Jamie Gilbert  
Born: March 16<sup>th</sup> at 12:18pm

Stats: 8 lbs 13 oz, 21.5 inches long

Boy: Lukas Daniel Loehrmann  
Parents: Jared and Jessica Loehrmann

Born: April 2 at 5:42pm  
Stats: 9 lbs 15 oz, 20 inches long

Girl: Saida Kadri  
Parents: Ubaida Tuqan and Obada Kadri  
Born: March 21<sup>st</sup> at 8pm  
Stats: 7 lbs 12 oz, 20 inches long

## Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Window Screens: If you want to remove and then replace for cleaning purposes:

- Orchard Park Residents: The window screen can only be removed and installed from the inside of the window.
- Solano Park Residents: The

window frame can only be removed and installed from the outside—thus to install second story screens, reach the screen out through the window and place it into the frame.

Attempting to force the screens into the proper position can

cause the screen to bend. If you need help, submit a repair request for assistance from Maintenance.

Clean those second floor windows: The Parks Office will lend you a pole made up for cleaning the outside of second story windows.

## Holidays and Anniversaries

**May 3—Birth of Septima Clark—USA—1889**  
Black civil rights organizer who registered scores of thousands of voters, sometimes at risk of her life.

suggestions with indifference, he drowned himself. The festival commemorates the search in boats for his body and features dragon-boat races. The special food prepared for this holiday was originally an offering to his spirit.

**May 5—Double Fifth Festival—China**  
Ch'u Yuan (328-298 BCE), a patriotic Chinese official during the Chou Dynasty, sought to reform certain policies of the court. When the king treated his

**May 18—Battle of Las Piedras—Uruguay**  
A celebration of the battle at which Jose Gervasio Artigas, along with the gaucho army,

defeated the Spaniards, gaining independence.  
**May 25—Memorial Day—USA**  
Memorial Day was first observed in the United States in 1868 to honor the war dead of the Civil War, both North and South. In time it came to include the commemoration of all the lives lost in wars. It is observed on the last Monday in May.

# Calendar of Events

## May 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><br><u>Mother's Day Handprint Tiles</u><br>MFCC 4pm | <b>2</b><br><u>Open House at the Raptor Center</u><br>Outside OP Office 9:30am |
| <b>3</b>  | <b>4</b>  | <b>5</b><br><u>Cinco de Mayo Potluck</u><br>MFCC 6pm | <b>6</b><br><u>Coffee Filter Butterflies</u><br>MFCC 4pm | <b>7</b><br><u>Sidewalk Chalk</u><br>MFCC 4pm | <b>8</b><br><u>Mother's Day Cards</u><br>MFCC 4pm           | <b>9</b>   |
| <b>10</b> | <b>11</b><br><u>Fun with Bubbles</u><br>Near the MFCC 4pm<br><br><u>Cooking Class</u><br>OPCC 8pm | <b>12</b><br><u>Scratch Art</u><br>MFCC 4pm          | <b>13</b><br><u>Cheesy Pretzels</u><br>MFCC 4pm          | <b>14</b><br><u>Kid's Games</u><br>MFCC 4pm   | <b>15</b>   | <b>16</b>  |
| <b>17</b> | <b>18</b><br><u>Ice Cream Social</u><br>MFCC 4pm  | <b>19</b>  | <b>20</b><br><u>Waterslide</u><br>By 2700 & 2800 3:30pm  | <b>21</b>                                     | <b>22</b>   | <b>23</b><br><u>Family Face Painting</u><br>In front of OPCC 1pm               |
| <b>24</b> | <b>25</b><br><u>HOLIDAY BOTH PARKS OFFICES CLOSED</u>   | <b>26</b>  | <b>27</b>  | <b>28</b>                                     | <b>29</b>   | <b>30</b>  |
| <b>31</b> |   |  |  |   |   |  |

