



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

January 2010

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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:

- Friday, January 1 is a University holiday. All campus offices will be closed
- Monday, January 18, 2010 is a University Holiday. All campus offices will be closed.
- Please contact the on-call RA for immediate housing assistance during the holidays listed above.

## Random Acts of Kindness

Submitted by Jessica Loehrmann

With a new year coming, many people get hyped about setting new goals. I'd like to refer you to an organization called "The Random Acts of Kindness Foundation" who list on their site many ways to reach outward to others, breaking down barriers and building bridges with people around us; here were some that caught my eye:

- Smile and say "hello" to someone you don't know.
- When you are waiting for service at the deli counter, trade "ticket numbers" with someone in a hurry.
- Put a flower on a neighbor's porch.
- Pick up litter.
- Help someone struggling with heavy bags.
- Offer to baby-sit for free to give a single parent an evening off.
- Call someone who has no family nearby and invite him or her to your home for a visit.
- Call someone who doesn't drive, and invite him or her out to lunch or a movie.
- Surprise someone in your house with breakfast in bed.
- Compliment a stranger about something they are wearing.
- Pay the toll for the person behind you.
- Volunteer to help at a school or library.
- Adopt a stray animal.
- Give a lottery ticket to a stranger.
- Include a note or joke in your child's or spouse's lunchbox.

For more, go to: <http://www.actsofkindness.org> and look for ideas for individuals, groups, neighborhoods, etc. If you get kind of down in these winter months, these are a great way to create a quick pick-me-up!



# 5 Ways to Raise a Grateful Child

Submitted by Shawna Stevens Source: [www.parenting.com](http://www.parenting.com) Author

After the Christmas holidays and the plethora of presents, children can easily get into a "want, want, want" mindset. Here are five useful tips to remind and encourage children how to be thankful and appreciate what they have. And while it may still take awhile for kid to really understand the concept, the idea is to plant the seed of gratitude and generosity to that it will eventually blossom somewhere along the line. "There's a difference between encouraging thankfulness in your kids and actually expecting it," says Claire Lerner, a child-development specialist at Zero to Three, a nonprofit organization dedicated to the healthy development of kids and families. "Raising a grateful child is an ongoing process."

Your 9-year-old keeps a running -- and growing -- list of toys he has to have. He's up to number 23 this season.

**In-The-Moment Fix:** "Emphasize that you appreciate there are many things he wants, but let him know it will only be possible to get a few of them," says Robert Brooks, Ph.D., a psychologist at Harvard Medical School and coauthor of *Raising a Self-Disciplined Child*. That way, you won't make him feel greedy or foolish for compiling a lengthy list, but you will set his expectations. Last, if you're in for belt-tightening this year, let him know. Be honest, but keep it simple and undramatic so you don't scare him. Instead of saying "Dad might lose his job,

so we have to cut back," say something like "Nothing major is going to change, but we'll have to wait until next year to get the new bike you wanted." It's likely your kid will think "Okay, I can live with that," says Lerner.

**Long-Term Strategy:** Help him understand that gifts are thoughtful gestures, not just a way for him to score materialistic gain, says Lerner. Anytime he receives a present, point out everything the giver put into it. If a classmate makes him a friendship bracelet, for example, say "Oh, wow -- Lucy remembered that you thought these were cool. She picked out colors she knows you like, and it probably took her a whole hour to make. That is so nice." Do this enough times and he'll get the "quality, not quantity" idea before you know it.

Your 5-year-old grimaces at the stuffed Elmo her aunt gives her and says, "But I wanted a Barbie!"

**In-The-Moment Fix:** "The concept of hiding your own negative feelings to protect someone else's is way too complex for kids five and under," says Lerner. So validate your daughter's feelings without responding critically, says Brooks. Say "I know you wanted a Barbie, but let's think about all the different ways we can play with Elmo." You can also step in and model the appropriate response -- and defuse the uncomfortable situation -- by exclaiming something like "Wow, that was so thoughtful, wasn't it, Alli? Aunt Karen remembered you needed mittens!"

**Long-Term Strategy** Before any gift-getting occasion, prepare your

child for the possibility that she may not like all her presents, but at the same time, let her know that it's still important to show her appreciation. Remind her that people put effort into trying to find her the best thing.

You can't even take your kid to get socks or light bulbs without him whining for you to buy him something -- seemingly anything.

**In-The-Moment Fix:** Before you go on any shopping trip, inform your child that you'll be hitting the mall to, say, buy gifts for his cousins. "Engage him in the process," says Lerner. "Ask him what his cousin Jane likes and which toy you should get her. Get him excited about buying for someone else." At the same time, make it clear that you won't be able to buy anything for him. Then, if your son throws a fit at the store, you can refer back to that conversation. Let's be honest: That might not be enough to stop his whining. But steel yourself and stay strong. Caving in will only teach him that he will eventually get his way if he complains loud or long enough. **Long-Term Strategy:** Your weekends may be errand time, but try to avoid spending all your family moments pushing a shopping cart. That way, your kids won't think acquiring stuff is the leisure-time norm. Try to think of things to do that don't involve hanging out in stores, such as sports or games. The

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## 5 Ways to Raise a Grateful Child

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idea you want to get across is that having experiences can be just as exciting as accumulating things (if not more).

Your 6-year-old gobbles down the Teddy Grahams that another parent at the playground gives him. But when you prod him to say "Thank you," he won't.

**In-The-Moment Fix:** It's easy to turn this "teachable moment" into a battle of wills -- one where you're repeating "I didn't hear you say thank you!" to your tantrum-ing child while the person he's supposed to thank is backing away in discomfort. But, explains Lerner, the fact that your son doesn't always say the words likely just means they haven't become a habit for him yet. "And getting into power struggles actually impedes the process," she says.

**Long-Term Strategy:** Remind yourself to model grateful

behavior. When your cookie-muncher goes silent, go ahead and say the necessary "Thank you so much!" for him. In your own everyday interactions, always offer warm thank-yous and praise to grocery store clerks, gas-station attendants, waiters, teachers -- anyone who's helpful to you or him. You may think your child isn't paying attention to those small moments, but he actually is.

When you say no to a DS that, according to your daughter, "everyone at school" has, she complains that all her BFFs get cooler stuff than she does.

**In-The-Moment Fix:** Sympathize with her frustration, but remind your daughter that, actually, many people don't have as much as she does. How? Begin a tradition of charity work and donating. Start simple: As young as age 3, children can be encouraged to go through their belongings and pick out items to donate, says Lerner. Every year

after that, they can get more involved

**Long-Term Strategy:** Expose your daughter to people from all walks of life. "We often try to shield our children from those who are less fortunate, but it's important that kids know how lucky they are," says Dale McGowan, coauthor of *Parenting Beyond Belief*. So the next time you see a homeless person, pass a shelter, or read a story in the news about a needy family, he suggests, ask questions -- "Where do you think that man sleeps?" or "Can you imagine what it would be like not to have a home?" -- that get your kids to put themselves in someone else's shoes. (At the same time, assure them that your family will always have a place to call home.) You'll be surprised -- and pleased -- at how often kids are moved to want to help.

## Children's International Storytelling

Submitted by Ann Gunion

**International House  
Community Room  
10 College Park, Davis  
Sunday January 10, 2010,  
2:00 – 3:00 p.m. (Doors open  
at 1:45 p.m.)**

**MARY LOU LINVILL** of the PennyRoyal Puppet Theatre returns to the Storytelling Program to present the Persian folktale, "The Fox". It will be performed in a walk-around theater. An experienced actress and theatrical designer, Mary Lou

is the founder of the PennyRoyal Puppet Theater, now considered one of the premier touring puppet companies in Northern California. The PennyRoyal Puppets have performed for hundreds of enthusiastic audiences in elementary schools and libraries, as well as at art camps, festivals and San Francisco's Ghirardelli Square. Mary Lou has created a puppet theater that is lively, funny and

emotionally engaging. One Sunday afternoon per month, children of all ages with an accompanying adult, enjoy storytelling performances with an international content at the I-House.

Each storytelling event is open to the public. There is no charge for International House members. There is a suggested donation for non-members (\$2 per person or \$5 per family).

# The Awesome Power of Goal Setting: Ten Tips for Triumph—Set Your Course and Direction With Goals

Submitted by Jennefer Sisneros from By Susan M. Heathfield, About.com

Heed the advice offered by Lewis Carroll's Cheshire Cat, Johann Wolfgang Von Goethe and Stephen Covey. When you begin your new year with solid direction and desired outcomes in mind, you set yourself up for awesome success.

The new year is a beginning, so new goals and resolutions, new plans, new dreams and new directions fuel your thoughts. Whether it's your fiscal year, your budget year, your religious year or the calendar new year, goals and resolutions are on your mind. These tips will help you achieve your goals and live your resolutions.

What is it about this annual "new" that causes us to reflect upon our lives and our accomplishments? I believe each of us has a natural inclination to grow our self-esteem and capability through new accomplishments. Most of us want to make a difference in the world. Most of us want to live life as fully as we can. Thus, we annually draw a new line in the sand and claim a starting point for our next chapter.

## Goal Setting Success

Yet, for all the initial enthusiasm, keeping yourself motivated, committed and moving toward the accomplishment of your goals, is often tough. Tired of setting goals and making resolutions which fade fast from your daily thoughts and actions? Consider adopting some or all

of these tips to experience awesome success in accomplishing your goals and living your resolutions.

*Lewis Carroll from Alice's Adventures in Wonderland: 'Cheshire Puss,' she began, rather timidly, as she did not at all know whether it would like the name: however, it only grinned a little wider. 'Come, it's pleased so far,' thought Alice, and she went on. 'Would you tell me, please, which way I ought to go from here?' 'That depends a good deal on where you want to get to,' said the Cat. 'I don't much care where—' said Alice. 'Then it doesn't matter which way you go,' said the Cat. '—so long as I get SOMEWHERE,' Alice added as an explanation. 'Oh, you're sure to do that,' said the Cat, 'if you only walk long enough.'*

## The Goal Is Yours – You Own the Goal

Whether the goal is a promotion at work, a streamlined work process, a new customer, a published article, an exercise program or weight loss, the goal must be your goal. You are unlikely to achieve your manager's goal, your spouse's goal or the goal you think you "ought" to work on this year. Your goals must generate excitement when you ponder their accomplishment. You must believe there is something in it for you to accomplish them.

Sometimes, especially at work, if you perceive the end reward is worth the work, you will take on challenges in support of the organization's goals. These goals might not be as close to your heart as your personal goals, but you work to achieve them for the good of the organization and your success there.

Here are three more tips that will help you experience awesome success in accomplishing your goals and living your resolutions.

## Base Your Goals Firmly in Your Values

Hyrum Smith, the founder of Franklin Quest, later Franklin-Covey, Inc., developed a model for goal setting. Smith's "Success Triangle" puts governing values at the base of the goal setting process. Smith recommends that every goal is linked specifically to a governing value. For example, if diversity in the workforce is a value espoused by your organization, then at least one goal must further diversity. Every goal should be linked to a governing value.

Short-term, mid-term and long-term goals are then established based upon the solid foundation of your values. If the goal you set is congruent with and allows you to live your most important values, you are more likely to accomplish the goal. According to Gene Donohue, of

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## Goal Setting

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TopAchievement.com, set goals in all aspects of your life, to maintain your life balance. The balance also helps you accomplish goals as each aspect of your life is represented in your goals. You are less likely to experience warring priorities if every aspect of your life has a value-based goal. He suggests goals in these arenas: Family and Home, Financial and Career, Spiritual and Ethical, Physical and Health, Social and Cultural, Mental and Educational

*"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in ones favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. I have learned a deep respect for one of Goethe's couplets: 'Whatever you can do, or dream you can, begin it! Boldness has genius, magic, and power in it.'"(Johann Wolfgang Von Goethe)—W.H. Murray, of the Scottish Himalayan Expedition*

### Believe You Can Accomplish the Goal

Each of us has a little voice in our head. It is the voice of our sub-conscious, judging self. On a daily basis, we engage in self-

talk; we comment on each situation we encounter. We discuss events and plans in our minds. Our commentary is both positive and negative. Positive thoughts and planning support the accomplishment of our goals. Negative thoughts and comments undermine our self-esteem and self-confidence, and negatively impact our ability to accomplish our goals.

Listen to your voice. You can change its tone by believing in yourself and in your ability to accomplish your goals and resolutions. Use this unconscious critic to positively support your goal setting success.

### Paint a Vivid Outcome

Traditionally, goals were established around measurable outcomes. This works well when the outcomes are measurable. Don't tie yourself to setting only measurable goals, however; you may find yourself concentrating on the trivial, because it is measurable, rather than on your most important outcomes. Sometimes the most important goals, the non-urgent, critical goals, are hard to measure.

Here are six more tips that will help you experience awesome success in accomplishing your goals and living your resolutions.

### Write Your Goals

Writing out your goal is your commitment to achieving the goal. Writing a goal is a powerful statement in comparison with half-formulated

thoughts in the back of your mind. It is the conscious promise to yourself to pay attention to the accomplishment of the goal. Writing out potential action plans and due dates makes the goal even more powerful.

### Share Your Goals With People Who Are Important to You

If you are certain your significant others will support the accomplishment of your goals, share them. Your manager is likely to support your goal accomplishment as your success is her success. Honestly assess the ability of family members, peers and friends to provide support. In close relationships, many different feelings, experiences and historical events are at play. If you don't believe you will have whole-hearted support, keep the goals to yourself.

### Check Goal Setting and Achievement Progress Regularly

One of the weaknesses of any annual appraisal system is the lack of frequency with which progress and success are measured and tracked. You are most likely to accomplish the goals you set if you review them daily as part of your normal planning process. (You do have a normal planning process, don't you?) Whether you use a paper planner or a hand held computer, you can enter your

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# Goal Setting

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goals, and schedule daily and weekly actions that support their accomplishment. The discipline of the daily review is a powerful goal accomplishment tool.

## Take Action to Identify and Eliminate Obstacles to Goal Setting Success

Simply tracking your goals daily is not enough. If you're unhappy with your progress, you need to assess what is keeping you from accomplishing the goals. Ask yourself questions such as, "Is this goal really important?" (If not, why did you pledge to accomplish it; maybe it's not important, or less important than other goals.)

"Are there specific obstacles you are experiencing which are interfering with your ability to accomplish the goal?" (In this case, make action plans to remove the obstacles or seek help from a co-worker, friend or family member.) If you are not making progress on a

particular goal, attempt to do a root cause analysis to determine why. Only by honestly analyzing your lack of progress can you determine steps to take to change this picture. In this era of the hand-held computer and PDA cell phones, picture your goals automatically forwarding for 365 days. Talk about a daily reminder about failure!

*Seven Habits Revisited*  
"Begin With the End In Mind is the endowment of imagination and conscience. If you are the programmer, write the program. Decide what you're going to do with the time, talent, and tools you have to work with: "Within my small circle of influence, I'm going to decide."

-Stephen R. Covey

## Reward Yourself and Celebrate Goal Accomplishment

Even the accomplishment of a minor goal is cause for celebration. Don't depress yourself with thoughts about all you still have to do. Celebrate what you have done. Then move on to the next milestone.

## Goals and New Year Resolutions Change

Periodically look at the goals you have set for this year. Are the goals still the right goals? Give yourself permission to change your goals and resolutions based on changing circumstances.

Don't spend an entire year failing to achieve a particular goal. Your time is better spent on achievement than on beating yourself up for lack of progress. Maybe you made the goal too big; maybe you set too many goals. Do an honest assessment; change what needs to change periodically, and move on.

Paying attention to these ten guidelines can make all the difference in your year. Will this year be a year of triumph for you, a year of awesome success? Whatever your goals and resolutions, these tips can help power your success.

# Research Studies

Submitted by Mary Ellen Rivera

ARE YOU INTERESTED IN RESEARCH STUDIES IN THIS NEW YEAR?

Studies are conducted by the USDA, ARS Western Human Nutrition Research Center on the UC Davis campus. Participation can be an interesting and educational experience. WHNRC invites healthy adults who have flexibility in class, work or personal schedules to participate in study visits.

Monetary compensation is paid for participation.

- **GRAPE POWDER STUDY for OVERWEIGHT MEN & WOMEN:** Ages 20 - 60 years and 45 - 120 lbs. overweight. For more information, call (530) 752-5177 & Press #2
- **BREAKFAST STUDY for PREMENOPAUSAL WOMEN:** Ages: 25 - 45 and premenopausal. For more information, call (530) 752-5177 & Press #4
- **FITNESS & WEIGHT LOSS**

## STUDY for WOMEN:

Ages 30 -50 and a BMI from 30 - 35. For more information, call (530) 752-5177 & Press #5

- **NUTRITION & WOMEN's HEALTH STUDY:** Ages 42-52. For more information, call (530) 752-5177 & Press #8

➤ **Also, visit our website:**

[www.ars.usda.gov/pwa/davis/whnrc/nutrition](http://www.ars.usda.gov/pwa/davis/whnrc/nutrition)

## Community Programs

### Make Some Noise

Let's celebrate the New Year, by making our own rhythm with handmade shakers. We'll create variety by using different fillings like dry rice or beans. The kids will decorate their shaker, and have an impromptu parade.

Happy New Year! For questions or info call Ashley, (510) 926-7554.

When: Friday, January 1 at 3-4pm

Where: Orchard Park Community Center

### Snowflake Mobile

We may not have snow in Davis but we can enjoy making snow flakes. Join me to make a snowflake mobile to celebrate the winter. Kids under 8 will need an adult helper. For questions please call Shakeela at 297-7451.

When: Tuesday, January 5 at 4pm

Where: Melvin Fassler Community Center

### Peace Dove

Please join us for an afternoon craft. We will make a paper dove to symbolize our hopes for peace in the New Year! If you have any questions please contact Jennefer at 792-1097.

When: Wednesday, January 6 at 4pm

Where: Melvin Fassler Community Center

### Glimmer Paint

Let's mix up our very own puffy, glossy paint! We'll make up different colors and then create some artistic masterpieces with them afterwards. The recipe is

easy and I'll have copies to take home. If you have any questions please contact Shawna Stevens at 757-7899.

When: Thursday, January 7 at 4pm

Where: Melvin Fassler Community Center

### Playdough Mania

Kids bring your favorite toy and get ready to mold an epic imaginary world. I'm going to cook up a vat of natural playdough and set it up for collective creative play. When this event is over you can take home a piece of the action! For questions or info call Ashley, (510) 926-7554.

When: Saturday, January 9 at 3-4:30pm

Where: Orchard Park Community Center

### Kids Jewelry Class

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

When: Tuesday, January 12 at 4pm

Where: Melvin Fassler Community Center

### Thank You Card Writing!

Since lots of holiday gift giving is done, let's get together to start on those Thank-You cards!! Bring names of those to whom you are sending, or just come a make cards for later! If you have questions you can call Jessica at 530-204-8967.

When: Tuesday, January 12 at 5pm

Where: Orchard Park Community Center

### Felt Soap

We'll cover bars of soap with colorful pieces of felted wool. The bars can be used like regular bars of soap, but the wool coat will provide a gentle exfoliating scrub. **Children under 10 must be accompanied by an adult helper.** If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, January 14 at 4pm

Where: Melvin Fassler Community Center

### Silk Painting

Come learn how to paint on silk. This painting technique starts by drawing on the silk with a clear resist that when dry will provide a space to hold the color dyes or leave a clear line for the dye to flow around. We will provide silk scarves and all the supplies needed. The dyes will stain so please come dressed appropriately. **This program is not recommended for children under 6 years old and all children must be accompanied by an adult helper.** If you have any questions please contact Jennefer at 792-1097.

When: Saturday, January 16 at 1pm

Where: Melvin Fassler Community Center

## Community Programs

### Dr. Martin Luther King, Jr. Day

Let's take an opportunity to remember and share the history of Dr. King and the Civil Rights movement. First we'll have story time, and then we'll talk about the I Have a Dream speech. After, the kids can paint a picture of a dream they have for our future.

When: Monday, January 18 at 4-5pm

Where: Orchard Park Community Center

### Apple Muffins

Apple muffins are easy to make and taste delicious when warm from the oven. Come! Taste some and take the recipe to have a family baking time at home. Kids welcome with an adult helper. For questions please call Shakeela at 297-7451

When: Tuesday, January 19 at 4pm

Where: Melvin Fassler Community Center

### Painting Handprint Birthday Calendars

It's a new year!! Put everybody's birthdays on a new 2010 Calendar and decorate the pages with kids' handprints themed for each month. Example: January--white handprints to make a snowflake. February--red handprints to make a heart. If you have questions call Jessica at 530-204-8967.

When: Tuesday, January 19 at 5pm

Where: Orchard Park Community Center

### Quilt-Patterned Collage

Join us for an afternoon craft. We will cut shapes out of scrapbook papers to piece together a quilt-patterned collage. If you have any questions please contact Jennefer at 792-1097.

When: Wednesday, January 20 at 4pm

Where: Melvin Fassler Community Center

### Chili Cook-off & Dessert Contest

GAME ON! ALL RESIDENTS from OP and SP are invited. Bring your best chili and/or dessert along with the recipe to a Chili Cook-off! PRIZE to the winner of Best Chili and Best Dessert. Get ready to eat some yummy food! Salad, rolls, and drinks will be provided. For any questions call Jessica at 530-204-8967.

When: Friday, January 29 at 5pm

Where: Orchard Park Community Center

### UC Davis Fire Station Tour

Calling all kids and kids-at-heart! Let's go take a tour of a real fire station! The UC Davis Fire Dept. has invited us to tour their station to get an up close look at firefighters and fire engines. If you have any questions, please call Shawna Stevens at 757-7899. Go to <http://fire.ucdavis.edu/directions.htm> for directions.

When: Saturday, January 30 at 10:30am

Where: UC Davis Fire Station, located on-campus on Briggs Road off of Hutchinson Drive

## 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 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.

## Tips To Avoiding Problems That Can Be Caused By Cold Weather

Submitted by April Berryman

On some occasions it can get quite cold in Davis during the winter season. In fact, just before the end of Fall quarter, we had several days of cold temperatures below freezing. There are numerous problems that can develop in apartments due to the cold. Among them are:

1. Doors swelling and warping.
2. Floor tiles coming loose.
3. Paint peeling.
4. Frozen water pipes bursting, causing flooding.
5. House plants dying that cannot tolerate the cold.
6. Sensitive electronic equipment developing problems.

Therefore, if you are planning on leaving for **more than one day** during this winter season, we ask that you take the following steps to avoid any problems that the cold might create:

1. **Close** and **lock** all windows and the glass patio door and **close** all window coverings.
2. Leave all doors **inside** your apartment **open** allowing heat to migrate throughout your apartment.
3. Leave your water heater **on** at a **low** temperature setting.
4. Leave your wall furnace on at the **lowest** possible temperature setting.

Thank you for following these recommendations.

## Holidays and Anniversaries

### January 4—Birth of Louis Braille (France)

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 died on 6 January 1852. (1809)

### January 5—George Washington Carver Recognition Day (U.S.A.)

George Washington Carver was a Black American botanist and chemist who brought economic prosperity to a large area of the struggling Southern United States. He was born a slave on a Missouri farm in 1861, was orphaned as an infant and freed at the end of the Civil War. He is most remembered as an American educator and horticulturist who developed useful by-products from peanuts, sweet potatoes, and soybeans. Carver became head of Tuskegee Institute's agricultural school where he received recognition for his experimental work, plus teaching crop diversity and methods for soil improvement to southern farmers. (died 1943)

### January 6—La Befana (Italy)

Epiphany festival in which the "Befana," a kindly witch, bestows gifts on children—toys and candy for those who have been good and a lump of coal or a pebble for those who have been naughty.

### January 15—Dine College Established (U.S.A.)

Formerly known as Navajo Community College, Diné College is the first native American-controlled community college established in the Americas within the past 400 years. The college serves residents of the 26,000 square mile Navajo Nation, spanning Arizona, New Mexico, and Utah. A Navajo board governs the college, a project of tribal leader Dillon Platero. (1969)

# Calendar of Events

## January 2010

*\*\*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> <u>Make Some Noise</u> OPCC 3pm  HOLIDAY  BOTH PARKS OFFICES CLOSED	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> <u>Snowflake Mobile</u> MFCC 4pm	<b>6</b> <u>Peace Dove</u> MFCC 4pm	<b>7</b> <u>Glimmer Paint</u> MFCC 4pm	<b>8</b>	<b>9</b> <u>Playdough Mania</u> OPCC 3pm
<b>10</b>	<b>11</b>	<b>12</b> <u>Kid's Jewelry Class</u> MFCC 4pm  <u>Thank You Card Writing</u> OPCC 5pm	<b>13</b>	<b>14</b> <u>Felt Soap</u> MFCC 4pm	<b>15</b>	<b>16</b> <u>Silk Painting</u> MFCC 1pm
<b>17</b>	<b>18</b> PARKS OFFICES CLOSED  <u>Dr Martin Luther King Jr. Day</u> OPCC 4pm	<b>19</b> <u>Apple Muffins</u> MFCC 4pm  <u>Painting Handprint Birthday Calendars</u> OPCC 5pm	<b>20</b> <u>Quilt Patterned Collage</u> MFCC 4pm	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <u>Chili Cook-off &amp; Dessert Contest</u> OPCC 5pm	<b>30</b> <u>UC Davis Fire Station Tour</u> UCDFD 10:30am
<b>31</b>						



**The Parks at UC Davis**

Phone: (Orchard Park) 530-752-3959  
Phone: (Solano Park) 530-752-3958  
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**A Publication of Orchard and Solano Parks, UC Davis**

**Your doorway to campus life & academic achievement**

**We're on the Web!**

[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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**The Park Messenger online:**

[http://www.housing.ucdavis.edu/current/park\\_messenger.asp](http://www.housing.ucdavis.edu/current/park_messenger.asp)

**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 your occupants in your apartment are using
- Planning to vacate after finals? Remember a 42-day notice is required.
- In submitting online repair requests, please remember

that you should submit one request for each repair you have. We request this since each request is a different task. In addition, **please press the submit button only once**, otherwise, duplicate requests will be inputted into our system.

- **Packages ~** The Park Offices do not accept 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.