



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

March 2011

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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.—12:00 p.m.
1:00 p.m.—4:30 p.m.

Special points of interest:

- March 25 is a University holiday and all campus offices will be closed. Please contact your on-call RA for immediate assistance during this time.

The Solano Park Gardens

Submitted by **Becky Kirk**

Well friends and fellow farmers, it's that time again! The weather is beautiful and the garden is calling. For those of you who are new to Solano Park or simply have not had the chance to garden in the past, now is the year to take advantage of one of our community's most precious treasures. For those of you who have enjoyed a season or two already: welcome back friends!

The Solano Park Gardens are located behind Solano field and by the basketball court. There are many plots waiting to be cultivated and harvested by any interested residents. There is a yearly \$20 plot rental fee and a one time \$20 deposit fee per plot. You get your deposit back if you help on Garden Work Day and clean out your plot when you leave. To sign up and pay for your plot, just show up on this year's Garden Work Day: Saturday,

April 2nd.

Every year we have one day dedicated to cleaning out the garden field and plowing plots - we call it Garden Work Day. All those interested in having a plot and those renewing their plots are asked to come for a few hours on that day to help clean out sticks, old chairs, metal cages, etc. We rent two tractors to mow the grass and plow residents' plots. It is a lot of fun and very satisfying to be able to work your own plot by the end of the day.

Garden Work Day this year is going to be Saturday, April 2

starting at 8am. Please come to the tool shed area (located by building 2800) at that time to help clean out the garden if you are going to be gardening this year. You may also (as mentioned above) sign up for a new plot at this time. *If it is raining heavily on April 2, we will postpone the work day.*

Those of you who are renewing your plots this year, please come to Becky's apartment (#3413) March 29, 5-7 pm or, March 30 4-6pm to sign up again. Any unclaimed plots will be made available to everyone on Garden Day, on a first-come, first-serve basis. Please contact the Garden Committee at solanoparkgardens@gmail.com with any questions.

Fun, friendship, and home-grown food await! We look forward to seeing you out in the garden!

Family Gardening

Submitted by Ashley Scarborough gathered from www.babyzone.com/mom_dad/home_food/gardening/article/gardeningbenefits

If you're looking for an engaging outdoor activity that allows the whole family to participate, consider a family garden. From selecting your vegetables and flowers, preparing the earth and planting, and finally harvesting, gardening can be a wonderful way to involve your children in a healthy hobby you can all enjoy.

Life Lessons of Gardening

Lisa Taylor, Children's Garden Director at Seattle Tilth, a non-profit community gardening organization, has a unique take on why kids should garden. "With little people, they're a lot closer to the ground; they have an intimate relationship with the earth. Anything we can do to bring that non-descript terra firma to life is good."

Along with the fun of getting dirty, gardening helps children learn valuable lessons about patience as they wait for vegetables to grow, responsibility as they see how necessary their care is to the garden, and even loss when flowers die at the end of a season. "They learn about nurturing a life and what it takes to keep something alive," says Amy Gifford, an education associate for the National Gardening Association. Gifford extols the value of exercise as children physically work in the garden, that families learn to work together and share, and that gardening helps build a child's senses.

"One of the most important things about [vegetable] gardening is understanding where food comes from," says

Gifford. She says young children are fascinated in seeing food when it's pulled from the ground, and they notice the similarities and differences from their garden vegetables and produce from the grocery store.

How Does Your Garden Grow?

If you've decided to involve your kids in gardening, you need to make some decisions—most importantly where and what your child will be gardening. "The essentials for a children's garden are clear paths, narrow beds, and edible plants," says Taylor. "Kids should be able to reach across the beds. They can learn where people go and where plants Gifford encourages parents to set aside a small plot in the garden or flowerbed the child can experiment. "I like to see less regulation in the garden. The way to approach it best is that there's nothing the kids can't handle and get them involved from the very beginning. Let kids have their own spot," says Gifford. "If they want to toss 10 seeds in one hole, let them and they will see what happens. Let them learn from the experience."

Carrots and Radishes and Broccoli—Oh My!

Once you've decided where to let your children garden, it's time to decide what to plant. Gifford recommends planting crops that are hearty enough to succeed and don't require unusual care. A local nursery, good gardening book, and even the backs of seed packets should answer questions about growing habits of plants, the soil and nutrition needed, and proper

watering. Instant gratification helps a lot. Plant radishes even if you don't like them—they come up in three or four days. At Seattle Tilth, children are introduced to a variety of plants "that are great to smell, fun to touch, good to eat," says Taylor. She mentions fennel, lamb's ears, and rosemary as favorites for kids, and adds that they've had many children who garden take interest in salads made with foods they've grown. "[Kids are] learning where food comes from. I think they will taste more things in a garden situation than they ever would otherwise. It's different when you pick it, know where it comes from and have interaction with it," says Taylor. Gifford says vegetables are fun for children to grow because they germinate so quickly. If you are worried your little one will lose patience waiting for plants to sprout, you can germinate seeds indoors while it's still too cold to plant outside, or you can purchase flats of vegetables or flowers ready to put in the ground. Both Taylor and Gifford emphasize that a family garden should only contain safe, non-poisonous plants and flowers. Taylor says it's important that parents teach children the names of plants, vegetables and flowers, especially if they have a taste or smell children can identify. "Kids love to learn the names of the plants...teaching them is a good way to teach respect for even the smallest things."

Everyday Astronomy

Submitted by Shawna Stevens

The first thing they announce at the Discovery Museum planetarium is that “you may feel like you are moving but, be assured, you are not.” The first thing my son said loudly as soon as the lights went out is “how come I'M moving?” After a while though, everyone adjusted to the dark, to the virtual stars and planets moving over our heads and learned a few things about the night sky. Such is the fun that can be had at this public planetarium just 20 minutes away in Sacramento.

But you don't have to drive to Sacramento to see some interesting things in the sky. Even though the lights in Davis make it difficult to see the fainter objects, there is still plenty to see. In the night sky this month, you can't miss the constellation Orion “the hunter.” This includes the three bright stars of Orion's belt as well as other stars making up his body, club, and shield. Notable stars include the reddish-

colored *Betelgeuse*, which makes up Orion's right shoulder, and *Rigel*, his left foot. If you follow the line of three bright stars of Orion's belt to the left, you will eventually see *Sirius*, the brightest star in the sky.

The two best planets to see this month are Venus and Saturn. If you are up in the early morning before it's too light out, you will probably see Venus as a brilliant morning star low in the southeast. Saturn is fairly bright too but visible at night to the east.

One other fun thing to try is watching the international space station fly by. You can check NASA's website to figure out when it is visible, then go out at the right time and watch what looks like a bright moving star zoom overhead! Of course the space station has no lights of its own, so what you are seeing is the sun reflecting off the station.

While it is amazing what you can see with the naked eye, telescopes

are also a great tool. I've held star-gazing programs in the past here at Solano Park and no one has turned up. So, if there is some reawakened interest in a star-viewing program with a telescope (Solano Park has one), please let me know and I'll organize one for April. I'll leave you with the website links for some of the topics mentioned in the article. Happy star-gazing!

The Discover Museum Science and Space Center: <http://www.thediscovery.org/>

NASA SkyWatch: http://www.nasa.gov/vision/space/travelinginspace/f_skywatch.html

AstroViewer: <http://www.astroviewer.com/interactive-night-sky-map.php>

An online, interactive night sky map. Make sure to enter the correct location (Sacramento) and time!

Farewell Orchard Park

By Jessica Loehrmann

So long, farewell, auf Wiedersehen, goodbye! After March 17th, I will no longer be the RA at Orchard Park. It's been about 2 years now and I'm ready to move on to different endeavors. I've enjoyed seeing many of you at the playgrounds morning and afternoons with Lukas. Many of you have seen my son grow from baby to little

boy and are amazed at how big he is (as are we!) I'll be looking forward to spending more 'uncluttered brain' time with him and enjoying our last 6 months or so in Orchard Park as a family free of work stress. Thank you to all of you who have helped me out setting up or taking down tables & chairs at activities, helping deliver newsletters, offering of your time,

food and expertise to help the community get to know each other a little better. I hope many of you will continue to have your own block parties, swap babysitting and help each other move in and out. See you this summer at the waterslide!

Get Help With Your Parenting Dilemmas

Submitted by Shakeela Kuthubdeen

Will a 'Time out' work? How can I teach my 3yr old share his toys with his friends? How can I teach my preschooler to say 'Please and Thank You'? When do I start to potty train my li'l one? As parents we try so hard to find the correct answer for everything. Sometimes we wonder whether we are turning ourselves into control freaks or becoming too pushy. I find these sites so helpful. Though it may not solve all of your parenting

dilemmas it may give you certain helpful tips to stress free parenting. Find out whether you are taking the correct parenting move or get help with your unsolved questions.

<http://aplaceofourown.org>
<http://csefel.vanderbilt.edu/resources/family.html>
<http://www.cffc.ca.gov/Help/atp.asp>
<http://sacramento.momslikeme.com>
<http://www.zerotothree.org/>

Sign up for weekly/monthly free

news letters in these sights which updates you with information on your kid's milestones and what to expect in coming months.

<http://www.parents.com>
<http://www.babycentre.com>
<http://www.pampers.com>
<http://www.parenting.com>

Parenting is a tradition; follow the family tradition or start your own. Happy parenting!!!



Volunteers Needed for Family Research Study!

Submitted by Tina Tran

How Can Lipoproteins Be A Risk Factor For Heart Disease? The UC Davis Endocrinology Research Team is looking for families to volunteer in a research study, in hopes of answering this question. Dr. Lars Berglund and his team are studying the genes of a lipoprotein in specific ethnic groups. We hope to determine if having these types of proteins in your blood can be a risk

factor for heart disease. We are recruiting 100 African American and 100 Caucasian families to participate in a one-time study visit. Families must have 2 natural parents and 2 natural children over the age of 6 (adult children are welcome).

We ask that families come to the Sacramento VA Medical Center. A research staff member will ask about the family's medical history

and perform a brief physical exam. A nurse will draw each family member's blood (about 4 teaspoons). We will compensate each family member \$50 for his/her time and travel.

If interested, please contact Tina Tran at 916-703-9127.

Community Programs

Walk in the Arboretum

Welcome spring in the healthy way. Join us for a walk in the Arboretum. Get the strollers and we'll have a moms' hour enjoying fresh air. This event will be cancelled if it rains or the weather's too chilly. For questions, please call Shakeela at 297-7451.

When: Friday, March 4 at 10:30am

Where: Meet in front of Solano Park Office

20 Minute Kites

Spring is finally here! Let's get ready for the windy days ahead by making our very own kite out of some basic supplies. If you have any questions, please call Shawna Stevens at 757-7899.

When: Friday, March 4 at 4pm
Where: Solano Park Community Center

Seeds for the Garden

Start some seeds for your garden in the spring. Come get some seeds, free! The plants will be ready to transplant in few weeks. We'll provide all the materials. For questions, please call Shakeela at 297-7451.

When: Saturday, March 5 at 2:30pm
Where: Solano Park Community Center

Jewelry Class for Adults

If you haven't already, come and join us for some jewelry making. I'll have supplies on hand to

make either bracelets or earrings. Beginners are welcome. **This will be a kid-free event to give the adults some free time!** If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, March 7 at 7:30pm

Where: Solano Park Community Center

Knitting Night!

Come join us to learn the basics of knitting with Revathi Akshay. This program is for all levels of knitters, we will be sharing our knowledge furthering the art of knitting. Get away for the evening and we will work on creating a scarf. **Adults only please.** If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.



When: Thursday, March 10 at 8pm

Where: Solano Park Community Center

Toddler Play Time-Friday!!

Toddler gym. Snacks. Parent chat time. Play with your child time. Be there! If you have questions call Jessica at

801-472-3981.

When: Friday, March 11 at 10am

Where: Orchard Park Community Center

Painting for Grown-ups

Come enjoy a KID FREE ZONE and check out the new art supplies. You don't have to be a pro to join this class. Relax and let your imagination create your next masterpiece. For questions, please call Shakeela at 297-7451.

When: Friday, March 11 at 6:30pm

Where: Solano Park Community Center

Coffee Filter Butterflies

Spring is around the corner, so let's celebrate 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: Monday, March 14 at 4pm

Where: Solano Park Community Center

Finals Week Pizza and Games Night is Back

"Don't make dinner!" Just sign in and have pizza. Bring a salad to share. Keep your fingers crossed for good weather and we'll be outside!! Pizza served at 6pm-ish. If you have questions call Jessica at 801-472-3981.

Community Programs

When: Tuesday, March 15 at 6pm
Where: Orchard Park Community Center

Finals Week Popsicles and Cones

Come over after dinner (or eat ice cream for dinner!). Come celebrate St. Patrick's Day, Women's History Month, Finals week stress and my last day as the RA at Orchard Park! If you have questions call Jessica at 801-472-3981.

When: Thursday, March 17 at 6pm
Where: Orchard Park Community Center

Make your own Blarney Stone

Legend says that kissing the *Blarney Stone* has the legendary capacity to endow the kisser with eloquence and skill at flattery. Come and make your own kissed Blarney Stone to celebrate St. Patrick's Day! Children will need an adult helper for this activity. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Thursday, March 17 at 4pm
Where: Solano Park Community Center

Kite Flying

We have some extra kites in the Community Center. Let's take them out for a spin. Hopefully the weather will be fine! See you there.



When: Saturday, March 19 at 10am
Where: Grassy Bowl in Orchard Park

Seed Sprouting

Hey everybody let's get together to begin our vegetable starts! This year we are right on time. Everybody who participates can take the little baby seeds home to nurture them into baby plants for our community garden.

When: Sunday, March 20 at 4:30pm
Where: Orchard Park Community Center

Tilling the Garden

Garden work day! We need people to pull weeds and till the soil. We'll be ready to plant in no time.

When: Saturday, March 26 at 10am
Where: Orchard Park Children's Garden



March Birthday Celebration

It is time to celebrate you or your neighbors March birthdays together! We will be decorating cupcakes together. Get ready to have some fun, this event is for everyone. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Thursday, March 24 at 4pm
Where: Solano Park Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Bathroom Mold and Mildew Issues

➤ To help reduce incidence of mildew and mold, air exchange is the key. If possible, after you shower or bath, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also leave the bathroom door open as much as possible, even if you chose not to run the fan.

- If you notice mold and/or mildew starting to form on the shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. Make sure to follow the directions on the label.
- Also, a 1% to 2% solution of bleach and water will take care of most mold problems. Diluted bleach and over the counter

products actually kill the bacteria causing the mold and mildew if you let them work for a few minutes after you apply them and before you wipe them down.

- If you find that mold and mildew have gotten into the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies.

Holidays and Anniversaries

March 3—Hina-matsuri, Girls' Festival, Doll's Festival [Japan]

Hinamatsuri is a seasonal festival (called sekku) considered as a day for girls; most families with girls celebrate it by praying for their health and happiness. People display Hina-ningyou (special dolls displayed only for this festival), offer hishi-mochi (red, white, and green lozenge-shaped rice cakes) and peach blossoms, and celebrate the festival by drinking shiro-zake (sweet white sake).

March 4—Jeannette Rankin seated as first woman in the US House of Representatives [U.S.A.]

Rankin later votes against the declaration of war which catapults the United States into World Wars I and II, and leads a women's march against the Vietnam War. (1917)

March 5—Crispus Attucks Day March [U.S.A.]

Death anniversary of Crispus Attucks, a leader of the patriot crowd that British troops fired upon in the Boston Massacre of 1770. The British had stationed four regiments in Boston in 1768; on 5 March 1770, about 400 Bostonians surrounded a detachment of British troops and goaded them into firing. Attucks and two other men were killed instantly; two others died later of wounds. (1770)

March 8—International Women's Day

A day to honor working women is widely celebrated throughout the world—especially in UN member countries as the counterpart to Mother's Day. In the United States, the day commemorates a march of women garment and textile workers in New York City in 1857. International Women's Day is a national holiday in Russia, People's Republic of

China, Afghanistan, Cape Verde Islands, Guinea-Bissau, Mauritania, and Nepal, where women are given special recognition.

March 17—Saint Patrick's Day [Christian]

A Roman slave brought to Ireland on a slave ship at sixteen during the Fifth Century, Saint Patrick brought Christianity to many pagans in Ireland.

March 19—Holi, Festival of Color [Hindu]

The festival of color heralds the advent of spring. Holi occurs the fifth lunar day of the Indian month Magha [a day or two after the full moon in early March] and symbolizes the spirit of the young at heart. During Holi, Indians sprinkle [colored powder] on one another.

Calendar of Events

March 2011

All residents are welcome to attend all programs, regardless of location. All events held in the Community Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 <u>Walk in the Arboretum</u> Front of SP office 10:30am <u>20 Minute Kites</u> SPCC 4pm	5 <u>Seeds for the Garden</u> SPCC 2:30pm
6	7 <u>Jewelry Class for Adults</u> SPCC 7:30pm	8	9	10 <u>Knitting Night</u> SPCC 8pm	11 <u>Toddler Play Time</u> OPCC 10am <u>Painting for Grown-ups</u> SPCC 6:30pm	12
13	14 <u>Coffee Filter Butterflies</u> SPCC 4pm	15 <u>Finals Week Pizza and Game Night</u> OPCC 6pm	16	17 <u>Make Your Own Blarney Stone</u> SPCC 4pm <u>Finals Week Popsicles and Cones</u> OPCC 6pm	18	19 <u>Kite Flying</u> Grassy Bowl in Orchard Park 10am
20 <u>Seed Sprouting</u> OPCC 4:30pm	21	22	23	24 <u>March Birthday Celebration</u> SPCC 4pm	25 HOLIDAY PARKS OFFICES CLOSED	26 <u>Tilling the Garden</u> OP Children's Garden 10am
27	28	29	30	31		



The Parks at UC Davis

Phone: (Orchard Park) 530-752-3959
Fax: 530-752-3130
Phone: (Solano Park) 530-752-3958
Fax: 530-752-0484
E-mail: studenthousing@ucdavis.edu

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Your doorway to campus life & academic achievement

We're on the Web!

http://www.housing.ucdavis.edu/housing/apartments_orchard_solano.asp

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.

Editor:

Sue Franck

Assistant & Desktop Publishing:

April Berryman

Contributors:

Ashley Scarborough

Casey Fawcett

Jessica Loehrmann

Peter Menard-Warwick/Jeff Wilson

Shakeela Kuthubdeen

Shawna Stevens

Sue Franck

Tina Tran

The Park Messenger online:

http://www.housing.ucdavis.edu/current/park_messenger.asp

Did you know?

- Apartments on University owned land are exempt from California State Property Tax. Therefore, students living in these facilities are not eligible for renter's credit.
- Need assistance while walking home at night? Call 752-1727 if you would like a safety escort while walking alone on campus at night. A Cal Aggie Host will meet you and escort you to your destination on campus.
- **Registration Reminder** ~ Student Housing requires all students to meet our eligibility requirements to

continue living in The Parks Apartments. **Student must have full-time registered status during all regular academic sessions (summer is excluded).** Students who do not meet the requirement are required to register for additional classes or submit a notice to vacate with their Park Office. Please be aware of these requirements when you register for classes in the coming months. Please contact Student Housing at 530-752-2033 or your Park Office if you have any

- questions.
- Computer hubs (wired and wireless) are now permitted in your apartment. If you would like more information, contact your Park Office.
- Planning to vacate after finals? Remember to turn in your Notice to Vacate with your Park Office at least 42-days prior to when you want to move out.