



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

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

Special points of interest:

- Parking permits expired as of September 30, 2011. All leaseholders with vehicles should have renewed their parking permits for the new academic year or risk being cited for having an expired permit.

THE GREAT PUMPKIN LEGEND

Submitted by Sue Franck

Here's a great way to limit the amount of candy your children eat on or after Halloween. Read the following story to your children and encourage them to leave their Halloween candy outside the front door or on your patio/balcony in exchange for a gift, such as a book or something equally special, from the Great Pumpkin. *In my house our 7 year old twins get to eat a few pieces of candy on Halloween night and then save seven (their age) for another day.

The legend:

In a time, not long ago, a place not far from here, there lived a great pumpkin on an old abandoned farm. This pumpkin stood as tall as an elephant and as wide as a hot air balloon. Many people wondered how this pumpkin had gotten to be so large. "That's the biggest pumpkin I ever did see!" people would

exclaim. Many people would ask, "How did that pumpkin get to be so big?" Locals would tell an old legend about how the pumpkin had an appetite for children, especially ones who ate lots of candy! So on one night a year, the hungry giant pumpkin would rise from the ground looking for little ones to eat. He would roll from house to house and with one of his long roots, reach right into the rooms of little boys and girls, pull them out through the windows, and gobble them up. One year, a brave little boy named Jack had the courage to stand up to the great pumpkin. He believed that if he could feed the pumpkin enough candy it would be too full to eat little children. Jack saved all the pieces of candy he had received for an entire year and piled them outside the great pumpkin's patch. When the pumpkin arose, he immediately began to eat

the candy and, by the time he was finished, he was so full that he rolled right into his patch and fell asleep. When he woke up the next year, he found the children had saved all their candy and piled it outside their doors. Now, every year on October 31st, children go door to door and ask for candy. When they get home, they put all their candy into a hollow pumpkin and leave it near the front door. In return, the great pumpkin would leave them a gift for their Halloween candy instead of gobbling them up.



Healthy Halloween

Submitted by : Shakeela Kuthubdeen **Sources:** <http://www.clemson.edu>

Halloween is a festive day that kids enjoy, because they get dressed up and get treats. Enjoy the holiday with your kids, but carefully plan what you will do at your house to assure that healthy eating habits are practiced. This can be challenging, since the goal of most children is to get as much Halloween candy as possible for their own private stash.

Help kids enjoy Halloween without overindulging. If you and your family eat sensibly all year, then kids know how to make wise decisions when they are tempted to overindulge with unhealthy foods.

You don't have to pass out high calorie candy to trick-or-treaters

at your house this year. Give them a variety of fun, non-candy alternatives to promote health rather than encourage unhealthy choices

There are other treats that are lower in fat and sugar but may provide vitamins, minerals and fiber. The possibilities for healthy food treats are endless. Set a good example for your own children and the neighborhood kids by passing out healthy treats like these instead of giving them candy

Forget the Candy: We all love candy but there are so many Healthy Trick or Treat alternatives including:

- Cereal bars
- Snack packets of dried fruit,

baked pretzels, nut and seeds

- Trail mix
- Animal crackers
- 100 calorie packs of various products
- Raisins and chocolate covered raisins
- Fig cookies
- Mini boxes of raisins
- Individual juice drinks (100% juice)
- Single-serve packets of low-fat microwave popcorn
- Sugar-free hot chocolate or apple cider packets

For more on how to make a healthy Halloween go to http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages

Orchard Park Garden Plots are Still Available!

Submitted by: The Orchard Park Garden Committee

Interested in gardening? Join your neighbors in growing fresh, organic produce right here at Orchard Park! From now until March, you can rent a full 50' x 10' plot for \$20 or a 25' x 10' half plot

for \$15 (plus a one-time refundable \$20 cleanup deposit). You'll have access to garden tools to get you started. Grow onions, carrots, chard and more! The gardens are located at the southwest corner of

Orchard Park, near the bike path that crosses Hwy 113. Contact us for a garden tour or more information at orchardparkgardens@gmail.com.

Research Study

Submitted by: Sue Franck

Pregnant women are needed for a nutrition study. USDA-Western Human Nutrition Research Center invites pregnant women (greater than 18 years of age and less than 20 weeks gestation) to participate in a research study. This study will investigate if the current level of vitamin D supplementation during pregnancy is adequate to maintain

maternal health and immune function. Women with low vitamin D intake and low sun exposure are eligible.

Visits are at the USDA-Western Human Nutrition Research Center on the UC Davis campus or the UC Davis Ob/Gyn clinics in Sacramento. Blood is collected for study purposes at three times

during pregnancy (16-20 weeks, 24-28 weeks, 36 weeks gestation). Participants will be given prenatal multi-vitamins and monetary compensation of \$100.

For more information, email: vitaminDpregnancy@gmail.com; or call: 530-754-7781 and press 2.

Community Programs

Mend It, Dye It

Do you have a shirt that has lost a button, pants that need mending or really want to dye a piece of clothing a different color? Whether you're an expert or novice, bring your items to this workshop and finally fix them! We'll have needles, thread, buttons and other accessories for you to use and baths of different color dyes ready. Sit back, put your feet up, and mend that stuff already!

Adults only, please.

When: Monday, October 3 at 7 pm

Where: Orchard Park Community Center

Toddler Play Group – Music Time

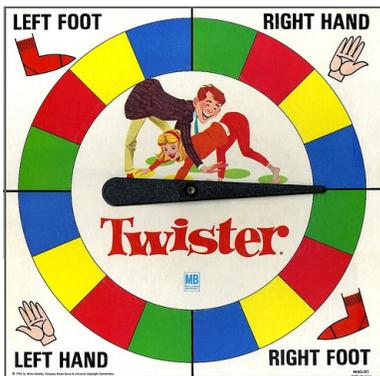
Bring your toddler to meet his friends. Let them wag, wiggle, bang on things, and make music with friends while you have a chat with moms. For questions please call Shakeela at 297-7451.

When: Wednesday, October 5 at 10am

Where: Solano Park Community Center

Tongue Twisters and Twister

How much wood could a woodchuck chuck if a woodchuck could chuck wood?



How many times can you say "Toy Boat" without getting your tongue tied?

Bring your favorite tongue twisters and see who **you** can get tongue tied!

After that...Join us for a game of Twister! **Ages six and up only, please.**

When: Thursday, October 6 at 4 pm

Where: Orchard Park Community Center

Craft Hour

Let's make a paper bag scarecrow to welcome autumn. Decorate it with pom poms and wiggly eyes to make it look extra special. You can use it as a fall window decoration. All ages are welcome to come have fun. For questions please call Shakeela at 297-7451.

When: Friday, October 7 at 4pm

Where: Solano Park Community Center

Halloween Craft: Apple Face

A-a-a-apple face, A-a-a-apple face...No more poker face, it is time to make some scary and spectacular apple faces. Let's have some fun in making this great Halloween decoration together!

When: Monday, October 11 at 5:30pm

Where: Orchard Park Community Center

Fire Department Day on the Quad

Join the Fire Department for Fire Department Day on the Quad. Learn how to use a fire extinguisher, knock down a cone with a fire hose, and get

information on how to be fire safe. Come check out the medical helicopter too. This will be a fun event for the whole family.

For questions please call Shakeela at 297-7451.

When: Tuesday, October 11 from 11am – 2pm

Where: UC Davis West Quad

Recipe Challenge

Fall is here; let's test out your amazing fall recipes. Right now there are abundance of delicious fruits and vegetables in season. Fruits: cranberries, apples, pomegranates, grapes Veggies: sweet potatoes, pumpkins, winter squash, broccoli, spinach lettuce. Let's celebrate fall and bring your favorite fall dish to share. If you have any questions please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Wednesday, October 12 at 6pm

Where: Solano Park Community Center

Kid's Club!

Calling all Kid's Club members, it is time for us to have some fun! We will be enjoying the weather before it turns cool by playing outdoor games together. Children 7 and above only please. If you have any questions please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Thursday, October 13 at 4pm

Where: Solano Park Community Center

Community Programs

Kid's Garden Picnic

Do you know about our magnificent Kid's Garden? It is a fruitful and beautiful little garden near our community. This month let's have a picnic over there to cherish it. I will prepare the ingredients, let's make some great sandwiches and have a good time in our Kid's Garden!

When: Thursday, October 13 at 4:30pm

Where: Orchard Park Kid's Garden

T-Shirt Painting for Adults

Jazz up t-shirts with fall leaf patterns and autumn colors. Everything will be provided, just bring your artistic self. This is a kid free event. NO KIDS PLEASE!!! For questions please call Shakeela at 297-7451.

When: Friday, October 14 at 7pm

Where: Solano Park Community Center

Pizza Night

Meet your neighbors, and get to know the community prior to the upcoming fall holidays! If you have any questions, please contact Linnea Hall, RA for Solano Park, at 530-219-9477.

When: Monday, October 17 at 6pm

Where: Solano Park Community Center



Fruit Loop Necklaces

Bring your little ones and make some colorful and edible jewelry! You can experiment with patterns and counting. If you have any questions please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Tuesday, October 18 at 4pm

Where: Solano Park Community Center

Dr. Frankenstein's Cookie Lab

Decorate a monstrous cookie of your imagining. If you have any questions, please contact Linnea Hall, RA for Solano Park at 530-219-9477.

When: Wednesday, October 19 at 6pm

Where: Solano Park Community Center

Halloween Story Time and Crafts

Join us for a fantastic preschool Halloween story, song, and craft hour that will be led by two Orchard Park older kids! We will make keepsake handprint cats and sing silly songs together. Costumes are a plus! We will also have some spooooky treats! **Children must be accompanied by an adult.**

When: Friday, October 21 at 10:30 am

Where: Orchard Park Community Center

Chili Potluck

The cooler weather makes us crave warmer food. Bring soup or chili to share. If you have any question, please contact Linnea Hall, RA for Solano Park, at 530-219-9477.

When: Friday, October 21 at 6pm

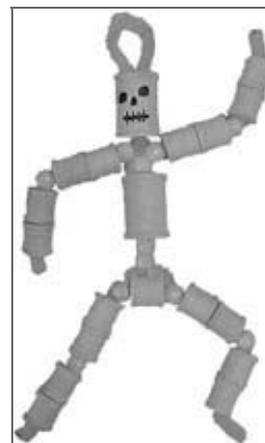
Where: Solano Park Community Center

Spool Skeleton

Make a jangly skeleton from craft spools. If you have any questions, please contact Linnea Hall, RA for Solano Park, at 530-219-9477.

When: Wednesday, October 26 at 4pm

Where: Solano Park Community Center



Let's Cook: Pumpkin Pizza

Yay, it is the season for pumpkin! This month we are going to make some super easy and delicious pizza with it. Please bring your creativity with you. We are going to have some fun!

When: Wednesday, October 26 at 5:30pm

Where: Orchard Park Community Center

Mask Making

Gear up for Halloween with an evening of mask making. Create whatever you can imagine. If you have any questions please contact Linnea Hall RA for Solano Park, at 530-219-9477.

Community Programs

When: Thursday, October 27 at 4pm
Where: Solano Park Community Center

Pumpkin Painting

Come join us! We will be decorating small pumpkins. Bring your creativity and I will bring the pumpkins and the paint. Please wear clothes you don't mind getting messy. If you have any questions please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Friday, October 28 at 4pm
Where: Solano Park Community Center

Pumpkins, Pumpkins, and more Pumpkins!

Bring your most creative pumpkin carving or painting idea for an evening of decorating! Show off your artwork at the Halloween Festival, then take your creation home with you to celebrate Halloween night! **Kids under seven must be accompanied by an adult.**

When: Friday, October 28 at 4:30 pm
Where: Orchard Park Community Center

Halloween Festival



Come one, come all to the biggest event of the year--the Halloween Festival! Games, booths, prizes, food, a costume parade and more! You do not want to miss this! More info to come in next month's newsletter.

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

Halloween Baby Play Group

Halloween!!! Let's have your sweet little cuties suit up for this special Halloween play group. Please come and join us to have a fun time and enjoy watching all the babies with their very special Halloween costumes playing together. **Welcome all 0~24 month babies and toddlers. All kids are encouraged to wear costumes!**

When: Monday, October 31 2011 at 4:30pm
Where: Orchard Park Community Center



HAPPY HALLOWEEN

Holidays and Anniversaries

October 2 - Birth of Mahatma Gandhi [1869]

Born Mohandas Gandhi in India, this man grew to become one of India's greatest modern day spiritual and political leaders. He led a campaign of peaceful civil disobedience that eventually won India's independence from Great Britain. Renamed Mahatma, or "Great Soul," by his followers, Gandhi was assassinated by Hindu fanatics on 30 January 1948. (1869)

October 5 - Chung Yeung Festival, Double Nine Festival [China]

Occurs on the ninth day of the ninth lunar month. This festival relates to the old story of the Han Dynasty, when a soothsayer advised a man to take his family to a high place on the ninth day of the ninth moon for 24 hours in order to avoid disaster. The man obeyed and found, on returning home, that all living things had died a sudden death in his absence. Observances include climbing to high places.

October 6—Birth of Fannie Lou Hamer [1917-1977]

The daughter of sharecroppers in the Mississippi Delta, Fannie Lou Hamer became one of the most courageous and inspiring leaders of the US civil rights movement. She spent her early life in conditions shaped by desperate poverty and the harshest forms of racial discrimination. In 1962, she became involved in the civil rights movement as one of the first Blacks to register to vote

and then as an organizer. Frequently arrested and beaten, she continued her work and inspired followers with her courage, faith, and persistence. She was a major force in the successful effort to integrate the Democratic Party in Mississippi. She also helped to establish agricultural cooperatives, build low-income housing, and bring industry to poor rural areas.

October 8 - Yom Kippur [Jewish, begins at sunset on the 7th]

Yom Kippur, or Day of Atonement, is the most important of all holy days for Jews. It is believed that once you atone for your mistakes, you can be "at one" with God. A day for fasting, repentance, forgiveness and self-reflection, Jews do not work on this date from sunset to sunset. Yom Kippur falls on the tenth day after Rosh Hashanah, which is marked by repentance and preparation. Most Jews fast and attend synagogue services on this day.

October 20 - First installation of Guru Granth Sahib in the Golden Temple [Sikh]

The Guru Granth Sahib (also known as the Adi Granth) is truly unique among the world's great scriptures. The scripture, rather than any living person, is considered the Supreme Spiritual Authority and Head of the Sikh religion. It is also the only scripture of its kind which not only contains the works of its own religious founders but

also writings of people from other faiths. The living Guru of the Sikhs, the book is held in great reverence by Sikhs and treated with the utmost respect. Sikhism rejects idol worship, so the Guru Granth Sahib is not worshipped as an idol, but rather emphasis is placed on respect of the book for its writings. Guru Granth Sahib is a collection of devotional hymns and poetry which proclaims God, stresses meditation on the True Guru (God), and lays down moral and ethical rules.

October 31 - Hallowe'en [U.S.A.]

This observance is a combination of the Druid Autumn Festival and Christian customs. Originally dubbed All Hallows Eve, this holiday preceded the Christian observance of All Soul's Day. To celebrate, parishioners would dress as saints. Because this was a time to honor the dead, many believed souls and ghosts would roam about, thus making it a time favored by witches and sorcerers. Many Hallowe'en traditions were brought to America by Irish immigrants in the mid-1800s; these go 2,000 years back to the Celtic people who celebrated their New Year in late autumn and honored Samhain, Lord of the Dead. They put candles on windows and lit bonfires to scare spirits off, wore disguises so as not to be recognized, and always carried a lantern. The Irish used pumpkins for lanterns, thereby associating the color orange with Halloween.

Calendar of Events

October 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 <u>Mend It, Dye It</u> OPCC 7pm	4	5 <u>Toddler Playgroup</u> SPCC 10am	6 <u>Tongue Twisters</u> OCC 4pm	7 <u>Craft Hour</u> SPCC 4pm	8
9	10 <u>Halloween Craft</u> OPCC 5:30pm	11 <u>Fire Department Day</u> West Quad 11am	12 <u>Recipe Challenge</u> SPCC 6pm	13 <u>Kid's Club</u> SPCC 4pm <u>Kid's Garden Picnic</u> OP Kid's Garden	14 <u>T-Shirt Painting</u> SPCC 7pm	15
16	17 <u>Pizza Night</u> SPCC 6pm	18 <u>Fruit Loop Necklaces</u> SPCC 4pm	19 <u>Cookie Lab</u> SPCC 6pm	20	21 <u>Halloween Story and Crafts</u> OPCC 10:30am <u>Chili Potluck</u> SPCC 6pm	22
23	24	25	26 <u>Spool Skeleton</u> SPCC 4pm <u>Let's Cook</u> OPCC 5:30pm	27 <u>Mask Making</u> SPCC 4pm	28 <u>Pumpkin Painting</u> SPCC 4pm <u>Pumpkins</u> OPCC 4:30pm	29
30 <u>Halloween Festival</u> SPCC 4pm	31 <u>Baby Playgroup</u> OPCC 4:30pm					



The Parks at UC Davis

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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.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.

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The Park Messenger online:

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.

- Planning to vacate after finals? Remember a 42-day notice is required.
- **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.

- Please make sure that you've renewed your parking permit for the new year. If you haven't renewed, you will be subject to a parking citation and a \$40 ticket from TAPS. Come to the Park Office to renew your parking permit as soon as possible.