



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

January 2012

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Orchard Park Office Hours:  
Tuesday and Thursday  
8:00 a.m.—12:00 p.m.  
1:00 p.m.—4:30 p.m.

Solano Park Office Hours:  
Monday, Wednesday, Friday  
8:00 a.m.—12:00 p.m.  
1:00 p.m.—4:30 p.m.

### Special points of interest:

- Monday, January 2, 2012 and Monday, January 16, 2012 are University Holidays. All campus offices will be closed.
- Please contact the on-call RA for immediate housing assistance during the holiday listed above.

## REMINDER: New Parks Office Hours

Submitted by April Berryman

In an effort to increase organizational efficiencies, the Parks Offices have new hours that went into effect on Monday, December 5, 2011.

Solano Park Office Hours:  
Mondays, Wednesdays, and Fridays only  
8:00a.m. – 12:00p.m. and  
1:00p.m. – 4:30p.m.

If you need immediate assistance on Tuesdays or Thursdays, please call 530-752-3959 and a staff member will assist you.

Orchard Park Office Hours:  
Tuesdays and Thursdays only  
8:00a.m. – 12:00p.m. and  
1:00p.m. – 4:30p.m.  
If you need immediate assistance on Mondays, Wednesdays, or Fridays, please call 530-752-3958 and a staff member will assist you.

We are closed all weekends, holidays, and from 12:00p.m. to 1:00p.m. for lunch  
In the event that you cannot reach a staff member at either Park Office, you may

visit the Student Housing Office in person or call 530-752-2033 for assistance.

As always, if you need immediate assistance between 4:30p.m. and 8:00a.m., please contact the on-call Resident Assistant in your area.

These changes have been made for budgetary reasons.

## 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

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 (Orchard Park only).
4. Leave your wall furnace on at the **lowest** possible temperature setting.

Thank you for following these recommendations.

# Important Information Regarding Bed Bugs

Submitted by April Berryman gathered from California Apartment Association

Student Housing has had some recent cases of bed bugs and felt this was a good opportunity to educate our residents on Bed Bugs and how to prevent them. In addition, Student Housing will be amending our lease agreement in the near future in which all current and future residents will be required to sign the amendment.

## What are bed bugs?

Bed bugs are small wingless insects, approximately one-fourth of an inch long that feed on blood, normally during the night.

## How does a property become infested with bed bugs?

In most cases, bed bugs are moved from infested areas to non-infested areas on clothing, luggage, furniture, or bedding that is brought into homes.

## Where are bed bugs found?

Most, but not all, of a bed bug population will congregate in cracks and crevices near where humans and pets sleep or rest. Bed bugs live in furniture such as couches, easy chairs, dressers, and night tables, as well as electronic devices such as alarm clocks and radios. Infestations of bed bugs are not limited to bedrooms and hotels; they can be found in public transportation, hospitals, and long-term care facilities.

## What are the indicators of a bed bug infestation?

Evidence of a bedbug infestation includes the presence of bed bugs or their cast exoskeletons, and blood spots/stains on bedding, walls, or upholstered furniture. Bed bugs are found most often around areas where a person sleeps or rests. These areas include: on or near beds

and bedroom furniture; in the tufts, seams, and folds of mattresses and daybed covers; and in clutter around sleeping areas. In more severe infestations, bed bugs may spread to cracks and crevices in bed frames and box springs and may be found behind headboards, inside nightstands, and behind baseboards, pictures, and moldings. Bed bugs may also hide in piles of books, papers, boxes, and around pet sleeping areas. Bed bugs can live many months without a blood meal while hiding in cracks and crevices.

## Are bed bugs dangerous? Do they carry disease?

Bed bugs are not known to transmit disease. However, bed bug bites can cause large, itchy welts on the skin. A person's reaction to insect bites is an immune response and, therefore, varies from person to person. Bedbug bites are usually painless and rarely awakens a sleeping person. If people are sleeping side by side, one person may have a severe reaction while the other shows no evidence of being bitten.

## Bed bugs have been discovered in one of the units on my property. What are my, and the tenant's rights and responsibilities?

Pests, including bed bugs are a habitability issue. Accordingly the owner or manager needs to deal with it promptly. A qualified pest control operator may be able to offer an opinion as to the source of the bed bugs (i.e., due to a higher concentration in the mattress in Unit B, than in other units). If fault can be determined, an owner may want to try to recover some costs from the responsible resident. However, even if it is a particular tenant's fault, if it spreads to other units due to lack of prompt action from the owner, the owner may be

liable to those other residents.

## How does someone get rid of bed bugs?

The CDPH recommends that property owners hire a licensed pest control professional to evaluate what type of pest is present and to exterminate them if necessary. Time and money can be wasted attempting to eliminate an infestation if an insect is not identified properly. Controlling and removing bed bugs involves different procedures than the removal of other pests and will require multiple visits. A pest control professional should perform a thorough inspection, and when bedbug hiding places are found, provide at least one chemical or non-chemical means of control to the infested rooms every two weeks, for three consecutive weeks. A professional may also use pesticides and specialized equipment, such as steam cleaners, to kill the bed bugs. It is important to cooperate fully with all of the pest control company's recommendations. All materials removed from a bedbug infested room should be placed in plastic garbage bags before being thrown away, taken to a laundry facility, or otherwise treated. This will prevent bed bugs from being moved to other areas of the structure. Licensed applicators should provide proof of their licensure and their company's licensure upon request. Visit <http://www.pestboard.ca.gov/> license to confirm that the company is certified.

\*Continued on Page 3

## Important Information Regarding Bed Bugs

Continued from Page 2

### Where can I get more detailed information about preventing and controlling bed bugs?

The California Department of Public Health has issued guidelines that provide recommendations on how to control active bedbug

infestations, minimize the spread of bed bugs and prevent future infestations. The essential components of bedbug control and prevention are: 1. identification of bedbug infestations 2. utilization of best available bedbug treatment strategies and prevention measures, and cooperation

between all stakeholders affected by a bedbug infestation. The Guidelines include specific information applicable to landlords and tenants of residential rental property. <http://www.cdph.ca.gov/HealthInfo/discond>

## NUTRITION RESEARCH STUDIES for FALL 2011 and WINTER 2012

Submitted by Mary Ellen Rivera

### ARE YOU AVAILABLE?

Most 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

- VITAMIN D & HEALTH DISPARITIES STUDY – African American & Other Men & Women with low sun exposure; Ages 20 - 49

(men) and 20 – 45 (women). For more information, call (530) 752-5177 and Press # 1.

- WEIGHT LOSS STUDY for OVERWEIGHT WOMEN: Ages 19 – 45 and about 16 – 60 lbs overweight (BMI: 27 – 32). For more information, call (530) 754-7781 and Press #1.
- MENSTRUAL CYCLE STUDY: Women – Ages 18 – 35 and not taking any form of hormonal birth control. For more information, call (530) 752-5177 and Press # 3.
- BREAKFAST STUDY for WOMEN: Ages: 20 – 45 and premenopausal. For more information, call

- (530) 752-5177 and Press # 4.

- MEN & WOMEN – PARTICIPATE in a STUDY EVALUATING GRAIN PRODUCTS: Ages 20 - 40. For more information, call (530) 752-5177 and Press # 3.

VITAMIN D in PREGNANCY STUDY: Ages: 18 years and older and less than 20 weeks pregnant. For more information, call (530) 754-7781 and Press #2.

Also, visit our website: <http://www.ars.usda.gov/Main/docs.htm?docid=11240>

## Orchard Park Children's Garden Needs YOU!

Submitted by Kyana Taillon

We're looking for a few residents to take over the Orchard Park Children's Garden, a plot that all residents and their kids are invited to help plan, nurture, and harvest. This would be a great opportunity

for some of the older kids to get involved and the RAs will be available to help! The Orchard Park Community Garden is growing and we have a lot of new gardeners, thanks to Ana for all her work as Garden

Coordinator, and to all our gardeners for their work in maintaining the space. If you have an interest in gardening and would like more information, contact Kyana at [kyanalily@gmail.com](mailto:kyanalily@gmail.com) or Ana at [orchardparkgardens@gmail.com](mailto:orchardparkgardens@gmail.com)

# Community Programs

## Cooking Class

Come! No passport needed for an hour of culinary trip to Italy. Learn how to make orecchiette fresh pasta, two sauces and traditional fried mini meatballs with SP Resident Vincenzo Petrosillo and his mother, Teresa Micaletti, from Brindisi in the southern region of Puglia - which is famous for its wine, olive oil, rustic "casareccia" cooking style, and warm hospitality! For questions, please call Shakeela at 530-297-7451.

When: Wednesday, January 11 at 5 pm  
Where: Solano Park Community Center

## Potato Stamp Making

Do you want to create your own stamps? There is an easy way to make them. Just using some potatoes, you can make your own signature stamps. Let's get creative and make some stamps together! For questions, please contact Tzu-Chi at 530-304-3070.

When: Thursday, January 12 at 3:30pm  
Where: Orchard Park Community Center

## Homemade Truffles Night

Come to a night of learning how to make your own truffles at home. If you have any questions, please contact Linnea at 530-219-9477.

When: Thursday, January 12 at 7:15pm  
Where: Solano Park Community Center

## Ping Pong Night

Show off your ping-pong skills at our Ping Pong Night! From what I learned last time, it really is a sport, and it is good exercise as well! We'll have all the equipment for this adult-only evening of fun, including lots of snacks! If you have a ping-pong table, feel free to bring it for more opportunities to play. See you there! **Adults only, please.** For questions, please call Kyana at 530-554-9880.

When: Friday, January 13 at 7pm  
Where: Orchard Park Community Center

## Kid's Club

It's time again for us to get together and celebrate winter time. I will be providing snacks and a great winter activity. If you have any questions, please contact Casey at 707-953-5279.

When: Monday, January 16 at 4:30pm  
Where: Solano Park Community Center

## Baby Play Time

Here is our baby play time again! Don't worry that it's rainy season. Orchard Park Community Center is always open for you and your cute babies to play. Come join us and meet some new friends for you and your babies! **Welcome all 0~36 month babies and toddlers.** For questions, please contact Tzu-Chi at 530-304-3070.

When: Tuesday, January 17 at 4:30pm

Where: Orchard Park Community Center

## Dissertation Writing Circle

We are creating you a space that's free of distractions to work on your dissertation. Resident Emily Foss will be initiating and sharing her dissertation writing retreat experience. This initial meeting would start with a 20 minute discussion to get an idea of people's interests, schedules, etc., and then you could actually start writing for the remaining time. This group could either be somewhat interactive, with people brainstorming together, discussing goals at the beginning and end of the session, etc., or completely just a space for people to work independently. Free Wi-Fi and snacks will be provided. For questions, please call Shakeela at 530-297-7451.

When: Tuesday, January 17 at 7 pm

Where: Solano Park Community Center

## Korean Kimbap

Come learn how to make (and eat!) Korean Kimbap, a seaweed and rice roll similar to sushi! There are many variations on the filling, including fish, meat, eggs, and vegetables, whether pickled, roasted, or fresh. Vegetables usually include cucumbers, spinach, carrots and danmuji (pickled radish). Some varieties may include cheese, luncheon meat and kimchi, a traditional fermented Korean dish made mostly of cabbage.

## Community Programs

We'll be making many varieties and will have the expertise of **Suzy (Jinyoun) Yoon!** For questions, please call Kyana at 530-554-9880.

When: Wednesday, January 18 at 5:30 pm

Where: Orchard Park Community Center

### **Adult Calligraphy Night**

Learn the basics of calligraphy. These are good for valentines, birthday cards, congratulations letters, or anything you'd like to be fancy. If you have any questions, please contact Linnea at 530-219-9477.

When: Wednesday, January 18 at 7:15pm

Where: Solano Park Community Center

### **Let's Cook: Dumplings!**

Chinese New Year is coming. Let's gather together and make some delicious dumplings to celebrate the New Year of the Dragon! For questions, please contact Tzu-Chi at 530-304-3070.

When: Thursday, January 19 at 4pm

Where: Orchard Park Community Center

### **Emergency Preparedness Workshop**

Disaster can strike quickly and without warning. Are you ready? The best way to make you and your family safer is to be prepared before disaster strikes. Learn how to get

prepared from the experts. Members of American Red Cross will be showing us how to do CPR, make a first aid kit, have a plan and more. For questions, please call Shakeela at 530-297-7451.

When: Thursday, January 19 at 5 pm

Where: Solano Park Community Center

### **Coin Banks**

Feeling like you spent too much money over the holiday? Come make and decorate your own coin bank to start saving! It's also a great opportunity to reuse items you might otherwise throw away. Bring an empty jar or container with a lid --the cylindrical coffee and oatmeal canisters work great. (I also have a few on hand.) We'll decorate them in decoupage so if you have old magazines or books you're going to throw away, please bring them so we can personalize your treasure-keepers with cut-outs! **Kids under 7 must attend with an adult helper.** For questions, please call Kyana at 530-554-9880.

When: Saturday, January 21 at 2pm

Where: Orchard Park Community Center

### **Journals**

Kids, come decorate journals. These are great to record your adventure plans and all of your secrets and perhaps your resolutions for the New Year. I

will be providing the journals and snacks you just need to bring your creativity. If you have any questions, please contact Casey at 707-953-5279.

When: Monday, January 23 at 4pm

Where: Solano Park Community Center

### **Adult Painting Night**

Come to a night to paint and relax. All supplies will be provided. If you have questions, please contact Linnea at 530-219-9477.

When: Wednesday, January 25 at 7:15pm

Where: Solano Park Community Center

### **Making Menu Plans**

Join us and I will be speaking to you about how to put together a menu plan that maximizes your budget and your time. Everyone here understands that time is limited; make the most of yours by planning your weekly meals I will be providing sample plans, recipes and grocery lists for us to discuss. This event is for **adults only**. If you have any questions, please contact Casey at 707-953-5279.

When: Thursday, January 26 at 7:30pm

Where: Solano Park Community Center



# 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.

## Holidays and Anniversaries

### January 5 - George Washington Carver Recognition Day

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 12 - Birth of Ira Hamilton Hayes [1922]

Ira Hayes was one of six US Marines who raised the American flag on Iwo Jima's Mt. Suribachi, on 23 February 1945, following a US assault on the Japanese stronghold. The event

was immortalized by Associated Press photographer Joe Rosenthal's famous photo (and later by a Marine War Memorial monument at Arlington, Virginia). Hayes was born on a Pima Native American reservation in Arizona; he returned to his reservation after World War II a much celebrated hero but later fell victim to his newfound fame. (1922)

### January 14 - Seijin-no-hi [Japan]

(Also known as Coming of Age Day) This national holiday celebrates the coming-of-age of Japan's youth who turn twenty years old this year. Celebrants wear traditional clothes and visit shrines where the family announces their adulthood to the spirits.

### January 16 - Diné 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)

### January 23 - Chinese New Year [China]

Year of the Dragon. A festive holiday celebrated for about two weeks. Each year is symbolized by a different animal. The New Year is the most colorful, joyous and important festival for the Chinese. Popular customs include writing spring couplets (two lines of poetry) on red paper and posting them in doorways, displaying peach blossoms, offering trays of candies and preserved fruits, displaying tangerines, eating rice dumplings, giving children good luck money in red envelopes, and greeting friends with special New Year's sayings. Every home is cleaned and decorated with five lucky signs of happiness, new clothes are worn and even the poorest buy new shoes, for it is bad luck to step down on the ground into old shoes.

# Calendar of Events

## January 2012

*\*\*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<br><b>HOLIDAY</b><br><br><b>PARKS OFFICES CLOSED</b>  | 3  | 4  | 5<br><u>Journals</u><br>SPCC 4pm  | 6  | 7                                   |
| 8   | 9   | 10   | 11<br><u>Cooking Class</u><br>SPCC 5pm   | 12<br><u>Potato Stamp</u><br>OPCC 3:30pm<br><br><u>Homemade Truffles</u><br>SPCC 3:30pm | 13<br><u>Ping Pong Night</u><br>OPCC 7pm | 14                                  |
| 15  | 16<br><b>HOLIDAY</b><br><br><b>PARKS OFFICES CLOSED</b><br><br><u>Kid's Club</u><br>SPCC 4:30pm | 17<br><u>Baby Playtime</u><br>OPCC 4:30pm<br><br><u>Dissertation Writing</u><br>SPCC 7pm | 18<br><u>Korean Kimbap</u><br>OPCC 5:30pm<br><br><u>Adult Calligraphy</u><br>SPCC 7:15pm | 19<br><u>Let's Cook</u><br>OPCC 4pm<br><br><u>Emergency Preparedness</u><br>SPCC 5pm    | 20                                       | 21                                  |
| 22  | 23  | 24   | 25<br><u>Adult Painting</u><br>SPCC 7:15pm   | 26<br><u>Menu Making</u><br>SPCC 7:30pm   | 27                                       | 28<br><u>Coin Banks</u><br>OPCC 2pm |
| 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

**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](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](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.