



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

June 2012

## INSIDE THIS ISSUE:

Summer Sun Safety	2
Community Programs	3
Monthly Maintenance	5
Holidays & Anniversaries	5
Calendar of Events	6
Did You Know?	7
Website Link	7

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:

- If you are not renewing your lease for 2012-2013, submit your vacate notice by June 20, 2012 at your Park Office.
- **Announcing: Pumpkin Contest!** Grow your biggest pumpkin at OP or SP Community Gardens this year and win a prize! We'll have a pumpkin show at our Halloween Harvest Party in October!

## Large Dumping Items

Unwanted personal items such as couches, dressers, desks, and other furnishings left behind detract from the visual appearance of our complexes' trash pick-up.

In addition, our dumpster areas that have unwanted items, often blocks access for Student Housing then has to pay for staff time, dump fees, and gas to remove these unwanted

items. As a result, if any personal items are left at the dumpsters upon vacate, you will be billed for the full cost of removal/dumping.

## Goodbye Solano Park...or See You Later

Submitted by Casey Fawcett

Hi all,  
For anyone I haven't met, I have been an RA in Solano Park for the past two years. I just want to say how incredible it has been for me and my family to be a part of this community. I have really enjoyed getting to know all of the residents around

The Parks and to share in so many wonderful experiences. My husband is graduating from his doctorate degree, and although we are staying in Davis we will be moving out of Solano Park. I hope to see you around town and you should expect to see us visiting the parks

often. Thank you everyone for always making the programs so much fun. Owen (my son) and I will miss seeing all of the faces outside our windows each day but will always keep Solano Park in our hearts.

# See You Later!

# Summer Sun Safety.

Submitted by: **Linnea Hall** - Source [kidshealth.org](http://kidshealth.org)

The weather is warming up, and the days are longer so there's more time to be outside! But if you're in the sun, especially on a hot day, you need to stay safe. Avoid the burn. The sun keeps us warm by sending down light which penetrates the air, clouds, and the skin. When your skin is exposed to too much light, you get sunburned. Some people get a sunburn faster than others. Sunburns look bad and feel worse. They can keep you inside feeling sore when everyone else is outside having fun, and worst of all, they can lead to skin cancer when you are an adult.

You don't need to avoid the sun completely, but you should take steps:

- Always wear sunscreen.
- Take frequent breaks, by going indoors or moving to the shade.
- Include rest periods during high energy activities.

These steps are especially important between 10am and 4pm when the sun's rays are strongest. Use sunscreen with an SPF (sun protection factor) of 30 or higher. Apply the sunscreen 15 to 20 minutes before going outside. Re-apply every 2 hours, and more frequently if swimming or sweating, even if sunscreen is waterproof. Remember you can sunburn more quickly if you are swimming due to the water's reflection. Apply sunscreen all over body, including places that can get missed like the tops of ears, back of neck, face, and top of feet. Also, always wear sunglasses!

**Drink Up!** Drinking water is an important part of staying healthy, especially when it's hot outside. If you're playing or sweating, it's even more important to drink lots of water. Don't wait until you're thirsty - drinking before you feel thirsty helps keep the water levels in the body from getting too low.

Feeling hot? If you're outside and feel tired, go inside to avoid heat exhaustion. Kids can get heat exhaustion when their bodies can't cool themselves fast enough. Heat stroke is one step beyond heat exhaustion. A person with heat stroke might complain of a headache, appear uncoordinated, confused, or weak, and they must seek medical attention. Be sure to go inside, drink a lot of water, take breaks from high intensity activities, and take sun precautions like sunscreen, hats, sunglasses and lots of water to avoid these adverse effects of the sun. The good news is the sun can still be enjoyable if you wear sunscreen, drink lots of water, and take breaks if you start to feel too hot. Happy summer!



## Community Programs

### Horseshoes

Let's enjoy the summer afternoon playing horseshoes in the playground! All ages are welcome to have fun. If you have any questions, please contact Shakeela at 530-297-7451.

When: Monday, June 4 at 4 pm

Where: Green Playground by the Solano Park Community Center

### Waterslide

Summer is here again! Come celebrate on a waterslide! Kids must attend with an adult supervisor. Be sure to bring suit, towel, and sun protection. If you have any questions, please contact Linnea at 530-219-9477.

When: Tuesday, June 5 at 3pm

Where: Solano Park Community Center

### Knitting

This program is open to any adults who want to work on current crochet and knitting projects but if you don't there will be a simple knitting or crocheting project we will be trying. If you have any questions, please contact Casey Fawcett at 707-953-5279.

When: Tuesday, June 5 at 7pm

Where: Solano Park Community Center

### Farewell Potluck for Casey the RA

It's time to say good bye as Casey Fawcett will be leaving the RA position this month. Bring your favorite dish to share and join us for a potluck to wish her good luck for her next big adventure. Thank you, Casey, for your time and contribution to the Solano Park Community. If you have any questions, please contact Shakeela at 530-297-7451.

When: Wednesday, June 6 at 6pm

Where: Solano Park Community Center

### Toddler Handprints

Babies and toddlers are welcome to make hand print art. If any questions, please contact Linnea at 530-219-9477.

When: Thursday, June 7 at 10am

Where: Solano Park Community Center

### Project Night

Come and bring your unfinished project to work on. It can be knitting or to finish reading the book that you started long ago (or if you just want to enjoy a kid free zone for an hour). If you have any questions, please call Shakeela at 530-297-7451.

When: Friday, June 8 at 7 pm

Where: Solano Park Community Center

### Graduation Card Making

Know a graduate? Help them

celebrate by making a personalized card for their big day! If you have any questions, please contact Linnea at 530-219-9477.

When: Monday, June 11 at 3pm

Where: Solano Park Community Center

### 3D Dinosaur Craft

Calling all dinosaur lovers! Come make a 3D craft of your favorite dinos of the Cretaceous period. All ages are welcome to have fun. If you have any questions, please contact Shakeela at 530-297-7451.

When: Tuesday, June 12 at 4:30pm

Where: Solano Park Community Center

### Orchard Park Ping Pong Challenge

Did you know we have a table tennis (a.k.a. ping pong) champion in our midst? Orchard Park resident Morteza Roodgar, paired with his friend in the doubles competition, was dubbed the UC Davis IM Table Tennis champion for Winter 2012! Come challenge Morteza and win a prize if you beat him! *Adults only, please.* If you have any questions, please contact Kyana at 530-554-9880.

When: Friday, June 15 at 7pm

Where: Orchard Park Community Center

# Community Programs

## Orchard Park Yard Sale

Moving season is here! Sell your stuff or shop for some more! We'll be holding our yearly yard sale in the central grounds near the bike pump. Tables available on a first-come-first-serve basis and unsold items must be removed by 1pm. If you have any questions, please contact Kyana at 530-554-9880.

When: Saturday, June 16 at 9am

Where: Orchard Park Central Grounds

## Father's Day Ice Cream Sundae Night

Fathers, father figures, and families: all are welcome to enjoy an ice cream sundae night to celebrate the special guy in your life. If you have any questions, please contact Linnea at 530-219-9477.

When: Monday, June 18 at 6:30pm

Where: Solano Park Community Center

## Walk the Arboretum

A good walk is made more enjoyable with friends. Come meet everyone at the main office if you'd like to walk with us. If you have questions, please contact Linnea at 530-219-9477.

When: Tuesday, June 19 at 6:30pm

Where: Meet in front of the Solano Park Main Office

## Waterslide!

Today is the first day of summer, so let's celebrate the

first waterslide event of the super sunny season! *New participant waivers must be signed for 2012 and parents must be in attendance with their kids.* If you have any questions, please contact Kyana at 530-554-9880.

When: Wednesday, June 20 at 4pm

Where: Orchard Park Community Center

## Spa Day

*Relax...classes are over.* Breathe the relaxing aroma of lavender, place slices of cucumbers over your eyes and learn how to use simple, natural ingredients like honey, avocado, green clay, apple cider vinegar, coconut oil, and shea butter to cleanse, moisturize, and rejuvenate your skin at this workshop. Learn easy chair-massage techniques too! Please bring your own towels and washcloths. *Adults only, please.* If you have any questions, please contact Kyana at 530-554-9880.

When: Friday, June 22 at 7pm

Where: Orchard Park Community Center



## Garden Work Day and Ice Cream Making

The Orchard Park Community Gardens are looking great!

Maintenance is key, so let's have another garden work day to beautify our grounds. Bring the whole family--helpers will be able to make their own ice cream to eat! We will also have a small pool set up for the kids to play in. Even if you are not signed up for a plot, come join us to check it out! There just might be a few plots left. If you have any questions, please contact Kyana at 530-554-9880.

When: Saturday, June 23 at 9am

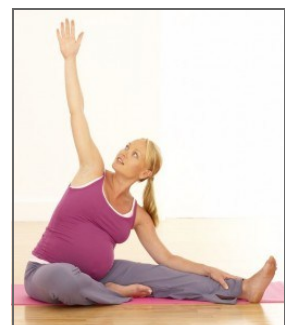
Where: Orchard Park Community Gardens

## New and Expectant Moms Group

Bring your new baby or expectant self to share the experiences of your wonderful phase of life. We can discuss the different traditions and practices around the world during pregnancy, birth, and motherhood. Bring articles or books to share with others if you have them. Siblings are welcome. If you have any questions, please call Shakeela at 530-297-7451.

When: Friday, June 23 at 10:30am

Where: Solano Park Community Center



## Monthly Maintenance Tips

### By Orchard and Solano Park Maintenance

#### Bathroom Mold and Mildew Issues

##### Mold and Mildew Basics:

- Mold and mildew are part of the natural environment.
- Mold and mildew consist of tiny spores, most invisible to the naked eye.
- It is virtually impossible to create a mold and mildew free environment.
- There are many, many types of mold and mildew.
- Mold and mildew can be green, black, pink, or purple in color.
- Mold and mildew need moisture and a natural "food source" like cellulose or cotton to grow.
- Mold growing on any fabric is called "mildew."

#### Prevention and Response

- To help reduce the incidence of mildew and molds, air exchange is the keys. If possible, after you shower or bathe, 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, especially if you choose not to run the fan.
- Use a dehumidifier to keep indoor humidity low.
- Keep surfaces dry.
- 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 directions on the label.

- Also, a 1% to 2% solution of bleach and water will take care of most problems. Diluted bleach and over the counter products will actually kill bacteria causing mold and mildew if you let them work for a few minutes after you apply them before you wipe them down.
- Use gloves when using a bleach solution, even when diluted.

If you find that mold and mildew have actually 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. Finally, please submit repair requests or call the area office if you suspect any leaky pipes or other plumbing problems. These can contribute to mold and mildew. Our maintenance staff will respond to correct the problem(s).

## Holidays and Anniversaries

#### June 4 - Tiananmen Square Massacre [China]

After seven weeks of student demonstrations beginning 17 April 1989 in Beijing's Tiananmen Square, the Chinese government ordered The People's Army to open fire on the unarmed protesters. Thousands of patriotic students were protesting imperialist aggression in China.

#### June 6 - Susan B. Anthony fined for voting [U.S.A.]

Seeking to test for women the

citizenship and voting rights extended to Black males under the 14th and 15th amendments, Susan B. Anthony led a group of women who registered and voted in a Rochester, New York, election. She was arrested, tried and sentenced to pay a fine. She refused to do so, and was allowed to go free by a judge who feared she would appeal to a higher court. (1872)

#### June 16 - Lailat al Miraj [Muslim]

Islamic observance of

Mohammed's night journey from Mecca to Jerusalem and his ascension to heaven. Lailat al Miraj in 2010 is on Thursday, the 8th of July. Based on sightability in North America, in 2010 Lailat al Miraj will start in North America a day later - on Friday, the 9th of July. Note that in the Muslim calander, a holiday begins on the sunset of the previous day, so observing Muslims will celebrate Lailat al Miraj on the sunset of Wednesday, the 7th of July.

# Calendar of Events

## Month Year

*\*\*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>Horseshoes</u> SPCC 4pm	5 <u>Waterslide</u> SPCC 3pm  <u>Knitting</u> SPCC 7pm	6 <u>Farewell Potluck</u> SPCC 7pm	7 <u>Toddler Handprints</u> SPCC 10am	8 <u>Project Night</u> SPCC 7pm	9
10	11 <u>Graduation Card Making</u> SPCC 3pm	12 <u>3D Dinosaur Craft</u> SPCC 4:30pm	13	14	15 <u>Ping Pong</u> OPCC 7pm	16 <u>Yard Sale</u> OP Central Grounds 9am
17	18 <u>Father's Day Ice Cream</u> SPCC 3pm	19 <u>Arboretum Walk</u> SP Office 6:30pm	20 <u>Waterslide</u> OPCC 4pm	21	22 <u>Spa Day</u> OPCC 7pm	23 <u>Garden Work Day &amp; Ice Cream</u> OP Gardens 9am  <u>New &amp; Expectant Moms' Group</u> SPCC 10:30am
24	25	26	27	28	29	30



### The Parks at UC Davis

Phone: (Orchard Park) 530-752-3959  
 Fax: 530-752-3130  
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### A Publication of Orchard and Solano Parks, UC Davis

Your doorway to campus  
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 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?

- If you plan to travel during the summer months, please leave a travel form with your Park Office.
- Planning to vacate after finals? Remember a 42-day notice is required.
- **Movies** ~ The movie channel is funded by students living in the Residence Halls. Movies shown on the Student Housing channel may not be geared towards small children and only basic cable service is offered during the summer months. Movies will resume during Fall quarter 2010.
- Computer hubs and wireless routers are allowed within the Parks
- Please do not leave trash by your front door; it attracts rodents, crows, and other pests
- **LARGE ITEM DUMPING**— Unwanted personal items such as couches, dressers, desks, and other furnishings left behind detract from the visual appearance of our complexes. In addition, our dumpster areas that have unwanted items, often blocks access for trash pick-up. Student Housing then has to pay for staff time, dump fees, and gas to remove these unwanted items. As a result, if any personal items are left at the dumpsters upon vacate, you will be billed for the full cost of removal/dumping.
- **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.

# **SUPERVISION FOR CHILDREN IN THE PARKS**

**Submitted by Sue Franck, Coordinator of Apartment Living**

Living in the Parks is certainly a wonderful experience, especially if you have children. Many view the Parks as a haven for our children, but concerns have been raised about the lack of supervision that some children receive. Sometimes residents resent other parents' assumption that someone else will watch their kids, but they stay there because they worry that the unsupervised kids will be injured, wander off or be taken. Even though many residents are disturbed by this, often they feel very conflicted about reporting their concerns. It may be because they do not want to tell people how to raise their children, or they want to be "good neighbors", value respecting different parenting styles, or are afraid that they could unjustly cause the breakup of a family. But as community members we do need to help keep children safe. Listed below is Student housing's policy regarding adequate supervision of children. If Parks staff members observe children who are not being supervised according to this policy, they will be brought home. As a concerned community member, you can also take kids home or contact a staff member (Parks office staff during the workday and RAs afterhours or on weekends). Student Housing will deal with this issue as a lease violation.

## **Child Supervision Policy:**

Parents, guardians, caregivers and family members are responsible for appropriate and adequate supervision of their minor family members at all times, whether on or off campus.

**Supervision Outdoors:** In the Parks, children up to and including 5 years of age require direct supervision (a caregiver must be **physically present** with the child), at all times. Ages 6 and 7 require monitored supervision (within vocal and visual range). An example might be that you can see your 7 year old child playing in the grass from your living room window. Ages 8 and 9 require monitored supervision in the form of regular checks. Ages 10 and 11 may be unsupervised for up to two hours during waking hours. Ages 12 and older may be left alone and may baby sit younger children. Remember, parents are always responsible!

**Left Alone in the Apartment:** In the Parks our policy regarding leaving children alone states the following: "Children eight years old or younger should **never** be left alone. Children between the ages of nine and twelve, based on level of maturity, may be left alone for brief periods of time. Brief is defined as less than two hours. Children thirteen and older, who are at an adequate level of maturity, may be left alone and may perform the role of babysitter as authorized by the parent/caretaker for up to twelve hours. There may be circumstances where an older child would be at risk if unsupervised or where a younger child has the maturity level to be alone or to even care for other children. These situations are taken on a case by case basis."

This policy applies to all Park residents, their family members and caregivers assigned to or visiting Orchard and Solano Park housing areas. Any child who is not being properly supervised may be detained by campus police until his or her parent, guardian, or caregiver comes to assume custody. Violations may provide a basis of referral to Child Protective Services and/or termination of your lease. The following policy applies to all minors:

<b>Age of Child</b>	<b>Left Unattended in Apartment</b>	<b>Left Alone Over-night (10:30-5:30)</b>	<b>Left in Playground Unsupervised</b>	<b>Left in Car Unsupervised</b>
<b>0 - 5 yrs</b>	NO	NO	NO	NO
<b>6 - 9 yrs</b>	NO	NO	YES*	NO
<b>10 - 15 yrs</b>	YES	NO	YES	YES
<b>16+ yrs</b>	YES	YES**	YES	YES

**\* ADULT WITHIN HEARING OR VISUAL CONTACT    \*\* WITH ACCESS TO ADULT SUPERVISION**

In addition, children under 12 years of age should not baby-sit other children, including their siblings. Personality, environment, developmental progress and maturity levels are factors parents must use to determine when children are ready to accomplish activities with little or no supervision. Parents should assess their children's maturity and if necessary, **raise** the minimum age limits outlined above.