



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

July 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:

- Wednesday July 4, 2012 is University Holiday. All Campus Offices are closed.
- RENTAL INCREASES—The new rental rate begins August 1st. Check with your Park Office if you are unsure of the amount.

Large Dumping Items

Unwanted personal items such as couches, dressers, desks, and other furnishings left behind detract from the visual appearance of our complexes. In addition,

unwanted items often block access for trash pick-up. There are real costs 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.

Summer Pool Safety

Submitted by Linnea Hall - Source: www.redcross.com

Make Water Safety a Priority:

- Swim in designated areas while supervised!
- Always swim with a buddy, do not allow children to swim alone or unsupervised. Use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in community swim lessons or safety classes.
- Never leave a young child unattended near water, and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced

swimmers wear U.S. Coast Guard approved life jackets around water, but remember supervision is key! Even with life jackets, children should not be left alone.

- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability.
- Even if you do not plan on swimming; be cautious around water, including but not limited to, ocean shorelines, baby pools, natural bodies of waters, rivers, lakes, cold temperatures, and currents under water.

- If you go boating – wear a life jacket! Avoid alcohol use. Alcohol impairs judgment, balance, and coordination; it affects swimming and diving skills and reduces the body's ability to stay warm.

Prevent Unsupervised Access to the Water:

Install and use barriers around your home pool or hot tub. Ensure barriers enclose the entire pool area. If you have an above ground, or inflatable pool, remove access to ladders. Empty the pool after each use!

*Continued on Page 2

Summer Pool Safety

Continued from page 1

Turn the pool upside down, or de-flate and store it after each use. Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, or playground items. Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Maintain constant supervision: Actively supervise children whenever around the water – even if lifeguards or other parents are present. Do not just

drop kids off at the pool or leave them without alert supervision. Designate a responsible adult to supervise. Make water safety a priority this summer and supervise children at all times. Always stay within arm's reach of young children and avoid distractions when supervising children around water.

Know what to do in an Emergency: If a child is missing, check the water first. Seconds count in preventing death or disability. Know how and when to call 9-1-1 or the local

emergency number. If you own a home pool, have appropriate equipment, such as reaching and throwing equipment, a cell phone, life jackets, and first aid kits. Never leave an open body of water un-attended. Cover pools, or empty and store after each use! Unattended pools present a hazard not only to your own children but the community as well. Enroll in Red Cross home pool safety, water safety, first aid, and CPR courses to learn how to respond in emergencies.

Nutrition Research Studies – Summer 2012

Submitted by Mary Ellen Rivera

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.

WOMEN - ARE YOU AVAILABLE?

WEIGHT LOSS STUDY for OVERWEIGHT WOMEN: Ages 19 – 45 and about 16 - 60 lbs. overweight (BMI: 27 to 32). For more information, call (530) 754-7781 and Press #1.

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.

“WOMEN WHO SKIP BREAKFAST” STUDY: Ages 20 – 45 and premenopausal. For more information, call (530) 752-5177 and Press #4.

MEN and WOMEN – ARE YOU AVAILABLE this SUMMER?

FIBER STUDY for OVERWEIGHT MEN and WOMEN: Ages 20 – 60. For more information, call (530) 752-5177 and Press #5.

BLUEBERRY POWDER STUDY for MEN and WOMEN: Ages 18 – 60; BMI 18 - 24.9. For more information, call (530)752-5177 and Press #2.

VITAMIN D and HEALTH DISPARITIES STUDY

African American and Other Men and Women with habitually low sun exposure; Ages 20 – 49 (men) or 20 – 45 (women). For more information, call (530) 752-5177 and Press #1.

MEN & WOMEN – PARTICIPATE in a STUDY EVALUATING GRAIN PRODUCTS: Ages 20 - 45. For more information, call (530) 752-5177 and Press #3.

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

Community Programs

Friendly Badminton Game

Are you a badminton fan? This is for you. Join us to play a friendly badminton game. I'll bring the rackets for four with a set for kids too. We'll take turns. Bring your own if you prefer. For questions, please call Shakeela at 530- 297-7451.

When: Tuesday, July 3 at 5pm
Where: Green Playground by the Solano Park Community Center

Watermelon Mania

What says summer more than Independence? Watermelon! Come out to celebrate our nation's birthday with some watermelon fun. We will play a game of watermelon bowling, have a seed flinging contest, enjoy some refreshing watermelon, and have some good old fashioned summer fun. For questions, please contact Celida at 707-540-4663.

When: Wednesday, July 4 at 6pm
Where: Orchard Park Community Center

Independence Day BBQ Potluck & Bike Parade

Celebrate American Independence Day with our barbecue potluck and bike parade! We will supply hot dogs and veggie dogs. (After all, July IS National Hot Dog Month.) Please bring a side dish, drink, dessert or something for the grill to share. **Please also bring your own tableware to reduce waste.** Decorate your bikes in red, white, and blue and follow the leader

through Orchard Park grounds! For questions, please contact Kyana at 530-554-9880.

When: Wednesday, July 4 at 7pm
Where: Orchard Park Community Center

Toddler Play Group

Ready to get wet, it's fun time for the toddlers!!! We can have a chat while kids enjoy the sunny morning with friends and water sprinkler. Wear something you won't mind getting wet. For questions, please call Shakeela at 530- 297-7451.

When: Thursday, July 5 at 10:30am
Where: Green Playground by Solano Park Community Center

Water Slide and Ice Cream Sandwiches

Hey kids, do you like cookies? Do you like ice-cream? Let's put them together and make some ice-cream sandwiches! We can play on the water slide and eat yummy treats. For questions, please contact Celida at 707-540-4663.

When: Saturday, July 7 at 4pm
Where: Orchard Park Community Center

Waterslide

Cool off on the water slide and have fun with friends! Don't forget your sunscreen and towel. *New participant waivers must be signed for 2012, and parents must be in attendance*

with their kids. For questions, please contact Kyana at 530-554-9880.

When: Tuesday, July 10 at 11am
Where: Orchard Park Community Center

Craft Hour

School's out and summer is here! It's time to get crafty. Let's make enchanted toadstools to decorate your room or the garden. For questions, please call Shakeela at 530- 297-7451.

When: Tuesday, July 10 at 4:30pm
Where: Solano Park Community Center

Waterslide

Enjoy the summer and sunshine. Kids, join your friends and have fun in the water slide. Don't forget your sunscreen & towel. ***a waiver signed by a parent is a must.* For questions, please call Shakeela at 530- 297-7451.

When: Friday, July 13 at 3pm
Where: Grassy area between buildings 2700 & 2800

Kids Book Swap

Bring any kids' books you'd like to trade. You can take home a new book to jump start your reading. For questions, please call Shakeela at 530- 297-7451.

When: Tuesday, July 17 at 5pm
Where: Solano Park Community Center

Community Programs

Friendship Dance

Join us for a super fun and easy Native American-influenced round dance, otherwise known as the friendship dance. Orchard Park resident and Native American studies doctoral candidate, DJ Worley, will lead the all-ages activity outside the Community Center. For questions, please contact Kyana at 530-554-9880.

When: Thursday, July 19 at 7pm

Where: Orchard Park Community Center

Kaleidoscopes

Kids can have fun making customized kaleidoscopes! Kids MUST be accompanied by an adult helper. All supplies are provided. For questions, please contact Linnea at 530-219-9477.

When: Friday, July 20 at 3:30pm

Where: Solano Park Community Center

Kids' Club Event

Calling all kids 8 and over! Let's head out to the Orchard Park Gardens to look at the summer night's sky with all its amazing constellations. We will learn about the myths behind the constellations. Bring a lawn chair or something cozy to sit on. We'll meet in front of the Orchard Park Community Center and walk out to the garden together. For questions, please contact Celida at 707-540-4663.

When: Friday, July 20 at 9:15pm

Where: Orchard Park Community Center

Fiesta

Looking for something different to break up the summer routine? Join us for an afternoon Mexican Fiesta! Come out and enjoy the great game of *Lotteria* (Mexican Bingo) and sample some Agua Fresca ~ a refreshing summer beverage made of different fresh fruit. For questions, please contact Celida at 707-540-4663.

When: Sunday, July 22 at 3pm

Where: Orchard Park Community Center

Origami

Join us in folding paper techniques. Flat paper turns into animals, plants, objects etc. For questions, please contact Linnea at 530-219-9477.

When: Monday, July 23 at 3:30pm

Where: Solano Park Community Center

Campout!

Let's go camping beneath the stars together! Bring your tents, camping gear, and PJs for an evening of survival skills, s'mores, stories, games, and songs over a campfire. Those wishing to stay the night will need to coordinate sleeping arrangements so that there is one parent per tent. For questions, please contact Kyana at 530-554-9880.

When: Tuesday, July 24 at 7pm

Where: Orchard Park Community Center

Journals

Customize and decorate your own journal. For questions,

please contact Linnea at 530-219-9477.

When: Wednesday, July 25 3:30pm

Where: Solano Park Community Center

Book Club

Put your school books away and get ready for some fun summer reading. Join our book club and enjoy visiting with your Orchard Park neighbors. For questions, please contact Celida at 707-540-4663.

When: Thursday, July 26 at 6:30pm

Where: Orchard Park Community Center

Solano Park Community Yard Sale

Have items to sell? On Saturday, July 28, you can set up a space for your items at the Solano Park Community Center, sell your items, and clean up afterward. For questions, please contact Linnea at 530-219-9477.

When: Saturday, July 28 at 8am

Where: Solano Park Community Center

Toddler Story Hour

Enjoy an afternoon of reading with your toddler. Some children's books will be provided. If you have a favorite, you can bring it too. For questions, please contact Linnea at 530-219-9477.

When: Monday, July 30 at 2pm

Where: Solano Park Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- Do you have an annoying bathroom or bedroom door that won't stay open? We can remedy that. Fill out an online repair request.
- Are your closet doors often coming untracked? Take care of them by sliding them slowly and straight. Don't lean on them when you move them.
- Please remember that bedroom and cabinet doors aren't a painted surface. Hanging items with tape, nails, or tacks will harm the wood finish.
- Periodically cleaning the refrigerator door seal will make it easier to open and keep it from ripping. Take special care to clean the bottom edge with warm soapy water where sticky liquids accumulate.

Holidays and Anniversaries

July 7 – Tanabata, Star Festival [Japan]

Tanabata, according to legend, is the day that two stars, Orihime (Vega, the Weaver) and her lover, Kengyii (Altair), meet in the skies over Japan. Chinese legend has it that the two were originally split apart by the two banks of the River of Heaven (the Milky Way, Ama-no-gawa). The seventh day of the seventh month is the only day they are permitted to see each other, since they once allowed their affection for each other to interfere with their heavenly tasks. Tanabata is especially appreciated in Sendai and Hiratsuka, where their festivals have become famous. Several days before 7 July, people write their wishes or poems on strips of paper in various colors (tanzaku), and hang them on leafy bamboo branches which have been cut from the plant; then, on the night of the seventh, the branches are placed in the garden.

July 10 - Disenfranchisement of the Washoe [U.S.A.]

By order of the US Secretary of Interior, two reserves were to

be set apart for the Washoe Native Americans in Nevada and California because their land had been taken over by settlers. No "suitable land" was available and no further action was taken. (1865)

July 13-15 – O-Bon Festival, Feast of the Dead [Buddhist Japan, Tokyo]

A Buddhist ceremony observed by lighting lanterns after the harvest for ancestor. This memorial service to the spirits of ancestors is held because the spirits of the dead are said to return at this time, and the festival welcomes them home. Traditionally, fires are lit at entrances to homes so the spirits do not lose their way, and Buddhist family altars are tidied up and food offerings set out. Festival folk dances (bon-odori) are held in various parts of the country on the grounds of shrines, temples, parks, squares, or in the streets, and people dressed in informal summer kimonos (yukata) dance to the songs sung by folk musicians. When O-bon is over, the spirits are sent on their way with fires at entrances of homes.

July 14 - Bastille Day, National Day [France]

The 1789 revolution destroyed the ideas of monarchy and privilege based on birth, when the working class overthrew the French nobility, ending the rule of King Louis XIV. With this, France established itself as a republic.

July 19 - International Special Olympics [U.S.A.]

On this date, the first Special Olympics, an athletic competition for children and adults with cognitive disabilities, opened at Soldiers Field in Chicago, USA. The first Special Olympics had 1,000 participants from the United States and Canada; by 1995, the competition had expanded to include Winter Special Olympics [1977] and involved 7,000 participants from fifty states and 141 countries. The program of events has also grown dramatically, from four at the first Special Olympics to more than fifteen. The international competition is held in the year before the regular Olympic Games. (1968)

Calendar of Events

July 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	3 <u>Badminton</u> SPCC 5pm	4 HOLIDAY PARKS OFFICES CLOSED <u>Watermelon Mania</u> OPCC 6pm <u>BBQ & Bike Parade</u> OPCC 7pm	5 <u>Toddler Play Group</u> SPCC 10:30am	6	7 <u>Waterslide & Ice Cream</u> OPCC 4pm
8	9	10 <u>Waterslide</u> OPCC 11am <u>Craft Hour</u> SPCC 4:30pm	11	12	13 <u>Waterslide</u> Between buildings 2700-2800 3pm	14
15	16	17 <u>Kids' Book Swap</u> SPCC 5pm	18	19 <u>Friendship Dance</u> OPCC 7pm	20 <u>Kaleidoscope</u> SPCC 3:30pm <u>Kids' Club</u> OPCC 9:15pm	21
22 <u>Fiesta</u> OPCC 3pm	23 <u>Origami</u> SPCC 3:30pm	24 <u>Campout!</u> OPCC 7pm	25 <u>Journals</u> SPCC 3:30pm	26 <u>Book Club</u> OPCC 6:30pm	27	28 <u>SP Yard Sale</u> SPCC 8am
29	30 <u>Toddler Story Hour</u> SPCC 2pm	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

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?

- Smoking is not allowed within any apartment, or within 25 feet of any building, courtyard, or exterior walkway, patio, or balcony. Smoking is also not allowed near any playgrounds or outdoor seating areas that other residents may typically use. Smoking will only be permitted along the outside perimeter of the Orchard and Solano Park property line. Please be aware that anyone violating this policy is subject to a lease violation.
- The tenant will neither keep a cat, dog, or other pet in or near the premises nor encourage its presence by feeding. This prohibition will apply not only to pets of the tenant, but also any visitor to the apartment regardless of the length of a visit. Violations may subject the tenant to termination of his/her right of occupancy.

- **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.
- **Harassment of Animals** While ducks are often a source of frustration for our community members, we ask that residents be mindful of children's behavior toward the ducks. At times the

Student Housing Office will take steps to "herd" the ducks to the Arboretum, however, section 251.1 of the Waterfowl Regulations states the following, "Except as otherwise authorized in these regulations or in the Fish and Game Code, no person shall harass, herd or drive any game or nongame bird or mammal. For the purposes of this section, harass is defined as an intentional act which disrupts an animal's normal behavior patterns, which includes, but is not limited to, feeding or sheltering. This section does not apply to a landowner or tenant who drives or herds birds or mammals for the purpose of preventing damage to private or public property, including aquaculture and agriculture crops."