Fall Pest-Proofing
Submitted by Linnea Hall
Sources: Michael F Potter and UC Davis Student Housing Policies Manual excerpts Article from University of Kentucky entomology department

As fall approaches, so does colder weather and outdoor pests that will be looking for warm places to live. You can prevent them from finding your home appealing by taking steps to block their entry before they end up inside.

Outlined below are useful tips for pest-proofing a home:

- Keep your patio or balcony clear. Any furniture designed for indoor use, as they are inviting to burrowing animals, may not be stored on patios or balconies. Cardboard boxes, wood, newspaper, books, plastic bags, or anything that would attract pests or rodents also may not be stored on patios or balconies.
- Take trash out regularly to the dumpsters. Do not leave trash bags outside front doors, entry ways, or patio/balconies as this will attract rodents and insects.
- Keep the interior of the apartment in good condition. There are issues related to roaches, and other pests associated with unclean living conditions.
- Keep potting soil and gardening tools in sealed containers.
- Keep patio fence doors closed and locked to keep the ducks and cats from entering the patio area.
- Cockroaches, mice, ants, and bees are the most common targets. If roaches are present, treatment is mandatory and should be scheduled as soon as possible.

If you’ve already noticed a pest infestation or signs there may be a pest present, please complete a repair request. Let’s make this a clean, safe, and pest-free winter!
Important Apartment Guidelines to Remember
Submitted by April Berryman

Part of the job of the Orchard and Solano Park Offices involves the Office Coordinator, Josephine Gorospe, as well as our student staff greeting and orienting new leaseholders when they first move in. As part of the orientation, we inform leaseholders of an important document located on the Student Housing Website called the “Welcome to the Parks” brochure.

This brochure outlines information pertaining to living in either complex as well as valuable resources within the campus community and beyond. Below is a list we thought we would provide as a reminder of important guidelines all residents should be sure to follow.

- No laundry may be dried in breezeways or areas adjacent to buildings.
- Only designated items should be placed in the recycling bins around the complex.
- No business may be operated from within Student Housing. The sole exception is a licensed childcare business.
- A tenant may not install their own personal locks on any of the doors.
- The apartment may not be painted anywhere. If painted, the leaseholder will be billed for returning the apartment to it’s original condition.
- Additional major appliances such as refrigerators, clothes dryers, air conditioner units, freezers, and other such appliances are not permitted inside or outside the apartment because of safety issues.
- Residents may not extend electrical power outside the apartment by extension cord or any other means.
- When a repair request is placed, it is understood that University staff has been given permission to enter the apartment to make needed repairs.
- Under no circumstances may a resident deactivate the ceiling smoke detector, since this may cause the system to malfunction and could jeopardize other tenants. Damages caused by tampering with fire equipment are billed to the leaseholder.
- Keep your lease current. If you have a change in occupancy, the leaseholder must submit an Online Occupant Change Request located on the Student Housing Channel before the new occupant moves into the apartment.
- If someone is coming to visit you for more than 7 days in a 15 consecutive day period, you must request to add them to your lease before they move in.
- When you are ready to move out of Orchard or Solano Park, you must submit a 42 day written notice to your respective Park Office.

For more policies, please be sure to read the “Welcome to the Parks” brochure located on the Student Housing website under “Publications”.

Keep your lease current. If you have a change in occupancy, the leaseholder must submit an Online Occupant Change Request located on the Student Housing Channel before the new occupant moves into the apartment.
How to Avoid Getting the Flu in Winter
Submitted by Shakeela Kuthubdeen  Source: www.wikihow.com

The winter months present plenty of opportunities for viruses to spread. Chilly weather keeps more of us indoors at the same time, and the holiday season brings together family members of all ages. Colds and flu (influenza) can occur anytime, but appear mostly in the fall and winter.

Wash your hands frequently. Many people get colds, flues, and viruses by not washing their hands. Some people don’t even wash their hands with soap. The proper way to wash your hands is to put hot water on, apply a dollop of soap, and scrub your hands for about thirty seconds to a minute.

Every time you cough, sneeze, or even touch somebody's hands, always wash your hands. Thousands of germs are on your hands every time you make contact with another person and don’t wash your hands.

*Teach kids to cough and sneeze into their shirt sleeve in the crook of their arm and not their hands.*

- Clean regularly. You should clean the bathrooms, bedrooms, wood/glass tables and most of all, phones.
- Clean the phone. Phones seem to have the most amounts of germs because everybody uses phones; guests use phones, you use phones. Phones need to be cleaned about every other day with either a disinfectant wipe or a damp, slightly soapy cloth.

Influenza viruses are classified as types A, B, or C. Type A and B viruses are the most serious because they are the ones most often responsible for cases of the flu and all of its complications. Type C viruses are mostly associated with cold symptoms.

Tips
- Odor eliminators should be used about every other day. It not only eliminates odors, but it also kills nasty germs that are in the air.
- If you experience sneezing, coughing, etc. daily after following these tips and tricks, you probably are allergic to something. Thus, you should go to your local doctor and talk about your symptoms.
- One of the best things to do is to get the flu shot. Though flu shots do not actually prevent you from getting the flu, they do lower your chances. It’s better to be safe than sorry.

Tips for Avoiding Winter Bugs:

- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise
Community Programs

**Book Club**
It’s time to pick up our next book club choice. Drop by the Orchard Park Community Center for a friendly visit, snacks, and book discussion of *Away* by Amy Bloom. For questions, please contact Celida at 707-540-4663.

**When:** Friday, November 2 at 7pm  
**Where:** Orchard Park Community Center

**Composting with Project Compost!**
Learn how to compost and reduce your amount of household waste that goes into landfills with Project Compost! Project Compost is a student-run unit at UC Davis that picks up compostable materials from different locations on campus and turns it into compost in their pile out by the Student Farm. Orchard Park Apartments have become the newest compost pickup location. So come out and learn about using the new compost bin! For questions, please contact Celida at 707-540-4663.

**When:** Wednesday, November 7 at 4:30pm  
**Where:** Solano Park Community Center

**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 welcome. For questions, please call Shakeela at 530-297-7451.

**When:** Thursday, November 8 at 10:30am  
**Where:** Solano Park Community Center

**Game Night**
Do you enjoy playing board games? Join us as we play Monopoly the board game. This is for kids ages 6 and up. For questions, please contact Cesar at 408-504-6727. Looking forward to seeing you there.

**When:** Friday, November 2 at 7pm  
**Where:** Solano Park Community Center

**Cookie Swap**
It’s cookie time! Bring 2 dozen cookies and your secret recipe to share. For questions, please call Shakeela at 530-297-7451.

**When:** Tuesday, November 6 at 4:30pm  
**Where:** Solano Park Community Center

**Adult Tile Painting**
All adults are invited to enjoy a relaxing night of painting. Tiles can be used for hot plates at Thanksgiving, as decorations around house, or as a garden stepping stone. I recently returned from a trip to Turkey, and will bring Iznik tile painting books. There are a lot of fun ways to paint and use personalized decorated tiles. For questions, please contact Linnea at 530-219-9477.

**When:** Wednesday, November 7 at 4:30pm  
**Where:** Orchard Park Community Center

**Cookie Swap**

**When:** Thursday, November 8 at 4pm  
**Where:** Orchard Park Community Center

**Pumpkin Pies**
Pumpkin pie is a tried and true fall treat, and a necessary end to most Thanksgiving dinners. Come learn a new twist on the classic, as we bake delicious miniature pumpkin pies. For questions, please call or text Sara at 916-996-0751.

**When:** Thursday, November 8 at 4pm  
**Where:** Orchard Park Community Center
Community Programs

Ping-Pong Night
Did you know that we have a brand new ping-pong table? Join us as we bring out the ping-pong table and break it in. This is for kids ages 6 and up. Adults are also welcomed to try out our new ping-pong table. For questions, please contact Cesar at 408-504-6727.

When: Saturday, November 10 at 6:30pm
Where: Solano Park Community Center

Hand Print Turkey Aprons
Kids of all ages are welcome to customize a child’s size apron (2 sizes. Small = toddler size and medium = children’s size). We will use non-toxic, washable finger paint so kids can add their handprint turkey to the apron and can use fabric markets to add their name. Everyone should attend WITH an adult helper. Also, wear clothes you can get dirty. For questions, please contact Linnea at 530-219-9477.

When: Tuesday, November 13 at 4:30pm
Where: Solano Park Community Center

Thanksgiving Tree Craft
Let’s remember what is important this Thanksgiving by creating an art masterpiece to display what we are thankful for. Create a unique tree where you and your family can attach leaves representing the aspects of your lives that you are grateful for. For questions, please call or text Sara at 916-996-0751.

When: Wednesday, November 14 at 4pm
Where: Orchard Park Community Center

Craft Hour
Welcome fall in a crafty way. Come enjoy an easy, fall family craft. For questions, please call Shakeela at 530-297-7451.

When: Wednesday, November 14 at 4pm
Where: Solano Park Community Center

Pumpkin Pie Dessert
Join us as we treat ourselves with pumpkin pie. For questions, please contact Cesar at 408-504-6727.

When: Friday, November 16 at 6:30pm
Where: Solano Park Community Center

Monday Night Football
It’s American football season, so let’s get in the spirit of the sport by celebrating a Monday night tradition. Enjoy some snacks in the company of fellow sports enthusiasts, while we watch the San Francisco 49ers battle the Chicago Bears. For questions, please call or text Sara at 916-996-0751.

When: Monday, November 19 at 5:30pm
Where: Orchard Park Community Center

Night Owl Study Lounge
Been cooped up at home or at the library studying? Change your scenery and visit the community center as it is transformed into a late night study lounge where you can read, review for an exam, or study with a pal. Coffee and tea will be provided, but please bring your own coffee mug or tea cup. For questions, please contact Celida at 707-540-4663.

When: Tuesday, November 27 at 8:30pm
Where: Orchard Park Community Center
**Monthly Maintenance Tips**
*By Orchard and Solano Park Maintenance*

- A combination of cold air and hot water create steam and condensation. Condensation builds up the most in your bathroom. Keep the bathroom fan running a little longer to pull the moisture from the air.
- Portable electric furnaces or heaters use lots of energy. Put a small oscillating fan by your gas wall furnace to help pull the warm air to those back bedrooms.
- We only get to clean our building’s rain gutters once a year. Usually this happens in December when we can anticipate that the trees have lost most, if not all of their leaves.
- Please take note of the following materials which may stain your floor:
  - Asphalt
  - Wet cardboard
  - Dyes on magazines and other paper or cardboard
  - Rubber backed carpets or rubber mats
  - Rubber furniture rests
  - Black rubber wheels (carts, toys, etc)
  - Ink
  - Oil
  - Some black shoe soles
  - Cleaner containing pine oil
  - Poster paints and powder paints

  When submitting repair requests, please only submit one repair per request. If you have multiple items to be repaired, please submit a separate request for each repair.

- **ORCHARD PARK RESIDENTS:** Be sure to clean the grease that builds up on your kitchen range hood. Grease can clog the exhaust area and cause the fan to not work properly. If you need a new range hood filter, please come to the Orchard Park office for a replacement.
- If your pilot light goes out on your heater, please call your RA (if it is in the evening or a weekend) or the Park Office to have maintenance re-light it.

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**Holidays and Anniversaries**

**November 1-2 - El Día de los Muertos [Mexico]**
The Day of the Dead commences during the final days of October, when “Dead Men’s Bread,” sugar skulls, and marigolds abound. Departed souls are remembered with a spirit of friendliness and good humor. The celebration closes 2 November with visits to the graves of family and friends where decorations are laid in remembrance.

**November 11 - Martyrdom of Guru Teg Bahadur [Sikh]**
He lived from 1621-1675 and was killed when he refused to change his religion. He was the ninth of the ten Sikh Gurus and was executed in Delhi by the Mughal emperor. Holiday is observed on various dates throughout November in different regions where the Sikh religion is practiced.

**November 15 - Shichi-Go-San Festival [Japan]**
Translating to 7-5-3 Festival, this is a day for girls aged seven, boys aged five, and children aged three to receive gifts and visit shrines with their parents to pray for health and happiness. Because odd numbers are considered auspicious in Japan, these odd numbered ages of this important period of a child’s growth are celebrated. Children are dressed up and taken to a Shinto shrine where they will visit a deity. Children also receive chitose ame (thousand-year candy) on this date; this is a long, thin, red and white candy in bags with crane and turtle illustrations, representing long life.

**November 22 - Thanksgiving Day [USA]**
President George Washington proclaimed this date in 1789 to be Thanksgiving Day. There is controversy about the details of the first Thanksgiving. One point of view claims this harvest feast was a celebration of a battle which killed 700 Native Americans. The popular belief about the holiday is that it celebrated the cooperation between Native Americans and the Pilgrims. From this view, the first Thanksgiving was for the Pilgrims’ first successful harvest that the Native Americans helped bring to fruition.
**Calendar of Events**

**November 2012**

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

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**November 2012 Calendar of Events**

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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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Sara Inshaw
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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.

- **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.

- **Smoking**
  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.