



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

December 2012

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Orchard Park Office Hours:
Tuesday and Thursday
8:00am—12:00pm
1:00pm—4:30pm

Solano Park Office Hours:
Monday, Wednesday, Friday
8:00am—12:00pm
1:00pm—4:30pm

Special points of interest:

- December 24, 25, 31, and January 1 are University Holidays. All campus offices will be closed.
- Parks Offices will be closed December 24, 2012—January 2, 2013. Contact the on-call Resident Assistant during this time for immediate assistance.

Eating Healthy During the Holidays

Submitted by: Cesar Casillas Source: <http://www.dukehealth.org/>

With the holiday season fast upon us, many of us tend to stray away from our usual diets and indulge ourselves in the great holiday food. It's important to maintain a healthy diet and exercise routine during the holiday season. Here are some helpful hints to maintaining a healthy diet during the holiday season.

Balance Your Meals

Don't fill up your plate with only the rich, high calorie food. Instead, have a little of everything, but be sure to include lots of fruit and vegetables. That way, you'll still be able to enjoy your favorite holiday foods as well as receive an array of important, healthful nutrients.

Be Cautious of Sugary Foods

Remember that rich,

sugary foods have a way of making you crave even more rich and sugary foods. If you do have a craving for something sweet, try to satisfy it with a piece of fruit or a bite of dark chocolate, or take half a serving of that piece of pie that you just can't resist.

Stock Up on Healthy Snacks

Planning ahead is the best way to choose healthy foods. When you go shopping, be sure to pick up some healthy snacking items. Keep plenty of fruits and vegetables on hand, such as carrots, celery, and apples; these can make a quick and easy snack in times when you feel tempted.

Be Assertive

Don't feel you must say yes to everyone that

offers you something to eat or drink. If you are not hungry, then just say so. Don't let yourself be pressured into eating something that you really don't want.

Eat Before You Go to Parties

Never go to a party or event feeling hungry. If you arrive to a party feeling really hungry because you have been "saving up" your calories all day, you risk being so hungry by the time you get there that you lose control over how much you eat. Instead, eat well throughout the day, eating small, healthy snacks like a handful of nuts or apple slices and peanut butter. And be sure to drink plenty of water.



Wishing you a healthy holiday!



Have Yourself a Green Little Christmas

Submitted by Celida Johnson

While media and markets would have us think the only way to a Merry Christmas is to have everything big: big tree, big gifts, big parties, big budget, big shopping list, etc., I for one would suggest something a *little* different this holiday season.

Living in our cozy little apartments, it might be wise to try going *little* for Christmas. Going “little” would make life a little more manageable, a little less cluttered, a little less stressful, and perhaps a little less expensive. In addition to those advantages, going *little* may give the holiday season big meaning, especially when considering little earth-friendly gift ideas.

So instead of getting caught up in the frenzied rush of buying gifts for the sake of putting something under the tree, explore these thoughtful little green gift giving ideas:

Homemade gifts: Children often create wonderful art projects at school or at home which can be

framed and given as gifts to family members. Homemade food like jams, breads, and desserts presented in ecofriendly containers and wrapping make nice gifts, as well.

Gardening gifts: Gardening is an activity that can be shared by the whole family and doesn’t take up space. The Community Gardens have plots available for rent to Orchard and Solano Park residents and could make a nice gift for a resident family member which would continue to give throughout the year. Gardening gift ideas can also be as simple as a clay pot filled with organic seed packets and a pair of gloves or a nicely potted plant.

Shop local: Visit farmers’ markets and local craft fairs for inspiration on locally made artisanal gifts with meaning. Some artisans create beautiful gifts from recycled objects keeping use of resources to a minimum. If you must shop, don’t forget to visit thrift or antique stores for special little treasures, i.e. jewelry, tea sets, books, etc.

Time: Try handcrafted gift cards, certificates or coupons filled with a promise for your time to enjoy an activity together or a lesson shared by you, i.e. a trip hiking together, a lesson in knitting, baking or cooking. Also, tickets or passes to a local museum, gallery or event are often much appreciated by their recipient.

But, remember, enjoying a little Christmas starts at home long before the gift giving stage. For more ideas on creating holidays filled with joy and without excessive waste and clutter, visit websites like eartheasy.com, treehugger.com, and sustainablebabysteps.com. And, have yourself a green little Christmas.

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.”
~ Kahlil Gibran

Thank You Volunteers

By Shakeela Kuthubdeen

Here is a big THANK YOU to all the volunteers who helped us at the Harvest Festival. It sure was a memorable event to The Parks families.

A special thanks to Joaquin

Feliciano, Nathan Moses, and Cuarto Leadership Council volunteers, Tiffany Robertson and Alpha Phi Omega volunteers, Michelle Tien and Sigma Alpha volunteers, Hujie Chen and Circle K International volunteers,

Ivy Sanchez and Delta Xi Phi Multicultural Sorority, Inc. volunteers.

We couldn’t have done it without you, THANK YOU!!!

Community Programs

Game Night

As the days are becoming shorter, join us on Saturday for a fun filled night of playing games. We will have the ping-pong table available, as well as some board games and I will be bringing my Nintendo Wii to play some bowling. For questions, please contact Cesar at 408-504-6727.

When: Saturday, December 1 at 6:30pm
Where: Solano Park Community Center

Craft Hour

Come make a chubby little snowman to add to your homemade winter decorations. This is one cute snowman who'll welcome winter no matter what weather it is. For questions please call Shakeela at 530-297-7451.

When: Tuesday, December 4 at 4 pm
Where: Solano Park Community Center

Orchard Park Santa Potluck

Santa will be visiting Orchard Park! Please bring your favorite side dish to share, and come join Santa for dinner. Don't forget your camera.

When: Wednesday, December 5 at 6pm
Where: Orchard Park Community Center

S'mores

Join us as we sit by the fire, roasting some marshmallows and enjoying s'mores. Please be advised that since there will be a fire to roast the marshmallows that parents need to assist

children near the flames. For questions, please contact Cesar at 408-504-6727.

When: Wednesday, December 5 at 6:30pm
Where: Solano Park Community Center

Holiday Picture Frames

Make a cute picture frame with a personal touch. This can be a wonderful holiday décor or a perfect gift. For questions, please call Shakeela at 530-297-7451.

When: Thursday, December 6 at 4 pm
Where: Solano Park Community Center

Solano Park Santa Potluck

All residents are invited to bring a side dish to share and have dinner with Santa! For questions, please contact Linnea at 530-219-9477.

When: Friday, December 7 at 6pm
Where: Solano Park Community Center

Holiday Hand Print Art

All kids are welcome to make Holiday themed hand print art! Wear clothes that can get dirty, and young children need an adult helper. For questions, please contact Linnea at 530-219-9477.

When: Monday, December 10 at 4:30pm
Where: Solano Park Community Center

Brownie Mix in a Jar

Come learn how to make delicious brownie mix in a jar.

This is a perfect gift for anyone or for any occasion. You are in for a treat; I'll bring a fresh made batch to taste and jars full of brownies for 6 lucky winners to take home. For questions, please call Shakeela at 530-297-7451.

When: Tuesday, December 11 at 4 pm
Where: Solano Park Community Center

Book Exchange

Do you have books just lying around that you no longer read? Join us in the community center on Wednesday December 12th to exchange books. Please remember to bring books that you may have already read or don't want anymore to exchange with other residents. For questions, please contact Cesar at 408-504-6727.

When: Wednesday, December 12 at 4:30pm
Where: Solano Park Community Center

Kids' PJ Story Hour and Book Swap

Hey kids, come in your PJ's and enjoy a holiday favorite at this story hour. After the story we will have a long awaited book swap. So, get ready to refresh your bookshelves! Bring books you no longer want to trade at the book swap table. Cuddly friends (stuffed animals) welcome at this event! For questions, please contact Celida at 707-540-4663.

When: Friday, December 19 at 7pm
Where: Orchard Park Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- If you live in an upstairs apartment, please be aware that the water from your bathtub can drip into the downstairs apartment if water escapes the bathtub. To prevent this from happening, be sure to close your shower curtain when showering and prevent water from escaping the bathtub.
- Now that winter is fast approaching us, remember to keep a clear space around your wall heater and keep everything off of the top of it.
- Also, to help reduce the potential of mold and mildew, try to run the bathroom fan after showering or bathing for a while to exhaust as much steam or moisture out of the bathroom. Also, leave the bathroom door open as much as possible.
- Remember, air exchange is the key.
- On some occasions, it can get quite cold in Davis during the break between fall and winter quarters. Coincidentally, this is also the time that many of you will leave for the holidays. There are numerous problems that can develop in a vacant apartment due to the cold. Among them are:
 - Doors swelling and warping.
 - Floor tiles coming loose.
 - Paint peeling.
 - Frozen water pipes bursting, causing flooding.
 - House plants that cannot tolerate the cold dying.
 - Sensitive electronic equipment developing problems.
- Therefore, if you are planning to leave more than one day during the winter holiday break period, we ask that you take the following steps to avoid any problems that the cold might create:
 - Close and lock all windows and the glass patio door and close all window coverings.
 - Leave all doors inside your apartment open allowing heat to migrate throughout your apartment.
 - Leave your water heater on at a low temperature setting (For Orchard Park Only).
 - Leave your wall furnace on at the lowest possible temperature setting.

Holidays and Anniversaries

December 8 - Death/ Parinirvana of Buddha; Bodhi Day (Rohatsu) [India, Buddhist]

Born Siddhartha Gautama, Buddha (The Enlightened One) was born into a royal family in India around 563 BCE. His teachings are the basis for Buddhism, a major world religion & philosophy. His father, King Suddhodana, of the warrior caste, raised him in great luxury, but at the age of 29 Siddhartha renounced the world to become a wandering ascetic and search for a solution to the problems of death and human suffering.

After six years of spiritual discipline, he achieved supreme enlightenment and spent the rest of his life teaching his doctrines and establishing a community of monks, the sangha, to continue his work. He "died" (attained parinirvana) at 80. The Buddha is not worshipped as a god, but held up as an example of a compassionate way of being that all people can achieve through study and the practice of meditation. Note: The actual dates of Buddha's life are questionable, and the date of this observance may vary

between cultures, countries, and sects.

December 29 – Wounded Knee Massacre [U.S.A.]

Anniversary of the massacre of more than 200 Native American men, women and children by the US Seventh Cavalry at Wounded Knee Creek, South Dakota. Government efforts to suppress a ceremonial religious practice, the Ghost Dance, had resulted in the death of Sitting Bull on 15 December, which further inflamed the disgruntled Native Americans and culminated in the slaughter at Wounded Knee on this date.

Calendar of Events

December 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 <u>Game Night</u> SPCC 6:30pm
2	3	4 <u>Craft Hour</u> SPCC 4pm	5 <u>Orchard Park Santa Potluck</u> OPCC 6pm <u>S'mores</u> SPCC 6:30pm	6 <u>Holiday Picture Frames</u> SPCC 4pm	7 <u>Solano Park Santa Potluck</u> SPCC 6pm	8
9	10 <u>Holiday Handprint Art</u> SPCC 4:30pm	11 <u>Brownie Mix in a Jar</u> SPCC 4pm	12 <u>Book Exchange</u> SPCC 4:30pm	13	14	15
16	17	18	19 <u>Kids' PJ Story Hour & Book Swap</u> OPCC 7pm	20	21	22
23	24 HOLIDAY PARKS OFFICES CLOSED	25 HOLIDAY PARKS OFFICES CLOSED	26 HOLIDAY PARKS OFFICES CLOSED	27 HOLIDAY PARKS OFFICES CLOSED	28 HOLIDAY PARKS OFFICES CLOSED	29
30	31 HOLIDAY PARKS OFFICES CLOSED					



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**A Publication of Orchard
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**Your doorway to
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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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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 530-752-2033 or your Park Office if you have any questions.
- If you plan to travel during the holiday period, please leave a travel form with your Park Office.
- 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.