



Business Name

THE PARK MESSENGER

February 2013

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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:

- February 18, 2013 is a University Holiday. All campus offices will be closed. Please contact the on-call RA for immediate assistance or if you are locked out.

February is "Black History Month"

Submitted by Sue Franck

Celebrating Black History began in 1926, when Dr. Carter G. Woodson, a Harvard Ph.D., initiated "Negro History Week."

Dr. Woodson, a historian, chose the second week in February because it included the birthdays of Frederick Douglass and Abraham Lincoln. In 1976, the Bicentennial (200th birthday) of the U.S.A., the week-long observance was extended to the entire month of February in order to have enough time for celebratory programs and activities.

Black History Month is a time to commemorate African-Americans who have changed the world. Listed below are just a few notable African-Americans

Frederick Douglass was an escaped slave who was a writer, speaker and served as an adviser to President Abraham Lincoln during the Civil War.

Martin Luther King, Jr. was a great civil rights

leader who won the Nobel Peace Prize for his work toward civil rights and was assassinated in 1968.

Thurgood Marshall was the first African-American who served on the US Supreme Court? **Harriet Tubman** was a woman who helped hundreds of other escaped slaves flee to freedom in the North via the Underground Railroad.

George Washington Carver was a scientist who developed hundreds of products from peanuts, sweet potatoes, pecans, and soybeans, revolutionizing agriculture in the South.

Dr. Charles Richard Drew was a scientist who developed the idea of the blood bank, saving innumerable human lives.

Mary McLeod Bethune was an educator, politician, and social visionary, was one of the most powerful African American women of the first half of the twentieth century.

Matthew Alexander Henson was an explorer and colleague of Robert E. Peary who was in the first group of people to visit the North Pole.

Marian Anderson was the first African American to sing at the Metropolitan Opera.

W.E.B. DuBois was an educator, author, historian, sociologist, philosopher, poet, and leader. Besides being one of the founders of the NAACP, he was the very first African American to receive a doctoral degree from Harvard University

Booker T. Washington was an ex-slave who founded the Tuskegee Institute in Alabama. **Mae C. Jemison** was the first African-American woman to go into space. **Jackie Robinson** was the first African-American to play major league baseball.

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February is "Black History Month"

Submitted by Sue Franck

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Rosa Parks was the woman who refused to give up her bus seat, prompting a city-wide bus boycott. This eventually resulted in a Supreme Court ruling that segregation on city buses is unconstitutional.

Malcom X (born Malcolm Little) was an African-American leader and prominent figure in the Nation of Islam, who

articulated concepts of race pride and black nationalism in the early 1960s.

Langston Hughes was a poet, essayist, novelist, playwright, journalist, & lyricist; one of America's great writers.

Jesse Owens was an African-American athlete who won four gold medals in the 1936 Berlin Olympic games.

Elijah McCoy was an inventor whose high-quality industrial inventions were the basis for the expression "the real

McCoy".

Barbara Jordan was the first African-American woman to be elected as a U.S. congresswoman from the deep South.

Madame C. J. Walker was the first female African American millionaire (early 1900s).

You can find over 500 notable African-Americans, at factmonster.com.

Lunar New Year

Submitted by Shawna Stevens Source www.infoplease.com and www.wikipedia.com

Lunar New Year or the Spring Festival is the most important of the traditional Chinese holidays and is a celebration of change. The festival traditionally begins on the first new moon of the New Year- the Chinese year 4706 begins on February 7, 2008. It ends on the full moon of the 15th day with the Lantern Festival, which is celebrated at night with lantern displays.

In Chinese astrology, there are twelve different animal signs representing twelve different types of personality. According to legend, Buddha asked all animals to meet him on Lunar New Year, but only twelve came. He rewarded them by naming a year after each one and proclaimed that people born in the year of a particular animal will share characteristics with that animal. According to the Chinese calendar, 2008 is

the Year of the Rat. Individuals born in rat years are often characterized as leaders, hardworking, and passionate.

Lunar or Chinese New Year is considered a major holiday for the Chinese and has had a strong influence on the New Year celebrations of its geographic and cultural neighbors. These include Koreans, Mongolians, Nepalese, Bhutanese, and Vietnamese. While each of these groups celebrate the New Year in different ways (and even on different dates) the common theme of family runs through them all. The New Year is a time for families to gather and many will travel home for bountiful reunion dinners on Lunar New Year's eve.

At Lunar New Year celebrations, people often wear red clothes, decorate with poems on red paper, and give "lucky money" in red envelopes to both children and

Unmarried adults. The color red symbolizes fire, which according to legend can drive away evil spirits and bad fortune. This is also why fireworks often shower the festivities. New clothing is usually worn to signify a new beginning in the New Year.

Preparing for the New Year and its celebrations usually involves extensive cleaning so that the bad luck from the previous year can be swept away. However, no cleaning is allowed on Lunar New Year's day to make sure no one accidentally sweeps away good fortune. Homes are often decorated with pretty blossoms to symbolized rebirth, red decorations, and candy trays to ensure that the New Year starts sweetly. This thorough cleaning and assorted decorations makes their homes more than ready to welcome the good luck of the New Year.

Breakfast, the Most Important Meal of the Day

Submitted by Cesar Casillas Source kidshealth.org

Why Bother With Breakfast?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal. Breakfast also can help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Breakfast Brain Power

It's important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory —

which they need to learn in school.

Kids who eat breakfast are more likely to get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Making Breakfast Happen

It would be great to serve whole-grain waffles, fresh fruit, and low-fat milk each morning. But it can be difficult to make a healthy breakfast happen when you're rushing to get yourself and the kids ready in the morning and juggling the general household chaos.

So try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they're out the door:

- Stock your kitchen with healthy breakfast options
- Prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.)
- Get everyone up 10 minutes earlier
- Let kids help plan and prepare breakfast
- Have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat

If kids aren't hungry first thing in the morning, be sure to pack a breakfast that they can eat a little later on the bus or between classes. Fresh fruit,

cereal, nuts, or half a peanut butter and banana sandwich are nutritious, easy to make, and easy for kids to take along.

You may also want to check out the breakfasts offered at school or daycare. Some offer breakfasts and provide them for free or at reduced prices for families with limited incomes. If your kids eat breakfast outside the home, talk with them about how to make healthy selections.

What **not** to serve for breakfast is important too. Sure, toaster pastries and some breakfast bars are portable, easy, and appealing to kids. But many have no more nutritional value than a candy bar and are high in sugar and calories. **Read the nutrition labels carefully before you toss these breakfast bars and pastries into your shopping cart.**

Breakfast Ideas to Try

Here are some ideas for healthy breakfasts to try:

- Whole-grain cereal topped with fruit and low-fat yogurt
- Whole-grain waffles topped with peanut butter, fruit, or ricotta cheese
- Whole-wheat pita stuffed with sliced hard-cooked eggs
- Hot cereal topped with cinnamon, nutmeg, allspice, or cloves
- Peanut butter on a whole-grain bagel with fresh fruit (banana or apple wedges) and low-fat milk

Community Programs

Valentine Cards

All kids are invited to make Valentine Cards for friends, for family, or loved ones! For questions, please contact Linnea at 530-219-9477.

When: Monday, February 4 at 4:30pm

Where: Solano Park
Community Center

Craft Hour

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

When: Wednesday, February 6 at 4pm

Where: Solano Park
Community Center

Lunar New Year Craft

All kids are invited to make a Lunar New Year craft! Celebrate the year of the snake with a handprint snake craft. For questions, please contact Linnea at 530-219-9477.

When: Friday, February 8 at 4:30pm

Where: Solano Park
Community Center

Game Night

Who is tired of being stuck at home during the cold winter months? If that is you, join us as we enjoy a night of games and fun. We will have fun playing Ping-Pong, have some dance-offs playing Just Dance on the Wii, and card games. For questions, please contact Cesar at 408-504-6727. Hope to see you there.

When: Saturday, February 9 at 6:30pm

Where: Solano Park
Community Center

Pizza Dough Recipe

Anyone interested in learning a quick and easy pizza dough recipe? Join us as I share my pizza dough recipe. I will also have some pizza made to sample. For questions, please contact Cesar at 408-504-6727. Hope to see you there.

When: Monday, February 11 at 6pm

Where: Solano Park
Community Center

Adult Knitting

Whether a beginner or skilled knitter, all are welcome to attend a knitting night. Yarn and needles will be provided, but feel free to bring any projects you're working on as well. For questions, please contact Linnea at 530-219-9477.

When: Tuesday, February 12 at 7pm

Where: Solano Park
Community Center

Lunar New Year Potluck

Come and celebrate the Lunar New Year with us! This is a special time to get together with our friends and neighbors to celebrate the abundance of the past year with feasting and fun. Join us as we enjoy the good food and friendship that are hallmarks of this auspicious occasion. Please bring a dish to share. For questions please call Shakeela at 530-297-7451.

When: Wednesday, February 13 at 6pm

Where: Solano Park
Community Center

Cooking Class

Come! No passport is needed for an hour long culinary trip to Turkey. Learn how to make Turkish Halwaa, an easy sweet treat, with Solano Park resident Tugba Altun Dikbiyik. For questions please call Shakeela at 530-297-7451.

When: Friday, February 15 at 4pm

Where: Solano Park
Community Center

Minty Grasshopper Pie Dessert

Who loves dessert? Join us as we enjoy some minty grasshopper pie. For questions, please contact Cesar at 408-504-6727. Hope to see you there.

When: Monday, February 18 at 6pm

Where: Solano Park
Community Center

Lunar New Year Potluck Party

Everyone, let's celebrate the Lunar New Year 2013 together! This is a time to celebrate the past year with your friends and neighbors. Please bring a favorite dish to share. For questions, please email Celida at cjohnson@ucdavis.edu.

When: Thursday, February 21 at 6:30pm

Where: Orchard Park
Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Apartment Heating Issues:

- If you have problems with your heater after hours (after 4:30pm or on weekends or holidays),

please contact an RA for assistance. They will come to your apartment and re-light your heater or get you a portable heater to use

- Also, please make sure that you have nothing stored on top of your heater as this is a fire hazard.

Holidays and Anniversaries

February 1 - Black History Month [U.S.A.]

February was chosen to recognize Black history, because both Abraham Lincoln (US president who freed slaves after the Civil War) and Frederick Douglass (an African American who worked to end slavery) have birthdays in February. (1926)

February 1 - Birth of Langston Hughes [U.S.A.]

Black writer. Hughes emerged as a leader of the Harlem Renaissance in the 1920s and became the most influential Black writer of his time. His poetry, which drew on the traditional Black art forms of spirituals, blues, and jazz, won an especially wide audience, but Hughes also distinguished himself as a writer of fiction, drama, essays, and history. (1902)

February 4 - Mawlid al-Nabi [Muslim]

Celebration of the birthday of the Prophet Muhammad. It is generally believed that the celebration of Mawlid al-Nabi was first observed around 13th century CE. Processions are held, homes are decorated, food is prepared and distributed,

stories about the life of Muhammad are narrated by learned people of Islam and poems are recited by children.

February 8 - Kitchen God Celebration [China, Taiwan, Southeast Asia, U.S.A.]

This observation is a traditional farewell ceremony for T'sao Zang, Prince of the Oven. Many Chinese homes have a picture of the Kitchen God hanging above the stove; throughout the year, the Kitchen God watches over the household from his altar in the kitchen and observes the family activities. The twenty-third day of the twelfth lunar month is when the Kitchen God is sent back to heaven, where the following day, he will report on the behavior of each family member to the Jade Emperor. The sending off ceremony is very important; sweet foods like sugar, preserved winter melon, and malt sugar candy are offered by family members to "bribe" T'sao Zang so that he may present a sweetened version of their deeds or misdeeds — dried grass and water are also offered to the horse that serves as the Kitchen God's transport. T'sao Zang is sent to heaven by burning his image; the smoke rising to the heavens represents

his journey to the Jade Emperor. A new picture of him is then placed above the stove for the coming year.

February 14 - Valentine's Day [U.S.A.]

Not all the details are known, but Saint Valentine was imprisoned for performing marriages declared illegal by Claudius II. While imprisoned, he became friends with the jailer's daughter. On the eve of his execution, he thanked her for her care and kindness in a note signed, "Your Valentine." In Roman times, 14 February was the night before a festival called Lupercalia, associated with fertility.

February 23 - Purim [Jewish, begins at sundown on the day before]

Celebration of the rescue of the Jews from destruction by the wicked Haman, through the intervention of Queen Esther. A time for costumes, celebration, fun, and the giving of gifts to the poor.

Calendar of Events

February 2013

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 Valentine Cards SPCC 4:30pm	5	6 Craft Hour SPCC 4pm	7	8 Lunar New Year Craft SPCC 4:30pm	9 Game Night SPCC 6:30pm
10	11 Pizza Dough Recipe SPCC 6pm	12 Adult Knitting SPCC 7pm	13 Lunar New Year Potluck SPCC 6pm	14	15 Cooking Class SPCC 4pm	16
17	18 HOLIDAY PARKS OFFICES CLOSED Minty Grass-hopper Pie Dessert SPCC 6pm	19	20	21 Lunar New Year Potluck OPCC 6:30pm	22	23
24	25	26	27	28		

