



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

August 2014

## INSIDE THIS ISSUE:

Bees Are Our Friends	1
Community Programs	2
Stay Connected!	4
Supervision for Children	4
Diversity Calendar	6
Calendar of Events	7
Did you know?	8

### Orchard Park Office Hours:

Tuesday and Thursday  
1:00pm—4:00pm

### Solano Park Office Hours:

Monday, Wednesday, Friday  
1:00pm—4:00pm

### Special points of interest:

- Parking permit renewals continue until September 30, 2014. Renew your parking permit(s) for the new year. If not renewed, you may be ticketed for displaying an invalid permit.

## BEES ARE OUR FRIENDS

Submitted by Merissa Fuentes

Do you like apples, onions, strawberries, avocados, coffee, carrots or vanilla ice cream? If you do, you might consider becoming a bee activist because these are just a few of the over 120 crops that need bees to grow the tasty items we love to eat.

All around the world bee colonies are having a hard time surviving and the number of bees keeps getting smaller. Scientists aren't quite sure why this problem, called Colony Collapse Disorder (CCD) is happening, but UC Davis

is one of the places that is working to make sure the bee population stays strong and survives.

To help study CCD and bees, Håagen-Dazs ice cream committed \$125,000 to the UC Davis Department of Entomology to help create the Håagen-Dazs Honey Bee Haven. Located to the west of the center of campus, the Bee Haven has linked gardens that encourage exploration. The goal of the garden is threefold. First, the Department of Entomology hoped to provide a food source for

local bees, second they wanted the garden to act as an educational tool for teaching visitors about what is happening to the bee population, and third the garden aims to inspire others to plant bee friendly gardens. The Bee Haven provides guided tours but is also open from dawn till dusk for anyone who wants to walk around, enjoy the plants and learn more about bees. Solano Park will be offering a group visit to the Bee Haven this August so come explore with us and see what you can do to help bees survive and thrive.



## ELEVATED GRADUATE LIVING

Call/Text: (530) 298-7777

LEASING NOW!

Email: 8W@YoloPropertyManagement.com

Visit Us: 1440 Wakeforest Drive

TAKE A TOUR!



LEASED BY BEDROOM AT \$632 PER MONTH

# Community Programs

## **Fitness Group**

All are welcome to join the August Fitness group featuring Shaun T's Focus T25 25 minute aerobic workouts. Modifications will be demonstrated so that everyone can join! Kids can join in too, or come to play in the community center. Contact Lindsey Cunningham for more details: [liacunningham@ucdavis.edu](mailto:liacunningham@ucdavis.edu), 805-345-0351.

When: Every Tuesday, August, 5:30–6 PM

Where: Solano Park Community Center



## **Water Slide - Relief from the Heat**

Kids can cool off and have refreshing fun under the summer sun on the inflatable water slide! Parents, apply waterproof sunscreen protection to exposed skin to help reduce the risk of sunburn. (Children under 5 years old must be accompanied by an adult guardian.) Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.

When: Saturday, August 2, 3 PM

Where: Solano Park Community Center

## **Junior Reader's Book Club**

Let's keep our kid's reading skills strong and have fun expanding the imagination of young minds by

making a visit to the Davis library. Parental participation required for participants under 8 years old. Contact Yolanda Franklin for more details at 530-487-5872.

When: Thursday, August 7, 3 PM

Where: Solano Park Community Center for departure to the library (bring age-appropriate car seats as required for carpool transportation)



## **Kids Play**

Kids of all ages are welcome to come out for a fun afternoon of games and activities! Contact Lindsey Cunningham for more details: [liacunningham@ucdavis.edu](mailto:liacunningham@ucdavis.edu), 805-345-0351.

When: Friday, August 8, 3 PM

Where: Solano Park Community Center

## **Popsicle Treats/Craft Creations**

Take a break from the heat with a sweet, cold treat! After the snack refreshment, kids will learn to build creative structures with the

left over popsicle sticks. Contact Yolanda Franklin at 530-487-5872 for more details.

When: Sunday, August 10, 3 PM

Where: Solano Park Community Center

## **Kitchen Beauty**

Learn how to make easy, at-home facials and masks using common kitchen items. We'll explore how different ingredients can help the skin, make a few masks and relax while they do their magic. If you have any questions please contact Merissa Fuentes, RA for Solano Park at 530-848-7573.

When: Monday, August 11, 7 PM

Where: Solano Park Community Center

## **Simple Meditation**

We'll explore the basics of vishvasana meditation and talk about how it can ease the stress of school and life. Where else will you have the opportunity to sit and do nothing but still say you learned something? If you have any questions please contact Merissa Fuentes at 530-848-7573.

When: Thursday, August 14, 7 PM

Where: Solano Park Community Center



## Community Programs

### **Water Balloon Extravaganza**

Summer is almost done, but that doesn't mean the fun has to end! All kids are welcome to join a water balloon extravaganza with a Popsicle treat to finish out the activity. Contact Lindsey Cunningham for more details: [liacunningham@ucdavis.edu](mailto:liacunningham@ucdavis.edu) 805-345-0351.

When: Friday,  
August 15, 3 PM  
Where: Solano Park Lawn

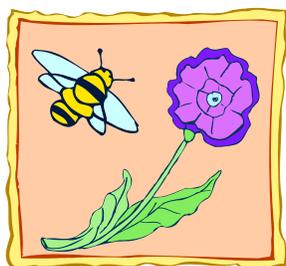
### **Volleyball and Ping Pong Tournament**

Do you got game? Let's find out! The volleyball net will be set up outside of the community center as well as the ping pong table for all resident's enjoyment. Contact Yolanda Franklin at at 530-487-5872 for more details.

When: Saturday,  
August 16, 2PM  
Where: Solano Park Community Center

### **Bee Appreciation and Garden Tour**

Come visit the UC Davis Bee Haven Garden and learn about the industrious life of bees and how their place in the ecosystem helping our plants and food grow. We'll explore the Häagen-Dazs



Honey Bee Haven, talk about the plants and enjoy the sunshine. If you have any questions please contact Merissa Fuentes at 530-848-7573.

When: Tuesday,  
August 19, 2 PM  
Where: Häagen-Dazs Honey Bee Haven

### **Cooking With Lindsey—Thai Curry**

I will be doing a cooking demonstration for those interested in learning to make a traditional Thai curry. This dish is gluten free, can be made vegetarian and tastes incredible! Contact Lindsey Cunningham for more details: [liacunningham@ucdavis.edu](mailto:liacunningham@ucdavis.edu) 805-345-0351.



When: Thursday,  
August 21, 5 PM  
Where: Solano Park Community Center

### **Kids Water Slide**

Who's ready to cool off on a warm summer day? We will be setting up the water slide for some more fun in the sun. Don't forget the sunscreen! Contact Lindsey Cunningham for more details: [liacunningham@ucdavis.edu](mailto:liacunningham@ucdavis.edu) 805-345-0351.

When: Friday,  
August 22, 3 PM  
Where: Solano Park Lawn

### **Bubbles, Bubbles, and more Bubbles**

This is an event that will be sure to entertain little ones and the young at heart! Come join in the fun and let's see what interesting shapes and sizes develop. Contact Yolanda Franklin at 530-487-5872 for more details.

When: Monday,  
August 25, 4 PM  
Where: Solano Park Community Center

### **Making Popsicles**

Learn how to make your very own popsicles! Come mash and freeze some fruit for a cool treat during the hot summer days. If you have any questions please contact Merissa Fuentes at 530-848-7573.

When: Tuesday,  
August 26, 2 PM  
Where: Solano Park Community Center

### **Making Red Velvet Cupcakes**

We'll be making this decadent, chocolate-y cupcakes that are good for any special occasion, or really any day ending in "y." If you have any questions please contact Merissa Fuentes at 530-848-7573.

When: Saturday,  
August 30, 1 PM  
Where: Solano Park Community Center

# Stay Connected!

Submitted by Yolanda Franklin

Greetings Solano Park Community! What's up? No, really, I genuinely want to know how are things going with you. It is not only a part of my job as a Resident Assistant of Solano Park Apartments to communicate with all of the residents, but it is an established scientific fact that we humans (and I would argue animals as well) thrive on social interaction. I'm sure you're all familiar with the research study which revealed the increased mortality in newborn babies who received only the basic necessities of life such as food, shelter, and hygiene but were denied the prolonged close communication from human interaction. The syndrome was called "failure to thrive" as being the cause of those deprived infants' premature deaths. This phenomenon can also be seen in the frequency of survivor sudden heart attack related death following the loss of a soul mate. Ultimately, we need to stay connected and supply ourselves with a network of community and social communication.

Greet your neighbors, compliment and converse daily. Enjoy this moment and time of your life with individuals you know and determine to meet new fellow neighbors you don't know. As we become familiar with those in our community we can more readily recognize

when things become out of place. For example, if an unfamiliar vehicle parked next to a children's play area with the motor running and the occupant was surveying the children for hours. Our neighborhood watch at Solano Park would effectively be on alert through adult communication considering the safety of all children in the area.

Another example might be the fact that in the event of a fire, fire fighters would need to be aware of the total number of children living within households, residents having restrictions in their mobility, and residents owning service animals. By getting acquainted with your neighbors you literally are enriching, lengthening and potentially saving lives in the community.

So, here are a few simple suggestions on beginning to get connected:

- Select events from the Park Messenger Newsletter that coincide with your schedule and attend, meet, greet, mingle, and make friends with fellow Solano Park neighbors. You'd be surprised at how much you have in common such as similar academic majors/discipline, marital status, amount or absence of children, years to graduation, language

- fluency, homeland, and so on. Join our Facebook Solano Park open group and "like" the UC Davis Student Family Housing 'The Parks' Facebook page. Chat with neighbors at your convenience. Arrange for playdates for kids, sunrise power walks in the arboretum by parents, combined picnics at the Farmer's Market Wednesday summer concerts, carpool errands to the grocery store, visit a comedy show or movie theater or the Mondavi Center for the performing arts as a group.

- Look for opportunities to be friendly. Sharing a smile, holding open a door for someone, offering assistance when needed, can be perfect avenues for an introduction. We are social creatures by nature and this is demonstrated so authentically by small children and animals. They just connect and communicate with no preconceived pressure. Why you ask? Because it's fun and makes for lasting lifetime relationships! :D

# 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:

Age of Child	Left Unattended in Apartment	Left Alone Overnight (10:30-5:30)	Left in Play-ground Unsupervised	Left in Car Un-supervised
0 - 5 yrs	NO	NO	NO	NO
6 - 9 yrs	NO	NO	YES*	NO
10 - 15 yrs	YES	NO	YES	YES
16+ yrs	YES	YES**	YES	YES

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.

## Open Letter to the Community

Dear Solano Park Residents,

We would like our neighbors to be alert that left things don't mean free things. We appreciate the friendly sharing-things atmosphere in Solano Park. And the only reason why we ask you to be careful with what you pick up from common use areas such as laundry rooms, play-

grounds, or lawns is that some residents claim loss of their possessions, such as cloths, reusable diapers, bikes, tents and other. Thus, we want to notify Solano Park residents that it is not always the case that if something is left outside the apartment, it means that you are welcome to take it

for yourself.

Here, we also want to thank all participants of neighborhood watch program. It is a valuable help to prevent thieves and provide child safety in Solano Park Circle. Your future cooperation is appreciated.

SP Community members

# Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Drains, Drains, Drains

➤ To help avoid nasty drain back-ups, please make sure that your kitchen sink strainer is in place when rinsing vegetables and cooking so that vegetable matter does not slip down the drain. Also, never put grease or oils of any kind down the drain. Doing so could result in significant

problems and unfortunately, charges.

➤ In the bathroom, please make sure that the hair strainer is in the bottom of the tub; occasionally remove the hair from it. Also, please remember not to flush feminine hygiene products or paper towels down the toilet.

➤ By following these simple suggestions, we can all help to hold down maintenance costs and personal inconvenience in the Parks. Thank you for your cooperation. Have a wonderful summer.

## Holidays and Anniversaries

### August 1—Lamas [Wiccan]

This day honors the turning of the wheel once again and represents the midpoint between summer and fall. Lammas in the Wiccan tradition is a cross-quarter holiday, acknowledging Mother Earth for the fruits of the harvest. This day honors the turning of the wheel once again and represents the midpoint between summer and fall. Lammas in the Wiccan tradition is a cross-quarter holiday, acknowledging Mother Earth for the fruits of the harvest. This day honors the turning of the wheel once again and represents the midpoint between summer and fall. Lammas in the Wiccan tradition is a cross-quarter holiday, acknowledging Mother Earth for the fruits of the harvest.

### August 3 —Ratha-yatra [Hindu]

For thousands of years devotees of Lord Krsna have journeyed to Jagannatha Puri in India to take part in the annual celebration called Ratha-yatra, The Festival of the Chariots.

During this festival devotees glorify the pastimes of Krsna in a two-mile parade of three fifty-foot high chariots.

### August 9 —International Day of Solidarity with the Struggle of Women in Africa

The United Nations General Assembly invited all governments and organizations to observe this date, the anniversary of a demonstration by South African women against racist pass laws in 1956.

The United Nations General Assembly invited all governments and organizations to observe this date, the anniversary of a demonstration by South African women against racist pass laws in 1956.

The United Nations General Assembly invited all governments and organizations to observe this date, the anniversary of a demonstration by South African women against racist pass laws in 1956.

### August 13-15 —O-bon Festival [Japan]

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. Tokyo, unlike the rest of Japan, celebrate O-Bon in July. help guide the spirits back to Clement X. First saint born in America. Founder of social work in Peru.

# Calendar of Events

## August 2014

*\*\*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
					<b>1</b>	<b>2</b> <u>Water Slide</u> SPCC @ 3PM
<b>3</b>	<b>4</b>	<b>5</b> <u>Fitness Group</u> SPCC @ 5:30 PM	<b>6</b>	<b>7</b> <u>Junior Reader's Book Club</u> SPCC @ 3 PM	<b>8</b> <u>Kids Play</u> SPCC @ 3 PM	<b>9</b>
<b>10</b> <u>Popsicle Treats/ Crafts</u> SPCC @ 3 PM	<b>11</b> <u>Kitchen Beauty</u> SPCC @ 7 PM	<b>12</b> <u>Fitness Group</u> SPCC @ 5:30 PM	<b>13</b>	<b>14</b> <u>Simple Meditation</u> SPCC @ 7 PM	<b>15</b> <u>Water Balloon Extravaganza</u> SP Lawn @ 3 PM	<b>16</b> <u>Volleyball and Ping Pong Tournament</u> SPCC @ 2 PM
<b>17</b>	<b>18</b>	<b>19</b> <u>Fitness Group</u> SPCC @ 5:30 PM  <u>Bee Appreciation</u> Haagen-Dazs @ 2 PM	<b>20</b>	<b>21</b> <u>Cooking with Lindsey</u> SPCC @ 5 PM	<b>22</b> <u>Kids Water Slide</u> SP Lawn @ 3 PM	<b>23</b>
<b>24</b>	<b>25</b> <u>Bubbles, Bubbles, and more Bubbles</u> SPCC @ 4 PM	<b>26</b> <u>Fitness Group</u> SPCC @ 5:30 PM  <u>Making Popsicles</u> SPCC @ 2 PM	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> <u>Making Red Velvet Cupcakes</u> SPCC @ 1 PM
<b>31</b>						



**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](mailto: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](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.

Editor:  
Sue Franck

Assistant & Desktop Publishing:  
Tori Lee & Tiffany Robertson

Contributors:  
Sue Franck  
Lindsey Cunningham  
Merissa Fuentes  
Peter Menard-Warwick/Jeff Wilson  
Yolanda Franklin

**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?**

- **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 is not allowed within any apartment, or anywhere at UC Davis. Smoking is also not allowed near any playgrounds or outdoor seating areas that other residents may typically use.
- 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.
- **Planning to vacate?** Remember a 42-day notice is required.
- We want our complexes to remain safe places to live. Report any suspicious activity to Campus Police.
- If you plan to travel for two weeks or more, please leave a travel form with your Park Office.
- **Mowing:** The mowers

- come to Solano Park on Wednesdays. Please have everything off the grass and put away to make their job easier.
- **Lights Out:** If you ever notice that your front door light is out, please put in a maintenance repair request on the My UC Davis page.