Staying Healthy this Winter
Submitted by Lindsay Cunningham

I thought you all might enjoy a few tips on boosting your immune system this winter. I haven’t scientifically verified all of the statements in this article, but eating these foods probably wouldn’t hurt. Enjoy!

Prevent Winter Colds With Immune-Boosting Foods
By Gavin Edley | For Active.com

Winter is on its way and with it often comes a plethora of ailments like colds and flu. Now is the perfect time to start boosting your immune system to prepare for winter.

The body’s immune system is affected by many variables such as diet, sleep and health conditions. The one variable we can always control is diet.

There are certain foods that, when accompanied with a healthy balanced diet, can keep your immune system functioning strongly and decrease your risk of catching the common bug. Here are five great immune-boosting foods to incorporate into your diet this season.

1. Coconut Oil
Rich in lauric acid, coconut oil helps to attack viruses, bacteria, and pathogens. It’s also incredibly versatile and can be used in smoothies, as a spread, in salad dressings, or just eaten from a spoon.

2. Mushrooms
Mushrooms are known to help support the immune system, but the ones with the greatest impact are medicinal mushrooms such as maitake, reishi, coriolus, agaricus, and shiitake. These mushrooms contain powerful compounds called beta-glucans, which are proven to help activate the immune system.

3. Berries
Blueberries, raspberries, goji berries, and acai berries all contain high ORAC values (antioxidant capacity) and thus offer protection against free radicals and sickness in the body. Berries also contain essential vitamins, minerals, and dietary fiber—all contributing to overall wellness.

4. Organic Fruits and Vegetables
Fruit and vegetables in general are packed full of enzymes, antioxidants, vitamins, and minerals to help keep your immune system optimized.

5. Matcha Green Tea
Matcha contains a strong concentration of polyphenols in the form of natural chemicals called catechins. Catechins have been found to improve the body’s immune response to pathogens. You can enjoy this healthy green beverage all season long.

Stay ahead of flu season with these immune-boosting foods and feel your best this winter.
HOLIDAY DECORATING ON A BUDGET
Submitted by Merissa Fuentes

At this time of year there are so many lovely ways to get in the mood for the holidays, but a lot of the seasonal reminders we put around the home cost more than student budgets can afford. To have the spirit of the season without going into debt, try a few decorating ideas that don’t require a lot of spending.

Use colorful leaves or branches that you pick up on walks to create arrangements or decor.

To add flair to these free, natural decorations you can highlight the leaves and twigs with gold or silver paint, or glue and glitter.

Try birthday candles, rather than the more expensive votives for a small Hanukkah celebration. Put those childhood skills to use by making paper snowflakes for windows and doors. Keep that theme going with a paper chain around a tree or stringing a popcorn garland. Use old t-shirts ripped into strips to make fabric streamers.

With a bit of repurposing the items you probably already have around the house anyone can have some holiday spirit around them.

Holiday Self-Care
Submitted by Yolanda Franklin

As the year end festivities begin and our daylight hours shorten, many people experience a greater degree of anxiety and holiday depression. Thoughts of loneliness increase for persons who have lost loved ones and/or lack family relatives with which to share holiday celebrations. Feeling grief or loneliness is nothing to be ashamed of. Understanding how you feel and reaching out for help is essential to giving yourself the supportive self-care you need. Talk about your feelings with close friends, take a leisure walk through the arboretum to appreciate nature, visit a nursing home or volunteer at a soup kitchen to resist feelings of isolation and loneliness. Being connected to others through acts of kindness can be therapeutic for all involved.

There are several counseling resources available on campus during academic session, such as The House which utilizes drop-in peer counseling and 24 hour hotline 530-752-2790; CAPS counselors; CAN counselors; WRRC counselors; and LGBTQIA counselors. Most importantly, be cognizant of your emotional state and if feeling despair leads to suicidal thoughts don’t hesitate to call 911, proceed to an emergency room, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).
Community Programs

CAPOEIRA ANGOLO
Please join us for a special class from Solano Park resident Juan! Capoeira Angolo is “The martial art and ritual combat dance known as Capoeira is one of the primary expressions of an African, specifically Kongo-Angolan, continuum in Brazil.” (http://www.joaogrande.org/capoeira_angola.htm)

“Capoeira’s teachings impart important life skills that assists children and adults in their personal growth, including self-discipline, self-confidence, conflict resolution as well as physical fitness and rhythm!” (http://tabcat.org/).

Contact Lindsey for more details at liacunningham@ucdavis.edu or 805-345-0351.

When: Thursday, December 4 at 7pm
Where: Solano Park Community Center

HOLIDAY SHORTBREAD COOKIES
Making cookies in festive holiday shapes is simple to do. Together we will bake a batch of shortbread cookies and decorate our creations with colorful sprinkles.

Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.

When: Saturday, December 6 at 3pm
Where: Solano Park Community Center

SNOWFLAKE DECORATIONS
Come cut out paper snowflakes to add to your holiday decorations around the home. This activity involves scissors, colored paper, and your own unique creativity.

Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.

When: Monday, December 8 at 7pm
Where: Solano Park Community Center

ANNUAL CHRISTMAS POTLUCK GATHERING
This celebration of holiday cheer is fun for all who’ve been good all year! Santa will be stopping by Solano Park on his way to the North Pole so parents be sure to bring your kids and take your own keepsake pictures while enjoying the community potluck feast.

Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.

When: Wednesday, December 10 at 5:30pm
Where: Solano Park Community Center

WELLNESS JEOPARDY
Want to learn how to maximize your wellness? This interactive program explores the dimensions of wellness (social, occupational, physical, intellectual, emotional, spiritual, and environmental) in a fun and exciting game show format. Put your knowledge to the test and get your wellness on. This program will help you to better understand all of the health and resource programs available on campus! Contact Lindsey for more details.

When: Thursday, December 11 at 7pm
Where: Solano Park Community Center

MAKE PEPPERMINT FUDGE
Have the seasonal treat of chocolate and mint whenever you’d like. We’ll learn how to make easy peppermint fudge and enjoy a little taste test.

Contact RA Merissa at 530-548-5900 with any questions.
**Community Programs**

**MAKE DOUGH ORNAMENTS OR HOLIDAY TRINKETS**
Using flour, water and a bit of salt, we can make any sort of holiday ornament or decoration you’d like. We’ll share the recipe, roll and create some seasonal decorations and let you take them home for a quick bake so the trinkets will last for years. Contact RA Merissa at 530-548-5900 with any questions.

When: Friday, December 12 at 5pm
Where: Solano Park Community Center

**SUGAR LIP SCRUB**
A simple yet luxurious gift for yourself or others. Make a sweet, all-natural exfoliant, bring a small jar or container and take some of the lip scrub home. Contact RA Merissa at 530-548-5900 with any questions.

When: Tuesday, December 16 at 7pm
Where: Solano Park Community Center

**MAKING CANDIED ALMONDS**
Whether you decide to make these for yourself or a friend, candied almonds are the perfect treat for the holidays. I first had these almonds in Munich, Germany at one of the Christmas Markets with my husband and sister. I am looking forward to sharing this tradition with you all! (They make a great gift!). Contact Lindsey for more details at liacunningham@ucdavis.edu or 805-345-0351.

When: Wednesday, December 17 at 4pm
Where: Solano Park Community Center
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 wall furnace on at the lowest possible temperature setting.

Holidays and Anniversaries

December 6—Saint Nicholas’ Day [Christian]  
St. Nicholas, noted for his charity, arrives on horseback, bringing nuts and apples. He is the patron saint of Turkey and was a generous bishop in 4th century Turkey, known as the protector of children. He is celebrated by giving of oneself without seeking or expecting repayment. He was one of the most venerated saints of both eastern and western Christian churches. This day is also celebrated by Dutch, German and Eastern European communities. Santa Claus and the presentation of gifts are said to derive from Saint Nicholas.

December 10—Human Rights Day [USA, U.N.]  
Anniversary of the adoption of the Universal Declaration of Human Rights. The Declaration sets forth basic rights and fundamental freedoms to which all men and women are entitled.

December 16—Las Posadas [Mexico]  
A nine-day celebration throughout Mexico, commencing 16 December. Processions of “pilgrims” knock at doors asking for posada (shelter), commemorating the search for Joseph and Mary for a shelter in which the infant Jesus might be born. Invited inside, fun and merrymaking ensue with blindfolded guests trying to break a piñata suspended from the ceiling.

December 26—Boxing Day [Canada, Bahamas, Jamaica, United Kingdom, Australia]  
Boxing Day was originally a day when boxes of gifts were given to those entitled to gratitude’s, such as employees.

December 31—Hogmanay [Scotland]  
Scottish celebration of New Year’s Eve. Comes from the French phrase “to the mistletoe, the New Year.” Scots bang pots and pans at midnight and bring bread, salt and coal to their hosts symbolizing life, hospitality and warmth.
**Calendar of Events**

**December 2014**

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**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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<td>Holiday Shortbread Cookies&lt;br&gt;SPCC @ 3pm</td>
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<td><strong>Wellness Jeopardy</strong>&lt;br&gt;SPCC @ 7pm</td>
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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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The Park Messenger online:
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.

- We want our complexes to remain safe places to live. Report any suspicious activity to Campus Police.

- **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 UCDavis page.