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Solano Park, UC
Davis

THE PARK MESSENGER

January 2015

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Solano Park Office Hours:
Monday, Wednesday, Friday
10:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- January 1 and January 19 are University Holidays. All campus offices will be closed.

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

Submitted by Ryan Lee, J.D. UC Davis School of Law (expected 2015)

Protect your loved ones with a will or living trust.

Wills, Trusts, and Estate plans are not tools for the rich. Proper end-of-life planning begins as soon as possible in order to enjoy the benefits of tax savings and plan for health care issues should you become incapacitated or disabled in a life-threatening accident.

Creating a proper will or trust is an instance where an ounce of medicine is worth a pound of cure because plans allow assets to pass with going through probate. At the heart of “Probate Proceedings” is a yearlong battle which strains family relations as loved ones fight over assets and property rights. Even a modest estate consisting only of a family home under \$300,000 will cost over \$9,870 in non-negotiable fees and involve a 12 month process where the state will decide –for you- who should get claim to –your- personal assets. These fees are statutorily based, which means they are non-negotiable and will

amount to more than 4 times what a prudent person would have spent if they only have drafted their will or trust before the time of their passing.

A proper trust can also accomplish more than the states “one-size fits all” plan by designating a “trustee” to handle your estate after passing. Through living trusts, a trustee can provide for special needs children who may not have the mental abilities or maturity to care for themselves. A trust may also provide resources to instances of blended families where divorces or marriages later in life may have produced children which otherwise would not be provided for under the standard default statutory scheme. Additionally, trusts can also provide support for pets after the death of their owners.

Join us for a seminar where we discuss the benefits of wills, trusts, and instruments such as the Advanced Health Care directive which act as



safeguards to protect your family in the event of an untimely accident. Protecting family assets and caring for family loves ones is more than just an instance where an ounce of prevention equals a pound of cure. Learn how early planning of Wills and Trusts can create safety measures necessary to protect assets and provide a meaningful plan for family contributions that can only grow and sustain itself over time.

Join us for a seminar on Saturday, January 10 at 1pm, where we discuss the benefits of wills, trusts, and instruments such as the Advanced Health Care directive which act as safeguards to protect your family in the event of an untimely accident.

DR. MARTIN LUTHER KING DAY OBSERVANCE

Submitted by Yolanda Franklin

Martin Luther King Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Reverend Dr. Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States.

What do people do in observance?

Martin Luther King Day is a relatively new federal holiday and there are few long standing traditions. It is seen as a day to promote equal rights for all Americans, regardless of their background. Some educational establishments mark the day by teaching their pupils or students about the work of Martin

Luther King and the struggle against racial segregation and racism. In recent years, federal legislation has encouraged Americans to give some of their time on this day as volunteers in citizen action groups. Martin Luther King Day, also known as Martin Luther King's birthday, MLK Day and Martin Luther King Jr Day, is combined with other days in different states. For example, it is combined with Civil Rights Day in Arizona and New Hampshire, while it is observed

together with Human Rights Day in Idaho. It is also a day that is combined with Robert E. Lee's birthday in some states. The day is known as Wyoming Equality Day in the state of Wyoming.

Public Life

Martin Luther King Day is a federal holiday, but has slightly different names in some states. Non-essential Government departments are closed, as are many corporations. Some schools and colleges close but others stay open

systems may or may not operate on their regular schedule.

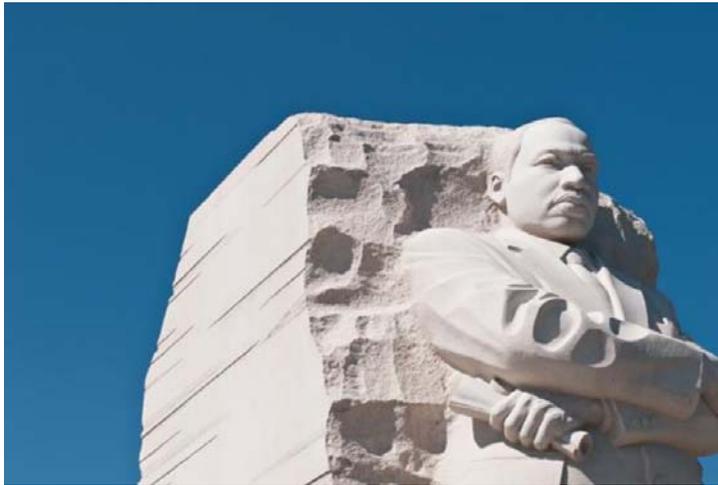
Background

Reverend Dr. Martin Luther King was an important civil rights activist. He was a leader in the movement to end racial segregation in the United States. His most famous address was the "I Have A Dream" speech. He was an advocate of non-violent protest and became the youngest man to be awarded

the Nobel Peace Prize. He was assassinated in 1968. In 1968, shortly after Martin Luther King died, a campaign was started for his birthday to become a holiday to honor him. After the first bill was introduced, trade unions lead the campaign for the federal holiday. It was endorsed in 1976. Following support

from the musician Stevie Wonder with his single "Happy Birthday" and a petition with six million signatures, the bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000. In 1990, the Wyoming legislature designated Martin Luther King Jr/Wyoming Equality Day as a legal holiday.

<http://www.timeanddate.com/holidays/us/martin-luther-king-day>



and teach their students about the life and work of Martin Luther King.

Small companies, such as grocery stores and restaurants tend to be open, although a growing number are choosing to close on this day. Some compensate by opening on Washington's Birthday instead. Recent federal legislation encourages Americans to give some of their time on Martin Luther King Day as volunteers in citizen action groups. Public transit



Community Programs

ITEM SWAP

Make room for anything wonderful you got over the holiday season, or just share things you've loved by stopped using. Please bring at least 5 new or softly used items for trading. Anything that doesn't get traded will be donated so even those outside of Solano Park will benefit. Any questions, contact Merissa at 530-848-7573.



When: Tuesday, January 6 at 6pm
Where: Solano Park Community Center

WILLS AND TRUST PRESENTATION

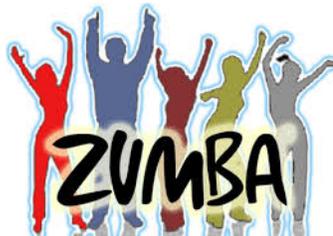


Come and learn the basics of setting up a will or trust. This presentation is specially designed for the residents in Solano Park and will be presented by Ryan Lee, a UCD law student, and his advisor.

When: Saturday, January 10 at 1pm
Where: Solano Park Community Center

FITNESS RESOLUTION

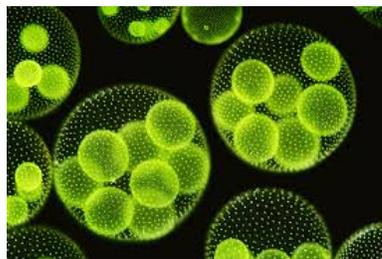
Celebrate the New Year 2015 by taking a rhythmic interest to fitness doing early morning Zumba. Join me and bring a towel and water bottle for a dance workout to music from around the world. Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.



When: Monday, January 12 at 8am
Where: Solano Park Community Center

KIDS SCIENCE NIGHT

Children age 5-12 are welcome to join a special science night presentation! This month we will explore the world of microscopic organisms. Contact Lindsey for more details at liacunningham@ucdavis.edu or 805-345-0351.



When: Wednesday, January 14 at 7pm
Where: Solano Park Community Center

HOMEMADE BODY BUTTER

Is your skin dry and uncomfortable during winter? Come learn how to make your own body butter. Just a few ingredients and a little time in the kitchen means you can take care of your skin. Any questions, contact Merissa at 530-848-7573.



When: Thursday, January 15 at 6:30pm
Where: Solano Park Community Center

PLAYDOUGH

Who remembers playing with Play-doh? Great fun, and a night?! Let's collectively introduce our little ones to the countless wonders of playing with Play-doh and have another fun-filled opportunity ourselves. Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.

When: Saturday, January 17 at 2 pm
Where: Solano Park Community Center



Community Programs

HOMEMADE TORTILLA SOUP

Come and learn an easy dinner for yourself or family. This recipe is healthy, easy and yummy! It's perfect for the last weeks of winter. Contact Lindsey for more details at liacunningham@ucdavis.edu or 805-345-0351.

When: Wednesday, January 21 at 4pm

Where: Solano Park Community Center

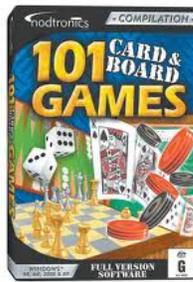


CARD GAMES AND BOARD GAMES

Come play some card or board games with the community. It's a nice break with your neighbors on a Tuesday evening. Any questions, contact Merissa at 530-848-7573.

When: Tuesday, January 20 at 6:30pm

Where: Solano Park Community Center



PING PONG PLAYOFFS

How about a study break that gets you moving? Come play ping pong and enjoy the invigorating benefits of healthy competition. All ages and skill levels welcome. Contact Solano Park Rep. Yolanda Franklin at 530-848-5872 for more details.

When: Wednesday, January 28 at 7 pm

Where: Solano Park Community Center



CANCELLED

National Blood Donor Month

Submitted by Merissa Fuentes

January is National Blood Donor Month. As we start a new year and a new school term remember how something as simple as donating a pint of blood can make all the difference to local emergency services and the people who used them. Since there is currently a shortage of blood supply, consider taking a few minutes out of your day to donate some blood.

Here in Davis we have Bloodsource, a great local nonprofit center that provides blood to people in need all over the US. You can visit their website (<http://www.bloodsource.org/>) for information about upcoming blood drives coming to the UC Davis campus, or take the initiative and call them at: 1-866-822-5663 or 1-530-756-5976 to make an appointment.

The Co-op also hosts blood drives 4 times a year. You can also check the Redcross website (<http://redcrossblood.org/give/drive/driveSearch.jsp?gclid=CJfkIqrrr8ICFY2TfgodxyQAIA>) at any time to find blood drives by zip code.

Holidays and Anniversaries

January 7—Pioneers' Day [Liberia]

Commemorates the Black pioneers from the United States, mostly freed slaves, who settled in Liberia, the oldest African independent republic.

January 12—Birth of Ira Hamilton Hayes

Ira Hayes was one of six US Marines who raised the American flag on Iwo Jima's Mt. Suribachi, on 23 February 1945, following a US assault on the Japanese stronghold. The event was immortalized by Associated Press photographer Joe Rosenthal's famous photo (and later by a Marine War Memorial monument at Arlington, Virginia). Hayes was born on a Pima Native American

reservation in Arizona; he returned to his reservation after World War II a much celebrated hero but later fell victim to his newfound fame. (1922)

January 14—Pongol [Hindu]

Celebrated when the sun enters Makara, or Capricorn. The exuberant four-day festival in South India is a celebration of the harvest and a thanksgiving. Flavored rice is offered to the sun god Surya, and the sound of conch shells and joyous cries of "Pongol, Pongol!" fill the air. Also celebrated with a cultural evening of song and dance.

January 16—Religious Freedom Day [USA]

The legislature of Virginia

adopted a religious freedom statute that protected Virginians against requirements to attend or support any church and against discrimination. This statute, which had been drafted by Thomas Jefferson and introduced by James Madison, later was the model for the First Amendment to the US Constitution. (1786)

January 30—Greek Day of Education [Greece]

Also known as Three Hierarchs Day. It is the anniversary for Saint John Chrysostom, Saint Basil and Saint Gregory the Great, who are honored for their ancient knowledge combined with Christian beliefs.

Monthly Maintenance Tips

By Solano Park Maintenance

Special concerns for the cold, dark days of January:

- Let us know if you see exterior lights out. We will re-lamp them for you to keep that early darkness illuminated.
- Watch for wet and icy pathways; they can be slippery afoot or on your bicycle.
- Be sure the frost and water vapor is off all your car's windows. You need to see when you are leaving your parking space and driving the city streets.
- Rain and cold weather drives insects such as ants indoors to seek shelter. If you find that this is the case, please go online and submit a pest request or you may call them at 530-752-8200. We can inspect and treat for ants and other insects.

The Davis Dirt

Submitted by Lindsey Cunningham

If you are looking for a little fun in Davis, the Davis Dirt is a great resource we have at our fingertips. Their website offers a calendar of events going on in Davis, many of them free! It is also a way to find out about new restaurants, happy hours and new businesses.

We are all very busy here at Solano Park, but remember, it is healthy and important to take breaks and have a little fun!

Check it out at <http://www.thedavisdirt.com/>

Calendar of Events

January 2015

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 SOLANO PARK OFFICE CLOSED HOLIDAY	2 SOLANO PARK OFFICE CLOSED	3
4	5	6 <u>Item Swap</u> SPCC @ 6pm	7	8	9	10 <u>Wills and Trust Presentation</u> SPCC @ 1pm
11	12 <u>Fitness Resolution</u> SPCC @ 8am CANCELLED	13	14 <u>Kids Science Night</u> SPCC @ 7pm	15 <u>Homemade Body Butter</u> SPCC @ 6:30pm	16	17 <u>Playdough</u> SPCC @ 2pm CANCELLED
18	19 SOLANO PARK OFFICE CLOSED HOLIDAY	20	21 <u>Homemade Tortilla Soup</u> SPCC @ 4pm	22 <u>Card Games and Board Games</u> SPCC @ 6:30pm	23	24
25	26	27	28 <u>Ping Pong Playoffs</u> SPCC @ 7pm CANCELLED	29	30	31

