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THE PARK MESSENGER

July 2015

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Solano Park Office Hours:

Monday—Friday
9:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- July 4, 2015 is a University Holiday. All campus offices will be closed.

How to Choose and Use Sunscreen

Submitted by Nina Zamuruyev

Summer is here. So that means we all get a lot of sunlight on us. We all start looking for ways to protect ourselves from UV rays. One of the most known protecting products is a sunscreen. With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. But what matters most when picking a sunscreen is how well it protects skin from UV rays.

How to Choose

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Other things to consider:

- Don't use sunscreens with PABA, which can cause skin allergies.
- For sensitive skin, look for products with the active ingredient titanium dioxide.
- If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

How to Use

For sunscreen to do its job, it must be used correctly. Be sure to:

- Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.
- Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.
- Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.
- Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.
- Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.
- Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage *and* teach your kids good sun sense.

The original article posted at kidshealth.org
Reviewed by: Mary L. Gavin, MD on July 2014
http://kidshealth.org/parent/firstaid_safe/travell/sunscreen.html?tracking=P_RelatedArticle#

Pool Safety

Submitted by Sue Franck

Summer is a wonderful time, but I have already seen several pools left unattended around Solano Park. Please dump all pools immediately after use!

Drowning is the second leading cause of unintentional injury-related deaths to children ages 14 and under. In California, drowning surpasses all other causes of death to children ages 14 and under. A temporary lapse in supervision is a common factor in most drownings and near-drownings. Child drownings can happen in a matter of seconds--in the time it takes to answer the phone. There is often no splashing to warn of trouble. Children can drown in small quantities of water and are at risk in their own homes from wading pools, bathtubs, buckets, diaper pails, and toilets as well as swimming pools, spas, and hot tubs.

Deaths and Injuries

A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child age 4 and under. Each year, approximately 1,150 children ages 14 and under drown; more than half are preschoolers (ages 0-4). Each year, an estimated 5,000 children ages 14 and under are hospitalized due to near-drownings. Of children surviving near-drownings, 5-20 percent suffer severe and permanent disability.

Where Drownings Happen

Approximately 50 percent of preschooler drownings occur in resi-

dential swimming pools. Each year, more than 2,000 preschooler near-drownings occur in residential pools.

Of preschooler pool drownings, 65 percent occur in the child's home pool and 33 percent at the homes of friends, neighbors or relatives.

Each year, 350 drownings (for all ages) happen in bathtubs. Each year, approximately 40 children drown in five-gallon buckets.

How and When Drownings Happen

Of all preschoolers who drown, 70 percent are in the care of one of both parents at the time of the drowning.

Of all preschoolers who drown, 75 percent are missing from sight for five minutes or less.

Prevent Childhood Drowning

Parents whose children have drowned say the day of the tragedy started out just like any other day. No matter how the drowning happened or where it happened -- pool, spa, or any other body of water -- **one thing was the same, the seconds that claimed their child's life slid by**

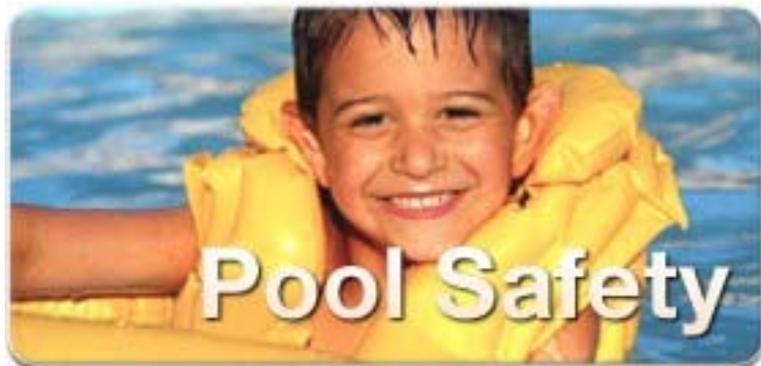
silently, without warning, and can never be brought back.

Supervision

Water with its rippling, shimmering appeal is a magnet for children. Children under the age of five have no fear of water and no concept of death. They associate water with play not with danger. Adults must establish and communicate responsibility for child safety.

- Assign an adult "water watcher" to supervise the pool/spa area or any other body of water, especially during social gatherings.
- Assign a second adult to maintain constant visual contact with children in the pool/spa area or any body of water that might attract a child. Don't assume someone else is watching a child.

PLEASE HELP KEEP OUR CHILDREN SAFE – **ALWAYS** EMPTY YOUR POOLS IMMEDIATELY AFTER USE. REMEMBER IT ONLY TAKES A SECOND TO DUMP OUT THE WATER AND IT LITERALLY MIGHT SAVE A CHILD'S LIFE.



Community Programs

Kids Club – Fun Shoes Day

We all have favorite shoes that are no longer wearable, wait before throwing them away. We will have fun shoes day. All kids 7 and up bring your old favorite shoes and decorate them so you will be able to wear them for a little bit longer. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Thursday, July 2 at 4:30pm

Where: Solano Park Community Center

Kids Club – Treasure Hunt



Solano Park kids, 7 years old and up, let's have some fun outside. We will get together for a treasure hunt. Come and help your team to win. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone

916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Tuesday, July 7 at 4:30pm

Where: Solano Park Community Center

Kids Club – Save Plants from Birds – Build a Scarecrow

Kid's club help is needed to save our plants from birds. Let's work together to build a scarecrow from recycled items and put it up in the Solano Park Garden. Welcome to bring few items that you no longer use it such as old clothes, old CDs, old hats. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Thursday, July 9 at 4:30pm

Where: Solano Park Community Center

Kids Club – Tin Can Lanterns Project

Kids 7 and up let's get together and bring recycled cans with you and we will turn it into tin can lanterns. Remember to remove any labels and clean it from any food leftovers. We will craft the tin cans with holes and patterns

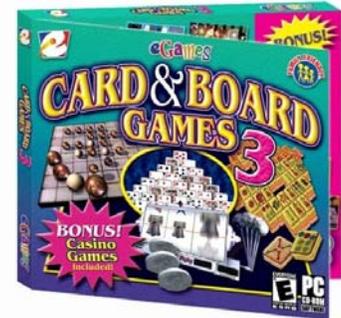
to create a cozy light pattern when a candle is placed inside. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Tuesday July 21 at 6:30pm

Where: Solano Park Community Center

Kids Club – Game Night



Kids club members (all Solano Park kids, ages 7 and up) you are all welcome to bring your favorite card and board games. We will also have some card and board games available for you. Snacks and drinks will be served. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Thursday July 23 at 6:30pm

Where: Solano Park Community Center

Holidays and Anniversaries

July 2—Civil Rights Act Passed

US President Lyndon B. Johnson signs this bill into law, prohibiting discrimination on the basis of race, sex or national origin in public accommodations and federally assisted programs (1964).

July 7—Tanabata, Star Festival

Tanabata, according to legend, is the day that two stars, Orihime (Vega, the Weaver) and her lover, Kengyii (Altair), meet in the skies over Japan. Chinese legend has it that the two were originally split apart by the two banks of the River of Heaven (the Milky Way, Ama-no-gawa). The seventh day of the seventh month is the only day they are permitted to see each other, since they once allowed their affection for each other to interfere with their heavenly tasks. Tanabata is especially appreciated in Sendai and Hiratsuka, where their festivals have become famous. Several days before 7 July, people write their wishes or poems on strips of paper in various colors (tanzaku), and hang them on leafy bamboo branches which have been cut from the plant; then, on the night of the seventh, the branches are placed in the garden.

July 11—World Population Day

This day seeks to focus public attention on the urgency and importance of population issues, particularly in the context of overall development plans and programs, and the need to create solutions to these problems.

July 13-15—O-Bon Festival

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, celebrates O-Bon in July.

July 14—Bastille Day

The 1789 revolution destroyed the ideas of monarchy and privilege based on birth, when the working class overthrew the French nobility, ending the rule of King Louis XIV. With this, France established itself as a republic.

July 19—International Special Olympics

On this date, the first Special Olympics, an athletic competition for children and adults with cognitive disabilities, opened at Soldiers Field in Chicago, USA. The first Special Olympics had 1,000 participants from

the United States and Canada; by 1995, the competition had expanded to include Winter Special Olympics [1977] and involved 7,000 participants from fifty states and 141 countries. The program of events has also grown dramatically, from four at the first Special Olympics to more than fifteen. The international competition is held in the year before the regular Olympic Games. (1968)

July 26—Americans with Disabilities Act Signed

This milestone of civil rights legislation protects people with disabilities from discrimination in the areas of employment, transportation, and public accommodation; earlier legislation had addressed discrimination in housing. The law required a wide range of public and private establishments to make new and renovated facilities accessible to people with disabilities and to make “readily achievable” changes to existing facilities in order to increase accessibility (1990).

July 26—Executive Order 9981

This order directed that there be equality of treatment and opportunity in the armed forces for all people (1948).



Calendar of Events

July 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	2 <u>Kids Club-Fun Shoes Day</u> SPCC @ 4:30pm	3 HOLIDAY SOLANO PARK OFFICE CLOSED	4
5	6	7 <u>Kids Club-Treasure Hunt</u> SPCC @ 4:30pm	8	9 <u>Kids Club-Save Plants from Birds—Build a Scarecrow</u> SPCC @ 4:30pm	10	11
12	13	14	15	16	17	18
19	20	21 <u>Kids Club-Tin Can Lanterns Project</u> SPCC @ 6:30pm	22	23 <u>Kids Club-Game Night</u> SPCC @ 6:30pm	24	25
26	27	28	29	30	31	



The Park at UC Davis

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Your doorway to campus life & academic achievement

We're on the Web!

<http://housing.ucdavis.edu/housing/apartments-solano-park.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?

During the months of May, June, and July, leaseholders will not be allowed to defer their rent. Leaseholders whose monthly rent is in arrears will not be eligible for lease renewal. If you have questions regarding your housing payment, please call Residential Student Accounts at (530) 752-2481.

Large Item Dumping:

Unwanted personal items such as couches, dressers, desks, and other furnishings left behind detract from the visual appearance of our complexes. In addition, our dumpster areas that have unwanted items, often blocks access for trash pick-up. Student Housing then has to pay for staff time, dump fees,

and gas to remove these unwanted items. As a result, if any personal items are left at the dumpsters upon vacate, you will be billed for the full cost of removal/dumping.

If you plan to travel during the summer, please leave a travel form with the Solano Park Office.

Harassment of Animals: While ducks are often a source of frustration for our community members, we ask that residents be mindful of children's behavior toward the ducks. At times the Student Housing Office will take steps to "herd" the ducks to the Arboretum, however, section 251.1 of the Waterfowl Regulations stats the following, "Except as otherwise authorized in these

regulations or in the Fish and Game Code, no person shall harass, herd or drive any game or nongame bird or mammal. For the purposes of this section, harass is defined as an intentional act which disrupts an animal's normal behavior patterns, which includes, but is not limited to, feeding or sheltering. This section does not apply to a landowner or tenant who drives or herds birds or mammals for the purpose of preventing damage to private or public property, including aquaculture and agriculture crops."

We want our complex to a remain safe place to live. Report any suspicious activity to Campus Police.