



A Publication of
Solano Park, UC
Davis

THE PARK MESSENGER

October 2015

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Solano Park Office Hours:
Monday—Friday
9:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- Parking permits expired as of September 30, 2015. All leaseholders with vehicles should have renewed their parking permits for the new academic year or risk being cited for having an expired permit.

New Solano Park Resident Assistant, Danielle Seibel

Welcome to Solano Park Apartments! I'd like to introduce myself as the new Resident Assistant. My name is Danielle Seibel and I was born and raised in Redondo Beach, California until I moved to Sonoma County in 2002 to play soccer and study Nutrition at Santa Rosa JC. I briefly played for the San Francisco Night Hawks in the Women's Premier Soccer League, worked as a gourmet cake decorator for 3 years and then moved here to Solano Park November 2014 with my fiancé Jon, a mechanical engineer student, and my son Cameron. We are now expecting a baby girl in early November!

My mission for the residents living in the Solano Park Community is to provide you with opportunities for interpersonal interactions with other students, faculty and staff members; access to our community resources, and to create an atmosphere conducive to academic, intellectual, social and emotional growth. Solano Park is a place we hope you will be proud to call your home while at UC Davis. I'd like to be a resource for you, helping you learn your way around and become involved in the Solano Park Community life.

Check out The Park Messenger events this month, I know you will find numerous activities you will not want to miss. I also would love to hear your ideas for future events and if you have a special skill or talent you'd like to share with the community please don't hesitate to contact me at dseibel@ucdavis.edu. Look forward to meeting you all!



8 Big Health Benefits of Apples

By Sarah Klein, The Huffington Post

Submitted by Nina Zamuruyev



September is the harvest season of one of our favorite superfoods (and superfruits!) the apple. Do not miss this opportunity to fuel yourselves with vitamins as local stores bring fresh apples on the shelves this season.

It's no surprise that apples are good for you – why else would they have earned that "keep the doctor away" reputation? But there are a number of lesser-known reasons to pick up a juicy one today.

Some of our favorite health benefits of apples are in the slideshow below. Let us know what else you love about apples in the comments!

Apples Lower Cholesterol

One medium-sized apple contains about four grams of fiber. Some of that is in the form of pectin, a type of soluble fiber that has been linked to lower levels of LDL or "bad" cholesterol. That's because it blocks *absorption* of cholesterol, according to WebMD, helping the body to use it rather than store it.

Apples Keep You Full

Apple's wealth of fiber can also keep you feeling full for longer without costing you a lot of calories – there are about 95 in a medium-sized piece of

fruit. That's because it takes our bodies longer to digest complex fiber than more simple materials like sugar or refined grains. Anything with at least three grams of fiber is a good source of the nutrient; most people should aim to get about 25 to 40 grams a day.

Apples Keep You Slim

One component of an apple's peel (which also has most of the fiber) is something called ursolic acid, which was linked to a lower risk of obesity in a recent study in mice. That's because it boosts calorie burn and increases muscle and brown fat, HuffPost UK reported.

Apples Prevent Breathing Problems

Five or more apples a week (*less than an apple a day!*) has been linked with better lung function, Health magazine reported, most likely because of an antioxidant called quercetin found in the skin of apples (as well as in onions and tomatoes), the BBC reported. And the breath benefits of apples extend even further: A 2007 study found that women who eat plenty of the fruit are less likely to have children with asthma.

Apples Fight Colds

While they don't quite rival oranges, apples *are* considered a good source of immune system-boosting vitamin C, with over 8 milligrams per medium-

sized fruit, which amounts to roughly 14 percent of your daily recommended intake.

Apples May Fight Cancer

In 2004, French research found that a chemical in apples helped prevent colon cancer, WebMD reported. And in 2007, a study from Cornell found additional compounds, called triterpenoids, which seem to fight against liver, colon and breast cancers.

Apples Decrease Diabetes Risk

A 2012 study published in the American Journal of Clinical Nutrition found that apples, were linked with a lower risk of developing type 2 diabetes because of a class of antioxidants, anthocyanins, that are also responsible for red, purple and blue colors in fruits and veggies.

Apples Boost Brain Power

The fruit has been linked to an uptick in acetylcholine production, Good Housekeeping reported, which communicates between nerve cells, so apples may help your memory and lowers your chances of developing Alzheimer's.

A diet rich in antioxidants may have similar effects, so apples, since they are particularly rich in quercetin, are a good bet, according to 2004 research.

Solano Park Patio Inspection

Submitted by Danielle Seibel

Dear Solano Park Residents,

During each month the RA's inspect your patios and balconies for safety, fire hazards, pest and rodent prevention according to your lease. To recognize the efforts of those residents who pass their inspection, we are bringing back the pizza party raffle.

If you pass your inspection, you will get a little slip of paper clipped to your door letting you know that you've automatically been entered to win a pizza party from Woodstock's pizza valued at \$50. The winner will be announced in the Park Messenger and your RA will contact you via email!!! For more information please contact Danielle RA for Solano Park by email at dseibel@ucdavis.edu.

15 Tips and Tricks to Carving the Perfect Pumpkin

By Jessica Reader, Organic Authority

Submitted by Corey Coates



It's time to get into the ghastly ghouly spirit of Halloween — and there's really no better way to do it than to carve your own jack-o-lantern. Pumpkin carving isn't just for kids: It can be an art, and can create some pretty charming decorations. Whether you're an experienced gourd sculptor or still at elementary-school level, there are a few tricks that can easily improve your results, making for a jack-o-lantern you'll keep on admiring through All Saints Day. Assuming it doesn't get smashed by Halloween hooligans, that is.

Choosing a Great Pumpkin

1. Bigger pumpkins are easier to carve, but before you grab the largest specimen, inspect the rind.
2. A lighter color means softer flesh that's easier to carve in detail.
3. Any bruises, cuts or soft spots can mean the pumpkin's already started rotting — a bad sign if you want it to last more than a few days.
4. Give your pumpkin a lift. If it's heavy, it'll probably have thicker flesh. It should feel somewhat light, meaning its nice and hollow inside.

Selecting Your Weapon

1. You're only as good as your carving tool. A boning knife — sharp, thin and pointed — is a good choice for carving small details.
2. For cutting out the lid, you might want a larger carving knife or even a serrated knife.
3. If you're carving with kids, don't just hand them a deadly weapon and let them start hacking away with it. Pick up a pumpkin carving set that includes a safety knife designed for small hands. Your health insurance provider will thank you.

Gutting the Gourd

Here comes another of Halloween's greatest moments:

1. Reaching inside a pumpkin and pulling out a handful of gooey guts and slimy seeds. But wait! Don't just throw that away. Rinse the seeds and toast them on a baking sheet. Sprinkled with seasonings, they're a perfect snack.
2. Scrape the inside of the pumpkin completely to expose the light-colored flesh, which reflects more light.
3. You can use a large spoon or ice cream scoop for scraping — or if you're feeling daring, try an electric mixer on medium-low speed.

Designing Your Masterpiece

1. If you're going for high art, print or draw your design on paper first. Then lightly trace the design through the paper and onto the pumpkin with the tip of your knife.
2. For a more extemporaneous approach, sketch your design directly onto the pumpkin with a dry-erase or water-based marker.

Keeping the Flame

1. It can be surprisingly hard to keep a candle lit inside a dank gourd. Make sure you provide enough oxygen to feed the flame by leaving the lid ajar (cut it at a steep angle to help with this) and by cutting "ears" or air holes in the sides and back of the pumpkin.
2. Avoid a pumpkin inferno by placing a tea light inside a pint glass.
3. Want to keep your Jack indoors? Sprinkle his insides with cinnamon, nutmeg and cloves and he'll double as an autumn air freshener.

Student Parent Child Care Funding Program

Applications for the Student Parent Child Care Funding Program are now available for the 2015-16 Academic Year. The Graduate Student Child Care Grant (GSCCG) Program provides a \$900 per quarter/\$1350 per semester payment to full-time graduate and professional students with children, regardless of financial need. The program is designed to offset costs incurred in child care services. Please note, the GSCCG can be supplemented with additional funds from the CBCG program for those students who demonstrate financial need.

Please visit the website for more information, fact sheets, deadlines and applications.
http://worklife-wellness.ucdavis.edu/family_care/children/childcaresub.html.



Monthly Maintenance Tips

Submitted by Solano Park Maintenance

To avoid plumbing charges, watch those kitchen drains. Make sure your strainer is in place in the drain to keep food from going down and plugging the drain.

Never put grease or oil or any kind down the drain as it will clog the pipes. Put your grease or oil into a can or bottle while it is still warm. When it has cooled off, place it in the trash.

Are your closet doors often coming untracked? Take care of them by sliding the closet doors slowly and straight.

Remember that bedroom and cabinet doors are not painted surfaces. Hanging items with tape, nails, or tacks will harm the wood finish. Damage charges could be assessed when you vacate your apartment.

Periodically cleaning the refrigerator door seal will make it easier to open and keep it from ripping. Take special care to clean the bottom edge with warm soapy water where sticky liquids like to accumulate.

Holidays and Anniversaries

October 5—World Teacher’s Day

World Teachers' Day was initiated by the Director-General of UNESCO, Federico Mayor, at the International Conference on Education in Geneva in 1993. On October 5, 1966, a UNESCO and the International Labor Organization conference adopted a special recommendation for Teachers. The date of this event was selected as the date to annually honor and recognize teachers around the world.

October 10—Double Tenth Day [China]

This, the tenth day of the tenth month, is observed by many Chinese as the anniversary of the outbreak of the revolution against the imperial Manchu Dynasty in 1911. Sun Yat-Sen and Huan Hsing were among the revolutionary leaders.

October 12—Dia de la Raza [Mexico, Ecuador, Costa Rica, Argentina, Chile, Paraguay, Uruguay, Venezuela]

Observed as the “Day of the Race,” a fiesta time to commemorate the common interests and cultural heritage of the Spanish and Native American peoples and the Hispanic nations.

October 16—World Food Day [UN]

The purpose of this day is to mobilize concern about the systemic dimensions of food production, distribution, and world hunger.

October 20—First installation of Guru Granth Sahib in the Golden Temple [Sikh]

The Guru Granth Sahib (also known as the Adi Granth) is truly unique among the world's great scriptures. The scripture, rather than any living person, is considered the Supreme Spiritual Authority and Head of the Sikh religion. It is also the only scripture of its kind which not only contains the works of its own religious founders but also writings of people from other faiths. The living Guru of the Sikhs, the book is held in great reverence by Sikhs and treated with the utmost respect. Sikhism rejects idol worship, so the Guru Granth Sahib is not worshipped as an idol, but rather emphasis is placed on respect of the book for its writings. Guru Granth Sahib is a collection of devotional hymns and poetry which proclaims God, stresses meditation on the True Guru (God), and lays down moral and ethical rules.

October 23—Chulalongkorn Day [Thailand]

King Chulalongkorn abolished slavery in Thailand. Special ceremonies with floral tributes and incense are placed at the foot of his statue in front of Bangkok’s National Assembly Hall. It also commemorates the birth of Rama V, a progressive ruler who lived from 1868-1910.

October 24—United Nations Day

This day recognized the United Nation organization and all who serve and participate in this

world organization. The United Nations is dedicated to world peace and to the betterment of humanity through a wide range of program from world hunger to environment and health issues. Almost all of the more than 100 countries in the world are members of this organization.

October 31—Halloween [U.S.A.]

This observance is a combination of the Druid Autumn Festival and Christian customs. Originally dubbed All Hallows Eve, this holiday preceded the Christian observance of All Soul’s Day. To celebrate, parishioners would dress as saints. Because this was a time to honor the dead, many believed souls and ghosts would roam about, thus making it a time favored by witches and sorcerers. Many Hallowe’en traditions were brought to America by Irish immigrants in the mid-1800s; these go 2,000 years back to the Celtic people who celebrated their New Year in late autumn and honored Samhain, Lord of the Dead. They put candles on windows and lit bonfires to scare spirits off, wore disguises so as not to be recognized, and always carried a lantern. The Irish used pumpkins for lanterns, thereby associating the color orange with Halloween.



Community Programs

FALL LEAF PRINTS ON T-SHIRTS

Everyone is welcome to come and make special t-shirts with tree leaves prints. Any shapes, any color leaves will leave nice fall motive shapes on your custom printed shirt made by you. You may prepare for this event by collecting leaves from local trees in Arboretum before the event. For more details please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Thursday, October 1 at 4:30pm
Where: Solano Park Community Center

TODDLER TUESDAY

Every Tuesday come and play with other toddlers at the Community Center! We have a variety of toys, but you are welcome to bring your child's favorite toy with you. We have had a great showing of people so far and we hope you will join us. All children must be accompanied by a caregiver. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Tuesday, October 6, 13, 20, 27 at 10am
Where: Solano Park Community Center

FALL LEAVES ART

Solano park children come and create the art with gold, yellow, and red leaves that fell off the trees. There are many leaves in our beautiful arboretum that can be turned into art pieces. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Thursday, October 8 at 4:30pm
Where: Solano Park Community Center

SOCCER NIGHT

Come kick the ball around and show us your skills or learn some new ones! Please bring a ball with your name on it if you have one to share! All ages are welcome, Kids 6 and under must have an adult supervision. For more information please contact Danielle Seibel, RA for Solano Park by email at dseibel@ucdavis.edu



When: Friday, October 9 at 5pm
Where: North/Red playground field

APPLE PRINT WREATH

Fall season brings the most delicious apples; there is so much fun to do with them

besides enjoying eating them. Kids let's get together and make beautiful apple print wreath. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Tuesday, October 13 at 4:30pm
Where: Solano Park Community Center

HALLOWEEN MAGNETS

Come join us at the community Center to create some fun Halloween themed Magnets to



decorate your home. All ages welcome! Kids 5 and under need adult supervision since we will be using scissors. For more information please contact Danielle Seibel, RA for Solano Park, by email at dseibel@ucdavis.edu.

When: Wednesday, October 14 at 5pm
Where: Solano Park Community Center

DELICIOUS BAKED APPLES

All Solano Park residents are welcome to join us for delicious baked apples with few simple ingredients. This is my favorite apple dessert during the fall season and I would like to share it with you. Everyone is welcome to bring some of

Community Programs

their favorite apple dessert to share with others too. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or e-mail nzamoruyev@ucdavis.edu.



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

HEALTHY CANDY CORN PARFAITS

Come learn a little history behind the popular Halloween candy and then we will assemble a healthy fruit parfait that resembles a candy corn for you to eat! All ages welcome. Kids 5 and under must have adult supervision. For more information, please contact Danielle Seibel RA for Solano Park by email at dseibel@ucdavis.edu



When: Saturday, October 17 at 4:30pm
Where: Solano Park Community Center

HALLOWEEN BINGO AND DECORATION

Come join us at the community Center to help make chain link decorations for the Fall Festival while we play Halloween themed Bingo! All



ages are welcome, Children 5 and under must have adult supervision we will be using scissors. For more information please contact Danielle Seibel RA for Solano Park by email @ dseibel@ucdavis.edu

When: Sunday, October 18 at 4:30pm
Where: Solano Park Community Center

CRAFT STICK SPIDER WEB

Come out and make some spooky spider webs to decorate for Halloween. These spidey decorations will be used to decorate the community center and at the Fall Harvest Festival. Younger kids should be accompanied by caregivers because this can get messy quick with all the glue. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Monday, October 26 at 3:30pm
Where: Solano Park Community Center

PUMPKIN CARVING

Come out and carve up a pumpkin for Halloween! One pumpkin per family. If you would like to carve more pumpkins feel free to bring your own. An evite will be sent out so people can RSVP. The pumpkins will be used for decorations at the Fall Harvest Festival, but can be picked up at the end of the event. Children should be accompanied by a caregiver because it can be dangerous carv-

ing pumpkins. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Tuesday, October 27 at 5pm
Where: Solano Park Community Center

FALL HARVEST FESTIVAL

Halloween day from 10-12 will be our Fall Harvest Festival. It will be a carnival set-up with lots of games and fun activities, including Band-Uh (the UC Davis Marching Band). Prizes will be awarded to winners of the games. Children can dress in their costumes to get an early start on the Halloween fun. We will have a professional face painter to help with costume makeup. We will be asking for volunteers and a sign-up sheet will be sent out in early October. We will have a photo booth, so we encourage you to bring your camera for a family photo. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Saturday, October 31 from 10am-12pm
Where: Outside the Solano Park Community Center

Calendar of Events

October 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 <u>Fall Leaf Print on T-Shirts</u> SPCC @ 4:30pm	2	3
4	5	6 <u>Toddler Tuesday</u> SPCC @ 10am	7	8 <u>Fall Leaves Art</u> SPCC @ 4:30pm	9 <u>Soccer Night</u> North/Red Playground Field @ 5pm	10
11	12	13 <u>Toddler Tuesday</u> SPCC @ 10am <u>Apple Print Wreath</u> SPCC @ 4:30pm	14 <u>Halloween Magnets</u> SPCC @ 5pm	15 <u>Delicious Baked Apples</u> SPCC @ 6:30pm	16	17 <u>Healthy Candy Corn Parfaits</u> SPCC @ 4:30pm
18 <u>Halloween Bingo and Decoration</u> SPCC @ 4:30pm	19	20 <u>Toddler Tuesday</u> SPCC @ 10am	21	22	23	24
25	26 <u>Craft Stick Spider Webs</u> SPCC @ 3:30pm	27 <u>Toddler Tuesday</u> SPCC @ 10am <u>Pumpkin Carving</u> SPCC @ 5pm	28	29	30	31 <u>Fall Harvest Festival</u> Outside SPCC @ 10am *Bring your camera!



The Park at UC Davis

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A Publication of Solano Park, UC Davis

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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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 Solano Park 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 a notice to move out. Please be aware of these requirements when you register for the coming months. Please contact Student Housing at 752-2033 or the Solano Park Office at 530-752-3958 if you have any questions.

Parking Permit: Please make sure that you've renewed your parking

permit for the new year. If you haven't renewed, you will be subject to a parking citation and a \$50 ticket from TAPS. Come to the Solano Park Office during office to renew your parking permits.

DSL: DSL does not function in Solano Park. A free T1 connection is provided to all leaseholders in Solano Park.

Cable TV: Cable is provided via closed circuit therefore, other cable services cannot be added or requested in Solano Park.

Safety Escort Service: Need assistance while walking home at night? Call 752-1727 if you would like a safety escort while walking alone on campus at night. A Cal Aggie Host will meet you and escort you to your destination on campus.

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.

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