



A Publication of
Solano Park, UC
Davis

THE PARK MESSENGER

November 2015

INSIDE THIS ISSUE:

Autumn	2
Holidays and Anniversaries	3
Monthly Maintenance	3
Community Programs	4-5
Pumpkin Cheesecake Bars Recipe	5
Calendar of Events	6
Did You Know?	7
Trick or Treat Hanger	8

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

Special points of interest:

- November 11, 26 and 27 are University Holidays. All campus offices will be closed.

LA LECHE LEAGUE

Submitted by Rosemary Roberts

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing support, encouragement, information, and education to women who want to breastfeed. Our mission is to help mothers worldwide to breastfeed

through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Local Group Meetings will be held in the Solano Park Community Center the first Thursday of each month at 10am. Breastfeeding mothers and mothers-to-be, babies, and children are all welcome. The space has room for kids to run around, and toys to play with.

If you know of other mothers who may be interested, please spread the word! For more information, please visit llofdavis.blogspot.com (local group) or www.llli.org (international site).



Happy Mothers
Breastfed Babies

*You've chosen to breastfeed.
We're here to help!*



LA LECHE LEAGUE
INTERNATIONAL

Autumn

By Karen Frazier

Source: http://kids.lovetoknow.com/wiki/Autumn_Facts_for_Kids

Submitted by Danielle Seibel

Autumn is not only a wonderful time of year with crunchy, colorful leaves and cooler weather, but it is also a great time to learn some new autumn facts for kids. When you think of autumn, you probably think of cooler weather, going back to school, Halloween and falling leaves, but what else do you know about the season?

Autumn Facts for Kids

Autumn is one of four seasons that occurs from roughly September 21 through December 21. It is more commonly known as "fall" because the leaves fall off of deciduous trees during the season.

Here are some more autumn facts for kids:

Leaf Facts

Think you know everything there is to know about leaves? You may be surprised to learn the following facts:

- Leaves require sunlight, water, chlorophyll and carbon dioxide to make food for themselves.
- As winter approaches, leaves make a coating for themselves which blocks their water source; in the absence of water, the leaves no longer produce chlorophyll (chlorophyll is what makes leaves green).
- When the leaves turn colors in the fall, they actually are returning to their normal colors. During the summer months, the chlorophyll present in the leaves causes the leaves to turn green, blocking the leaves' actual colors. Along with chlorophyll, leaves contain two other chemicals that cause coloring. The first is called xanthophyll, which is yellow in color. The other is carotene, which is orange in color.

- Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.
- Once the leaves have turned brown, they are dead and no longer receive any nutrients.

Halloween Facts

Halloween is a big part of autumn. Here are some fun facts about Halloween:

- The traditional Halloween colors of orange and black come from two different sources. First, orange is the color of autumn leaves and pumpkins, which have come to symbolize Halloween. Black is the color of darkness and mystery, which matches the theme of ghosts and other spooky creatures at Halloween.
- There is no scientific proof that ghosts exist; however, there is a field of study called parapsychology that is dedicated to studying spooky phenomena like ghosts and psychic powers. Parapsychologists use scientific method to explore strange phenomena and learn more about things like ghosts.
- Halloween was originally a pagan holiday to honor the dead, and the holiday was known as All Hallows Eve. The date, October 31, is the last day of the Celtic calendar.
- Wearing masks on Halloween is an ancient Celtic tradition. Ancient Celts believed that ghosts roamed on Halloween, and they wore masks to hide from the spirits.
- Vampire folklore comes from Romania. Romanians in the 18th century believed that the dead could rise after death by suicide or other suspicious circumstances and feed on the blood of the living.



Thanksgiving Facts

Another holiday associated with autumn is Thanksgiving. Here are some facts about Thanksgiving:

- Thanksgiving is always celebrated on the fourth Thursday in November in the United States. In Canada it is celebrated on the second Monday in October.
- The first pilgrims arrived in North America in December of 1620.
- The first Thanksgiving was celebrated in Plymouth in the fall of 1621.
- The Native American tribe invited to the first Thanksgiving dinner were the Wampanoag Indians.

The first Thanksgiving feast lasted for three full days. Thanksgiving was not recognized as an official holiday until 1941, when Congress decided that the holiday should be observed officially on the fourth Thursday in November every single year. The date was chosen by President Franklin D. Roosevelt in order to make the Christmas shopping season longer to aid in the country's financial recovery from the Great Depression. Prior to the date being set in 1941, it was up to the president to set the date for Thanksgiving each year. These autumn facts can help everyone enjoy the season even more. Have a happy fall!

Holidays and Anniversaries

November 4—Discovery of King Tut's Tomb [Egypt]

The discovery of the tomb of Egypt's child-king was one of the most important archaeological discoveries in Egypt. The tomb of Tutankhamen, who became pharaoh at nine, was found more than 3,000 years after his death, and yielded priceless relics which can now be found at the National Museum in Cairo, Egypt. (1922).

November 6—World Communication Week

Established to stress the importance of communication among the 3,000 languages spoken and to promote communication by means of the international Esperanto language.

November 11—Veteran's Day

A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

November 20—University Children's Day [UN]

The first observance was in 1953. It is a time to honor children with special ceremonies and festivals and to make children's needs known to governments. Observed in more than 120 nations.

November 21—World Hello Day

Everyone who participates greets ten people. People in 142 countries have participated in this

annual activity for advancing peace through personal communication.

November 26—Thanksgiving Day

Each year on the fourth Thursday in November, Americans gather for a day of feasting, football and family. While today's Thanksgiving celebrations would likely be unrecognizable to attendees of the original 1621 harvest meal, it continues to be a day for Americans to come together around the table—albeit with some updates to pilgrim's menu.



MONTHLY MAINTENANCE

Submitted by Solano Park Maintenance

A combination of cold air and hot water create steam and condensation. Condensation builds up the moist in your bathroom. Keep the bathroom fan running a little longer to pull the moisture from the air.

Portable electric furnaces or heaters use lots of energy. Put a small oscillating fan by your gas wall furnace to help pull the warm air to those back bedrooms.

We only get to clean our building's rain gutters once a year. Usually this happens in December when we can anticipate that the trees have lost most, if not all of their leaves.

Please take note of the following materials which may stain your floor:

- Asphalt
- Wet cardboard
- Dyes on magazines and other paper or cardboard
- Rubber backed carpets or rubber mats
- Rubber furniture rests
- Black rubber wheels (carts, toys, etc.)
- Ink
- Oil
- Some black shoe soles
- Cleaner containing pine oil
- Poster paint and powder paints

When submitting repair requests, please only submit one repair per request. If you have multiple items to be repaired, please submit a separate request for each repair.

Community Programs

MONDAY NIGHT FOOTBALL GAME

Come to the Community Center to relax and watch the Indianapolis Colts vs. Carolina Panthers at 5:30pm with your neighbors!!! For more Information please feel free to contact Danielle Seibel RA by email at dseibel@ucdavis.edu.



When: Monday, November 2 at 5:30pm

Where: Solano Park Community Center

THANKFUL TREE CRAFT

Solano Park children, let's get together and make beautiful tree of handprint leaves that displays what you are thankful for. This tree will make a great Thanksgiving decoration to your home. For more details please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

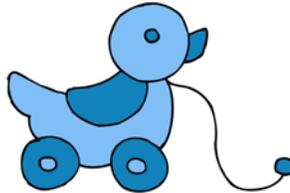


When: Tuesday, November 3 at 4:30pm

Where: Solano Park Community Center

TODDLER TUESDAY

Every Tuesday come and play with other toddlers at the Solano Park 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, November 3, 10, 17, 24 at 10am

Where: Solano Park Community Center

FALL SCAVENGER HUNT

All ages welcome to join in on a fall themed Scavenger Hunt around Solano Park Apartments. Children 8 and under must have an adult accompany them during their hunt. For more information please contact Danielle Seibel RA by email at dseibel@ucdavis.edu.

Fall Scavenger Hunt



When: Wednesday November 4 at 4:30pm

Where: Solano Park Community Center

HAND TURKEY ART

Thanksgiving is just around the corner, and there is no better way to celebrate the holiday than with the season's most iconic craft – hand turkey.



Solano Park kids are welcome to come and join for the art hour. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Tuesday, November 10 at 4:30 pm

Where: Solano Park Community Center

POTLUCK THANKSGIVING

Celebrate Thanksgiving with your Solano Park family! Bring a Thanksgiving themed side dish. Turkey will be provided. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Thursday, November 12 at 6pm

Where: Solano Park Community Center

Community Programs

WEDNESDAY ACTIVITY HOUR

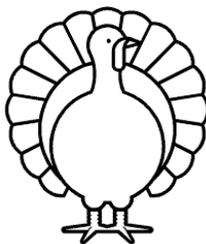
Come out after school and enjoy a variety of activities and games. We will have ping pong, hula hoops, chalk, sport balls, and many more activities. Children 6 and younger should be accompanied by a caregiver. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Wednesday, November 18 from at 3pm
Where: Solano Park Community Center

THANKSGIVING COLORING

We will have many different pages for people of all ages to color with crayons and markers.



These will be nice decorations for fridges and apartments for Thanksgiving. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Thursday, November 19 at 4pm
Where: Solano Park Community Center

THANKSGIVING DESSERT NIGHT

All Solano Park residents are welcome to join us for Thanksgiving dessert night at Solano Park. We will bake a traditional pumpkin pie. Everyone is welcome to bring your favorite Thanksgiving dessert to share with the neighbors. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or email nzamuruyev@ucdavis.edu.



When: Thursday, November 19 at 5:30pm
Where: Solano Park Community Center

Pumpkin Cheesecake Bars Recipe

By Roxana's Home Baking
Submitted by Corey Coates

Prep Time: 20 minutes
Cook Time: 50 minutes
Yield: 24 bars

Ingredients:

- Crust
- 1 1/2 cups graham crackers crumbs
- 1/4 cup melted butter
- Filling
- 4 packages (8 oz. each) cream cheese, softened
- 1 1/2 cups granulated sugar
- 4 eggs
- 1 cup (8 oz.) canned pumpkin (not pumpkin pie mix)
- 2 teaspoons pumpkin pie spice
- Garnish
- whipped cream
- pumpkin pie spice

Instructions:

1. Heat oven to 300°F.
2. Line a 13"X9" baking pan with parchment paper leaving about 1 inch of paper hanging on the sides.
3. In a medium size bowl, combine the graham cracker crumbs with the melted butter.
4. With your fingers press the crust on the bottom of the prepared pan. Set aside while making the filling.
5. In the mixing bowl of your stand-up mixer, add the cream cheese and sugar. With the paddle attachment on, beat on low speed until light and fluffy.
6. Beat in eggs, one at a time, just until blended.
7. Spoon half of the mixture over the crust and spread evenly.
8. To the remaining cream cheese mixture add the pumpkin puree and pumpkin pie spice.
9. With a wire whisk stir until smooth. Carefully, spoon over mixture in pan.
10. Bake the cheesecake in the preheated oven for 50 minutes or until just set. Turn off the oven and leave the door ajar allowing the cheesecake to slowly cool down for about 1 hour or so.
11. Refrigerate for at least 3 hours before cutting into bars.
12. Top each bar with whipped cream and a dust of pumpkin pie spice.

Calendar of Events

November 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 Monday Night Football Game SPCC @ 5:30pm	3 Thankful Tree Craft SPCC @ 4:30pm Toddler Tuesday SPCC @ 10am	4 Fall Scavenger Hunt SPCC @ 4:30 pm	5	6	7
8	9	10 Toddler Tuesday SPCC @ 10am Hand Turkey Art SPCC @ 4:30pm	11 HOLIDAY SOLANO PARK OFFICE CLOSED	12 Potluck Thanksgiving SPCC @ 6pm	13	14
15	16	17 Toddler Tuesday SPCC @ 10am	18 Wednesday Activity Hour SPCC @ 3pm	19 Thanksgiving Coloring SPCC @ 4pm Thanksgiving Dessert Night SPCC @ 5:30pm	20	21
22	23	24 Toddler Tuesday SPCC @ 10am	25	26 HOLIDAY SOLANO PARK OFFICE CLOSED	27 HOLIDAY SOLANO PARK OFFICE CLOSED	28
29	30					



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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The Park Messenger online:

http://www.housing.ucdavis.edu/current/park_messenger.asp

Did you know?

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 states 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."

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.

Mailboxes: Mailboxes are to be used only to receive mail for the tenant and other occupants listed on the current lease agreement.

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.

TRICK OR TREAT

Each year on **Halloween, October 31**, many children at Solano Park go trick-or-treating. For those who are not familiar with this tradition, children dress in costumes and go door-to-door collecting treats. They knock on the door, and when the person answers they say, "Trick or Treat." The person responds by giving them a piece of candy or small toy/prize.

We want a way for you to indicate that you welcome trick-or-treaters. So, please hang this flyer on your door if you would like to have children knock on your door. This way the children will know they are welcome at your apartment.

Please remind your children to knock only on the doors with this flyer displayed.

Trick or Treaters Welcome Here!

Display this side if you would like trick-or-treaters to come to your door.

