



**A Publication of  
Solano Park, UC  
Davis**

# THE PARK MESSENGER

January 2016

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### Solano Park Office Hours:

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

### **Special points of interest:**

- January 1 and January 18 are University Holidays. All campus offices will be closed.

## **I Have Renter's Insurance, and You Should Too.**

**Submitted by Corey Coates**

Renter's Insurance? No one ever thinks they need it, until they need it. It's just one more thing that Josephine told us about when we signed our lease to move in here. But why don't you have it? Would you ever buy a house and not have home insurance? I am going to try and convince you to buy renter's insurance and protect yourself from the unknown.

What is the cost? I know we all live in student housing and don't have lots of extra cash, but it's not that expensive. On average it costs \$12 a month, I pay \$11 a month for my coverage (USAA website). Plus I bundled it with my car insurance and saved \$30 on auto insurance. You can go to a 3D movie in town and spend more than the monthly cost of the insurance. That is crazy! If you sacrificed a movie every month, you could get property and liability coverage for around \$30,000 and \$100,000, respectively (USAA website).

Why is it needed? People came to the Police event last month complaining to the Officer about their property that was stolen. It's common place to have a bike stolen on campus. As your RA, I see when apartments are damaged because of water and fire. This all gets covered under renter's insurance. It will replace a stolen or damaged TV, laptop, couch or clothes. If you get something stolen from your car, it is covered by renter's insurance. Additionally, it provides you with personal liability coverage. Say you have a daughter (such as mine) who is always slapping kids at the park, even though you tell her to give them a hug, and she injures a kid. You could be held responsible for that, but you would be covered if you had renter's insurance.

It is simple and inexpensive to have. The benefits outweigh the costs if you ever do have something valuable stolen or damaged. Well, if I didn't convince you that's fine. At the very least, I hope you look into getting it.



# Preventing the Flu: Good Health Habits Can Help Stop Germs

Submitted by Nina Zamuruyev

There is nothing worse than to get sick yourself or have a sick child during school time. Head ache, running nose, and weakness are not the right tools in students' arsenal. Students need to stay healthy to be productive in their studies. Students have a very active social lifestyle and interact with other students a lot more often than any other average person. Students also use a lot of shared spaces and facilities (university classrooms, libraries, and study rooms) which get them exposed to higher risk of getting sick during a flu outbreak. There are some useful tips to keep us and our kids healthy during the flu season.



## **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

## **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

## **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

## **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

## **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

## **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Original copy can be found at <http://www.cdc.gov/flu/protect/habits.htm>.

## Holidays and Anniversaries

### January 6—La Befana [Italy]

Epiphany festival in which the “Befana,” a kindly witch, bestows gifts on children—toys and candy for those who have been good and a lump of coal or a pebble for those who have been naughty.

### 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 15—Birth of Martin Luther King, Jr. [USA]

Considered one of the great leaders of the civil rights movement in the United States. Through peaceful protests and marches, he gained equal rights for Black Americans. A Baptist minister, he is famous for his “I Have a Dream” speech

delivered on 28 August 1963, on the steps of the Lincoln Memorial. He was shot in Memphis by a sniper on April 4th, 1968. (1929)

### 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.

## Community Programs

### **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](mailto:cncoates@ucdavis.edu).



When: Tuesdays, January 5, 12, 19, 26 at 10am

Where: Solano Park Community Center

### **CROCHET A SCARF**

Come learn to crochet a basic scarf just in time to keep yourself warm during this cold season. Welcome to bring your own projects that you are working on. We will provide some yarn and crochet hooks. For questions please feel free to email Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail [nzamuruyev@ucdavis.edu](mailto:nzamuruyev@ucdavis.edu).



When: Tuesday, January 5 at 4:30pm

Where: Solano Park Community Center

### **BOOKMARKS MADE BY YOU**

It's time to be creative and have fun. Design a unique bookmark with your imagination using old cards. This can be a special gift for your mom or dad or to anyone you like. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail [nzamuruyev@ucdavis.edu](mailto:nzamuruyev@ucdavis.edu).



When: Thursday, January 7 at 4:30pm

Where: Solano Park Community Center

### **HOT CHOCOLATE NIGHT**

Bring a mug and enjoy some hot chocolate. Bring your favorite hot chocolate toppings and mingle with residents. For more information contact Corey Coates, RA for Solano Park, by email at [cncoates@ucdavis.edu](mailto:cncoates@ucdavis.edu).



When: Thursday, January 7 at 8pm

Where: Solano Park Community Center

### **HOW TO MAKE ITALIAN PIZZA FOR KIDS**

All kids are welcome to come learn how to make a pizza from our resident Pizza Master Vincenzo Petrosillo. Please come at the start and stay for the entire demonstration to be able to sample a piece! Also, please bring a plate and utensils to save waste. Kids 5 and under must have one adult with them (but remember the pizza is for the Kids) Also please RSVP or have your parent or guardian RSVP to [dseibel@ucd.edu](mailto:dseibel@ucd.edu) so we can be sure to have enough flour in advance. Adult Pizza Night with Vincenzo to follow soon!



When: Saturday, January 9 at 6:30pm

Where: Solano Park Community Center

## Community Programs

### CRAFTS WITH COLORED PASTA NOODLES

Come join us at the Solano Park Community Center to make crafts, jewelry, or your very own personal creation using colored pasta noodles. Learn how to dye them yourself so you can do it again at home. All ages are welcome, kids 5 and under require adult supervision. We will be using food coloring so wear appropriate clothing. For more information, please contact Danielle Seibel RA for Solano Park By email at [dseibel@ucdavis.edu](mailto:dseibel@ucdavis.edu).



When: Sunday, January 10 at 4pm  
Where: Community Center Center

### MAKE SOFT PLAYDOUGH

Come to the Solano Park Community Center and learn how to make a soft version of play dough using just three ingredients and No Cooking required!! All ages are welcome, kids 5 and under require adult

supervision. For more information, please contact Danielle Seibel RA for Solano Park by email at [dseibel@ucdavis.edu](mailto:dseibel@ucdavis.edu).



When: Monday, January 11 at 4pm  
Where: Solano Park Community Center

### CHESS NIGHT

Chess is one of the best and oldest board games. Come learn how to play and test your skills against other community members. If you have a chess board bring it with you so everyone can have a chance to play. For more information contact Corey Coates, RA for Solano Park, by email at [cncoates@ucdavis.edu](mailto:cncoates@ucdavis.edu).



When: Wednesday, January 13 at 7:30pm  
Where: Solano Park Community Center

### PAINTING FOR ALL AGES

“All children are artists. The problem is how to remain an artist once he grows up.” **Pablo Picasso**. Come hang out with other community members and take advantage of the art supplies Solano Park has to offer. Think of a fun shape you'd like to finger paint to hang in a child's room or use brushes to create something worth hanging. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or e-mail [nzamoruyev@ucdavis.edu](mailto:nzamoruyev@ucdavis.edu).

When: Tuesday, January 26 at 4:30pm  
Where: Solano Park Community Center



# JANUARY





**The Park at UC Davis**

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We're on the Web!

[http://www.housing.ucdavis.edu/housing/apartments\\_orchard\\_solano.asp](http://www.housing.ucdavis.edu/housing/apartments_orchard_solano.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](http://www.housing.ucdavis.edu/current/park_messenger.asp)

**Did you know?**

**Eligibility Requirements:**

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 winter and spring quarters in the coming months. Please contact Student Housing at 530-752-2033 or the Solano Park Office at 530-752-3958 if you have any

questions.

**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.

**Packages:** Please don't ask the Solano 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.

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

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.