Dear Solano Park Community,

I am sad to say that May will be my last month as your RA here in Solano Park. I can’t begin to tell you all how much I have enjoyed my time here meeting so many wonderful families and students over the last 8 months. I have thoroughly enjoyed planning events for you to enjoy and learning so much from everybody here. The Solano Park community is seriously a diamond in the rough and I will always remember my time here and you all will have a special place in my heart! My fiancé Jon will be graduating from the Mechanical Engineering department in June and we will be getting married later that month then moving to North Carolina. My children Cameron and Rose are also sad to leave and will definitely miss seeing all your faces every day. Best of Luck to you all and THANK YOU for being so wonderful! Feel free to keep in contact with us via email, luckydee784@gmail.com or Facebook. Good BYEEEEEEE!
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.
(Continued from page 2)
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
Market Match
Submitted by Corey Coates

Market Match is a program through the farmers market association that allows people who receive EBT to get more cash for fresh fruits and veggies. Market Match makes it easy put more fresh fruits and vegetables on your family’s table. You can double your budget for fresh fruits and vegetables, up to an additional $10 per farmers’ market visit, when you make a purchase with your CalFresh/EBT (food stamp) card at your PCFMA farmers’ market.

HOW MARKET MATCH WORKS:
- Visit your PCFMA farmers’ market Info Booth.
- Buy tokens with your Golden State Advantage EBT card.
- For every $1 token you purchase you will receive a free token worth $1 in fresh fruits and vegetables, up to $10 in free tokens per farmers’ market visit.
- Shop for fresh fruits and vegetables, spending the tokens with farmers as you would spend cash.
- We reimburse the farmers for the tokens at the end of the day.

For more information you can visit their website at http://www.pcfma.org/market-match

Whole Earth Festival, May 6-8, 2016
Source: https://wef.ucdavis.edu/

Whole Earth Festival (WEF) is a free event that began in 1969 when an art class taught by Jose Arguelles held an “Art Happening” on the University of California, Davis campus. The students used art to teach visitors about activism, wellness and the environment in an interactive and creative way. The Art Happening created an educational process that dared to transcend the typical system of standardized tests and impersonal lectures, promoting instead a culture of cooperative and participative learning.

Following the United Nations’ declaration of “Earth Day” in 1970, the second “Art Happening” (1971) was renamed “Whole Earth.” Later, Whole Earth Festival was sponsored by the Associated Student’s Experimental College and is today a self-sufficient unit of ASUCD. The festival has evolved over four decades into an enormous zero waste event promoting an eco-friendly spirit occurring every Mothers’ Day Weekend.”
Community Programs

**SPRING BINGO SOCIAL**
Please come to the community center to eat popcorn and play Bingo with friends! All ages welcome. For any questions please email me at dseibel@ucdavis.edu.

When: Sunday, May 1 at 5pm  
Where: Solano Park Community Center

**EDIBLE ARRANGEMENTS FOR MOM**
Come to the community center to learn how to make an edible arrangement out of fruit so you can make one for the mother’s in your life this Mother’s Day. All ages welcome and bring pen and paper to write instructions down or your phone to take pictures. I will demonstrate how to make one and the different ways to arrange them. If you have any questions please email me at dseibel@ucdavis.edu.

When: Monday, May 2 at 6pm  
Where: Solano Park Community Center

**BOOK CLUB**
Come join us the first Monday of every month for our book club meeting. I will be getting the books from the public library, so no one has to buy the book. We will be discussing our first book Devil’s Highway and passing out the new book for the month. All residents are welcome to join. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Monday, May 2 at 8pm  
Where: Solano Park Community Center

**DIY SCARVES**
A scarf is nice detail that adds to our outfit. We have white blank scarves that can be color painted. We will make a custom made scarf to fit your outfit or to give as a gift to someone. This will be adult event this time. Scarves will be provided. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Tuesday, May 3 at 6:30 pm  
Where: Solano Park Community Center

**TODDLER TUESDAY**
Every Tuesday come and play with other toddlers at the Community Center! We are changing the time in an attempt to include more children who go to school in the morning. 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, May 3, 10, 17, 24 at 3pm  
Where: Solano Park Community Center

**WORKOUT WEDNESDAY**
Don’t have time to workout? Come enjoy an early morning workout at the community center. We will be using the Focus T25 workout video. It is a hard 25 minute workout that will leave you feeling tired and accomplished. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Wednesday, May 4, 11, 18, 25 at 7am  
Where: Solano Park Community Center
**MOTHER’S DAY CARDS**

Happy Mother’s Day! May is the month dedicated to our dearest mothers. We are going to make handmade cards to show our love and appreciation. So you can give your moms lovely handmade card with kind words to express your gratitude. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Thursday, May 5 at 4:30 pm
Where: Solano Park Community Center

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**TREASURE HUNT**

Solano Park kids, let’s have some fun play outside. We will get together for a treasure hunt. Come and help your team to win the prize. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Tuesday, May 10 at 4:30 pm
Where: Solano Park Community Center

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**ULTIMATE FRISBEE**

Learn how to play Ultimate Frisbee. Ultimate Frisbee is a noncontact game that share similar rules to football in that interceptions and incomplete passes are turnovers. This game is tiring, so be prepared to run and have water available. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Friday, May 6 at 4pm
Where: Solano Park Community Center

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**UCD FIRE TRUCK VISIT**

The fire department is planning to visit to show us their awesome truck and to answer any questions kids and parents have of being a firefighter. Arrive on time because the fire truck can be called away at anytime. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Thursday, May 12 at 3pm
Where: Solano Park Community Center

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**ICE CREAM SOCIAL**

Everyone is welcome to join us for cool retreat and great time getting know your neighbors and spending some time good time together. For more details, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Thursday, May 12 at 6:30 pm
Where: Solano Park Community Center

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**HEALTHY SMOOTHIES**

Come to the community center to learn a great and fun way to stay cool and healthy this summer. We will be learning how to make a fruit and a green smoothie. Parents these can be a great way to get extra greens into your kids’ diet. All ages welcome and don’t forget to bring paper and a pen to write down the recipe. For any questions please email me at dseibel@ucdavis.edu.

When: Friday, May 13 at 5pm
Where: Solano Park Community Center
**Community Programs**

**PICNIC AND PICTURES IN THE ARBORETUM**
Back by popular demand we are having another picnic in the arboretum! Bring a blanket and snacks and meet on the lawn in front of Mrak Hall. We will sit in the shade and enjoy the beauty of the arboretum. All ages welcome, but kids need adult supervision please. For any questions, please email me at dseibel@ucdavis.edu.

When: Saturday, May 14 at 12pm
Where: The lawn in front of Mrak Hall

**GOODBYE POTLUCK DINNER**
This is my last month as your RA and I’m hosting a good bye potluck dinner on the grass area between building 3200 and 3000. Everybody is invited and please bring a blanket and dish to share! For any questions, please email me at dseibel@ucdavis.edu.

When: Sunday, May 29 at 6-8pm
Where: Grass area between buildings 3200 and 3000

**May Free Cycle Event**

On the last Saturday of each month, Solano Park staff hosts a Freecycle event to allow our residents to exchange items. In an effort to support the Family Stuff Swap O’Rama event scheduled for Sunday, May 1st, we are cancelling or rather moving the Freecycle event to Sunday, May 1st from 8am until 11am at the Solano Park Community Center.
Holidays and Anniversaries

May 1st—May Day
Meeting in Paris in 1889, a congress of world socialist parties voted to support the US labor movement’s demands for an eight-hour work day and chose 1 May 1890 as a day to demonstrate in favor of the proposal. In the former Soviet Union, May Day is a national holiday marked by giant banners, patriotic speeches and military parades. In the US, this is a day celebrated with hangings of May baskets and dancing around May poles. (1889)

May 5th—Cinco de Mayo, Battle of Puebla Day
Commemorates the defeat of French colonial forces at the historic city of Puebla. Prior to this battle, Mexico fought and gained her independence from Spain in 1821 after eleven years of war. Until the Battle of Puebla, the government changed leaders several times and the territory itself was under the threat of being seized by European nations. General Ignacio Zaragosa Seguin's victory over the French was the beginning of a stable future for Mexico, free from threats of takeover. (1862)

May 10th—Inauguration of Nelson Mandela
On this date, Nelson Mandela became the first Black president of South Africa after years of white minority rule under an apartheid government. (1994)

May 17th – Brown v. The Board of Education Ruling
In 1892, the Plessy v. Ferguson decision by the United States Supreme Court set a precedent of "separate but equal" which said "separate" facilities for blacks and whites were constitutional as long as they were "equal." Not until the Brown v. Board of Education decision, would the "separate but equal" doctrine be struck down. In the fall of 1950, members of the Topeka Chapter of the NAACP (National Association for the Advancement of Colored People) agreed to again challenge the "separate but equal" doctrine governing public education in a class action suit filed against the Board of Education of Topeka Public Schools. When the Topeka case made its way to the Supreme Court, it was combined with the other NAACP cases from Delaware, Virginia, South Carolina and Washington, DC; the combined cases became known as Oliver L. Brown et al. v. The Board of Education of Topeka. The unanimous Supreme Court decision struck down the earlier precedent of "separate but equal" in regard to education on the grounds that it violated the Fourteenth Amendment. This groundbreaking decision led to the integration of schools throughout the country. (1954)

May 20th—Amelia Earhart crossed the Atlantic
Leaving harbor in Grace, Newfoundland at 7pm on 19 May 1932, Amelia Earhart landed near Londonderry, Ireland on 20 May. The 2,026-mile flight took thirteen hours and thirty minutes. She is the first woman to fly solo across the Atlantic. (1932)

May 25th—Hands Across America
Nearly 5.5 million people join hands to form a human chain across the US on this date. The event was designed to raise funds for the poor and homeless. (1986)

Monthly Maintenance Tips
By Solano Park Maintenance

Window Screens
If you want to remove and then replace for cleaning purposes: The window frame can only be removed and installed from the outside—thus to install second story screens, reach the screen out through the window and place it into the frame.

Attempting to force the screens into the proper position can cause the screen to bend. If you need help, submit a repair request on My UCDavis to get assistance from Maintenance.
## Calendar of Events
### May 2016

**All residents are welcome to attend all programs. All events held in the Community Center unless otherwise noted.**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
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<th>Fri</th>
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<tbody>
<tr>
<td><strong>1</strong></td>
<td>Free Cycle Event</td>
<td>SPCC @ 8am</td>
<td><strong>3</strong></td>
<td>Toddler Tuesday</td>
<td>SPCC @ 6pm</td>
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<tr>
<td><strong>2</strong></td>
<td>Edible Arrangements for Mom</td>
<td>SPCC @ 6pm</td>
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<td>Workout Wednesday</td>
<td>SPCC @ 7am</td>
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<td></td>
<td>Book Club</td>
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<td>DIY Scarves</td>
<td>SPCC @ 6:30pm</td>
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<td>Spring Bingo Social</td>
<td>SPCC @ 5pm</td>
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<td>Toddler Tuesday</td>
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<td>Toddler Tuesday</td>
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<td>Treasure Hunt</td>
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<td>Workout Wednesday</td>
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<td><strong>29</strong></td>
<td>Goodbye Potluck Dinner</td>
<td>SPCC @ 6pm</td>
<td><strong>30</strong></td>
<td>HOLIDAY</td>
<td>SOLANO PARK OFFICE CLOSED</td>
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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.

Editor:
Sue Franck

Assistant & Desktop Publishing:
Andrea Gallegos & Josephine Gorospe

Contributors:
Corey Coates
Sue Franck
Peter Menard-Warwick
Danielle Seibel
Nina Zamuruyev

The Park Messenger online:
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.

- Planning to vacate after finals? Remember to turn in your Notice to Vacate at the Solano Park Office at least 42-days prior to when you want to move out.

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

- 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.

- 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.

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