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THE PARK MESSENGER

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Goodbye Solano Park **Submitted by Danielle Seibel**

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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 BYEEEEEEEE!

Solano Park Office Hours:

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

Special points of interest:

- May 30, 2016 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.

(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

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

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 nzamoruyev@ucdavis.edu.



When: Tuesday, May 3 at 6:30 pm
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

Community Programs

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

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

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

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

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

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 off 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 Zaragoza 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 ground breaking 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 UC Davis 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <u>Free Cycle Event</u> SPCC @ 8am</p> <p><u>Spring Bingo Social</u> SPCC @ 5pm</p>	<p>2 <u>Edible Arrangements for Mom</u> SPCC @ 6pm</p> <p><u>Book Club</u> SPCC @ 8pm</p>	<p>3 <u>Toddler Tuesday</u> SPCC @ 3pm</p> <p><u>DIY Scarves</u> SPCC @ 6:30pm</p>	<p>4 <u>Workout Wednesday</u> SPCC @ 7am</p>	<p>5 <u>Mother's Day Cards</u> SPCC @ 4:30pm</p>	<p>6 <u>Ultimate Frisbee</u> SPCC @ 4pm</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10 <u>Toddler Tuesday</u> SPCC @ 3pm</p> <p><u>Treasure Hunt</u> SPCC @ 4:30pm</p>	<p>11 <u>Workout Wednesday</u> SPCC @ 7am</p>	<p>12 <u>UCD Fire Truck Visit</u> SPCC @ 3pm</p> <p><u>Ice Cream Social</u> SPCC @ 6:30pm</p>	<p>13 <u>Healthy Smoothies</u> SPCC @ 5pm</p>	<p>14 <u>Picnic and Pictures in the Arboretum</u> Lawn in front of Mrak Hall @ 12pm</p>
<p>15</p>	<p>16</p>	<p>17 <u>Toddler Tuesday</u> SPCC @ 3pm</p>	<p>18 <u>Workout Wednesday</u> SPCC @ 7am</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24 <u>Toddler Tuesday</u> SPCC @ 3pm</p>	<p>25 <u>Workout Wednesday</u> SPCC @ 7am</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29 <u>Goodbye Potluck Dinner</u> SPCC @ 6pm</p>	<p>30 HOLIDAY</p> <p>SOLANO PARK OFFICE CLOSED</p>	<p>31</p>				

