Stevens Trail
Submitted by Corey Coates, RA

When June hits one of my favorite things to do is hike Stevens Trail. Stevens Trail is an awesome hike that is somewhat close to Davis. It is off the I-80 near Colfax. This trail follows along the North fork of the American River and is a fairly moderate hike. The trail has nice dirt trails with awesome views of the river and the surrounding hills. The best part of this hike is the water falls and watering hole near the end of the hike. Once the trail starts to level with the river you will be able to cross the river. At this point is where you will see an amazing water hole. The watering hole is very deep and you can do some cliff jumping into the watering hole. It’s great place to cool off during the summer and to have a picnic. This is truly one of the best hikes in northern California and in my opinion the best hike in the Sacramento area. If you are interested in this hike contact me for more information at cncoates@ucdavis.edu.

Directions:
Get on I-80 E from Richards Blvd
- Follow I-80 E to Canyon Ct in Colfax
- Take exit 135 from I-80 E
- Follows signs to Stevens Trail
Identifying a Good Daycare Center  
Submitted by Nina Zamuruyev, RA

Finding a child care center for your child is a hard choice both for your child and you. Mixed feeling and reasoning may fill your mind: you understand the educational benefit of this step as your child matures; on the other side it is a big step for parents too because you have to trust your most loved one into somebody’s care for part of the day. Therefore, you want to make sure that you do a choice is good for both your child and you.

The task of choosing a daycare facility for your child can often seem like a daunting one. How do you identify good qualities? What are some red flags to watch for? How do I know if a daycare is right for us? These questions and more might be running through the minds of anxious parents before touring a childcare facility. To start, be sure to make a list of all the concerns and questions you might have, just to make sure no important topics are missed.

With that in mind, here are some important factors to take into consideration when choosing a daycare facility for your child, according to Parents.com (http://www.parents.com/baby/childcare/daycare/what-makes-a-great-daycare/)

1. **Get recommendations** from people you trust who hold the same values. If you value structure and a planned-out daily schedule, find parents who hold these same standards in high regard and talk to them about the best options in the area.

2. **Look for definite signs of a well-thought-out, organized schedule.** A posting of lesson plans, bulletin boards with recent artwork completed by children, parent newsletters — these are all positive signs.

3. **Know your priorities and be realistic about smaller details.** If a certain teacher doesn’t click with your child, this can be a deal-breaker. But if the snacks offered aren’t the best, and you have the option of bringing your own, this could be worked around. Keep in mind that no daycare facility is perfect, but never settle in an area that is very important to you and your family.

4. **Look for low staff-to-child ratios.** The fewer children per adult caregiver, the more one-on-one time your child is likely to get. Overburdened caregivers can’t meet the needs of children as quickly or fully, and this could compromise both a child’s safety and his learning experience.

5. **Low turnover in caregivers.** A daycare facility that tends to keep caregivers for long periods of time is definitely a good sign. This shows that they are valued, and it also allows children to develop trusting and positive relationships, which promotes a positive learning environment.

6. **Trust your gut.** If you’re having difficulty deciding between two or more facilities, listen to your instincts. And, if something just feels “off” about a certain daycare, do some more digging and go with your gut instinct.

For more tips on choosing the best daycare for your child, visit http://www.parents.com/baby/childcare/daycare/what-makes-a-great-daycare.
Monthly Maintenance Tips
By Solano Park Maintenance

Bathroom Mold and Mildew Issues

Mold and Mildew Basics:
Mold and mildew are part of the natural environment.
Mold and mildew consist of tiny spores, most invisible to the naked eye.
It is virtually impossible to create a mold and mildew free environment.
There are many, many types of mold and mildew.
Mold and mildew can be green, black, pink, or purple in color.
Mold and mildew need moisture and a natural “food source” like cellulose or cotton to grow.
Mold growing on any fabric is called “mildew.”

Prevention and Response:
1. To help reduce the incidence of mildew and molds, air exchange is the keys. If possible, after you shower or bathe, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also, leave the bathroom door open as much as possible, especially if you choose not to run the fan.
2. Use a dehumidifier to keep indoor humidity low.
4. If you notice mold and/or mildew starting to form on the shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. Make sure to follow directions on the label.
5. Also, a 1% to 2% solution of bleach and water will take care of most problems. Diluted bleach and over the counter products will actually kill bacteria causing mold and mildew if you let them work for a few minutes after you apply them before you wipe them down.
6. Use gloves when using a bleach solution, even when diluted.

If you find that mold and mildew have actually gotten into the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies. Finally, please submit an online repair requests or call the Service Request directly at 530-752-8200 if you suspect any leaky pipes or other plumbing problems. These can contribute to mold and mildew. Our maintenance staff will respond to correct the problem(s).
Community Programs

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, June 1, 8, 22, 29 at 8am
Where: Solano Park Community Center

FATHER’S DAY CARDS
Father’s day is almost here, let’s make special hand-made cards for our dads. All ages are welcome. Kids less than 5 will need parent supervision. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Thursday, June 2 at 4:30 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 June 7, 21, 28 at 3pm
Where: Solano Park Community Center

KIDS WATER SLIDE
Who’s ready to cool off on a warm summer day? We will be setting up the water slide for some more fun in the sun. Don’t forget the sunscreen! For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Thursday, June 16 at 4:30 pm
Where: Solano Park Community Center

WATER COLOR PAINT
Let’s spend the afternoon creating beautiful pictures with watercolor paints. This activity is great for all ages, especially little ones. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Tuesday, June 21 at 4:30 pm
Where: Solano Park Community Center

KIDS CLUB
Kids Club is a time for kids to get out of the house and have some fun while learning some new things. Kids Club will meet twice a week during the summer. One meeting will be an educational session, consisting of learning useful skills or doing fun sciences projects. The other meeting will be geared more towards playing sports. We will rotate through sports so kids can learn how to play all sorts of different sports. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.
Community Programs

**When: Wednesday, June 22 & 29 at 4pm and Thursday, June 23 & 30 at 10am**
Where: Solano Park Community Center

**SUPER SOAK PLAY TIME**
Solano Park kids let’s come beat the heat and have a refreshing game with a bunch of super soakers. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

**LEMONADE TIME**
When life gives you lemons…let’s learn how to make lemonade and other fruit/herb infused water. Come and enjoy a refreshing beverage at the Community Center. All are welcome to join. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Thursday, June 23 at 4:30 pm
Where: Solano Park Community Center

**SWEET TREAT THURSDAY**
On the last Thursday of every month we will have a sweet treat! The treats will usually be something cold to help cool us off on the hot summer nights. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Thursday, June 30 at 7pm-8pm
Where: Solano Park Community Center
Holidays and Anniversaries

June 6 – Memorial Day [Korea]
Commemorates those who died in the Korean War from 1950-53. In the war, an estimated 1.5-2 million Chinese and North Koreans were killed. Total casualties for the United Nations were 459,360, including 300,000 South Koreans. Another million civilian casualties were incurred.

June 11 – Birth of Jeannette Rankin Day
Jeannette Rankin was the first woman elected to the US Congress in 1917. A reformer and feminist pacifist, she was born in Missoula, Montana. She was the only member of Congress to vote against a declaration of war against Japan in December 1941. She also voted against US entry into World War I and was active in peace demonstrations until her death. (1880)

June 12 – Anne Frank Day [1929]
Birthdate of a young Jewish girl whose diary describes the years her family hid from Nazis with the assistance of gentle friends. She died at Bergen Belsen concentration camp in 1945.

June 14 – Flag Day [USA]
Anniversary date of the adoption of the US flag. Presidential Proclamation issued each year for 14 June. Proclamation 1355, of 30 May 1916, covers all succeeding years. Has been issued annually since 1941. Customarily issued as "Flag Day and National Flag Week," as in 1986; the president usually mentions "a time to honor America," Flag Day to Independence Day.

June 24 – Nativity of Saint John the Baptist [Christian]
This observance celebrates the birth of Saint John the Baptist, a New Testament figure. Specifically observed in some Hispanic cultures, because Saint John is the patron saint of Puerto Rico.

June 27 – Birth of Helen Keller [USA]
An author, lecturer and humanitarian whose life was dedicated to work with the handicapped, Helen became blind and deaf at the age of eighteen months from a brain fever. During childhood, she could only communicate via violent tantrums and hysterical laughter. Through an emotional and difficult process, she was taught to read, write and speak with the help of Anne Mansfield Sullivan. The Miracle Worker is a 1960 Pulitzer Prize-winning play about the early years of their teacher-student relationship. Keller graduated with honors from Radcliffe College and had an international influence throughout her lifetime. (1880)
**Calendar of Events**

**June 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>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **1 Workout Wednesday** SPCC @ 8am
- **2 Father’s Day Cards** SPCC @ 4:30pm
- **7 Toddler Tuesday** SPCC @ 3pm
- **8 Workout Wednesday** SPCC @ 8am
- **16 Kids Water Slide** SPCC @ 4:30pm
- **21 Toddler Tuesday** SPCC @ 3pm
- **22 Workout Wednesday** SPCC @ 8am
- **23 Kids Club** SPCC @ 10am
- **24 Kids Club** SPCC @ 10am
- **28 Toddler Tuesday** SPCC @ 3pm
- **29 Workout Wednesday** SPCC @ 8am
- **30 Kids Club** SPCC @ 10am
- **Sweet Treat Thursday** SPCC @ 7pm
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
Nina Zamuruyev

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.

- Need assistance while walking home at night? Call (530) 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 at (530) 752-1230.

- Lights Out: If you ever notice that your front door light is out, please put in a maintenance repair request on the My UCDavis page.

- 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.