Cycling Safety
Submitted by Corey Cotes, RA

Davis, both the city and the campus, earned its recognition as the nation's first "Platinum Level Bicycle Friendly Community" because of efforts to provide its thousands of pedalers with a safe and convenient cycling environment. Wide streets, well-marked bike lanes, inviting pathways, abundant bike parking, gentle terrain, mild climate, and an attitude of mutual respect between cyclists and motorists have resulted in a community with the most bikes per capita of any in the nation.

Even if you're not a bicycle enthusiast, chances are you'll soon find yourself depending on your bike for a significant portion of your travels around the Davis community. Faculty, staff, and students are encouraged to bicycle instead of drive in order to support local efforts to reduce traffic congestion, global warming, air pollution, and demand for auto parking spaces.

- Obey all traffic laws. According to the California Vehicle Code, every person riding a bicycle upon a street or highway has all of the rights and responsibilities of the driver of a motor vehicle. On campus traffic regulations are strictly enforced. You may be cited for running stop signs, riding at an unsafe speed for conditions, riding on the wrong side of the road or on sidewalks, wearing headphones while riding, not having legal brakes, etc. Cyclists are required by state law to use front white lights, rear red reflectors, pedal and side reflectors at night. Additional lights - especially rear red flashers, reflectors, and light colored clothing are a good idea.

- Buy and wear a helmet. They can greatly reduce the risk of head injury or death. Don't "hit the road" without one. But remember: even the best helmet has limitations and they don't prevent crashes. Defensive cycling is the key to bike safety.

- One of the more prominent features of the campus cycling environment is the traffic circle or roundabout. There are over a dozen such intersections around the campus and several in the city. Some are at the junctions of roadways, others at bike path crossings, and some where bike paths meet roads. There are two important rules to remember when approaching a traffic circle: Always ride counterclockwise through the circle, and always yield right-of-way to any bike or vehicle already in the circle. Signaling your turns is especially helpful in circles, and be sure to watch out for others and adjust your speed or turns accordingly. Not everyone will necessarily understand or obey these right-of-way or yield rules, so ride defensively!
SAFETY TIPS (continued from page 1)

USE HAND SIGNALS
Signal to other drivers; your movements affect them. Hand signals tell everyone what you intend to do. Signal as a matter of law, courtesy, and self-protection.

RIDE IN A STRAIGHT LINE
Ride to the right of faster traffic in a straight line about a car door's width away from the parked cars.

DON'T WEAVE BETWEEN PARKED CARS
Don't ride to the curb between parked cars. Motorists may not see you when you try to move back into traffic.

FOLLOW LANE MARKINGS
Don't turn left from the right lane. Don't go straight in a lane marked "right turn only"; stay to the left of the right turn only lane if you are going straight.

CHOOSE THE BEST WAY TO TURN LEFT
There are two ways to make a left turn. (1) Like a motorist: Signal move into the left lane, and turn left. In a left turn only lane, stay to the right of the lane to allow any motorists behind to make their turn on your left. (2) Like a pedestrian: Ride straight across to the far-side crosswalk, dismount, and walk your bike across.

Here is a link to a video on bike safety around the UC Davis campus [https://vimeo.com/75059452](https://vimeo.com/75059452). This article and video were provided by UC Davis Transportation and Parking Services.
Fruit Preserve Recipe
Submitted by Audrey Bergmann, RA

Have you noticed all the ripe fig trees around town? Wondering what to do with all the end of the delicious summer fruit? Try this fun and easy method for making pectin-free low-sugar jam, and keep those summer flavors around all winter long.

BASIC PECTIN FREE PRESERVE FORMULA
(FROM NWEDIBLE.COM)
Makes about 4 half-pint jars of preserve

- 2 pounds washed and appropriately prepared fruit (Peel, seed, chop, etc. Weigh after preparing.)
- 4 to 8 oz (a gently rounded ½ to 1 cup) organic sugar
- 1 tablespoon freshly squeezed lemon or lime juice
- ¼ teaspoon Dry Zing (optional, see Flavor Maker Chart for suggestions)
- 1 tablespoon Wet Zing (optional, see Flavor Maker Chart for suggestions)

METHOD
1. For every 2 pounds of prepared fruit, add 4 oz. sugar (a gently rounded half-cup is 4 oz.) and combine in a large bowl. Scale as necessary; I usually do 6 pounds fruit and 12 oz. sugar, which gets me about 10-12 half-pint jars of jam, depending on how much I reduce the jam. Cover fruit-sugar mixture and transfer to the refrigerator to macerate. Let sit overnight, or up to 24 hours.
2. In truth, I’ve left my sugared fruit for a few days in the fridge and there’s never been any harm done. That’s another reason I like this method. Sometimes it’s very nice to be able to put fruit “on pause” for a day or two until you can get it in a jar.
3. After 12-24 hours, the sugar should be mostly dissolved and the fruit should have released quite a bit of juice.
4. Prepare jars and lids as for standard water bath canning. Keep spotlessly clean half-pint or pint jars warm in a large pot of simmering water. Have new lids and clean bands ready. Have a clean lint-free towel or paper towel available to wipe jars. If you are new to water bath canning, I recommend you read this to get a feel for the basic procedures and precautions you must take to ensure you are creating a safe product.
5. Transfer the fruit, sugar and all the juices to a large, very wide, shallow pan. Something like a huge saute pan is good. You want as much surface area of the preserve exposed as possible to allow for the fastest evaporation of excess water from the preserve. If you have more fruit than you have pan, divide your fruit and juice as evenly as possible among pans, or work in batches.
6. Bring the macerated fruit and juices to a simmer over medium heat. Stir frequently, you do not want your fruit to scorch.
7. When your fruit has softened but not fallen apart, add in your lemon or lime juice, 1 tablespoon for every 2 pounds of fruit initially prepared.
8. Also add in your Dry Zing component, if using. Use ¼ teaspoon for each initial 2 pounds prepared fruit unless you are using a really potent spice like cloves. Then use less. Stir.
9. At this point you have to decide what kind of texture you want your preserve to have. If the texture in the pan is too chunky or the pieces are too large, crush your fruit with a potato masher or puree as desired with an immersion blender. I like a quite chunky texture but this is entirely personal.
10. Take a small spoon of preserve, including some fruit and a bit of syrup together if your preserve is chunky, and taste them. Is your jam sweet enough? Does it need more sugar?
Fruit Preserve Recipe (continued)

11. If your preserve is tart at this point, add a bit more sugar, up to an additional 4 oz. (another rounded ½ cup) for every 2 pounds of fruit initially prepared. You may need even more sugar if you are cooking something quite tart, like quince, currants or gooseberries. Trust your judgement. If you think the preserve needs more sugar, add it. If it is sweet enough to your taste, leave it alone. Remember that as you cook the preserve longer the flavors, including the sugar, will taste more concentrated. Stir everything gently but consistently.

12. When your preserve is glossy, a bit darkened and looks slightly thickened, transfer a bit of jam to a cool (ideally refrigerated) plate. If you run your finger through a dollop of jam on a cool plate and the finger mark remains visible or runs together only very slowly, the jam has reached the soft spoonable stage I prefer.

13. At this point, add the Wet Zing flavoring if desired, using 1 tablespoon for every 2 pounds of fruit initially prepared. If using a flavor extract, like vanilla or almond, use only 1 teaspoon and adjust to taste. Strength of extracts varies considerably by brand and you don’t want to overdo it. Most of the Wet Zing components have flavor compounds that are quite volatile and should be added towards the end of the cooking time lest their flavor evaporate away.

14. Stir well, taste jam one last time (clean spoon, please!) and make any final adjustments to the sugar level. You may also add additional citrus juice at this point, if desired. If a preserve tastes like it just needs a little something, usually that something is a few drops of lemon juice. No kidding.

15. At this point, keep your preserve at a bare simmer and proceed to fill and lid your jars as per standard water bath canning procedure. Remember to wipe the rims of your jars before setting lids! Process half-pint or pint jars of jam for 10 minutes at a full rolling boil.

16. A word about texture: a jam made in this pectin-free manner will not give you the firm, high mounded spoon look of a pectin jam. The thickness does not come from gelling the moisture in the preserve, but from reducing excess water out of it (this is why using a wide, shallow pan is so important).

17. Preserves made this way will give you a French-style, soft jam, thicker than syrup or ice cream topping but not so thick as to allow a spoon to stand upright in the jar, as is the case with many pectin-set jams. I find this texture to be more sophisticated, frankly. The depth of flavor and slightly caramelized tones that come from lower water content, longer cooking and reduced sugar content can’t be beat.

18. And because you are liberated from the chains of the pectin recipe you can have some fun with creating flavors all your own. The only caveat is that your jam, to stay safely water bath can-able, must stay high-acid, with a ph of 4.6 or less.
Children’s International Storytelling Program
Submitted by Ann Gunion

Sunday, September 18, 2016 at 2-3 pm (doors open at 1:45pm)
International House Davis, 10 College Park, Davis, CA 95616
530-753-5007
www.internationalhousedavis.org

Laura Sandage presents "Tales of Ireland"

Laura Sandage was born in Iowa, raised in California and married into a first generation Sikh family from rural India. She has studied and taught music, French, writing, meditation, and improvisational theater. She lives in Davis and directs the Free Range Singers and UU Sparks Choir. Laura also works with children in singing and theatrical programs at the Davis Art Center, the Winters Shakespeare Workshop and at various local schools and community organizations.

I-House members free; $2 per person, $5 per family for others. Children must be accompanied by an adult.

The program is designed for children in the 4 – 9 year range but can be enjoyed by all who like listening to stories.

Solano Park Pet Policy
Submitted by Sue Franck, Coordinator of Apartment Living

I am writing to clarify some issues that have been raised in relation to approved service and companion animals living in Solano Park. Please keep in mind that companion animals are required to be on a leash at ALL times and owners are required to clean up after their animal. We ask pet owners to be respectful of the children in our community and to please DO NOT take your dogs to pee or poop in high traffic areas such as the playground grassy areas.

Should you be disturbed by animal related noise, you can talk to the owner or you can also contact the Solano Park office to report the problem. Please be sure to include the apartment number associated with the noise complaint.

Thank you for your time and attention in these matters.
Community Programs

**TODDLER SPLASH TIME**
We will have kiddy pools and the waterslide out for toddlers. The big kids can make the water overwhelming for toddlers sometimes, so this is a great way for them to really feel comfortable on the waterslide. If you have an awesome pool bring it to share! For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Thursday, September 1 at 4pm
Where: Solano Park Community Center

**FAMILY MOVIE NIGHT**
Come enjoy a family friendly movie and popcorn! The movie will start at 6:30pm so little kids can watch before bedtime. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Friday, September 2 at 6:30pm
Where: Solano Park Community Center

**WATERSLIDE TIME**
Come escape the summer heat and enjoy the new Solano Park waterslide! Bring a towel, a swim suit, and a water bottle. Waterslide time will take place near the community center on September 6 and September 27 at 4pm. If you have any questions, please contact Audrey Bergmann, RA for Solano Park at 925-858-7105.

When: Tuesday, September 6 and 13 at 4pm
Where: Solano Park Community Center

**PEANUT BUTTER PROTEIN BOMBS**
Come learn how to make a delicious and healthy no-bake treat full of protein and low on carbs. This is a great post-workout snack for adults, or an after school treat that kids will love. It does contain peanut butter, so please do not attend if you suffer from nut allergies. Kids are welcome. We will meet at the community center on September 8 at 5pm. If you have any questions, please contact Audrey Bergmann, RA for Solano Park at 925-858-7105.

When: Thursday, September 8 at 5pm
Where: Solano Park Community Center

**MONDAY NIGHT FOOTBALL**
The San Francisco 49ers play the Los Angeles Rams on the first Monday Night Football game of the year! This is a revival of the classic LA vs SF rivalry. Pizza and drinks will be provided. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Monday, September 12 at 7:20pm
Where: Solano Park Community Center

**BACK TO SCHOOL BAGEL BREAKFAST**
To kick off the new school year and welcome new residents to Solano Park, I will be hosting a bagel breakfast. Come enjoy a morning of socializing, bagels and coffee. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Saturday, September 17 at 9am
Where: Solano Park Community Center
Community Programs

**BEADED JEWELRY**

Make a necklace, bracelet or earrings with beads! All ages are welcome but small children should be accompanied by a caregiver. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Tuesday, September 20 at 4:30pm
Where: Solano Park Community Center

**MATH CLUB**

Come by the community center for a fun math afternoon. Keep your skills sharp during the summer without all the boring worksheets. You will work with an experienced educator who loves coming up with fun learning activities. We will practice math using games, activities, projects, and computer coding activities, depending on the interests and needs of club members. This club is appropriate for students in grades 1-8. We will meet at the community center on September 28 at 4pm. If you have any questions, please contact Audrey Bergmann, RA for Solano Park at 925-858-7105.

When: Wednesday, September 28 at 4pm
Where: Solano Park Community Center

**LANYARD MAKING**

Join us for a fun, easy, and relaxing craft session. Learn how to make a lanyard that you can use as a keychain or a zipper pull. This craft is appropriate for ages 6 and up. Meet in the community center on September 29 at 4pm. If you have any questions, please contact Audrey Bergmann, RA for Solano Park at 925-858-7105.

When: Thursday, September 29 at 4pm
Where: Solano Park Community Center

Monthly Maintenance Tips

By Solano Park Maintenance

**FLOORS:** Keep them nice and free from stains, scratches, and holes.

**Some suggestions:**

- Make sure all furniture has glides (the nylon or plastic pieces on the bottom of the legs that help keep the floor from getting scratched). Chairs, tables, and bed posts are especially important.
- Don’t drag heavy objects across the floor. Be sure to pick up heavy objects when moving them.
- Wipe up water and other spills right away.
Holidays and Anniversaries

**Sept. 1-30—National Honey Month**
It is an annual event founded by The National Honey Board in the USA to celebrate and promote the beekeeping industry and the use of honey as a natural and beneficial sweetener. It takes place in September because it signals the end of the honey collecting season for most beekeepers.

**Sept. 1—Birth of Cheng**
Celebrated seventeenth century Ming loyalist who devoted his life to overthrowing the Ch’ing government in China. He fled to Taiwan to establish a base for his struggle and during his short life made significant contributions to the island’s development. In 1661, he and his troops arrived at Chin Kan City and liberated Taiwan from the Dutch. (1624) mooncakes with relatives.

**Sept. 21—International Peace Day**
In 1981, the UN General Assembly declared that the third Tuesday of September, “be officially dedicated and observed as the International Day of Peace and shall be devoted to commemorating and strengthening the ideals of peace both within and among all nations.

**Sept. 24—Trung-Thu**
Children in Vietnam carry lanterns in a procession which also features a lion dance symbolizing happiness and prosperity.

**Sept. 28—National Good Neighbor Day**
This day seeks to build a nation that cares by increasing appreciation and understanding of others, beginning with our neighbors. Observed the fourth Sunday in September.

**Sept. 28—Teacher’s Day, Birth of Confucius**
The birthday of Kung Fu Zi (Confucius, 551-479 BCE) is celebrated with a dawn ceremony, parts of which date back nearly 3,000 years, at temples around the island. The ceremony includes a ritual dance, costumes, music, and other rites. The teachings of Kung Fu Zi are not a religion, but a guide to appropriate personal behavior and good government, stressing the virtues of self-discipline and generosity. Confucius held the radical view that all who possessed the depth and desire to learn, not just the aristocracy, deserved the opportunity of formal education; for this reason, his birthday, a national holiday, is celebrated as Teacher’s Day.
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|     |     |     | 1 Toddler Splash Time  
SPCC @ 4pm |     | 2 Family Movie Night  
SPCC @ 6:30pm |     |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| LABOR DAY HOLIDAY  
SOLANO PARK OFFICE CLOSED |     | Waterslide Time  
SPCC @ 4pm |     | Peanut Butter Protein Bombs  
SPCC @ 5pm |     |     |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| Monday Night Football  
SPCC @ 7:20pm | Waterslide Time  
SPCC @ 4pm |     |     | BACK TO SCHOOL BAGEL BREAKFAST  
SPCC @ 9am |     |     |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
|     |     | Beaded Jewelry  
SPCC @ 4:30pm |     |     |     |     |
| 25  | 26  | 27  | 28  | 29  | 30  |     |
|     |     |     | Math Club  
SPCC @ 4pm | Lanyard Making  
SPCC @ 4pm |     |     |

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

Registration Reminder:
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 the coming months. Please contact Student Housing at 752-2033 or the Solano Park Office at 530-752-3958 if you have any questions.

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.

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

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.