Tips For Preventing Clogged Drains - A clogged drain is common. It is far easier to prevent clogged drains in the first place than it is to unclog them after the fact.

Do Not Put Anything Down the Sink - One of the best ways to prevent slow or clogged drains is to be careful about what you put into them. The only things that should be going down the sink are water and the light residues from soap, toothpaste, and the like. Coffee grounds, lotions, and other creams or liquids could clog up the pipes. Also, chemicals and cleaning solutions that you use for your basins and faucets can end up causing a clog ... or worse, they could corrode your pipes and cause a leak.

Cover It Up - Simple drain covers can go a long way to keep out clog causers such as hair, bits of string, food particles, and more. You will need to clean out your drain screen into the trash regularly, otherwise your sink will drain slowly.

Keep Pop-up Stoppers Clean - The pop up drain stoppers that are most likely in your bathroom basins are major clog causers. They can accumulate a build-up from soap scum and other residue and collecting hair balls and other things that are sure to cause major clogs. Pull up these pop-up stoppers as far as they go and clean them off on a regular basis.

More Reasons to Eat Chocolate - An ingredient in chocolate may provide sweet relief from constant coughing, according to new research. The study showed that theobromine, an ingredient found in cocoa, was much more effective in stopping persistent coughs than codeine -- the cough medicine currently considered most effective.

Unlike other cough medicines on the market, researchers say the chocolate ingredient did not appear to cause any negative side effects, such as drowsiness.


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Tons of frosty snow will be delivered to the park to enable youngsters to sled, make snow people, and have old-fashioned snowball battles. It features three 75-foot sled runs, special sled run for children 5 and under, Kids’ Play Area, crafts and games, and a Blast Zone. Children are advised to wear warm clothes and gloves. Space is limited to 900 people, and early registration is recommended. Advance registration fee for the event is $15 per person for Fullerton residents and $18 per person for non-residents. Registration can be made on-line at http://fullertoneconnect.com/ or by calling the Parks and Recreation Department at (714) 738-6575.

Brea Dam Park
1700 N. Harbor Blvd
Fullerton, CA 92832
https://www.cityoffullerton.com/resident/community_events/snow_day.asp

Anthill Village Community Garden - Our gardeners include UCI students, faculty, staff, and members from the community. The garden is located along Anteater Drive between Palo Verde Road and Anteater Drive.

Annual fees are $75 per plot for faculty, staff, and community members; UCI students pay $45 per year. Members are responsible for maintaining their plots. Currently there is a long wait list. Please send an email to AVCG@uci.edu expressing your interest and your affiliation with UCI (student, faculty, staff, or community member).

Free Yoga For Graduate and Family Housing Residents
Classes will be held every Tuesday Until March 13th at 6pm in the PV Community Room
Yoga is back for the Winter quarter! Palo Verde and Verano residents, partners, and friends - this is a great, convenient way to get your workout in with your busy schedule. This class is suited for all levels and abilities, including beginners. These sessions are brought to you FREE of CHARGE as a part of PVRC’s an VRC’s community programming! Be sure to show up early as space may be limited!

Bring along an exercise mat or towel and a water bottle. Be sure to come early for your first session to sign a waiver for the ARC.

Feel free to contact pvrc@uci.edu with any questions. Like PVRC on facebook at facebook.com/PaloVerdeResidenceCouncil.

“The Rachel Carson Organic Garden Cooperative
The Rachel Carson Organic Garden Cooperative is open all year to Palo Verde residents for planting and growing vegetables, flowers, herbs, trees, and other plants (NO pesticides, chemical fertilizers, or herbicides). The garden is located behind the 8200 building. Palo Verde added a second location for garden plots near the 2200 the 5200 buildings. Residents interested in acquiring a plot or information about the waitlist procedures may contact the Garden President at pvorganicgarden@gmail.com.

Discovery Cube’s Rainforest Adventure
Santa Ana
Jan 20th - Sept 9th, 2018
This exhibit highlights the challenges facing rainforests and their inhabitants, and how you can help. Visitors are invited to role-play as research assistants on a series of problem-solving adventures as they meet scientists and learn how to study rainforests. Climb a 9-foot kapok tree, explore a gorilla nest, build a model insect, identify endangered species, crawl through a tree log, become a research assistant through assignments, costumes and props and more!

Discovery Cube
Orange County
2500 N. Main Street
Santa Ana, CA 92705
714-542-2823
https://oc.discoverycube.org/rainforest-adventure/

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” – Leo Buscaglia

PV Picnic and a Movie

May 8
Lion

June 12
Kubo and the Two Strings

July 17
Pelé

August 21
Wonder Woman

September 18
Star Wars: The Force Awakens

For more information, please visit:
http://www.housing.uci.edu/housingOptions/Palo_Verde.html