Heads up, Phones Down: Taking Steps for Pedestrian Safety - When people are more focused on their devices than their surroundings, it is a recipe for catastrophe. Every day, people cross the street with eyes down at their phones. They collide with other pedestrians, fall off of the sidewalks, or step out into traffic. Distracted walking accounts for thousands of pedestrian accidents and hospital visits each year.

Pedestrians listening to music, texting, talking or otherwise absorbed in their phones are making themselves more vulnerable by tuning out traffic around them, experts say. Several studies have shown that people who use their phones when walking or driving have slower reaction times and pay less attention to their surroundings.

Preventing Distracted Walking
- Do not use your cell phone or engage in other distracting activities while walking. Focus solely on the task at hand – getting from point A to point B in one piece and then check in once you have safely arrived.
- Take frequent breaks while you are using your device and walking – looking up every few seconds to assess your surroundings will help increase your safety.
- If you are using headphones, ensure the volume is at a reasonable level so that you can hear any potential dangers and alerts before they become an issue. Keep just one earbud in so that you can still hear your surroundings, paying attention to your surroundings.
- Noise-cancelling headphones should be avoided while walking so that you can still be aware of your surroundings.
- If you must talk or text, pull out of the stream of pedestrian traffic and stop walking while doing it. If you are a parent, when you teach your children to look both ways before crossing a street, also teach them not to use their mobile devices while walking or driving.

https://www.safety.com/distracted-walking-a-major-pedestrian-safety-concern/#gref

"If you want to fly, you have to give up the things that weigh you down." - Toni Morrison

The Clothesline Project - April 16th - 18th at Gateway Commons

The Clothesline Project is a participatory exhibit and a visual display designed to break the silence surrounding violence against women and to illustrate the impact of violence.

The exhibit is comprised of t-shirts designed by survivors of violence and by their families and friends who have been impacted by the violence perpetrated against their loved ones. Participants walk through the rows of T-shirts on clotheslines to bear witness to these tragedies. The project focuses on providing healing for survivors of violence, educating the public about violence, and preventing violence.

www.care.uci.edu
Palo Verde – UCI and Housing Sustainability will be planting trees around the community as part of our sustainability efforts. Come out and leave your mark in Palo Verde and help make the community greener and more sustainable. Annual tree planting is part of UCI’s commitment to sustainable landscaping and healthy urban forests. Since 2010, UC Irvine has been recognized as a Tree Campus USA university by the Arbor Day Foundation by meeting five standards developed to promote healthy trees and student involvement.

Volunteers should meet in Lower PV between the 4300 and 3200 bldg. (between the playground and the bridge on Palo Verde Road).

**All students, residents, families, and ages are welcome!**

*“Water, snacks and free give-aways will be provided! No flip flops! Remember to wear closed toe shoes!”*

**RSVP:** [https://www.facebook.com/events/819896311536897/](https://www.facebook.com/events/819896311536897/)

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**FREE Yoga For Graduate and Family Housing Residents Every Wednesday**

_Yoga is back for the Spring 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 and VRC’s community programming! Bring along an exercise mat or towel and a water bottle. Be sure to come early as space may be limited and 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_

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**Moving Tips**

- **Moving from one home to another can be stressful and exciting all at the same time.**
- **Staying organized, making lists, and planning ahead make the whole process a lot easier.**
  - Stock up on packing supplies ahead of time such as moving boxes, bubble wrap, packing foam, packing tape, plastic totes.
  - Sort and purge. Go through every room of your home and decide what you would like to keep and what you can get rid of. Distribute unwanted items to friends or charity.
  - Use it or lose it. Start using up things that you do not want to move, like frozen or perishable foods and cleaning supplies.
  - Have a moving van? Check with the office before parking the van in the event there are conflicting parking policies.
  - Before turning in you apartment keys - walk your room one last time. Double check all cupboards and drawers to insure you have all your items. Any items left behind in the apartments will be removed with cost charged to the vacating resident.

"Rejection doesn’t have to mean you aren’t good enough; it often just means the other person failed to notice what you have to offer.” ~ Unknown