Palo Verde
Newsletter for
July 27, 2018

Cable TV Upgrade/Service
Apogee, the campus’ television provider, will be performing a major upgrade of the cable TV service on August 1st. You can expect an outage of 3-4 hours from approximately 9:00 am until 1:00 pm, as services are migrated to new equipment and infrastructure.

You should notice significant improvements to the cable TV system, including dozens of broadcasts being upgraded to high definition (HD) and several new channels being added to the lineup (including HBO and Cinemax).

PLEASE NOTE: In order to receive all the new content, you will need to perform a "channel scan" on each of your televisions/receivers once the transition is complete. (It is recommended that you run a scan in the evening of August 1st).

If you have any questions or concerns regarding this change, please contact Apogee directly using one of the contact methods below:

Phone: (855) 813-7019, Text: "myvideo" to 84700
Email: support@mycampusvideo.com
Live Chat: www.mycampusvideo.com/support

Thank you for your patience and understanding during this service disruption.

Things You Should Never Flush Down the Toilet
Basically, the only thing you should ever flush down a toilet is human waste and toilet paper. The best way to increase the longevity of your toilet and avoid annoying plumbing issues is to never flush the following items down the toilet:

Large Amounts of Toilet Paper - Today’s water saving toilets use only 1.6 gallons of water per flush. That is not enough water to keep the large amounts of toilet paper moving and can clog.

Feminine Hygiene Products - Even if the package says that it’s ‘flushable,’ they can easily create clogs deep in pipes and should never be flushed.

Anything Made of Cotton - This includes cotton swabs, Q-tips, cotton balls, and any other associated product. Cotton is excellent at absorbing water, but it does not break own easily.

Medication - The potent chemicals will get into sewer systems and even groundwater, where they can do untold damage.

Tissues, Bathroom Wipes, and Paper Towels - While they may seem a little like toilet paper, the materials used to make these products do not dissolve easily. They are made to absorb water, not break apart in it.

Cigarette Butts - They can clog the toilet and wreak havoc with a septic tank — especially if filtered or plastic-tipped.

Any Type of Plastic - It does not matter if it is packaging plastic or a Band-Aid - you cannot flush plastics down a toilet, it does not dissolve.

Dental Floss - Waxed or unwaxed, dental floss is stringy, it does not dissolve, and can bundle around other objects to form larger clogs.

Cat Litter - Even if your cat litter says that it is ‘flushable,’ do not flush it. All cat litter is bad for your toilet.

Dried Waste from a Litter Box - Toilets are designed for water-soluble waste. When cat waste sits in litter, it gets dehydrated and becomes hard as a rock.

Disposable Diapers - Toilets were not made for any kind of disposable diaper.

Food - Any type of food is off limits, no matter how soft it may be. The same is true of any leftover pieces, shells, bones or grounds that you want to get rid of. These belong in neither your pipes nor your garbage disposal. Throw them in the trash or compost.

GOT ANTS? - Like all living creatures, ants need water, food, and shelter for survival. Ants will leave the shelter of their colony to seek food and water. Do not make it easy for them! Step one in addressing that eerie line of ants is to clean up the source of attraction. Keep foods sealed, floors swept, and all surfaces cleaned.

If the sink and counter areas are free of food and standing water, try some natural, cheap ant remedies that can be found on the internet.

If all fails, contact the Palo Verde office and schedule an appointment for pest control. The pest control contractor comes every Thursday.

"You will fail at some point in your life. Accept it. You will lose. You will embarrass yourself. You will suck at something. There is no doubt about it. ... Never be discouraged. Never hold back. Give everything you’ve got. And when you fall throughout life — fall forward." ~ Denzel Washington

COMING SOON... Electric Vehicle Charging Stations
The Palo Verde Electric Vehicle Charging Stations are coming soon! They will be located by the PV office near the Community Room.

If you own an electric vehicle and live in Palo Verde, please contact the PV Housing office. We will be sending out more information next week to the those residents and the entire Palo Verde Community.

FINANCIAL ASSISTANCE
Are you having problems with a roommate or a neighbor? Do you have an uncomfortable living situation?

FOR ASSISTANCE
contact Reslife
Kerri Sherwood at sherwook@uci.edu

NEED TO TALK?
Confidential assistance is available through the UCI COUNSELING CENTER at (949) 824-6457. Counseling Center is located in Room 201 (above Career Center).

UCI CARE
Campus Assault Resources & Education
Confidential assistance is available at (949) 824-7273. Code Blue are the Campuswide Safety Ambassadors.

UCI HOUSING OFFICE
7000 Palo Verde Road
OFFICE HOURS
Mon-Fri 8am-5pm
Phone: 949-824-9818
Fax 949-824-2336
pvoffice@uci.edu

JENNIFER NELSON MARTINEZ
Palo Verde Interim Director

A weekly publication for the Palo Verde Graduate Housing Community. E-mail submissions to PVinquiry@uci.edu by Tuesday before 3:00pm - http://www.housing.uci.edu/pvpress/index.html
Post and/or Search for Off-Campus Housing, Sublets, Furniture, and More!

Anteater Housing Network provides easy access to on and off-campus housing listings for students and a great place to advertise a sublease or search for a sublease and reach other UCI students. The site includes properties for rent and sale, as well as message boards to find roommates, sublets, buy/sell furniture, and more. To place an advertisement on the Anteater Housing Network visit http://offcampus.housing.uci.edu/. Log-in with your UCI NetID and password to view the listings. Guests access to the site is granted for a limited time for prospective students and other campus affiliates.

FREE Yoga For Graduate and Family Housing Residents this Summer!

Every Wednesday until September 26th at 6pm in the PV Community Room

Palo Verde and Verano residents, partners, and friends - yoga is a convenient way to stretch and strengthen your body, focus your mind, relax, and get in a workout with your busy schedule. This class is suited for all levels and abilities, including beginners. Bring along an exercise mat or towel and a water bottle. Yoga is brought to you FREE of CHARGE as a part of PVRC’s and VRC’s community programming! Space may be limited so be sure to show up early for your first session and 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.

“Don’t be too hard on yourself. There are plenty of people willing to do that for you. Love yourself and be proud of everything that you do. Even mistakes mean you’re trying.” ~ Unknown

5th Annual Vegan Faire

Saturday, July 28th from 4-10pm

Presented by Healthy Junk, the award winning vegan restaurant, the Vegan Faire festival promotes a vegan and health-conscious lifestyle. The Vegan Faire is a FREE community event showcasing a wide assortment of local artisans with wares for sale and also educational booths and services focusing on food, environment, and wellness. It also includes entertainment, dancing, and more!

201 West Center Street Promenade
Anaheim, CA 92805
http://www.veganfaire.com/

Did You Know? Glass can be recycled and re-manufactured an infinite amount of times and never wear out. More than 28 billion glass bottles and jars end up in landfills every year -- that is the equivalent of filling up two Empire State Buildings every three weeks. Making glass from recycled material cuts related water pollution by 50%.

Palo Verde Organic Garden Workday / Funday

Meet at the Garden next to the 8200 Building

Thursday, August 2
Drop In
5:30 pm to Sundown
Snacks and Fun Provided

Palo Verde Organic Garden Public Meeting

Please join us to discuss the current state of the garden. Bring up any concerns, suggestions, and improvements!

Palo Verde Lounge
Sunday, August 5
1:30 pm – 2:30 pm
Snacks will be provided!

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