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

Palo Verde

Newsletter for August 3, 2018

PALO VERDE HOUSING OFFICE
7000 Palo Verde Road

OFFICE HOURS
Mon-Fri 8am-5pm
Phone: 949-824-8918
Fax 949-824-2336
pvoffice@uci.edu

JENNIFER NELSON MARTINEZ
Palo Verde Interim Director

AFTER HOURS LOCKOUT AND MAINTENANCE EMERGENCY PAGER:
949-651-3579

RESIDENT RELATIONS
Are you having problems with a roommate or a neighbor? Do you have an uncomfortable living situation?
FOR ASSISTANCE
contact Reslife
Keri Sherwood at sherwook@uci.edu

FINANCIAL ASSISTANCE
Are you having concerns about your current or future financial situation? Would you like support and resources to help you meet your financial needs?
FOR ASSISTANCE
contact Ananda, Graduate and Family Housing Caseworker at avanboey@uci.edu or (949) 824-2527

Water Conservation Awareness - Due to California’s severe drought, we need to adopt permanent changes to use water more wisely. Did you know the average person uses 88-100 gallons of water per day? This adds up to over 30,000 gallons of water a year! Achieving our water-wise goals requires everyone’s participation.
- Use the clothes washer for full loads only.
- Turn off the faucet while brushing your teeth. Just wet your brush and fill a glass for mouth rinsing.
- Rinse your razor in the sink by filling the sink with a few inches of warm water. This will rinse your razor just as well with far less waste of water.
- Keep a bottle of drinking water in the fridge in a safe drinking bottle. Running tap water to cool it off for drinking water is wasteful.
- Minimize use of kitchen sink garbage disposal units. In-sink ‘garburators’ require lots of water to operate properly.
- Water is used in all forms of energy generation. It can take over 4 gallons of water to keep a 60-watt light bulb lit for 12 hours. Turn off lights and unplug chargers.
- Place a workorder for maintenance issues immediately if you notice any continuous running or leaking toilets, faucet drips, and other water waste.

Annual Fire Alarm/Sprinkler Testing and Building Inspections
Tuesday, August 14th - Tuesday, August 21st
All smoke detectors, horns and sprinkler heads are inspected two times per year as required by the State Fire Marshal’s office. The University’s Environmental Health and Safety staff will be conducting the required testing and inspections between the hours of 9:00am to 3:00pm and require the inspectors to entry into all rooms of the apartments. The dates are listed below and may be subject to change:
- Tues, 8/14: Bldg 1100, 1200, 1300, 1400
- Wed, 8/15: Bldg 2100, 2200
- Thurs, 8/16: Bldg 3100, 3200, 3300
- Tues, 8/21: Bldg 4100, 4200, 4300, 4400
All of the signal devices/horns testing and repairs will produce sounds and disturbances in and around the apartments for short periods. Residents do not need to be home.
If you have any questions or concerns, or for additional information if you have an unsecured pet, contact the Palo Verde Office at (949) 824-8918

Thank you for your cooperation.

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!
Email questions to: pvorganicgarden@gmail.com

Composting in Palo Verde

Turn food waste back into food! Composting is nature’s recycling – a process which diverts food scraps from landfills or wastewater treatment facilities to be repurposed for other uses.

Composting bins can be used on your counter top or under your sink and are available for FREE at the Palo Verde front desk

Follow these simple instructions to participate!
1. Line your kitchen container with a compostable bag. Additional bags are available at the 7400 and 6000 trash locations.
2. Fill the bin with approved kitchen scraps as you go about your day and prepare food.
3. When the bag is full, remove it and drop it in your yellow and green designated organic compost bin located next to the trash areas: by 7400, in-between 1100-1400, by 6200, and by 8500.

All Food/Kitchen Scraps Can Be Composted
Non-waxy Paper Products That Are Sorted With Food Can Be Composted

Pick up a compost bin for your apartment (It’s free)!

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these. ~ George Washington Carver
Securing your Bicycle

Bicycles may be secured to the bicycle racks located throughout the community. Do not secure your bicycles on trees, stair handrails, sign post, lamp post, or leave it in any common areas that are not designed for the purpose of securing bicycles.

Residents will be financially responsible for any harm, injury or damage caused by improper bicycle storage or riding.

In addition, your bicycle may be impounded by UCIPD if found to be in violation of the policy. Palo Verde is not liable for the security of your bicycle.

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.

Did You Know?
Cigarette butts and filters take 12 years to biodegrade. An aluminum can takes between 200 to 500 years. Plastic diapers and sanitary pads take between 500-800 years. A plastic bag from the grocery store takes between 500 and 1,000 years. Styrofoam takes more than 5,000 years. Glass takes 1 million years to fully degrade in a landfill.

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.

Take Care of Your Mental Health this Summer! - Mental health and physical health are largely connected, so by taking care of your body, you are also taking care of your mind. Here are five things to remember this summer to help you take care of your body and mind:

Get your rest: Routines may vary with summer events, but aim to get seven to nine hours of sleep a night. Keep your room cool and shades pulled to help make your sleep more comfortable.

Move your body: Added heat (even if it’s dry heat!) can make exercise uncomfortable in the summer months. Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day.

Connect with others: Plan something fun with family or friends. It doesn’t need to be expensive, but being social and around others will help keep any negative thoughts from ruminating. If you are not feeling like being in a crowded space (street fair, farmers’ market, amusement park), try to call at least one person to stay connected.

Stay hydrated: Aim to drink more than the standard eight glasses a day. And get creative: put some frozen berries in your water or even some mint leaves and lime slices. Opt for snacks with high-water content such as watermelon, cantaloupe, tomatoes and cucumbers.

Wear sunscreen: Look for at least an SPF 30 and wear it all the time! Even if you are just running errands or going for a “short walk,” ultra-violet exposure increases somewhere between four and 10 percent for every 1,000 feet above sea level. So at an altitude of 9,000 feet (about equal to Georgetown), UV radiation can be nearly 50 percent more intense than at sea level.

Use these tips to help take care of yourself this summer and stay safe and healthy all season long!

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