Palo Verde Interim Director  
Room 201 (above Career Center)  
Are you having problems with a roommate or a neighbor?  
Located at Student Services in Palo Verde Office at (949) 824-8918  
www.counseling.uci.edu  
(949) 824-7273  
www.care.uci.edu  
JENNIFER NELSON MARTINEZ  
Palo Verde Interim Director

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

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

Need to talk?
Confidential assistance is available at the UCI COUNSELING CENTER (949) 824-6457
Located at Student Services in Room 201 (above Career Center) www.counseling.uci.edu

UCI CARE
Campus Assault Resources & Education Confidential assistance is available at (949) 824-7273
www.care.uci.edu

Palo Verde Newsletter for August 24, 2018
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

Annual Fire Alarm/Sprinkler Testing and Building Inspections
Tuesday, August 27th - Tuesday, August 30th
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 enter into all rooms of the apartments. The dates are listed below and may be subject to change:

Mon, 8/27:  Bldg 8100
Tues, 8/28:  Bldg 8400, 8500
Wed, 8/29:  Bldg 8600
Thurs, 8/30:  Bldg 8700, 8800

All 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.
For additional information if you have an unsecured pet, or have any questions or concerns, contact the Palo Verde Office at (949) 824-8918

EV Charging Stations and Upcoming Parking Restrictions - Starting Tuesday, September 4th, the four (4) EV Charging Station spaces near the Community Room are for the exclusive use for actively charging vehicles. Additional signs will be added for clarity.
Any car parked in those 4 parking spaces and not actively charging will be subject to fines and tows starting on September 4th.
If you have an Electric Vehicle and have interest is using the charging stations, please contact the Palo Verde Housing Office.

“Learn from the mistakes of others because you can’t live long enough to make them all yourself.” ~ Unknown

Paying for Laundry with a Credit/Debit Card
Our laundry facilities enable you to pay at the machine with a Visa or Mastercard. No coins necessary. A credit card can be used for payment on each individual washer and dryer.

How is my credit/debit card processed?
Your credit/debit card will be pre-authorized for $8.00, which is good for 3 hours or up to $8.00 of laundry (which ever comes first). After 3 hours, you will be charged the exact amount you spent as soon as your card issuing bank finalizes the transaction, usually within 24 -72 hours. Until then, an $8.00 charge will be showing as “Pending” on your bank statement. Please be patient and wait at least 72 hours for the amount to settle before calling WASH Laundry System. If you spend more than $8.00 within a 3 hour period, then a second $8.00 pre-authorization is required.
To avoid multiple pre-authorizations, try to do as much laundry as possible within a 3 hour period. If using a prepaid debit card, please ensure you have $8.00 of available balance on your card before using.

Is my transaction secure?
This system is fully PCI compliant and meets all the security standards set forth by the “Payment Card Industry.” All transactions are encrypted to the highest standards and no credit card information is stored on site.

Check the On-Line status
You can elect to get an e-mail or text message for the availability of laundry equipment or to notify you when your laundry is complete. You can register for FREE!
To set up a new account, visit the WaveVision web site at: https://www.mywavevision.com/Index.aspx. Use the Zip Code: 92697 to bring up UCI as the location. Enter all your information, set up your password, and get started.
To check the status from your home computer, visit the WaveVision web site, select Palo Verde and the laundry building number.

“Some mistakes are too much fun to only make once.” ~ Unknown
FREE Yoga For Graduate and Family Housing Residents!
Every Wednesday at 6pm in the PV Community Room
Please join Palo Verde and Verano residents, spouses, and friends for Yoga to relax and de-stress. Yoga is also a convenient way to stretch and strengthen your body, focus your mind, 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.

To use a Bluelight EMERGENCY Phone:
• Push the button and you will be immediately connected to a UC Irvine Police dispatcher.
• Be prepared to answer questions concerning the nature of your call.
• Upon activating the blue light, it notifies the UCI Police dispatcher which blue light phone has been triggered.
• The police will be immediately dispatched to your location.
• The blue strobe light begins flashing, providing visability for the responding office.

Installation of Appliances and Plumbing Products
All apartments include a stove, refrigerator, carpeting, blinds, and smoke detectors. Written permission from the Palo Verde Housing Office must be obtained before major appliances (such as free standing air conditioners, pianos, etc.) are moved into the apartment. Dishwashers, washing machines, clothes dryers, burglar alarms, window mounted air conditioner, refrigerators (second or replacement) are not allowed. Installation of plumbing products such as a Bidet, water filters, etc. are not allowed.

Fun Facts About Disneyland - Over 200 feral cats live in the park. The felines are there to keep rodents away, though you would be lucky to encounter one as the majority are said to be nocturnal creatures.

Healthy Eating Tips - Your food and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future. Be a role model by eating right and providing healthy meals for you and your family.
• Make half your grains whole grains - Substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice. Read the ingredients list and choose products that name a wholegrain ingredient first on the list.
• Vary your veggies - Brighten your plate and salads with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. They not only taste great but also are good for you, too. Buy vegetables that are in season for maximum flavor at a lower cost.
• Focus on fruit - Buy fresh fruits in season when they may be less expensive and at their peak flavor. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Add fruits to sweeten a recipe. Make most of your fruit choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
• Get your calcium-rich foods - The Dairy Group includes milk, yogurt and cheese. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. To cut calories and saturated fat—choices should be low-fat or fat-free . Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Regular cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.
• Go lean with protein - Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Choose lean or low-fat cuts of meat. Many deli meats and processed meats are high in sodium – check the Nutrition Facts label. Eat seafood in place of meat or poultry twice a week. A variety of vegetarian products look (and may taste) like their non-vegetarian counterparts and recipes that typically contain meat or poultry can be made vegetarian.

Meet Palo Verde’s After Hours Assistants

Housing Non-Office Hours Maintenance Team

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