PVRC Public Meeting
Thursday, November 21st
at 7:00pm in the Palo Verde Lounge

Looking to meet other residents and learn about your community? This is the event to go to! We use these public meetings to update residents on what is happening in the community and in campus housing.

Address your concerns and suggestions with PVRC and other residents on any issues that need to be addressed and what improvements you think we can make.

Come by, grab a slice of pizza and meet your neighbors.

Let us know your thoughts! Hope to see you there!

~ Palo Verde Residents Council (PVRC) ~
Follow PVRC on Facebook to be kept up with our most recent activities: facebook.com/PaloVerdeResidentsCouncil. Contact us at: pvro@uci.edu.
Visit our webpage: https://sites.google.com/site/paloverderescouncil/

Ride the Holiday Shuttle for Thanksgiving Break
UCI Transportation is pleased to offer complimentary shuttle service to support your travel plans during the holiday break.

Service is provided between the main campus and John Wayne Airport, and between the main campus and the Irvine Transportation Center (Metrolink/Amtrak Station). Space is limited so reservations are required. Your flight information and the number of bags you will be carrying is needed to reserve your seat.

If you end up with different travel arrangements to your destination and will no longer need the Holiday Shuttle service, please cancel your reservation as soon as practical to allow room for students, faculty and staff on the wait-list. Visit: https://www.parking.uci.edu/services/campus/holidayshuttle.cfm

If you are in need of disabled transport, please call 949-824-RIDE (7433) or email rideshare@uci.edu to make arrangements.

We look forward to easing your travel stress during the upcoming campus break.

Hallways and Stairs Clean Up - It is time again for us to do some fall cleaning. Over the next few weeks you will see a cleaning contractor staff throughout the property cleaning hallways, stairs and corridors:

11/18 - Bldgs. 7100, 7200, 7300
11/19 - Bldgs. 7400, 7500, 7600
11/20 - Bldgs. 8100, 8200, 8300
11/21 - Bldgs. 8400, 8500, 8600
11/22 - Bldgs. 8700, 8800, 4100
11/25 - Bldgs. 4200, 4300, 4400, 3100, 3200, 3300
11/26 - Bldgs. 5100, 5200, 5300, 6100, 6200, 6300
11/27 - Bldgs. 1100, 1200, 1300, 1400, 2100, 2200

Green Bridge Construction - Starting Monday, November 18th, Facilities Management will start mobilizing and doing some test work in and around lot 17A by the bridge. At some point the work will restrict traffic to half the width of the bridge with possible closures during winter break. We will keep you updated.

Are You Flying for the Thanksgiving Holiday?
If you are flying the friendly skies for the Thanksgiving holiday, be sure to pack your patience. You’re gone to need it!

Just how packed will travel be this Thanksgiving season? Possibly one of the busiest on record. Aside from the possibility of busy terminals, expect heavier-than-usual traffic on entrance roadways, parking shuttles and public transportation. Inside the terminal, unusually heavy crowds may lead to back-ups at check-in counters and security lines.

As is expected with an increase in passengers, travelers can expect to see heightened security at airports.

Here are tips you should know if you are headed to the airport during Thanksgiving holiday:

Book your plane tickets ASAP. Airlines start hiking fares up just after Halloween. Purchasing at the last minute will always be a game of chance, so be forewarned. “Procrastinating travelers may be able to find last minute deals on flights close to the holidays, as airlines look to fill their last few remaining seats, but flight availability for these peak travel weeks will be very limited by that time.”

Opt for an early-morning flight. This will help avoid airport crowds, and the earliest flights are statistically less likely to be delayed.

Book a nonstop flight. Fewer stops mean less time spent navigating crowded airport terminals and waiting in line to board a plane.

Watch the weather. Book a direct flight and route through hubs less likely to be affected by winter storms.

Moving your departure by one or two days can save you money. Avoid traveling on the Wednesday before Thanksgiving and the Sunday after, as these are, by far, the most expensive days. To save, either extend your trip, flying out early in the week and returning the week after Thanksgiving, or shorten it, flying out early on Thanksgiving Day and returning the Saturday after the holiday.

Are you Planning on Driving for the Thanksgiving Holiday?
If you are driving, the best time to hit the road is at 6am on Sunday, November 24th, according to Google.

The worst day to drive for Thanksgiving will be Wednesday at 4pm and Saturday at 2pm. If you are headed to the airport, the worst time to drive will be Tuesday, November 26th at 5pm.

To make the journey after Thanksgiving as painless as possible, plan to leave first thing in the morning—ideally on Sunday, when most travelers have completed the trip.
Things that could be hurting your mental health

Here are some ways you may be sabotaging your mental health and what you can do to change these habits.

You are getting too little or too much sleep? When you are down, it can be easy to want to spend your days in bed, but it is more important to do whatever you need to do to stay up and awake and being ideally productive.

You are obsessing over social media? A study showed that people who are depressed are more likely to be addicted to social media and to compare themselves to others. If you need to, delete the apps from your phone for now.

You are spending too much time dwelling on the negative things in your life? It is easier said than done to think positively, but what you can do is distract yourself when you realize you are caught in that negative thought cycle. Keep your mind busy until the wave of negativity passes.

You are isolating yourself from the people who love you? When you are depressed, one of the last things you want to do is be around other people, especially if it requires leaving your house. Being social is actually one of the best things you can do for yourself when you are down.

You are eating a lot of unhealthy foods? Some people may cope with depression by eating comfort food. But those yummy foods can be hurting you in the long run. A study confirmed the link between junk food and depression, so make sure you are filling up on plenty of veggies, fruit, and protein. Eat the comfort food in moderation.

You are not getting help? There is no way to understand how truly hard it is to get help when you are feeling your worst and need it the most, but it is essential if you want to feel better. Chances are that once you have gotten help, you will wish you had done it sooner.

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

Annual Fire Alarm/Sprinkler Testing for Buildings 7000-7600 - On November 20th, 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.

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.

PV PLAYGROUP - Every Thursday 3:30-6:30pm in the Community Room

This playgroup is a free play time for the children to make friends and develop social skills. It also allows adults time to relax, share experiences and ideas.

We have light snacks for the children and coffee and tea for the adults. All children and parents/guardians/babysitters are welcome and it is FREE!

You can contact your community center for more information.

Yoga for Graduate and Family Housing Residents

Every Wednesday at 6pm in the PV Community Room

Join Palo Verde and Verano residents, spouses, and friends for Yoga to relax and de-stress. Yoga is a convenient way to stretch and strengthen your body, focus your mind and get in a workout with your busy schedule.

Bring along an exercise mat or towel and a water bottle. This class is suited for all levels and abilities, including beginners.

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!

For additional information or questions, please contact Cedric Young at ckyoung@uci.edu.

THANK YOU for your support to the PVRC Playgroup.

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