Upcoming Projects at Palo Verde - We would like to give you notice of the following up-coming scheduled projects:

**Tree Trimming** - Starting February 4th for approximately 7 business days, we will be conducting a tree trimming project throughout the property in order to maintain healthy trees for our community. In addition, there is a need to remove damaged trees that show signs of weakness or that are damaging other trees. All tree trimming will be conducted with health and location of the tree in mind.

The tree trimming project will be conducted between the hours of 8:00am to 5:00pm. However, loud sounds will be kept to a minimum until 9:00am. Part of the process will require the use of power equipment. There will be workers, noise, dust, and vehicles around the complex during the work period. NO PARKING signs will be posted with dates and times. Vehicles parked in a NO PARKING area during the posted hours may be subject to towing.

**Fire Alarm/Sprinkler Testing and Building Inspections for Buildings 7300 - 7600** - 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 beginning Monday, February 25th between the hours of 9:00am to 3:00pm. It will require the inspectors entry into all rooms of the apartments on these dates.

Thank you for your cooperation as we work to maintain and improve our community.

Palo Verde Free Libraries - There are bookshelves for book exchanges located outside of the Computer Lab, and in the Laundry Rooms by the 2200 and 8300 buildings. These libraries are brought to you courtesy of the Palo Verde Residents Council (PVRC). We just ask that you respect our rules:

- If you Take a Book, try to Give a Book as well! Feel free to donate any books to this library except old textbooks.
- Please be considerate of your fellow residents by taking only a few books at a time and returning them when you are done.
- Please respect the shelves and books by keeping them neat and organized.
- These library areas are for books only. Do not leave any other items next to the bookshelves such as clothing, toys, etc. that you are trying to give away.

Found Kitten - A kitten with no identifying tags was found near the vicinity of Gabrielson drive. Please call the Palo Verde Office at 949-824-8918 if you are looking for your kitten!

"Never let hard lessons harden your heart; the hard lessons of life are meant to make you better, not bitter." – Roy T. Bennett
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 on social media and to compare yourself to others. If you are depressed, one of the best things you can do for yourself is to get help.

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 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 getting too little or too much sleep? When you start seeing your worth, you'll find it harder to stay around people who don't.

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