Newsletter for January 17, 2020

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
Kerri Sherwood at sherwook@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

In Observance of:
Martin Luther King, Jr. Day

The Palo Verde Housing Office will be
Closed Monday
January 20th

Please plan your visits or requests with the office accordingly. The PV Housing Assistant will be available to assist you with your after hours needs. The PV After Hours pager number is 949-651-3579

Palo Verde Housing Assistant
2020/2021 Recruitment

TERM BEGINS:
July 1, 2020

APPLICATION DEADLINE:
Monday, January 27, 2020 by 5pm.

HOUSING ASSISTANT COMPENSATION:
Monthly Salary

RESPONSIBILITIES:
• Provide after-hours coverage for Palo Verde Housing Office.
• Respond to resident and community issues requiring immediate intervention and assessment.
• Provide routine access to recreation facilities.
• Inform residents through the bulletin boards, the PV Press and more.

INFORMATION SESSION
Wednesday - January 22nd at 5:30 pm
Location: In the Palo Verde Lounge and Conference Room

This session will give you an opportunity to learn more about the position, the selection process, the training program and to pick up an application packet.

You may pick up an application packet from the PV office anytime during office hours or page the Housing Assistant on duty prior to 10pm when the office is closed. The HA Job Description is included in the packet.

Being a Housing Assistant is a great way to be involved in the Palo Verde community and to work in your own neighborhood.

For additional information that may not be included in the packet, contact sherwook@uci.edu.

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

“Take responsibility of your own happiness, never put it in other people’s hands.” – Roy T. Bennett

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

Sidewalk and Asphalt Repair
Palo Verde is scheduled to have sidewalk and asphalt repair work near the clubhouse and around the 3000 buildings on February 4th, 5th and 6th between 8am to 5pm.

The repairs will fix some transitions from the sidewalk to roadway as well as other areas that need attention in lower Palo Verde. This will affect travel through these areas.

The contractor will take steps to minimize the impact, but there will be loud noise, dust and delays. Please follow the directions of the contractors; stay away from the work areas and be aware of your surroundings in lower Palo Verde during these hours.

If you have questions or concerns, please contact the PV Housing Office at 824-8918.

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Sustainable Alternative for Food Storage - Switching to glass containers is better for your health and it is also more environmentally friendly. Unlike plastic containers, glass reduces the amount of trash that goes into landfills, emits less greenhouse gases and generally encourages a more sustainable lifestyle.

Nearly 80 percent of glass can be recycled, which uses nearly half as much energy as manufacturing brand-new glass. Also, glass does not emit toxins during the recycling process, so the quality is never compromised.
Here is a list of healthy habits to add to your routine:

- **Get up and move** - Desk jobs are wreaking havoc on our bodies by increasing our risk of heart disease and contributing to weight gain.
- **Add healthy food choices** - Packaged and take-out foods tend to contain higher amounts of sodium, refined grains, sugar and unhealthy oils.
- **Get enough sleep** - Chronic sleep deprivation releases the stress hormone cortisol. High levels of the hormone are linked to increased risk of heart attack and stroke.
- **Drink less** - Consider how many calories you are consuming when you drink. If you are going for glass after glass, you are essentially drinking an entire meal.
- **Drink less soda** - Regularly consuming sugary drinks greatly increases your chance of cardiovascular disease and the risk of diabetes even if you are not overweight.
- **Apply sunscreen** - Forgetting sunblock could spell trouble later on because every sunburn you get increases your likelihood of melanoma.
- **Skip the tanning beds** - Those who use indoor tanning beds before age 30 increase their risk of melanoma by 75 percent.

**Did You Know?**

- If you Google search 'askew', the content will tilt slightly to the right.
- Type "do a barrel roll" into Google, click "search", and your browser window will do a 360-degree spin.
- Type “Google Gravity”, click "I’m Feeling Lucky", and watch it shatter the search engine into pieces that you can drag and bounce around your screen.

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**Help for You to Live the Happiest and Healthiest Life**

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