Palo Verde
Newsletter for March 2, 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

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

Heating Safety Tips
Baseboard heaters are generally considered safe, and the fire danger is fairly low. However, if a baseboard heater is used improperly, there is a risk of fire, so keep these safety tips in mind when you are using your unit:

• In order for your heater to function properly, it is important that nothing be placed in front of the heater to block the flow of air. Place furniture at least 6 inches away from the heater to avoid obstructing its air intake.
• Keep anything that can burn at least three feet away from space heater. Maintain at least a foot of clearance from the top and front of the baseboard heater. Do not allow drapes or window blind cords to rest on the unit. Especially avoid placing flammable objects nearby.
• Have a three-foot “kid-free zone” around heaters. Also make sure children do not leave their toys or other objects near or inside the heater.
• Remember to turn heaters off when leaving the room or going to bed.
• Be patient when trying to heat a room with a baseboard heater. It may be tempting to set the thermostat to a higher setting, but that will not actually heat the room more quickly. Set your thermostat to your desired room temperature, and wait for the room to warm gradually.
• Dust and lint may block vents and could cause a unit to overheat. Be sure to vacuum around your baseboard heater occasionally. Cleaning your electric baseboard heater also prevents that “burned dust” odor that occurs when you first turn on your unit after infrequent use. Remember, the cleaner your equipment is, the more efficient it will be.
• Never use your oven to heat your home.

https://www.air-n-water.com/baseboard-heater-safety.htm

Between February 28 and March 28, 2018 ALL Graduate and Family Housing contract holders MUST submit their housing plans for the lease term of July 1, 2018 through June 30, 2019 ON-LINE.

• Link to the online form will be sent to your UCI email on February 28, 2018.
• Submission deadline: March 28, 2018, 11:59pm.

Questions about the renewal process?
• Read the FAQs sent to your UCI E-mail
• Attend a Housing Renewal FAQ Drop-In:
  o 3/6/18, PV Lounge: 5pm – 7pm
  o 3/7/18, VP Commons: 4:30pm – 6:30pm
  o 3/22/18, PV Lounge: 5pm – 7pm
  o 3/23/18, VP Commons: 2pm – 4pm
• Contact your housing Office
• E-mail Gradstatus@housing.hsg.uci.edu

Come learn about UCI’s zero waste facilities, healthy dining options on Campus, innovative projects, and our sustainable goals for the year. This series educates, encourages, and motivates you to engage in healthier behaviors.

You will also learn how to make a Sautéed Spicy Kimchi Quinoa Bowl with Chef Rhiannon along with some simple kitchen tips. To register, visit: http://tuccl.uci.edu/.

March 16, 2018
12:00pm - 1:00pm Anteater Recreation Center, Kitchen/Classroom

Go Green Eat Green!

Baseboard heater safety tips

2018-2019 GRADUATE HOUSING CONTRACTS
Important Dates & Processes

February 28 – March 28, 2018
Online Graduate Housing Intention (GINT)
Between February 28 and March 28, 2018 ALL Graduate and Family Housing contract holders MUST submit their housing plans for the lease term of July 1, 2018 through June 30, 2019 ON-LINE.

• Link to the online form will be sent to your UCI email on February 28, 2018.
• Submission deadline: March 28, 2018, 11:59pm.

April 9, 2018
Follow-Up Confirmation and Notification
Check you UCI email for notification from your community. It will:
• Advise you of the status of your request/submission.
• Inform you of follow-up action you must take and the associated deadlines.
• Identify your assigned window of days to complete required paperwork.

April 9 - 12 or May 7 – May 10, 2018
Lease Completion
• Complete required paperwork (e.g., lease, lease extension, closeout form, vacate notice) during the assigned window.
• Spouses/Domestic Partners and any other person who is 18 years of age or older must be available to sign the required documents.
• Documents will be e-mailed. They can be printed, signed, scanned and returned or they can be printed and returned to your community Housing Office.

All residents and their guests are welcome. Hope to see you there!

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” ~ John Wooden

The 12th Annual Palo Verde Academy Awards Event
Sunday, March 4th
Located in the Palo Verde Lounge
Doors open at 3:30pm and Awards ceremony begins at 4:00pm
Do you think you know who will win? Free prizes to (3) people who pick the most winners (Must be a PV Resident to win). Ballots will be provided and the ballot box will be removed at 4pm.
Free snacks and beverages while supplies last but feel free to bring your own food and drinks - all beverages are welcome.

"Please join us for the OSCARS"
Stress-Relieving Foods

Whether it is because of the specific nutrients they provide or the steady, reliable source of energy they give you, here are some examples of foods that can get you through the day feeling focused, even, and balanced - so you will have the ability to conquer anything.

Complex Carbs - All carbs prompt the brain to make more serotonin. Good choices include whole-grain breads, pastas, and breakfast cereals, including old-fashioned oatmeal.

Oranges - Oranges have a wealth of vitamin C. Studies suggest that vitamin C can curb levels of stress hormones while strengthening the immune system.

Berries - Blueberries have some of the highest levels of anthocyanin, an antioxidant. They have been linked to all kinds of positive health outcomes, including sharper cognition. In fact, all berries, including strawberries, raspberries, and blackberries, are rich in vitamin C.

Spinach and other green, leafy vegetables and Almonds

These are good magnesium sources, the mineral that helps cortisol levels.

Fatty Fish - The heart-healthy omega-3 fats in fish such as salmon, sardines and tuna manage adrenaline levels to help keep you calm, cool and collected.

Avocado and Banana - They are loaded with potassium, a vital mineral for keeping blood pressure low.

Asparagus - Depression has been linked to low levels of folic acid, and one vegetable that boosts this mood-enhancing nutrient is asparagus.

Chocolate - Research indicates that dark chocolate may lower levels of stress hormones. Chocolate also contains sugar (a carbohydrate), so it releases mood-improving serotonin. It is all right to indulge; just keep in mind the portion sizes.

Milk - A known bedtime stress reliever is a glass of warm milk. Research shows that calcium eases anxiety and mood swings.

What not to put down the Garbage Disposal - Do not put anything in the garbage disposal that is not biodegradable food. When in doubt, throw it out! Or better yet - compost it!

Stringy veggies and vegetable peels - Fibrous materials are the worst culprit when it comes to crippling a garbage disposal. This includes celery, corn husks, asparagus, artichokes, and other vegetables that have any kind of stringy qualities to them. The stringy parts can wrap around the blades. The starches in foods such as in potatoes and rice will turn into a thick paste and may cause blades to stick.

Grease or oil - Greasy foods will distribute a film over the blades diminishing their effectiveness. Over time, it solidifies and begins to build up in your pipes.

Egg shells - The membrane on the inside of the egg can wrap around the blades.

Coffee grounds - The grounds build up like sediment in the pipes, causing blockage.

Pits, seeds, bones - Items such as bones and fruit pits can dull and even break the unit’s blades.

Anything in bulk - If you have a large amount of food scraps to get rid of, it is best to put it in the garbage or your compost bin.

Rice and pasta - Every time you turn the water on, the pasta and rice will continue to absorb water and block the pipes.

Harsh Chemicals - Harsh chemicals like bleach or drain cleaners can damage blades and pipes. Place a work order instead.

Instead of Using the Garbage Disposal - Compost It!

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

All food/kitchen scraps can be composted – meat, poultry, fish, bones, dairy products, breads, grains, flowers, seeds, fats and oils, vegetables, coffee grounds, and tea bags are some examples. Paper products that are soiled with food – such as napkins or non-waxy paper plates can also be composted.

The next time you think about forcing your food scraps down the drain, think again. Not only are you helping the environment when you use the compost bin instead of a garbage disposal, but you are helping to prevent clogged sinks.

Stop by the Palo Verde office to pick up a compost bin to keep around your kitchen counter top while supplies last - at no cost to residents!

FREE YOGA FOR GRADUATE AND FAMILY HOUSING RESIDENTS

Classes will be held every Tuesday until March 13th at 6pm in the PV Community Room

Yoga is back for the Winter quarter! Palo Verde and Verano residents, partners, and friends - this is a great, convenient way to get your workout in with your busy schedule.

This class is suited for all levels and abilities, including beginners. These sessions are brought to you FREE of CHARGE as part of PVRC’s an VRC’s community programming! Be sure to show up early as space may be limited.

For more information, please visit:

http://www.housing.uci.edu/housingOptions/Palo_Verde.html

Drive Out Hunger

Please join the Resident Housing Association (RHA) as we host our 5th Annual Drive Out Hunger event. Do not miss out on delicious food trucks, entertainment, and the opportunity to make a difference in our community. Vouchers for Food Trucks are 2 for $5 (CASH ONLY). There will be some activities, a balloon artist, and face painting that children will enjoy!

A portion of the proceeds will be donated to Mary’s Kitchen; a volunteer organization whose aim is to provide compassionate care for the less fortunate.

Donate - RHA is collecting donations of clean, unused socks and toiletries for those in need from Wednesday, February 21st until Thursday, March 8th. Drop off your donations at any undergraduate housing community center/office or HAS (G458 Student Center 4th Floor).

If you have any questions or would like to volunteer at the event, please contact Guadalupe Pena at gmpena@uci.edu. Visit us on Facebook at https://www.facebook.com/events/2073672216179696/

We hope to see you at Drive Out Hunger!

Emergency Work Orders - For any maintenance issues that need immediate attention (leaking water, overflowing sink or toilet, etc.), please call the Palo Verde Office immediately at: (949) 824-8918 during business hours. For after hours, page (949) 651-3579 rather than placing a work order on-line. Address maintenance issues immediately as it can progressively and exponentially be more difficult to remedy the worse they get.

Drop-in Meditation

Mondays at 4 pm in the Wellness Room, Cross-Cultural Center

The mind, heart, and body can improve with regular meditation. Join the Center for Student Wellness and Health Promotion for a guided meditation practice every Monday at 4pm.

The first 30 minutes will be guided meditation followed by 30 minutes of quiet meditation or journaling. No RSVP needed. Meditation is facilitated by Natalie D’Azzo, a certified yoga instructor, and questions should be directed to her at ndazzo@uci.edu.

For more information, please visit:

http://www.housing.uci.edu/housingOptions/Palo_Verde.html