**Newsletter for December 7, 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

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**2018 Teddy Bear and Toy Drive**

During this holiday season, the UCI Police Department is accepting donations of new, unwrapped toys and teddy bears suitable for infants or children up to age 14.

Your generous gifts will help comfort children receiving care at UC Irvine Health and other Orange County children’s organizations. Donations will be accepted at the following locations until Wednesday, December 12th:

- UCI Police Department
- University Hills Community Center

Local children’s organizations and hospitals are always in need of additional toys and teddy bears. The need is especially critical for children who have to be away from their homes and families during the holidays.

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

*Your donation will be greatly appreciated!*

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**Recycle Mailing Boxes** - On-line shopping has truly revolutionized our lives by making it possible to order all kinds of things at the touch of a button. The ability to shop from your home or office makes life much easier.

There is one problem with ordering on-line: Your items show up at your door in cardboard boxes stuffed with excess amounts of packing material. When you compare that to a reusable shopping bag (or no shopping bag at all), it can seem like a big waste.

Cardboard is one of the easiest products to recycle. However, before placing them in the recycling bin - **make sure to flatten your boxes**. They will take up less space in the bins, and they will go through the recycling machinery more easily.

Recycling boxes and packing materials makes sense — and cents!

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**Please Keep Palo Verde Clean** - We take pride in our Palo Verde community and how it looks is important. We ask that you assist us with keeping our complex clean:

- Please place trash from your apartment in the garbage (beige) and recycling (blue) bins provided in the dumpster areas located in the parking lot.
- Reduce pest access by making sure your trash makes it into the dumpsters.
- Do NOT place your trash in the trash containers by the grills, mailbox areas, in laundry rooms, on stairways, on landings, or any other common areas other than in the dumpsters.
- Please inform your guests that this is a non-smoking community.
- If you are hosting an event in any of the PV community rooms, clean up after your event activities and take your trash to the dumpster.

Thank you for keeping Palo Verde clean!

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“Life is like a taxi ride ... the meter keeps ticking whether you are getting anywhere or not.” — Unknown
Unsupervised Children in Palo Verde – Palo Verde contacts UCIPD when children are unattended in the Palo Verde community and quickly re-unite lost/found children and minimize the opportunity for harm to the child/children. Thank you to our Palo Verde community for watching out for any unsupervised children and keeping them safe.

Help combat hunger at UCI by donating non-perishable goods during UCI’s eighth annual Clash of the Cans food drive. All goods collected through December 21st will benefit the OC Food Bank and UCI’s FRESH Basic Needs Hub, a student-initiated project that ensures UCI students’ basic food needs are met by providing resources, services, and support to help the campus thrive.

For a detailed list of most needed items, a map of the drop-off locations, and contact information, please visit the Clash of Cans website: https://www.parking.uci.edu/services/community/clashofthecans.fm

Do you want to do more? Volunteers to work their various programs are also welcome. Let us show our Anteater pride and let them know how we can help! For more information contact us at engage@pts.uci.edu.

The Verano Place Playgroup is held every Wednesday from 10:30 am to 11:30 am in the playground, in front of Laundry Room 6. Our playgroup is available for children ages 1-5. Activities include story time, singing, crafts, and much more! Playgroup is a wonderful opportunity to meet other parents and children that live in Palo Verde and Verano. Parents must be present at all times.

For more information, please contact Emily at samance@uci.edu. All residents will be notified by email in the event of a cancellation.

Meningococcal B Vaccine Fair - Meningococcal serogroup B bacteria “MenB” has been responsible for several outbreaks and isolated cases on US college campuses, the recent being in San Diego State University (October 2018).

Meningococcal ACYW, a UC-Required immunization is given to adolescents routinely at 11-12 years and again at age 16 years do not protect against serogroup B. The MenB vaccine was licensed by FDA in October 2014 so many students have not received it.

A 2 doses-vaccine clinic for “MenB” Meningococcal Disease is being offered on these dates:

**FIRST DOSE CLINIC**
December 5-7, 12-13, Time: 9:00AM - 4:00PM.

**SECOND DOSE CLINIC**
January 16-18, Time: 9:00AM - 4:00PM.

Please call (949) 824-5304 for an appointment.

FREE Yoga For Graduate and Family Housing Residents Every Wednesday

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.

Yoga is brought to you FREE of CHARGE as a part of PVRC’s and VRC’s community programming!

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

“How you are making progress if each mistake is a new one.”
~ Unknown

**How do I manage it?**

1. Decrease or Discontinue Caffeine: Caffeine is a stimulant that actually generates stress reaction in your body. Cutting back can help you feel less anxious and more centered.
2. Exercise Regularly: Because stress evoked the “fight or flight” mechanism in your body and you usually cannot do either of these in stressful situations, exercise helps dissipate excess energy and stress.
3. Relax/Meditate: Just as you are capable of mounting and sustaining a stress reaction, you have the ability to put your body into a deep state of relaxation. Good for both acute and chronic stress management.
4. Sleep: Chronic stress tends to lead to fatigue, which makes it more difficult to cope well with stress. Allow your body the rest it needs.
5. Make Time for Breaks and Leisure: Your body naturally experiences high and low work efficiency periods. In the long-run, you will be most effective if you take short breaks throughout the day and include leisure activities in your daily schedule.
6. Develop Realistic Expectations: If you are functioning out of unrealistic expectations for yourself or others, you will tend to be continually frustrated and dissatisfied. Identify your expectations and have a friend “reality check” them with you.
7. Reframe: Consider the glass half-full instead of half empty. When you find yourself being negative and critical, try to shift your perspective to a more neutral, if not, positive outlook (i.e., “I’m looking forward to sharing my ideas” instead of “I’m dreading this presentation”).
8. Check your Thoughts/Beliefs: Beliefs often unconscious, about how things “should” be can add a lot of stress in your life. When you find yourself anxious, irritated, or stressed, pinpoint what belief may be underlying your stress. Are they reasonable or constructive? If not, try reframing.
9. Develop a Support System: Humans are social beings that benefit from each other’s support. Build and create the confessions everyone loves. Build a candy car out of holiday treats and then compete, in the Gingerbread Derby. Santa Claus will make special appearances and there will be other fa, la, activities on the schedule.
10. Get into Humor: Laughing is great medicine! Allow yourself time and space to experience humor ... either in yourself, situations, or through entertainment.
11. Prioritize: Identify the tasks that are most pressing and the initial steps you need to take to make progress towards completing them. Acknowledge the steps you have completed.
12. Develop a Time Management Plan: Include classes, work, friends/family, study time, sleep, daily living tasks, and leisure activities.

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