Newsletter for February 15, 2019

The Palo Verde Office Will Be Closed
Monday, February 18th
in observance of
Presidents Day

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

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~ John F. Kennedy

Personal Hygiene Donation Drive - The Criminology Community Engagement Committee is holding a donation drive for personal hygiene items to benefit local domestic violence shelters. Most requested are full size items such as soap, lotion, deodorant, shampoo, conditioner, floss, toothbrushes, toothpaste, mouthwash, shaving cream, razors, toilet paper, paper towels, tampons and pads, diapers, wipes, and stuffed animals. A donation box benefiting Laura’s House, Interval House, and the Tustin Youth Shelter will be placed in the Palo Verde office and will be collected on a weekly basis until March 14th.

RESIDENT RELATIONS
Are you having problems with a roommate or a neighbor? Do you have an uncomfortable living situation?

FOR ASSISTANCE
Contact 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

UCI Annual Book Drive
Help address the literacy needs of our local community by taking part in the ninth annual UCI Book Drive. Through March 28th, join us by donating new or gently used books of all genres at one of the several drop-off locations around campus: https://map.uci.edu/.

Guided Meditation -Mondays at 4:00pm - 4:45pm in the Center for Student Wellness and Health Promotion Conference Room (3rd floor, Student Center) Free Join us for a drop-in guided meditation practice every Monday. Guided meditations are facilitated by Natalie D’Azzo, Wellness and Peer Education Programs Manager and certified yoga and meditation instructor. Beginners welcome.

UCP Annual Book Drive
Help address the literacy needs of our local community by taking part in the ninth annual UCI Book Drive. Through March 28th, join us by donating new or gently used books of all genres at one of the several drop-off locations around campus: https://map.uci.edu/.

Donations will be provided to local family resource centers through the Community Action Partnership of Orange County. Since 2011, the campus community has donated more than 26,000 pounds of books in pursuit of strengthening families and improving literacy in our neighboring communities.

For more information regarding the Book Drive, please email engage@pts.uci.edu. Thank you for your support of this worthwhile community project.

Palo Verde Playgroup - Every Thursday from 3:30pm - 6:30pm in the PV Community Room

Playgroup gives both children and grown-ups a chance to connect and socialize with other parents and children that live in Palo Verde and Verano. This playgroup will be a free playtime for children of all ages which allows more socialization (and relaxation) for the parents.

Light snacks for the children and coffee and tea for the adults! Childcare is not provided. Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu.
Random Acts of Kindness Day
Celebrated on February 17th each year, Random Acts of Kindness Day is a day where everyone has the opportunity to do something nice for a complete stranger, a family member or a coworker.

• Pay it Backward: buy coffee for the person behind you in line or pay the toll for the person behind you.
• Purchase extra dog or cat food or donate old towels or blankets to an animal shelter.
• Let someone go in front of you in line who only has a few items.
• Have you encountered someone in customer service who is especially kind? Take an extra five minutes to tell them.

Help Prevent Bicycle Theft - Over the past few days there have been reports of bicycles stolen from residential areas on campus (Middle Earth, Verano Place and Vista del Campo Norte). Be on the lookout for any suspicious behavior around the housing areas, near bicycle racks, and in the parking lots. If you see someone stealing a bicycle, do not put yourself in danger in order to stop the thief. Your safety and the safety of others is more important than the bicycle.

Ways to protect your bicycle:
• Stay away from lightweight cable or chain locks as they can be easily cut or broken just by tugging the bicycle. Try using Kryptonite chains, a U-lock, or use two chains, if possible.
• Use the lock correctly. Position your bike frame and wheels so that you take up as much of the open space within the U-portion of the lock as possible. The tighter the lock up, the harder it is for a thief to insert a pry bar and open your lock.
• Always lock your bicycle – even if you are only leaving it for a minute. Leave it in as public a place as possible.
• Only use designated bike racks. Do not secure your bicycles on trees, stair handrails, sign posts, lamp posts, or leave it in any common areas that are not designed for the purpose of securing bicycles.
If, in spite of these pre-cautions, your bike is stolen, be sure to report it to the UCI Police Department at (949) 824-5223. Please call the police immediately if you believe you see a suspicious behavior.

Yoga is back for the Winter quarter!
Free Yoga For Graduate and Family Housing Residents
Classes will be held every Wednesday 6pm in the PV Community Room.
Start the new year right by joining Palo Verde and Verano residents, partners, and friends and become one of our yoga regulars! 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 10 sessions are brought to you FREE of CHARGE as a part of PVRC’s and VRC’s community programming!
Be sure to show up early as space may be limited! Bring along an exercise mat or towel and a water bottle. Be sure to come early for your first session to sign a waiver for the ARC.
Feel free to contact pvcu@uci.edu with any questions. Like PVRC on Facebook at facebook.com/PaloVerdeResidenceCouncil.

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