Newsletter for
April 5, 2019

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

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 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

Fire System Testing and Inspection for 7300, 7400, 7500, 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 employees will be conducting the fire alarm testing, sprinkler testing and building inspections. The testing will be between the hours of 9:00am to 3:00pm and require the inspectors’ entry into all rooms of the apartments. Residents do not need to be home.
The schedule below may be subject to change and updates will be provided:
Tuesday, April 16:  Bldg 7300, 7400
Wednesday, April 17:  Bldg 7500
Thursday, April 18:  Bldg 7600
All of the testing and repairs will produce sounds and disturbances (signal devices/horns) around and in the apartments for short periods. The full schedule is subject to change. Please contact the Palo Verde office at (949) 824-8918 regarding any animal concerns or other questions.
Thank you for your cooperation.

“IT’s okay to care about what people think. Just know there’s a difference between valuing someone’s opinion and needing their approval.” – Lori Deschene

“we cannot change our past. we cannot change the fact that people act in a certain way. we can not change the inevitable. the only thing we can do is play on the one string we have, and that is our attitude.” – Charles R. Swindoll

GRADUATE HOUSING LEASES IMPORTANT DATES & PROCESSES

April 2, 2019
FOLLOW-UP CONFIRMATION AND NOTIFICATION
Contact your 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 2 – 8 or May 6 – 9, 2019
LEASE COMPLETION
• Complete required paperwork (e.g., lease, lease extension, closeout form, vacate notice) during the assigned window.
• Spouse/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.

Questions about the renewal process?
• 4/24/19, Housing Resource Fair, Palo Verde Community Room, 8pm – 7pm
• Contact your community housing office
• Email: Gradstatus@housing.hsp.uci.edu

Should there be an emergency, do you know where to find your Palo Verde Evacuation Sites?
Palo Verde Evacuation Site Event
Emergency Evacuation Planning
Tuesday, April 16th, 8-10:30am, 4:30-7pm
Visit the tents/balloons at the PV evacuation sites and pick up valuable information on emergency preparedness.
There will be Free coffee, granola bars and PopTarts while supplies last during the morning session and chips/snacks for the evening session. Promote sustainability by bringing your own coffee or travel mug (cups will also be provided)

Stop by any or all sites and sign up to WIN PRIZES!
Prizes include the following: (2) 1lb ground Peet’s Coffee, (2) USB Flash Drives, (1) First Aid Kit, (1) Earbud Headphone, (1) Multi-Utility Tool and the Grand Prize of (1) Flashlight/Radio
Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu.

Come join the outdoor fun of exploring the natural world together with your child. Plant a garden, hunt for leaves, learn about nature, see how food is grown, explore the composting process, create crafts and much more.

Come join the fun!
Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu.
April 17, 2019
7:00pm - 1:00am
at the UCI Flagpoles
Take Back the Night is a candlelight vigil and march to raise awareness about sexual violence and to honor survivors of such violence. Following the march, the group journeys through stations with visual displays and/or artistic performances addressing various aspects of sexual violence including societal factors that allow sexual assault to exist, its widespread occurrence and its devastating impact. The evening concludes with a speak-out where survivors can share their experiences of assault and recovery.

Could Your Cell Phone Be Bad for Your Health?
As if possible radiation and providing a distraction while driving or walking was not enough … cell phone usage is responsible for yet another hazardous side effect. It is a disturbing trend that is affecting the health of tens of thousands of Americans … Text neck!
The average human head weighs 10 pounds in a neutral position — when your ears are over your shoulders. For every inch you tilt your head forward, the pressure on your spine doubles. So if you are looking at a smart phone in your lap, your neck is holding up what feels like 20 or 30 pounds. Spending hours a day peering down at a screen puts too much stress on your neck and can lead to loss of curvature in your spine which in turn could cause debilitating pain that lasts a lifetime.
This is not just a texting problem. It is also a gaming problem and an e-mailing problem - and it is starting younger and younger. It can also cause inflammation in your tendons and enhance existing conditions, like tendinitis and carpal tunnel.

Ways to alleviate or prevent these conditions:
• Be aware of what you are doing and use common sense. Do not text or game or do anything that affects your posture for hours on end.
• Take Breaks. If you must text or be in an awkward position, take breaks every 30 to 45 mins. Do some stretching of the muscles involved. This is good for any one being in the same position whether it is sitting an office chair or texting.
• Try to hold your phone directly out and in front of your face, not on your lap where you might need to look down for minutes at a time.
• Make your phone’s font size bigger. Staring at the tiny font in your texts and scrolling through dozens of tweets can lead to eyestrain, blurred vision, dizziness, and dry eyes.

Access to digital technology is transforming us in ways that can have negative effects on physical and mental health, neurological development and personal relationships, not to mention safety on our roads and sidewalks. As with all things in life…healthy boundaries are key. While we can appreciate and thrive from the benefits of our mobile phones—we must also be aware of its potential harms and drawbacks.

The Clothesline Project
April 15th -17th
at Gateway Commons
The Clothesline Project is a participatory exhibit and a visual display designed to break the silence surrounding violence against women and to illustrate the impact of violence. The project focuses on providing healing for survivors of violence, educating the public about violence, and preventing violence. The exhibit is comprised of t-shirts designed by survivors of violence and by their families and friends who have been impacted by the violence perpetrated against their loved ones. Participants walk through the rows of T-shirts on clotheslines to bear witness to these tragedies.

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Palo Verde Playgroup - Every Thursday from 3:30pm - 6:30pm in the PV Community Room
This playgroup is a free playtime for children of all ages that live in Palo Verde and Verano. The adults get a chance to connect and socialize (and relax) with other parents/guardians/babysitters. There will be light snacks for the children and coffee and tea for the adults.

Everyone is welcome and it is FREE! Hope to see you there!
Should you require accommodations for this or any PV event or program, please contact sherwood@uci.edu.

ZotAlert Emergency Alert System - zotAlert is UCI’s emergency alert system which uses text messaging and email to quickly provide registered students, faculty, and staff with real-time emergency information.
ZotAlert now allows registered users to add up to five contacts (family and friends) to receive the same alerts. Current users receive during an emergency or critical event. Previously registered mobile phone numbers and email addresses will remain in place.
Use your UCI netID to sign up for zotAlerts (https://www.oit.uci.edu/zotalert/#signup) and add contacts to zotAlert. Registration is easy and only takes a few minutes.
Please reach out to UCI’s Emergency Management Director Randy Styner (rstyner@uci.edu; 949.824.7147) with any questions about the zotAlert system.

Thank you for your commitment to campus safety.

Free Yoga For Graduate and Family Housing Residents
Classes will be held every Wednesday at 6pm in the PV Community Room
Join Palo Verde and Verano residents, partners, and friends and become one of our yoga regulars! This is a great way to get your workout in with your busy schedule. This class is suited for all levels and abilities, including beginners. Bring along an exercise mat or towel and a water bottle. 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 and for your first session to sign a waiver for the ARC.
Feel free to contact pvrc@uci.edu with any questions. Like PVRC on Facebook at facebook.com/PaloVerdeResidentsCouncil.

International Coffee Hour
Every Friday from 11am - 12:30pm
Science Library Room #193
Center for Excellence in Writing and Communication
Come enjoy some great company and conversations over coffee for the adults.

For any questions, visit: www.ic.uci.edu or e-mail icprograms@uci.edu

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

"The key to happiness is letting each situation be what it is instead of what you think it should be." ~ Unknown