Community-wide Exterior Pest Control Treatment - There has been a significant increase in requests to treat apartments for ants and other insects. To help control pests throughout Palo Verde, Western Exterminators applied Termidor to the bottom two feet of all building exteriors in May. They will be continuing applying the second application on September 30th. The work will begin at 9:00am each day.

During the Treatment: All doors and windows will need to be closed while the spray is being applied and until it is dry. The product drying time is no longer than 15-30 minutes depending on the weather.

An email will be sent to all residents the morning your building is scheduled to be treated and a follow up email will be sent when the contractor is finished for the day. Signs will be posted in the areas being sprayed.

Please contact the Palo Verde Housing Office with any questions or concerns at (949) 824-8918.

Palo Verde will be conducting a bi-annual unannounced fire drill in compliance with the State Fire Marshal Regulations and UC Office of the President mandate in October.

Practicing what to do in the event of a fire provides an opportunity to ensure you are prepared in the event of a real emergency.

This is a MANDATORY fire drill and you must exit your building by walking to the nearest exit. You will be prompted to check in with the Palo Verde staff at the closest evacuation site.

During the drill you will hear loud beeping sounds and see flashing strobe lights indicating a fire alarm has been activated. Fire drills can be very loud and may be frightening for young children and animals. Please prepare anyone who might be staying in your apartment such as children, childcare providers, parents or guests what to expect when a fire alarm goes off and how they should respond.

If you have medical or physical concerns that requires special accommodations or assistance, please contact sherwook@uci.edu.

Motorcycles and Scooters - All motorcycles and motor scooters parked in the Palo Verde parking lots must be registered with Palo Verde. Motorcycles and motor scooters must be parked in designated motorcycle spaces. They are not permitted in apartments, on patios, walkways or common areas adjacent to any of the buildings.


The Palo Verde Housing Assistants invite you to The Palo Verde BLOCK PARTY

Sept. 30th - Oct. 2nd
6:30pm - 8:00pm
Come out, bring a friend, meet your neighbors, listen to music, eat some hot dogs and vegan dogs (while supplies last) and win prizes.
All beverages are welcome.
Come to one party or come to them all!
The best part is - it’s all FREE!

Party starts at 6:30pm. Drawings will be held at 7:45pm.
You are eligible to win a raffle prize on your building night.
You are encouraged to attend them all, but only eligible for prizes at your block party. See you soon!

For your building’s block party time/place, refer to the schedule below:

<table>
<thead>
<tr>
<th>Date at 6:30pm</th>
<th>Apt Building</th>
<th>Party Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, September 30th</td>
<td>1100-6300</td>
<td>PV Clubhouse</td>
</tr>
<tr>
<td>Tuesday, October 1st</td>
<td>7500-7600, 8400-8800</td>
<td>Grills between 8400-8700</td>
</tr>
<tr>
<td>Wednesday, October 2nd</td>
<td>7100-7400, 8100-8300</td>
<td>PV Community Room Grills</td>
</tr>
</tbody>
</table>

Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu.

Please Bring Your Trash to the Dumpster - Please place trash from your apartment in the garbage (beige) and recycling (blue) bins provided in the dumpster areas located in the parking lot.

To reduce pest activity, it is important that you walk your trash to the bin and place the trash inside the bin. Please do not throw your trash over the enclosure walls or leave your trash on top or around the dumpster. Make sure that ALL trash makes it into the dumpster.

Do not put your trash in the trash containers in or around laundry rooms, by the grills, mailbox areas, on stairways, on landings or any other common areas other than in the dumpsters.

Please break your boxes down flat before placing cardboard boxes in the recycling bin. They will take up less space in the bins and they will go through the recycling machinery more easily.

Thank you for being a role model by doing your part in keeping Palo Verde presentable. Every little bit helps!

"Stop giving other people the power to control your happiness, your mind, and your life. If you don’t take control of yourself and your own life, someone else is bound to try." – Unknown
Unhealthy Habits to Break

Some of the things you do or do not do every day might be sabotaging your efforts to be healthier. Take a look at these habits and see if there are any places where you can make a healthy change:

**Not Drinking Enough Water**
Staying hydrated helps to keep your memory sharp, your mood stable and your motivation intact. It can help your skin stay supple, your body cool down when it is hot, allows your muscles and joints to work better and helps clean toxins from your body via your kidneys.

**Eating Late at Night**
The longer lapse between meals allows the body to process the food more efficiently. Late-night meals can cause indigestion that interferes with sleep.

**Skimping on Sleep**
Being sleep deprived can compromise your immune system, your judgment and ability to make decisions (you are also more likely to make mistakes) and your heart health. It may also fuel depression and make it harder for you to lose weight.

**Eating Too Much Sodium**
Americans, on average, eat about 1,000 mg more sodium each day than we should. One of the easiest ways to cut your sodium intake is to cook at home using fresh ingredients.

**Choosing Foods Because They “Sound Healthy”**
When grabbing snacks with words like “fruit,” “veggie,” or “vitamin” in the name, it is natural to assume these words like “fruit,” “veggie,” or “vitamin” in the name, it is natural to assume these foods will offer us some level of nutrition. A closer look at the ingredients and Nutrition Facts panel can reveal a different story. Some of the healthiest foods at the grocery store do not have any packaging or branding like fruits and vegetables.

Computer or Printer Problems?

The Palo Verde Computer Lab contains five PC computers and a printer provided by PVRC. They are available to residents free of charge (you must bring your own paper). The Computer Lab is open to residents with your front door apartment keys 24 hours a day, 7 days a week and is located below the PV Office on the first level.

For printer toner issues, please contact PVRC at (pvrc@uci.edu). If there are any issues with any of the computers in the Computer Lab, please contact OIT at (949) 824-2222.

Interested in Organic Gardening?

The community gardens are a place where people who enjoy gardening can come together to work the soil and share their knowledge and experience with other gardeners. Sign up to get on a waitlist for a plot at one of these locations:

**The Rachel Carson Organic Garden Cooperative**
The Rachel Carson Organic Garden Cooperative is open all year to Palo Verde residents for planting and growing vegetables, flowers, herbs, trees, and other plants (NO pesticides, chemical fertilizers, or herbicides). The garden is located behind the 8200 building. Palo Verde added a second location for garden plots near the 2200 the 5200 buildings.

Residents interested in acquiring a plot or information about the waitlist procedures may contact the Garden President at pvorganicgarden@gmail.com.

**Anthill Village Community Garden**
- Our gardeners include UCI students, faculty, staff, and members from the community. The garden is located along Anteater Drive between Palo Verde Road and Anteater Drive.
- Annual fees are $75 per plot for faculty, staff, and community members; UCI students pay $45 per year. Members are responsible for maintaining their plots. Currently there is a long wait list. Please send an email to AVCG@uci.edu expressing your interest and your affiliation with UCI (student, faculty, staff, or community member).

**PV Playgroup - Every Thursday 3:30-6:30pm in the Community Room**
This playgroup is a free play time for the children to make friends and develop social skills. It also allows adults time to relax, share experiences and ideas. We have light snacks for the children and coffee and tea for the adults. All children and parents/guardians/babysitters are welcome and it is FREE!

Thank you for remaining with the children you bring to the playgroup. Childcare service is not provided.

Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu.

PV Community Room
Saturday, October 5
12 pm - 3 pm
Please RSVP using the link: https://bit.ly/2myC1N

PV Evacuation Site Event Emergency Evacuation Planning
Tuesday, October 15th 4:30-7pm
Visit the tents/balloons at the PV evacuation sites and pick up valuable information on emergency preparedness.
Free coffee, granola bars, chips and other snacks while supplies last.
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

Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu.

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