This weekend marks the beginning of Daylight Saving Time! 
Turn your clocks ahead one hour by 2am this Sunday morning.

2020-2021 GRADUATE HOUSING LEASES

IMPORTANT DATES & PROCESSES

FEBRUARY 27 - MARCH 25, 2020
MANDATORY ONLINE GRADUATE INTENTIONS (OGI) ASSESSMENT
Between February 27 and March 25, 2020
- Link to the online assessment will be sent to your UCI email on February 27, 2020.
- Submission deadline: Wednesday, March 25, 2020 at 11:59pm.

APRIL 2, 2020
FOLLOW-UP CONFIRMATION AND NOTIFICATION
Check your UCI email for notification from your housing community. It will:
- Advise you of the status of your submitted request.
- Inform you of follow-up action you must take and associated deadlines.
- Identify your assigned days (see below) to complete required paperwork.

APRIL 6-13 or May 8-12, 2020
COMPLETE PAPWORK
- Required documents will be emailed to residents. Print and sign documents and return to your community Housing Office either in person or by scanning and emailing them.
- Complete required paperwork (e.g., lease, lease extension, closeout form, vacate notice) by the deadline indicated in your email.
- Spouses/Domestic Partners and any other person who is 18 years of age or older must also sign the required documents.

QUESTIONS ABOUT THE RENEWAL PROCESS?
- Read the FAQs sent to your UCI email.
- Attend a Housing Renewal FAQ Drop-in:
  - 3/18/2020, Palo Verde Lounge: 5pm - 7pm
  - 3/19/2020, Irvine Plaza Commons: 5pm - 7pm
  - 3/20/2020, Campus Village Community Center: 2pm - 6pm
- Contact your community housing office.
- Email: gradlife@uci.edu

UCI Transportation is pleased to offer complimentary shuttle service to support your travel plans during the spring break. Shuttle service will be provided between the main campus and John Wayne Airport, and between the main campus and the Irvine Transportation Center (Metrolink/Amtrak Station).

Flight information and the number of bags you will be carrying is needed to reserve your seat. Space is limited so reservations are required. If you end up with different travel arrangements to your destination and no longer need the Holiday Shuttle service, please cancel your reservation as soon as practical to allow room for students, faculty and staff on the waitlist.

For questions and schedules for the Holiday Shuttle: https://www.parking.uci.edu/services/campus/holidayshuttle.cfm

We look forward to easing your travel stress during the upcoming campus break.

Heads up, Phones Down
Taking Steps for Pedestrian Safety

When people are more focused on their devices than their surroundings, it is a recipe for catastrophe. It is not just writing texts that causes problems. It is reading texts, checking emails, listening to music, using social networking apps and even talking on the phone.

Several studies have shown that people who use their phones when walking or driving have slower reaction times and pay less attention to their surroundings. They collide with other pedestrians, fall off the sidewalks or down stairs or step out into traffic.

Preventing Distracted Walking
- Do not use your cell phone or engage in other distracting activities while walking. Focus solely on the task at hand – getting from point A to point B in one piece and then check in once you have safely arrived.
- Take frequent breaks while you are using your device and walking – looking up every few seconds to assess your surroundings will help increase your safety.
- If you are using headphones, ensure the volume is at a level where you can hear any potential dangers and alerts before they become an issue. You can also keep just one earbud in so that you can still listen without losing the awareness of your surroundings. Noise-cancelling headphones should be avoided while walking so that you can still be aware of your surroundings.
- If you must talk or text, pull out of the stream of pedestrian traffic and stop walking while doing so.
- If you are a parent, when you teach your children to look both ways before crossing a street, also teach them not to use their mobile devices while walking or driving.

Interested in Organic Gardening?
The Rachel Carson Organic 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.

Our two gardens are open all year to Palo Verde residents for planting and growing vegetables, herbs, flowers, trees and other plants (NO pesticides, chemical fertilizers, or herbicides). The original garden plot is located behind the 8200 building and a second location was added 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.
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, 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 this is the one vegetable that boosts this mood-enhancing nutrient.

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 the portions in check.

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