Welcome back, Highlanders!

We hope you had a festive, restful, and exciting summer. Everyone is looking forward to this new academic year, which means a fresh start for more healthy habits and avenues to happiness. UCR’s Healthy Campus is striving to promote a culture of health and wellness, and we hope to provide you with resources, insight, content, and inspiration.

Let’s start the new school year strong!
Meet the Team
Our 2022-2023 Healthy Campus Marketing & Communications Student Interns

Student Team Co-Leads

Isabelle Krucinski  
3rd year  
Business Administration

Catherine Mah  
2nd year  
Public Policy

Marketing & Communications Student Interns

Jazmine Belcher  
4th year  
Psychology

Zoya Kaushal  
4th year  
Sociology & Business Administration

Hanna Ok  
3rd year  
Business Administration

Eugene Park  
3rd year  
Business Administration
Marketing & Communications Student Interns

Summer Ropele
3rd year
Business Administration

Skye Trinh
2nd year
Pre-Business

Frida Villasenor
3rd year
Business Administration

Tara Wu
2nd year
Pre-Business

Ingrid Yee
1st year
Neuroscience

Videography Student Interns

Nayeli Ignacio
4th year
Political Science with a minor in Theater, Film, and Digital Production

Henry Zhang
4th year
Filmmaking track of Theater, Film, and Digital Production
Local Food Favorites

By: Eugene Park

The Coffee Bean & Tea Leaf

If you are planning on arriving to campus early and need that extra boost to stay awake, The Coffee Bean & Tea Leaf is the perfect place to go. They have a wide choice of coffees and teas to choose from.

Subway

Eating healthy and eating under a tight budget do not usually match together, however, Subway is a cheap and healthy fast food chain that serves delicious sandwiches, wraps, and salads.

Pho Ha 7

If you are looking for something to eat after a tiring day working, Pho Ha is one of the best restaurants to go to. Only a 5 minute drive from campus that will be able to serve you the freshest bowls of soup. I guarantee you that this is well worth your time.
Baked Ham Penne Pasta

Thanksgiving leftovers are wonderful as is. However, there are many ways in which one can use these leftovers to create other dishes, one being a Baked Ham Penne Pasta.

This meal is certainly delicious and people of all ages can enjoy it. The ingredients and recipe are on the left.
Pumpkin Muffins
Perfect for chilly fall mornings and afternoon snacks!
By: Hanna Ok

DIRECTIONS
1. Preheat the oven to 375°F. Line a standard muffin pan with muffin liners.
2. In a large mixing bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda, and salt.
3. In a medium mixing bowl, add the pumpkin purée, brown sugar, eggs, and vegetable oil. Whisk until combined.
4. Pour the pumpkin mixture into the flour mixture. Stir with a large spoon or a rubber spatula until combined and no streaks of flour remain.
5. Divide the muffin batter evenly among the cups. Each well should be filled nearly to the top.
6. Bake muffins for 20 minutes, or until a toothpick inserted in the center of the muffin comes out clean.
7. Allow the muffins to cool in the pan for 5 minutes before transferring to a wire rack to cool for at least 10 minutes more.
8. Serve warm or at room temperature!

INGREDIENTS
- 2 cups of all-purpose flour
- 1 tbsp pumpkin pie spice
- 1-1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp kosher salt
- 1 can pumpkin puree
- 1-1/4 cups light brown sugar
- 2 large eggs
- 1/2 cup vegetable oil
It's okay to say no to things you don't want to go to or anything that makes you uncomfortable.

Learn to be open minded, have fun and be yourself!
UPCOMING FALL EVENTS

RIVERSIDE GHOST WALK
OCT. 22/23
Enjoy the half-mile trail full of thrilling performances which leads to the end of the path where you are greeted by a kids' carnival and vendor court.

MISSION INN 30TH ANNUAL FESTIVAL OF LIGHTS
NOV 25- JAN 6
Enjoy the Christmas wonderland display at the Mission Inn located in Downtown Riverside.

LIVE OAK CANYON PUMPKIN PATCH
SEPT. 16- OCT. 31
Enjoy the Live Oak Canyon Pumpkin Patch full of fun attractions such as petting zoos, games, and rides.

By: Nayeli Ignacio

Riverside Fun Facts
By: Jazmine Belcher

When I first decided I wanted to attend the University of California, Riverside, I thought, “What's Riverside?” But I was pleasantly surprised when I found out a couple of fun facts about not only this university, but this city.

Here are some that I want to share:

• UCR invented the beloved citrus snack, “Cuties.”
• Riverside is home of the world’s largest paper cup (and also happens to be very close to campus).
• U.S. News & World Report has named UC Riverside the top university in the nation for social mobility for 3 years in a row.
• The city is considered to be the birthplace of the California citrus industry. The first navel orange that was grown in the US was in Riverside.
Colds, Flu and COVID-19
by Guohang “Henry” Zhang

After dealing with the relentless summer heat, it’s easy to be caught off guard by the unexpected drop in temperatures and the sudden change in seasonal weather. Here are some illnesses you should keep an eye out for, so you can protect yourself accordingly.

Colds and Flu (and COVID-19)
Unfortunately, not only is the COVID virus here to stay, the old seasonal illnesses aren’t going anywhere, either. Watch out for sore throats, fever, muscle aches, and other common symptoms that can be identified as any of the sicknesses above. Stay home if you’re sick, wear a proper face covering in crowded places, maintain a well-balanced diet, sleep sufficiently, exercise regularly, and wash your hands. All of these precautions can help you dodge a potentially bedridden weekend.

Middle Ear Infections
Although more common in children, inflammation or viruses in the middle ear can still occur among adults, which can lead to ear pain, loss of hearing, dizziness, discharge of fluid from the ear, and difficulty sleeping. Middle ear infections can happen alongside allergies or be a symptom present alongside colds and flu. To reduce your risk of contracting an ear infection, keep your environment smoke-free and also avoid sticking cotton swabs into your ears.

Seasonal Affective Disorder (SAD)
That’s right, don’t forget about mental illness! SAD is a type of depression that can start in the fall and continue into the winter months, causing your energy to dissipate and your mood to turn blue. Not everyone has it, but those who suffer from it should find proper ways to manage the sadness, such as getting therapy, participating in positive social events, and eating food rich in vitamin D to improve serotonin activity.