



# WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work, & Live



## 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!

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# 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.





# Favorite Fall Recipes

## INGREDIENTS

2-1/3 cups uncooked penne pasta  
3 tablespoons butter  
3 tablespoons all-purpose flour  
2 cups 2% milk  
1 cup half-and-half cream  
1-1/2 cups shredded Swiss cheese  
1/2 cup shredded Colby cheese  
2 cups cubed fully cooked ham

## TOPPINGS

1/4 cup seasoned bread crumbs  
1/4 cup grated Parmesan cheese  
2 tablespoons butter, melted

## INSTRUCTIONS

1. Preheat the oven to 375°. Cook pasta according to package directions for al dente; drain.
2. Meanwhile, in a large saucepan, melt butter over medium heat. Stir in flour until smooth; gradually whisk in milk and cream.
3. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Gradually stir in Swiss and Colby cheeses until melted.
4. Add ham and pasta; toss to coat.
5. Transfer to a greased 11x7-in. baking dish. In a small bowl, mix topping ingredients; sprinkle over pasta.
6. Bake, uncovered, until bubbly, 15-20 minutes.
7. Enjoy!



## *Baked Ham Penne Pasta*

by Ingrid Yee

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!

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## INGREDIENTS

2 cups of all-purpose flour	1 can pumpkin puree
1 tbsp pumpkin pie spice	1-1/4 cups light brown sugar
1-1/2 tsp baking powder	2 large eggs
1/2 tsp baking soda	1/2 cup vegetable oil
1/2 tsp kosher salt	

# 10 Tips

## for Incoming First-Years

By: Tara Wu

TIP  
1

Get out of your comfort zone! Do new things with new people.

TIP  
2

It's okay to be stressed and not know what you're doing. There are a lot of people on the same page as you.

TIP  
3

Get to know your classmates, TA's, and professors. Join activities and clubs to get to know more people.

TIP  
4

It's okay to say no to things you don't want to go to or anything that makes you uncomfortable.

TIP  
5

Learn to manage time.

TIP  
6

Think about what your priorities are.

TIP  
7

Grades aren't everything!

TIP  
8

Learn to be open minded, have fun and be yourself!





# UPCOMING FALL EVENTS



**OCT.  
22/23**

## RIVERSIDE GHOST WALK

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

Enjoy the Christmas wonderland display at the Mission Inn located in Downtown Riverside.

**NOV 25-  
JAN 6**



**SEPT. 16-  
OCT. 31**

## LIVE OAK CANYON PUMPKIN PATCH

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.

