



WHAT THE HEALTH

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

Happy Spring Quarter!

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By Skye Trinh

Interested in doing new hikes during Spring Quarter?



Sycamore Canyon Trail

Starting off easy is the Sycamore Canyon Trail which is perfect for a nice run or just a stroll to admire the city view and nature surrounding the path. This hike is a 3.5 mile trail in Riverside about 10 minutes away from UCR. This route is a nice easy start for beginner hikers and takes an average of an hour and a half to complete. This is one of the best hikes to complete especially in the spring because of the new flowers blooming.

UCR Botanic Garden Trails

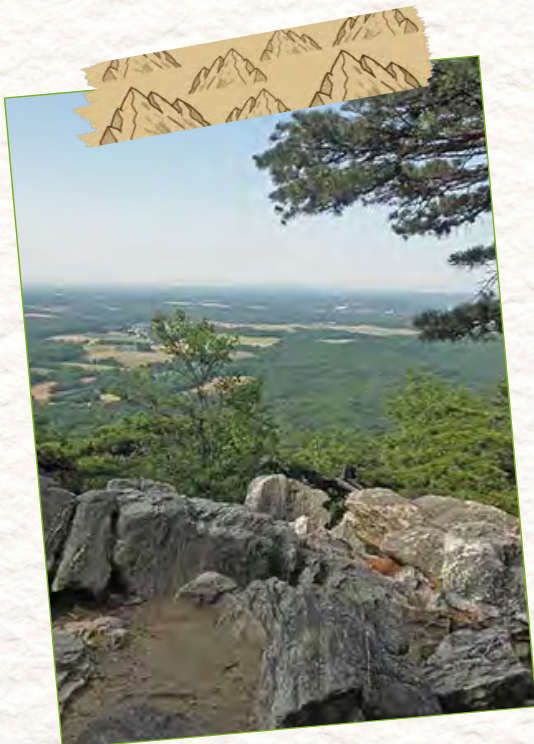
The Botanic Garden Trails is an easily accessible trail for all students. This trail is a short 1.8 mile loop that takes about an hour to complete. With the sun slowly coming out, it is a great way to stay in shape while getting vitamin D in between classes or studying sessions. The trail consists of beautiful scenery of nature and shaded areas to relax or study.



By Skye Trinh

Santa Ana River Trail

This hike is a 12.8 mile out and back trail which takes about four hours to complete. This hike is perfect for someone who likes to run long distances or even biking. This trail has a beautiful view of the sunrise and sunset along with the river surrounding you on both sides of the hike. While hiking this trail, you undergo a bridge so you can take cool pictures underneath it.



Sugarloaf Mountain

This climb is considered more challenging than the other hikes. This is a 1.3 mile hike which takes an average of one hour and seven minutes to complete. It is a nice secluded area to run and hike. Even though this hike is short, it is also a steep climb which makes it a good workout.



AARON BUSHONG: WELLNESS AMBASSADOR

By Hung Wu

Who is Aaron Bushong?

Aaron Bushong has worked on campus for over 24 years in progressively responsible positions in the Bourns College of Engineering, the College of Natural and Agricultural Sciences, and University Honors, where he currently serves as the Administrative Director. He is a UCR alumnus, a former Staff Assembly President, and an award-winning speaker with Toastmasters International. He has been conducting workshops on public speaking, time management, goal setting, career advancement, professionalism, and financial management for faculty, staff, and students on campus for over 23 years.

What does Wellness Mean to Him?

Aaron Bushong has been on his wellness journey for as long as he can remember. He exercises every day, emphasizing strength-building, cardiovascular, stretching, and mindfulness exercises, and is steadfast in maintaining a healthy diet. He is motivated, in part, by the words of Edward Stanley, who said, “Those who think they have not the time for bodily exercise will sooner or later have to find the time for illness.” Aaron has been a Wellness Ambassador since the inception of the program and appreciates and values the resources and support the Wellness Program provides to staff and faculty to promote their individual wellness goals”.



By Frida Villasenor

The first day of spring was on March 20th, a Monday. Even though it has been cold lately, the sun will soon be shining, so it is vital to have your spring necessities.

Sunscreen

Sunscreen is among the most essential items you should have, especially in the spring. To reduce the risk of sunburn and skin cancer, wear sunscreen with at least SPF 30 or higher, even when it is cloudy



Sunglasses

Another method to get ready for Spring is to invest money in an excellent pair of sunglasses. UV rays can affect the eyelids, cornea, lens, and retina. Sunglasses can help shield your eyes from this hazardous radiation.



Hats

Additionally, purchasing a hat is necessary to shield your face from the sun, and there many different options from a baseball cap, bucket hat, trucker cap, etc.



By Frida Villasenor

Other Necessities

- A beach bag
- A fresh candle
- Flowers
- Spring home decorations



PLACES TO VISIT

By Ingrid Yee

Looking for places to visit during the spring season? Look no further than these three must-visit spots!!



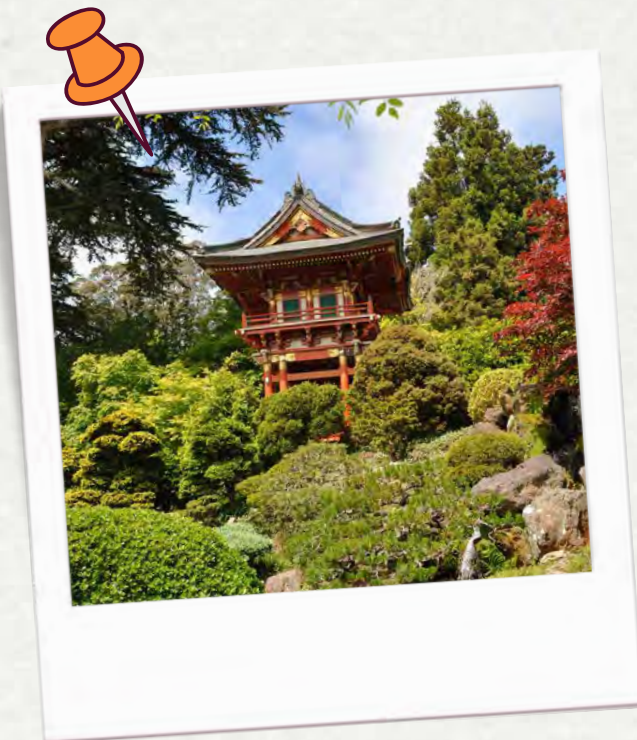
Catalina Island

This small, but charming island is found off the coast of Los Angeles and is particularly special during the spring months. Catalina Island has a variety of activities for visitors, offering submarine tours and parasailing to name a few. The weather is slightly cooler during April, but it's undoubtedly sunny and the perfect, relaxing destination.

By Ingrid Yee

Napa Valley

Springtime is the most ideal time to visit Napa Valley, having moderately warm weather, while also being a decently busy time of year. Wine-tasting is a no-brainer when it comes to visiting the beautiful valley, but there is much more to explore during your trip. Museum lovers can enjoy the Napa Valley Museum, while golf lovers can enjoy happy rounds of golf at the Silverado Resort and Spa.



The Japanese Tea Garden at the Golden Gate Park

Nothing quite signals the beginning of spring like the blooming of cherry blossoms. With admission at \$12 and under and free during three days of the week, visiting the garden is definitely a memorable experience. This 5-acre property is the oldest public Japanese Tea Garden in the United States and is a fun activity for people of all ages.

Fruits and Vegetables in Season

Remember that eating in-season fruits and vegetables provides more nutrition and more flavor!

Fruits

- Apples
- Cranberries
- Figs
- Grapes
- Melons
- Pears
- Persimmons
- Pomegranates

Vegetables

- Asparagus
- Greens
- Radishes
- Peas
- Artichokes
- Rhubarb
- Spinach



Quick & Easy Poke Bowl

Ingredients:

- 1 cup uncooked sushi (short grain) rice
- Pickled onions
- Spicy mayonnaise
- 2 tablespoons soy sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon honey
- 1 medium ripe avocado, peeled and sliced
- ½ small cucumber, thinly sliced
- 1 cup bean sprouts
- Optional: Protein of choice
- Optional: Sliced green onions
- Optional Sesame seeds



Directions:

1. Cook rice accordingly. Prepare pickled onions and spicy mayonnaise if necessary.
2. In a large skillet, toss your choice of protein, soy sauce, sesame oil and honey. Cook and stir over medium heat for about 5-7 minutes.
3. To serve, divide rice among serving bowls. Top with your choice of protein and soy sauce mixture. Add avocado, cucumber, sprouts, pickled onions and spicy mayonnaise on top. If desired, garnish with green onions and sesame seeds.
4. Enjoy!

By Jazmine Belcher

As the school year enters its final stretch, many students find themselves struggling to maintain their motivation and focus. With summer break looming, it can be tempting to slack off and lose sight of academic goals. However, with some simple strategies, it's possible to stay motivated and finish the school year strong.

Set Goals

Establish clear and achievable goals for the remainder of the school year. Write them down and post them somewhere visible, like a bulletin board or planner. Keep track of your progress towards these goals and celebrate your successes along the way.



Break Tasks Down

Establish clear and achievable goals for the remainder of the school year. Write them down and post them somewhere visible, like a bulletin board or planner. Keep track of your progress towards these goals and celebrate your successes along the way.

Find a Study Group

Surround yourself with peers who are also motivated to succeed. A study group can provide accountability, support, and encouragement. Working together can help make studying more enjoyable and effective.



Take Breaks

Burnout can quickly sap motivation. Taking breaks to rest, exercise, or pursue other hobbies can help recharge your energy and focus.

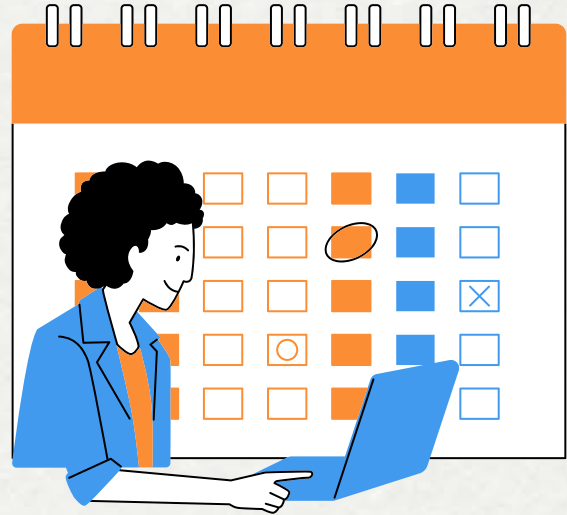
Reward Yourself

Create a system of rewards for meeting your goals or completing challenging tasks. This could be something as simple as treating yourself to your favorite snack or taking a day off to relax.



Stay Organized

Keeping track of assignments, deadlines, and other commitments can help reduce stress and increase motivation. Use a planner or calendar to stay on top of your schedule.



Reflect on Progress

Take time to reflect on your progress throughout the school year. Celebrate your achievements and identify areas for improvement. This can help renew your motivation and provide a sense of purpose.

Staying motivated during the last quarter of the school year is possible with the right mindset and strategies. By setting goals, breaking tasks down, finding a study group, taking breaks, rewarding yourself, staying organized, and reflecting on progress, you can stay motivated and finish the school year strong.

By Tara Wu

Research the Company

Before you start your internship, research the company to understand its values, culture, and mission. This can help you better understand your role in the company and how you can contribute to its success.



Set Goals

Set clear goals for your internship that align with your personal and professional aspirations. This can help you stay focused and motivated throughout the summer.

Network

Use your internship as an opportunity to build your professional network. Connect with other interns, employees, and industry professionals to expand your network and learn more about potential career paths.



Be Proactive

Don't wait for your supervisor to assign you tasks. Take the initiative to ask for projects or seek out opportunities to learn more about the company and industry.



Stay Organized

Keep track of your tasks, deadlines, and progress throughout your internship. This can help you stay on top of your responsibilities and ensure that you are meeting your goals. It's helpful to also keep a log of everything you've accomplished not only for yourself but also for securing a return offer.

Seek Feedback

Ask your supervisor for feedback on your performance and use it to improve your skills and abilities.



Embrace Challenges

Don't be afraid to take on new challenges and step out of your comfort zone. This can help you grow and develop as a professional.

Learn from Mistakes

If you make a mistake, use it as a learning opportunity. Identify what went wrong and how you can prevent it from happening in the future.

