



WHAT THE HEALTH

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

Welcome to Spring Highlanders!

Hey there, Highlanders -- congratulations on making it to Spring Quarter! Let's continue to work hard and finish this quarter off strong.

With summer just around the corner, it can become hard to maintain your academic routine. Hang in there, Highlanders -- we are almost done. Make sure to take care of your mental and physical health, enjoy your classes, and have fun.

We wish you the best of luck for the Spring Quarter!



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Graduation Picture Locations

By Isabelle Krucinski

Congratulations to all of the Highlanders who are graduating this year! Since you've worked so hard throughout your academic career, we decided to help you find some of the best backgrounds for your graduation pictures. Here is a list of our top locations on campus for grad pics:

- The Carillon Bell Tower - Take your grad pics at one of the most recognizable spots on campus. Stop by the Bell Tower at the right time, and you'll be able to catch it chiming.
- Tomas Rivera Library - Snap your photos at the Rivera Library arches if you would like a fun architectural background.
- The UCR Letters - Pose in front of the UCR letters to show off your UCR pride!
- With Scotty on his bench - Take your Grad Pics with every Highlander's beloved bear!
- Anderson Hall - Originally the Citrus Experiment Station, this location is a historic beauty that is guaranteed to make your Grad Pictures stand out!



Recipe Spotlight



Bánh Bòt Lọc!

By Chelsea Luong

Directions:

1. Mince 3 tablespoons of garlic and 3 tablespoons of shallots.
2. Chop 2-3 stems of green onions
3. Mince shrimp and pork into small chunks
4. Add some oil in a pan and cook green onions for 1-2 minutes. Leave this on the side.
5. In a separate pan, pour some oil and cook the pork. When cooked halfway, add the shallots and garlic. Cook for about a minute then add the minced shrimp. When the shrimp starts to cook add 2 tbsp of fish sauce and 1 teaspoon of sugar. Let it cook until it has a nice brown color.
6. Boil 1.5 cups of water and put 3 cups of tapioca flour into a mixing bowl. When the water is done boiling, pour it on the tapioca flour and mix it.
7. Boil enough water in a pot to cook the dumplings.
8. Roll small balls with the dough you created and flatten them to thin disks. Add a small amount of filling and fold the dough in half. Place in boiling water after.
9. Prepare an ice bath.
10. Once they start to float and look clear, add the dumplings to the ice bath. Enjoy with green onion oil and fish sauce!

Ingredients:

- 3 Cups Tapioca Flour
- 1/2 lb Minced Shrimp
- 1/2 lb Minced Pork
- 2 Shallots
- 5 Garlic Cloves
- 2-3 Stems of Green Onions
- Fish Sauce
- Sugar
- Water



Fruit for All: Fruit Tree Locations

Looking for a snack while on campus? Feel free to pick from the fruit trees! The UCR campus has a variety of fruits from kumquats, mandarinquats, oranges, and grapefruits near the College of Humanities, Arts, and Social Sciences building to avocados in front of pierce hall to the sweet limes, calamondins, pomelos, and more near Boyce and Webber hall.

Here is an easy citrus Salad Recipe you can try!

Ingredients

- Any citrus fruit
- Mint

Directions

1. Peel and cut any citrus fruits of your choice (oranges, grapefruits, etc.)
2. Combine in a bowl
3. Garnish with lime juice and chopped mint
4. Enjoy!



No Internships? Here's How You Can Have a Productive Summer!

By Jon Bryan Salvador

Didn't get an internship offer for the summer? Don't sweat it because it's not the end of the world. There are so many other things you can do to maximize your summer and to be more competitive than ever before! Check out our list below:

- Work on an independent project

Think about your career and a passion project related to that. If you're an artist, spend your summer drawing and painting. If you're a writer, spend your summer learning copywriting and copyediting skills. Once you've got a portfolio, don't be afraid to showcase your work by creating your own personal website.

- Start your internship search in the summer

Some positions, especially in finance and investment banking, tend to start accepting internship applications for next year's interns in the late summer around early August to September! Get your resume and cover letter up-to-date!

- Complete an online course

While summer school is always great to get ahead with credits and graduation, taking a supplementary online course outside school is a great way to learn something different. Check out Coursera to gain access to free courses like "Management of Fashion and Luxury Companies" or "The Strategy of Content Marketing" to become a more holistic candidate educated on a variety of topics!

- Attend educational webinars

Online webinars are amazing events that allow you to have fun and learn from REAL people who'll share their personal insights, knowledge, and anecdotes. Go to LinkedIn, type a keyword on the topic of an event you're looking for, and click the "Events" filter to check out all online webinars lined up! From there, register for events you like, attend them, and network with the attendees!

These are just some alternatives to a summer internship! It's always important to stay positive out there, and move on to the next step in your career. Just remember, it's always better to do something!

