I'll have a hot Dr. Pepper, please

BY MATTHEW WHILES

As winter is nearly upon us, what is better than a nice warm drink to enjoy with friends? Of course, we have tea, cocoa and an assortment of coffee beverages, but looking to the past one can find a curious recipe from the 1960’s: Hot Dr. Pepper. This recipe was introduced by the Dr. Pepper bottlers to subvert the notion that a frigid soda could only be enjoyed during the warm months in an attempt to increase sales during the winter. Some say, this is a recipe better left confined to the annals of history, but I think that it is a delightful opportunity to challenge ourselves to try something new.

The recipe is simple and only takes moments to make. You can use any Dr. Pepper (including diet), but the sugar-sweetened soda from the glass bottle is preferred. You begin by emptying the Dr. Pepper in a saucepan and heating it on low heat until it begins to steam. Then thin slice some lemon and place them in the bottom of a coffee mug or teacup. Pour the Dr. Pepper over the lemon and serve!
Meet-Up: Make the Most of Your Vacation

BROUGHT TO YOU BY THE CAREER CENTER

Come meet up with your peers and UCR’s career counselors to enjoy light snacks and chat about how to make the most of your winter vacation! To prepare for this meeting, ask yourself the following questions, “What are my next steps?” and “How do I get there?” If your next steps are to research and apply to internships and jobs, use the Career Center’s free online career assessment to get resources for exploring careers. This is your chance to get the information you need to have a productive vacation!

Event Information
12:00pm to 1:00pm
Wednesday, December 6, 2017
Highlander Union Building 268

Open to: Students and Graduate Students Only
Admission: Free
Please RSVP: https://ucr-csm.symplicity.com/sso/students/index.php?mod=form&id=3deee2414b7e1bffeaa4e5e910fdebe1&s=event&ss=ws

3 Things To Do During Your Winter Vacation

Take an online class.
Empower your education by taking a free course from top universities at coursera.org. From data science to psychology, Coursera offers it all! For more information, please visit the website.

Volunteer locally.
There are plenty of opportunities to get involved around the holidays. You may pick up a new skill or discover an interest!

Read a book. Didn’t have time to read this quarter? Now is the perfect time!

Brr, It's Cold Outside!

We can't all be flu-proof. When you catch a cold, feel run-down or sustain an injury, find treatment to recover. Our Campus Health Center provides basic medical treatment, along with preventative care, prescription drugs, laboratory and women’s health services. For more information, please visit http://campushealth.ucr.edu/index.html or call 951-827-3031.

If you live in Glen Mor and are too sick to join us in the Residential Restaurant, request a sick meal. Specially tailored to get you back on your feet, sick meals include hot teas, soups, sandwiches and other flu-fighting foods. A friend, roommate or Resident Advisor may pick up your order from either Residential Restaurant. Submit a sick meal request at http://housing.ucr.edu/forms/sick-meal-request.html.

Credit: CollegeXpress & Coursera
Credit: Housing Services Website & Student Health Services
Let's Go On A Trip!

Have you ever wanted to go to Big Bear? Outdoor Excursions (OE) from the UCR Student Recreation Center can help! Come shred some powder on Big Bear mountain, and then spend the night in a lake house.

Big Bear Snowboarding Adventure
DECEMBER 16 – 17
Register by December 12.

For more information, please visit recreation.ucr.edu.

Not feeling Big Bear? Amp up adventure -- your way! You can create your own custom excursion! Take your pick from the California or Arizona hotspots below, and leave the rest to the Outdoor Excursions!

What’s Included
Each excursion is customized to suit your group’s level and interest. Pricing is based on the destination and activities. Transportation, guided instruction and most equipment items are included.

Most trips accommodate ages 17+, but they can also create youth excursions for ages 13-17.

Contact the OE Shop for availability, registration and payment arrangements.

Credit: UCR Student Recreation Center & Outdoor Excursions

Amp Up Adventure – Your Way!

Sure, our regular trips rock. But nothing compares to the rush you’ll experience with our Custom Excursions! Take your pick from the California or Arizona hotspots below, and leave the rest to us.

What’s Included
Each excursion is customized to suit your group’s level and interest. Pricing is based on the destination and activities. Transportation, guided instruction and most equipment items are included.

Most trips accommodate ages 17+, but we can also create youth excursions for ages 13-17.

Contact Us
Contact the OE Shop for availability, registration and payment arrangements.

Cancellation Policy
Outdoor Excursions reserves the right to change or modify any Outdoor Excursion. If a trip is cancelled due to low participation, inclement weather or instructor illness, a full refund or credit is issued.

If a participant cancels 14+ days in advance of the scheduled excursion, a refund (minus a 25% processing fee; minimum $20) or a full-credit voucher (valid up to one year from the issue date) is given.

If a participant cancels 14 days or less of the scheduled excursion, no refund or credit is issued, regardless of the reason. We recommend finding a replacement participant to avoid loss of payment. Switching trips may constitute a cancellation and is subject to the aforementioned policy.

Credit: UCR Student Recreation Center’s webpage
S.A.D. & Protecting Your Mental Health

BY DANIEL CASTANEDA

The wind is blowing. The rain is falling and somehow the sun seems to be less visible than usual. Over the summer, you begged for the sun to go away because nobody likes walking to UV Theater in 100°F weather. Yet, something feels different now. You are sitting in your apartment and don’t want to leave. Your friends call and you are unwilling to leave the comfort of your bed, despite feeling bored and restless. How did this happen?

The above scenario is something that might be described by someone who has Seasonal Affective Disorder (SAD). According to the National Institute for Mental Health (NIMH), SAD is “a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer.” Often, the signs include “having low energy,” “hypersomnia [excessive sleepiness],” and “social withdrawal (feel like ‘hibernating’).” Considering these symptoms, it is possible that one might disregard them as normal or “not a big deal.” However, this may be a starting point to consider counseling and utilizing additional resources.

Your Resources: One of our goals in the Residential Life department is to educate residents on the importance of wellness. Often, one can focus on academic and professional development but tend to neglect the importance of maintaining mental wellness. It is our goal to help destigmatize the usage of resources like Counseling and Psychological Services (CAPS) and discussions on mental health. For instance, if you would like to start a conversation on mental health, you can arrange an intake appointment to determine an appropriate course of action. When you schedule this appointment, a therapist will be selected for you and your therapist will assess you and collaborate with you to determine next steps. In addition, CAPS has other resources available, including group therapy sessions and referrals (in the event that you would like to go off-campus). However, if these resources do not appeal to you, but you find that you would like to talk to a counselor at some point, there is always a Counselor on Duty. This individual can discuss your concerns with you and help you through your situation. To access this resource, you would call (951) 827-TALK. Lastly, as a resident, you have access to a Resident Advisor on Duty (RA on Duty) who is trained to assist you when you need resources. While they are not counselors, and will not perform the same functions as a counselor, they can be helpful in supporting you through a challenging situation and providing you important resources. The phone number for the RA on Duty can be found on magnets you received during move-in, on signs throughout your community, and by calling your Resident Services Office (RSO). Overall, it is our sincere hope that you use this information to become more informed, empowered to equip yourself, and to share with others. For more information on the topics addressed in this article, please refer to SAD - https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml, CAPS - http://counseling.ucr.edu/ and Residential Life Contacts - http://housing.ucr.edu/under-roof/resident-services.html
Peppermint Hot Chocolate Recipe

BY JACKIE RILEY

Yield: about 4 servings
Total: 15 min
Prep: 10 min
Cook: 5 min

Ingredients
1 1/2 cups heavy cream
1 1/2 cups milk
1/4 cup sugar
1/8 teaspoon salt
6 ounces bittersweet chocolate, chopped
3 drops peppermint oil
Sweetened whipped cream, for garnish
Chocolate shavings, for garnish

Directions
In a saucepan, combine the cream, milk, sugar, and salt and heat over medium-low heat. When the cream mixture just begins to steam, add the chopped chocolate, and stir, until melted. Stir in the peppermint oil. Divide the hot chocolate among mugs and top with whipped cream and chocolate shavings.
**CALENDAR OF EVENTS**

*Please note that the times and locations may change.*

**Hot Co Co Co Mason Jars!**
Come make your very own hot chocolate instant mix!
Oban Pool House
12/1/17 @ 5:30pm

**Germ Busters**
Educating residents about hygiene.
Glen Mor Building G-501
12/1/17 from 11:30am to 2:00pm

**Not Off the Deep End**
With finals just around the corner it’s important to keep in mind your personal health and wellness. Come out and learn about de-stress techniques and relax with friends.
Glen Mor Pool Deck
12/1/17 from 5:00pm to 8:00pm

**DIY Glitter Jars and Finals Goodie Bags!**
Come prepare for finals by making a relaxing glitter jar, and a finals goody bag!
Falkirk Pool House
12/04/17 @ 6:00pm

**Give a helping hand**
Students share experiences of good and bad classes.
Falkirk Pool House
12/5/17 @ 8:00 pm

**Debunk that Stress and Decompress**
Come play some fun games and win awesome prizes!!
Falkirk Pool House
12/5/17 @ 7:30pm

**2000s Trivia Night**
Come out for fun flashback trivia, food, and prizes
Falkirk Pool House
12/5/17 @ 6:00pm

**Too Blessed To Be Stressed**
Learn how to manage stress from the Well and enjoy snacks.
Stonehaven Lobby
12/6/17 from 6:30pm to 8:00pm

**Finding Balance**
Finding balance is sweet!
Glen Mor Building L Study Lounge
12/6/17 @ 7:30pm to 9:00pm

**Holiday Gift Exchange**
Give a gift to your neighbor.
Oban Pool House
12/7/17 @ 7:00pm

**Donut Stress, Be Happy!**
Come de-stress with some donuts and break a piñata.
Plaza Pool House
12/7/17 @ 6:00 pm