

UCR CAMPUS APARTMENTS & FAMILY HOUSING

January 2017

Your community
Newsletter

Important information,
tips, and hacks to make the
most out of your on-
campus home.

Welcome to the New Year!



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Whats YOUR Resolution?
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Housing Calendar: Mark your calendar
with these great finals-oriented
activities

WHAT'S YOUR RESOLUTION?

According to Forbes, every year 40% of us make various sorts of resolutions. From weight loss to better budgeting to spending more time with loved ones, many of us have made promises to ourselves....with little to show for it by the following year. Here are some helpful apps that can help you make your common resolutions more than thoughts on New Year's Eve:

For the person who wants to improve their nutrition: **Fooducate**

By scanning the barcode of a food product, this app lets you know the exact ingredients of that product and gives the item a letter grade from A to D. The app works based on an "on an algorithm developed by nutritionists and dietitians, which takes into account the nutritional density of each food."

For the person wanting to shed some weight: **Lose It!**

This app includes category-based goal-making, customizable challenges, a food barcode scanner, optional social links for peer support and a mammoth backend database that includes "thousands of restaurant, grocery store, and brand-name foods."

For the person who wants to manage stress better : **Breathe2Relax**

Breathe2Relax is a free app for iOS and Android focused on diaphragmatic

breathing techniques designed to "decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management."

For the person who wants better grades: **Strict Workflow**

This app enforces a 25 min/5 minute workflow. During a 25 minute work session, Strict Workflow will block other pages, followed by 5 minutes of break.

You can also customize blocked pages and can repeat the app until you've finished your work!

JUST ANOTHER HOLIDAY?

Today, Dr. Martin Luther King Jr. is most often remembered as a crusader for racial equality, not economic justice. But those struggles were intertwined for the civil rights leader, whose 88th birthday is being honored this month. Here are three ways Martin Luther King Jr. wanted to fight inequality beyond racial borders:



Ratify an economic bill of rights

In 1968, members of King's premier civil rights group, the Southern Christian Leadership Council (SCLC), drafted a letter demanding "an economic and social bill of Rights" that would promise all citizens the right to a job, the right to an adequate education, and the right to a decent house, among others.

Guarantee a job to anyone who can work

The very first right to be enumerated in the SCLC's economic bill of rights was "the Right of every employable citizen to a decent job." In addition to a guaranteed income for everyone, those who were willing and able to work would be guaranteed a job.

Build a powerful labor movement

King spent much of his career working with labor unions. At the time of his assassination, he was campaigning on behalf of Tennessee's striking sanitation workers. He delivered his final address, the famous "I've Been to the Mountaintop" speech, to a crowd of sanitation workers and supporters of their right to form a union.

LEADERSHIP IN THE CAMPUS APARTMENTS

The **Residence Halls Association (RHA)** includes and Residence Halls and Glen Mor! RHA's mission as the Residence Halls Association at the UCR is to aid in the development and maintenance of a strong, diverse, and academically successful residential community.

Are you interested in what RHA does? Want to know what RHA means? Do you want to become the next Executive President, Building President, or Vice President? Stop by RHA's weekly meetings or stop by their office Located in Pentland Hills G102 in between buildings F & G!

For more information
visit:

rhaurc.wordpress.com



Welcome back to a new year and a new quarter, UCR! The Campus Apartment Resident Association is excited to continue planning events and being an outlet for community voice

CARA General Meetings will take place in the Falkirk Pool House every Tuesday from 8:30 - 9:30 PM

HOUSING CALENDAR

Costo and Chill
Glen Mor F-Building Study Lounge
January 10th 7:00 PM

Come learn about the amazing Costo Hall and enjoy milk and cookies!

Oban iIs LIT
Volleyball Court at Oban-
January 11th 7:00 PM

Kick off winter quarter with boba and HOT wings, learn how to use a fire extinguisher and practice putting out a real fire!

Brownie Points
Glen Mor J-Building
January 11th 8:00 PM

Stop by to enjoy some brownies with an academic twist!



No Pressure, No Diamonds
Glen Mor A-Building
January 12th 8:00 PM

Come by to learn to engage in an academic organization (NRHH) that is on campus and easily accessible!

Winter Quarter Warm Up
Glen Mor Fire Pit
January 16th 8:00 PM

Come out to the Glen Mor fire pit to make some delicious smores, and to give each other some advice on what you learned last quarter

Get Back To It!
Glen Mor I-Building Lobby
January 17th 6:30 PM

Get back to school with study kits, routine tips, and healthy snacks

Food Security: Intro!
Falkirk Pool House
January 17th 5:00 PM

Learn more about the food system, from production to consumption!

JANUARY PROGRAMS CONTINUED:

#2017Goalz

Glen Mor M-Building Lobby

January 17th 8:00 PM

Come join your peers in discussing your New Year goals and how to stay accountable for them!

New Year's Jar

Plaza Pool House

January 18th 6:00 PM

Come and decorate your own mason jar so that it can hold all your cool memories for this incoming year! There will also be free food! finish the quarter strong!

MYOM (Make Your Own Mat!)

Glen Mor A-Building Lobby

January 19th 8:00 PM

Make your own doormat to have outside your apartment or your room!

Glen Mor J315 and the Pool area
January 19th from 7:00 - 9:00 PM

Come decorate genderless ginger cupcakes and watch live drag makeup tutorials



Condom Bingo

Plaza Pool House

January 23rd 6:00 PM

Come and play condom bingo and get the chance to win fun prizes!

Textbook Exchange

Oban Pool House

January 20th 4:30 PM

You've got your classes, now you need your textbooks! Bring your old books (print or pdf) and advice to sell or trade! Pizza provided!

JANUARY PROGRAMS CONTINUED

Salsa Night!

Glen Mor Dance Room

January 24th 7:00 PM

Learn how to salsa dance with instructions led
by the Salsa Club!



Puppies and Pizza

Grass Area Outside Scotty's

January 25th 4:00 PM

Come enjoy some pizza and petting puppies
to distress for midterms

Study Skills for those Future Bills

Glen Mor C001

January 25th 8:00 PM

Come receive some educational tips and
tricks on studying from the Academic
Resource Center!

PLUR Smart

Glen Mor Field

January 28th 11:00 AM

Come watch a soccer game at the Glen Mor field
and learn about substance abuse and harm
reduction when using substances!

Another One Bites the Dust

Glen Mor Building-M Study Lounge

January 30th 7:00 PM

Learn tips for keeping your kitchen and bathrooms clean and get
some cleaning supplies.