Coffee Shop Spotlight: Augie’s Coffee

MATTHEW WHILES

As winter quarter starts back up, you might be looking for new places to study or hang out with your friends. Coffee shops are an excellent place for both of these activities because they provide a relaxed atmosphere and a variety of snacks and beverages to enjoy. Riverside is home to many great coffee shops so let’s explore a local favorite.

Nestled between the courthouses of downtown Riverside, Augie’s Coffee is everything a coffee shop should be and more. Augie’s serves both hot and cold tea and coffee of your friends to get lost in your textbooks. Furthermore, they sell a wide variety of merchandise, coffee brewing equipment and even art from local artists.

Augie’s Coffee is native to the Inland Empire with their first store opening in Redlands in 2009. They have since opened locations here in Riverside, in Claremont and Temecula. The owner, Austin Amento, even attended UCR.

Next time you’re in downtown Riverside, be sure to stop by for some coffee and take a stroll down the block to the historic Riverside County Superior Court building and bask in its beautiful Beaux-Arts architecture.

Augie’s Coffee
Address: 4205 Main St
Riverside, CA 92501

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ARE YOU RESOLUTE?

MARTIN LUTHER KING

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New Year's Resolution

Are You Resolute?

According to Forbes, every year 40% of us make various sorts of resolutions. From weight loss 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 – In this app, you can scan the barcode of a food product, and once the app detects the item, Fooducate will then provide you with the ingredients. The app then rates the product from A to D. Fooducate works based on “on an algorithm developed by nutritionists and dietitians, which takes into account the nutritional density of each food.”

For the person who wants to manage stress better: Breathe2Relax - Breathe2Relax is a free app for iOS and Android which focuses 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 Chrome extension/app enforces a 25 minute to 5-minute workflow. During a 25-minute work session, Strict Workflow will block specific websites. Once 25 minutes have gone by, the app will include a 5 minutes of break. (You can also customize blocked pages!)
Reflections on Martin
Luther King Jr.’s Birthday

BY DANIEL CASTANEDA

On November 2, 1983, President Ronald Reagan signed H.R. 3706, which was created to commemorate Martin Luther King Jr.’s birthday as a federally recognized holiday. This year, we will be celebrating on January 15, 2018 and, as students, we should challenge ourselves to reflect on what this day means to our nation and ourselves. In the creation of this bill, there were numerous arguments over what the day should be called, with certain senators advocating for names such as “National Heroes Day,” and “Civil Rights Day.” But, the final bill and subsequent legislation, ultimately became Martin Luther King Jr. Day. So, what can we learn about this individual and his commitment to civil rights and change?

- **Nonviolent Approach** - Martin Luther King Jr. was committed to nonviolence as a means for generating societal and institutional change. While other leaders during his time had differing viewpoints, he defended his approach because it was meant to bring others into understanding over humiliation and that it was directed towards injustice, rather than “persons victimized by evil.”

- **Confrontation and Action** - Martin Luther King Jr. emphasized an educational method of confronting injustice. Rather than becoming discouraged by the brutality of racism and accept the status quo, MLK utilized language familiar to Americans of the 1960s. In his famous “I Have a Dream” speech, he said, “there is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism.” While the issues of civil rights could often be unpleasant and challenging, Martin Luther King Jr. recognized that not confronting it would be worse for America.

- **Service** - As much of his life illustrates, Martin Luther King Jr. believed in the importance of community and “brotherhood.” In this sense, every individual had something to contribute and could not consider just themselves.

Reflecting on these three themes in Martin Luther King Jr.’s life, I hope that you are able to consider how you might respond. For instance, you might want to do more research on the history of MLK, the legislation passed, the civil rights movement, or even the 1960s. There are multiple directions you can take to expand your understanding! Or, you might decide to get involved in a community service project (or host one!). Please visit https://www.nationalservice.gov/mlkday for ideas on how to become get involved! As Ronald Reagan said in his remarks on the signing of this legislation, “may we make ourselves worthy to carry on his dream.”

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2. ibid.
5. Naturally, there is only so much space that I can dedicate to this brief article, so if you are interested in further research I would recommend reviewing some of these online resources for more information:
   - MLK Speeches: [http://scotty.ucr.edu/record-b5/008496-635](http://scotty.ucr.edu/record-b5/008496-635)
CALENDAR OF EVENTS

*Please note that the times and locations may change.

Bloom into the New Year
Start your year off and come plant your own flower pot!
1/9/18 @ 5:00 pm
Glen Mor 5th Floor
Terrace M Building

Highlanders Party Smart
Come enjoy some pizza and learn how to stay on the good side of alcohol!
1/9/18 @ 7:30 pm
Bannockburn J315

DIY Succulents
A program where residents can build their own succulent plant and pot.
1/10/18 @ 08:00 pm
Glen Mor A Building
Lobby

Pop Culture Trivia Night!
Do you think you’ve kept up with all the latest new trends? Come prove it!
1/10/18 @ 7:00 pm
Falkirk Pool House

Welcome Winter
Game night!
1/11/18 @ 8:00 pm
Glen Mor Building
Study Lounge

Karaoke Kick Off!
Start of Winter Quarter with a night of music and camaraderie and CHURROS!
1/10/18 @ 7:00 pm
Glen Mor B/D Courtyard /Pool House

Toast to New Year
Drink apple cider, eat grapes, mingle, and learn hot to keep resolutions.
1/10/18 @ 8:00 pm
Glen Mor M building Terrace

Feed Your Soul
Come learn about the different ways you can make a difference in the community while enjoying food!
1/22/18 @ 6:00 pm
Glen Mor G Building
Study Room

Start Right!
Students will learn tips about time management in order to start the quarter off right!
1/11/18 @ 6:00 pm
Bannockburn J102

Winter’s Back on Track
Welcome back to UCR! Prepare yourself with a vision board to get yourself on track!
1/12/18 @ 8:00 pm
Stonehaven North Bench

You and I, we tie dye!
Start your year off and Don’t get tied with school, let’s make some dye shirts.
1/12/18 @ 5:30 pm
Oban Pool House

Seconds to Impress
Will give and teach residents about elevator pitches in the elevator.
1/16/18 @ 7:00 pm
Glen Mor M building lobby & elevator
Spread Your Wings, Flying To An A+ 
Come join us for some wings and improve your test-taking! 
1/16/18 @ 6:00 pm 
Glen Mor J315

Food and Mental Health by the WELL 
Come enjoy some pizza and learn how to stay on the good side of alcohol! 
1/9/18 @ 7:30 pm 
Bannockburn J315

Condorm Bingo 
Test your knowledge of anatomy, STIs, campus resources, and more, and win cool prizes! 
1/16/18 @ 5:30 pm 
Plaza Pool House 
1/10/18 @ 08:00 pm 
Glen Mor A Building Lobby

DIY Terrariums! 
Come make your own super chic faux terrarium! 
1/17/18 @ 7:30 pm 
Falkirk Pool House

Think Before You Drink 
Learn how Highlanders party smart when it comes to alcohol. 
1/17/18 @ 6:00 pm 
Plaza Pool House

Crafty College Kids 
Come decorate cupcakes and mugs while supplies last! 
1/17/18 @ 6:00 pm

Make 2018 Your Year! 
Come set your goals for 2018! 
1/18/18 @7:00 pm 
Glen Mor J315

Zumba at Glen Mor! 
Enjoy a night of Zumba and meet people in your community! 
1/18/18 @ 6:00 pm 
Glen Mor Multipurpose Room

welCUP Back! 
Come decorate a mug to keep you hydrated through the quarter! 
1/18/18 @ 7:00 pm 
Glen Mor L Study Lounge

Shining Some Light on Research and Publications 
How to get involved in research and publishing, featuring the Honors Capstone. 
1/18/18 @ 7:00 pm 
Building 1 Study Lounge

Paint Night 
Make Canvas paintings to keep and de-stress. 
1/18/18 @ 6:30 pm 
Falkirk Pool House Patio

Effective Note-Taking 
Learn how to take effective notes before your bad notes take over your grade! 
1/19/18 @ 12:00 pm 
Glen Mor C001

Karaoke & Chill 
Join us for a fun time to karaoke and make new friends! Ice cream provided! 
1/22/18 @ 7:00 pm 
Glen Mor Scotty’s Courtyard
Degrees of Freedom:
Affording Your Education!
Get some useful – and pertinent – tips from UCR’s resources on affording your Grad or Undergrad Education!
1/23/18 @ 6:00 pm
Stonehaven Lobby

Calligraphy Creations
Come learn calligraphy and create!
1/23/18 @ 7:00 pm
Glen Mor J315

Disney Channel Movie Night
Enjoy a fun movie and food before midterms.
1/23/18 @ 7:00 pm
Falkirk Pool house

Watch Em’ Grow!
Plant in the beginning of the quarter and watch them grow!
1/23/18 @ 5:30 pm
Plaza Pool House

Building your future
Educate residents on professionalism.
1/23/18 @ 6:00 pm
Bannockburn J102

Don’t Door Dash, Dine in
Learn how to plan, budget and cook a nutritious and affordable meal in a pinch.
1/23/18 @ 8:00 pm
Stonehaven Lobby

Build Your Own Sundae
Come out and build your own sundae while meeting new people!
1/24/18 @ 7:00 pm
Stonehaven Pool area

Paint and Pizza
A night where residents can be creative and paint and enjoy pizza.
1/24/18 @ 7:30 pm
Glen Mor A Building Lobby

Loteria Night
Come play Loteria for a chance to win dining dollars!
1/24/18 @ 7:00 pm
Plaza Pool House

Collecting Coins
Start your own coin jar collection and decorate your own mason jar!
1/25/18 @ 5:00 pm
Glen Mor M Building 3rd floor lounge

Ross Rules Paint Night
Come unwind with our favorite happy-tree guy, Bob Ross, and paint a beautiful landscape to a classic Ross tutorial.
1/25/18 @ 7:00 pm
Stonehaven Lobby

Skin Health 101 & DIY Body Scrubs!
Come learn about how to keep your skin healthy while making your own organic body scrub!
1/25/18 @ 7:00 pm
Falkirk Poolhouse

Glen Mor Resource Fair
Join us in the Scotty’s courtyard as we present the first annual Glen Mor Resource Fair!
1/29/18 @ 6:00 pm
Glen Mor Scotty’s Courtyard/Glen Mor C001

Love Thy SELFie
This program focuses on self-love and empowerment.
1/29/18 @ 8:00 pm
Bannockburn J102

R’Kids
From childcare to housing, transportation to legal services, nurture the development of your family with these campus programs and accommodations.
1/31/18 @ 7:00 pm
Oban Pool House