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The knowledge of alcohol
Had opened my eyes

Finally prepared,
I embarked on my mission
Spread the truth, with passion

I convinced my friends
“Their programs are the bee’s knees!”

At first, they had scoffed
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APRIL 2019

CAMPUS APARTMENTS
NEWSLETTER

What's in this Edition?

- How can you care for your houseplant? (p. 2)
- Learn to be more mindful of your trash! (p. 3)
- What is in the air we breathe? (p. 4)

IN HONOR OF NATIONAL POETRY MONTH: HERE ARE SOME HAIKUS TO INSPIRE YOU TO ATTEND OUR LOVELY PROGRAMS:

On a boring night
I was alone in my home
But I wanted more

I recalled the words
Of my fantastic RA
“Come to the pool house”

I had fear, no doubt
So I listened to my heart
And I found my strength

With heart on my sleeve
I ran to the promised land
And my soul was free

“Safe drinking habits”
Said a tall, beautiful man
His name was Karthik

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BY RESIDENT ADVISOR NATHAN RAY
HOUSEPLANT CARE

If you don’t have a houseplant, then go out and buy one the next time you go to the store. They’re easy to find in the Home and Garden department of most large stores, like Walmart, Target and Lowes, for cheap. A simple houseplant addition will liven up any room, while expelling that sweet oxygen we need to survive.

Most houseplants are resilient little sprouts of the succulent variety, requiring little water and sunlight to survive. Unlike most animals, you can forget about your houseplant and find it still clinging to life when you finally remember you accidentally kicked it under the couch last weekend. It’s the perfect amount of responsibility for a college student.

Here is a foolproof routine to ensure your houseplant stays thriving:

1. Find the name of your plant (usually located on a small tag in the soil or sticker on the pot)
2. Plug that name into Google, or any other search engine of your choice, followed by, “care instructions.”
3. Stick your plant in a spot in your room that receives the called-for amount of sunlight, and stick to the watering regimen (just don’t overwater).
4. Smile at, and say kind things to your plant each day to give that little fella much needed CO2.
5. *optional* Stick your plant in a fresh, larger pot to spread its roots.

Have fun facilitating the growth of life in this world. Get growing!

ARE REUSABLE STRAWS REALLY MAKING A DIFFERENCE IN THE ENVIRONMENT?

By Hanny Octaviani

You have probably seen the infamous viral clip of a sea turtle with a straw lodged in its nostril, resulting in some 31 million YouTube views. Since then, the use of plastic straws have shared a guilt and shame reaction from turtle lovers all around. Restaurants, bars, and coffee shops have been pushed to be straw-free or implement reusable straw programs. Ultimately, individuals are rewarded with a sense of good moral and ethical decision making. But, are reusable straws really making a difference in cutting down plastic waste in the environment?

It is important to note plastic straws only make 0.03% of plastic waste in the ocean. A whopping 46% of plastic waste found in the ocean is a result of wasted fishing equipment. Climate change is a serious social justice issue for our generation (please see: https://climate.nasa.gov/effects/). Perhaps, more focus on major corporate social responsibility should be highlighted. As an individual, the actions you make can make a micro-level difference; however, you may also consider the actions of major gas and oil corporations to be culpable for the major environmental impacts on a macro-level perspective.
In America we create a lot of trash. With the ongoing issue of the trash island right off the coast of California, everyone should start reducing the amount of trash created. Did you know, the US’s recycling rate for plastic is only 23 percent, which means 38 billion water bottles – more than $1 billion worth of plastic – are wasted each year. One quick and easy way to reduce, starting with plastic bottles is by buying a reusable water pitcher that has a filter. This can be bought on Amazon or in store at Target or Walmart. These pitchers can be inexpensive and saves you money in the long run. No more messy water bottles all over or running out of water at an inconvenient time. Other ways you can help save the planet is by, using Bamboo toothbrushes, glass jars for non-perishables, metal reusable straws, portable silverware, and go as paperless as possible.

1. Save time and money reducing trash
   a. You don’t have as much to take out and will spend less on bags!

2. Check expiration dates of food in the house after grocery shopping
   a. Bulk up on often used dry items (less packaging)

3. Limit the amount of mail you receive
   a. Go paperless for anything you can
   b. Digital magazines (decrease trash, eliminate clutter)
   c. Clean out email and unsubscribe to ads (decrease temptation)

4. Buy the funny looking fruit
   a. Be sure its fresh
   b. Buy because others will not and it becomes trash
   c. Start composting

5. When eating out get recyclable to go boxes
   a. Order from restaurants that don’t use plastic to-go boxes
   b. Look for cardboard (like when you order pizza!)
   c. Don’t request plastic utensils

6. Reuse items and switch to items that are better for the community
   a. Toothbrush, use for household cleaning if plastic
      - Start buying bamboo toothbrushes
   b. Clothing, buy used clothes as often as possible
      - Save money and the planet
      - Fix damaged clothing (patches, tailor)
   c. Kitchenware
      - Buy travel mugs/bottles
      - Portable silverware
      - Reusable snack bags
      - Lunch pail (even with no lunch, you have it to take the food you eat on the go)
      - Eliminate disposable items (paper towels, paper plates, plastic cups)
      - Use the mason jar system
   d. Laundry
      - Reusable dryer balls instead of dryer sheets (DIY)
      - https://www.diynatural.com/how-to-make-wool-dryer-balls/

7. Create a “questionable bin”
   a. Deal with this once a year
   b. Fill with:
      - Batteries
      - Light bulbs
      - Electronics
      - Other questionable items
GET OUT TO THE SRC!

The 155,000 square feet UC Riverside Student Recreation Center (SRC) has been one of UC Riverside's hot spots for students since its completion back in 2004. Strength training equipment and cardiovascular machines can be seen through the windows as you walk by the Rec Center. What people don't see is the variety of fitness classes hosted inside in the Rec Center by trained instructors. We've gone to the SRC and have seen classes in session which range from cycling and cardio to yoga and fusion.

Their yoga classes happen at different times during the day and there are five types of yoga styles to choose from. The fusion classes combine cardio and High-intensity interval training (HIIT) to target core areas, while the cycling class challenges you by increasing and decreasing intensity in intervals. Of course these are only a few examples, but the SRC offers a variety of activities you can try out.

The best part is that, if you are an undergrad, you've already paid the membership fee so all you need to do is show up. You should really look into what the Rec Center has to offer and maybe you will find an activity, familiar or new, in which you can participate!

We really like working out at the gym because there's a variety of strength training equipment to choose from and there are huge TV monitors to watch in between sets. The monitors allow us to catch up on what's going on in various sports leagues so we're not completely out of the loop. Also, we get together with our friends to play sand volleyball for hours! But, if the volleyball courts are being used, we just cross over to the SRC South and we play racquetball with the equipment they let us borrow.

Getting to the gym is the hard part but once you are there you realize it is definitely worth going.

BY: DAVE MARTINEZ
KARTHIK REDDY

THE AIR QUALITY OF SOUTHERN CALIFORNIA

BY: JAYNA BORJA

We are constantly breathing. Exhaling and inhaling while reading this article. Our bodies need air to perform cellular respiration. When you step outside at the start of each day, thinking about air quality is not what typically comes to mind. Smoggy conditions are common, especially in a hot summer day in the Inland Empire. It is easy for us to not pay attention to the sources of pollution that are affecting public health and who is experiencing the harm downwind. In the Inland Empire, we receive much of our air pollution from Los Angeles. This is due to the fact that winds tend to move inland from coastal regions during the daytime when the number of cars on the road are high. This brings up an environmental justice issue that is currently being investigated by experts in the field.

Transportation is the main cause of air quality issues in Southern California. Cars emit pollutants such as nitrogen oxides (NOx) and volatile organic compounds (VOCs), which contribute to a phenomenon known as photochemical smog. This is the type of smog we see in our communities and it is due to the chemical reaction that occurs when NOx and VOCs interact with sunlight. The end result from this chemical reaction is ozone pollution or smog. Ozone is harmful to us humans and can cause respiratory infections and damage to the lungs. In the Inland Empire, ozone and particulate matter are the most common types of air pollutants. The size of these compounds can determine its fate and transport in body systems and can vary in harm. It makes sense to assume that the smaller the pollution compound, the more harmful it is, since it can reach deeper into our lungs. We can make lifestyle decisions that can improve our health and environment.

Public transportation, carpooling, biking, and walking are great alternatives to reduce air pollutants and improve air quality. It may also be useful to check an Air Quality Index or AQI every day. This index is used by government agencies to communicate with the public how polluted the air is currently and the forecast. An AQI displays various air pollutants and their concentrations to describe whether it is unhealthy or safe to participate in outdoor activities. With this information in mind, it is strongly suggested to check your daily AQI in your local area and use alternative forms of transportation to improve your health and the health of your neighbors. You can check it out here: https://airnow.gov/state/CA/index.cfm
Calendar of Events
*Please note that the times and locations may change*

**Is It True?**
Residents will learn about stereotypes and make their own personal crafts
Bannockburn J102
4/3/19 @ 5:30 pm

**Roll Your Way Through Uni Life**
Test your understandings of campus resources, while playing a life-sized game of Uni Life!
Falkirk Pool House and Falkirk Greens
4/3/19 @ 6:00 pm

**Game of Loans**
Learn how to tackle loans while painting piggy banks.
Oban Pool House
4/4/19 @ 4:00 pm

**Me Time**
Let's relax and unwind with self-care.
Bannockburn J102
4/5/19 @ 7:00 am

**Marketing Me**
Improve your resume & get a headshot for your LinkedIn profile!
Bannockburn G105 Classroom 2
4/9/19 @ 4:30 pm

**The Ultimate Budget**
Think you know how to budget your resources? Prove it and you could win big!
All Plaza Units
4/9/19 @ 6:00 pm

**Academic Success with The ARC**
Learn about the resources, strategies and techniques available to you as you navigate your academic endeavors.
Stonehaven Front Lobby
4/9/19 @ 7:00 pm

**R'Day of Service**
Details coming soon!
Stonehaven Front Lobby
4/13/19 @ 8:00 am

**Let's Talk: Mental Health**
UCR Graduate Medical students will be presenting about ADHD and Bipolar Disorders.
Falkirk Pool House
4/15/19 @ 6:00 pm

**R'Pantry R'People**
Join your RA in making care packages to help students in need!
Stonehaven RSO
4/15/19 @ 7:00 pm

**Health is Wealth!**
Refocus on your wellness by indulging in a self-care night and learning about campus resources!
Plaza Pool House
4/16/19 @ 7:00 pm

**5 Love Languages**
Reflect on your personal love language and how to apply it in your personal and professional life!
Plaza D Entrance/Exit
4/25/19 @ 4:00 pm

**What is Your Personalitea?**
A personality test and comparison for residents to work well with others.
Falkirk Pool House
4/30/19 @ 6:00 pm