



Comfort Food

RUTGERS SASHP NEWSLETTER

Monday, February 14, 2022

Dear SAS Honors Program Students,

I've got to say that after a thorough investigation, there is a food for every mood. Cold night in the middle of winter: make a nice lentil soup. Stressed out from classes and want something quick and easy: light your stove and make a nice cheese quesadilla. Started a morning early and want to set yourself up for a productive day: cinnamon peanut butter oatmeal with a coffee. With so many options to choose from there really is no mood that food cannot compliment; so next time you want to enhance the vibes, cook something!

We got some great events/announcements simmering this week. Learn about the work of an award-winning culinary historian at the upcoming event **An Evening with Michael Twitty**. Get back in the "new year new me" attitude by planning out your future at **Come For A Vibe, Leave With A Vision: A Vision Board Party for Your Success**. Seniors looking for some advice on their capstone reports should attend the **Scholarly Report Workshop**. Those looking to pursue a future in public service should check out the **Summer Service Internship Initiative**. Struggling with a math course, stop by the **Math Help Center** with all of your questions. Take over the SASHP Instagram for a week by applying to be an **SASHP HIPster**.

Warm Regards,
Justin Confalone
Your newsletter editor

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SASHP Newsletter

Events/Announcements

An Evening with Michael Twitty

Hear from an award-winning culinary historian at the upcoming **An Evening with Michael Twitty Event**. As a Black and Jewish gay man, his work speaks to the intersections of identity and the relationships between food, culture, and social justice. With his book *The Cooking Gene* winning the 2018 James Beard Award for Book of the Year and recent features on multiple Netflix shows, Michael Twitty is sure to be an incredible speaker. This event takes place next **Mon, Feb 21 at 7:30 pm EST**. RSVP [here](#).



Come For A Vibe, Leave With A Vision

Still figuring out how to accomplish your “new year, new me” goals? Well, this is the perfect program for any student looking to set goals for themselves, envision their success, create an action plan, and meet new friends while vibing to hip hop and r&b! Join the **Paul Robeson Cultural Center** as we envision the life we want for ourselves individually and collectively for Black people. This event takes place **tomorrow, Feb 15 at 7 pm EST** in the Paul Robeson Cultural Center.



Scholarly Report Workshop

I know, trust me, Honors capstone is always a stressful thing to hear, but let me take just 20 seconds of your time. Seniors pursuing options C, D, E, or G of the honors capstone should stop by the **SASHP Scholarly Report Workshop**. This event will allow students to review sample reports and receive some feedback on their progress. Honestly, this might ease the capstone burden, so stop by on **Mon, Feb 28 at 2 pm EST**. Check back **this Wed** for the **Zoom link**.



SASHP Newsletter

Events/Announcements

Summer Service Internship Initiative

Current sophomores and juniors looking to pursue a career in public service should apply for President Holloway's new initiative: **Rutgers Summer Service Internship (RSSI)**. This program is open to students from Rutgers Camden, Newark, and New Brunswick with a minimum 2.5 GPA and passion for making a difference. RSSI provides stipends, real-world experience, knowledge, scholarships, networking, and special events. Interested students can find out more/apply [here](#) by **Mon, Feb 28 at 11:59 pm EST**.



Math Help Center is Open

Calc 1 was perhaps the most difficult class of my sophomore year at Rutgers and, to be perfectly honest, if I was not getting help from the professor and tutors multiple times a week I would not have been able to pass it with the grade I did. Those going through a similar situation should stop by the newly opened **Math Help Center**. Located in **room 101 of the Hill Center on Busch**, the Math Help Center provides tutoring for **pre-calc, calc 1, and calc 2** with no appointment required. See the last page of this newsletter for hours of operation and other info.

SASHP HIPster App

It is finally that time of year again! Show off your RU spirit by doing a total, week-long takeover of the **SASHP Instagram**. Poll about study habits, show off your courses or even tell followers about your day. **HIPsters** have full access to the IG page for a week and must apply by **tomorrow, Feb 15**. The application can be found [here](#).



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SAS Honors



@RU_SASHP

$$r = 1 - \sin(\theta)$$

$$(x^2 + y^2 - 1)^3 - x^2 y^3 = 0$$

$$x = \sin(t) \cos(t) \log(|t|)$$

$$y = |t|^{0.3} \sqrt{\cos(t)}$$

NOW OPEN!

MATH HELP CENTER

ROOM 101, HILL CENTER, BUSCH CAMPUS

$$\left(y - \frac{2(|x| + x^2 - 6)}{3(|x| + x^2 + 2)} \right)^2 + x^2 = 36$$

$$r = \frac{\sin(t) \sqrt{|\cos(t)|}}{\sin(t) + \frac{7}{5}} - 2 \sin(t) + 2$$

$$\begin{aligned} x &= 16 \sin^3(t) \\ y &= 13 \cos(t) - \\ &\quad 5 \cos(2t) - 2 \cos(3t) - \cos(4t) \end{aligned}$$

Free tutoring in Pre-Calculus, Calculus I & II

(MATH 111/112, 115, 135, 151/152)

*Come in with your math questions,
we are here to answer them!*

HOURS OF OPERATION:

Mon. 10:00AM-12:00PM & 3:30PM-7:30PM

Tues. 10:00AM-12:00PM & 1:30PM-7:25PM

Wed. 10:00AM-12:00PM & 1:30PM-7:30PM

Thur. 10:00AM-12:00PM & 3:30PM-7:25PM

Fri. 1:30PM--5:30PM

Special Treats on Valentine's Day!

(while supplies last)