Monday, October 12, 2020

Dear SAS Honors Program Students,

Happy Monday! A lot of people seemed to like Wednesday’s snacking intro so I wanted to use this 2 minutes and 15 seconds in the spotlight to talk about another study essential: coffee. Seriously, U.S. coffee culture has this incredible history where it was sought-after in a post-Boston-Tea-Party America as a way to spite King George III. While it fell off a little in the century after, more modern times led three college students to seek out the cool coffees of Europe in order to build a renaissance of the brew through Starbucks. Fast forward to today and coffee is in every student center, lounge, and workplace imaginable and we students swear by it (and rumor has it, so do faculty!). So, next time you drink that strange bean water to bunker down and study, take a moment to give thanks to what it is that you’re drinking!

Here’s our brew for this week. Join Eagleton’s Center for American Women and Politics as they talk about the rise and drive towards women’s political equality. Decompress from round one of midterms at the VPL sponsored Friday Game Night. Sit down with Dr. Donald Schaffner and learn about Understanding and Managing the Risk of Covid. Share your student voice and take part in the peer mentor program 2020 SASHP digital short #quarantine edition. Check out our new honors blog article on How to Deal With Screen Fatigue. While on the topic, join a series of panelists as they discuss Covid-19 and (Im)mobility in the Americas. There is a new Flavors of Rutgers Dish on the last page of the newsletter.

Warm Regards,
Justin Confalone
Your newsletter editor

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Voter Registration

Tomorrow, Oct 13, is the final day to register to vote in the 2020 Election. If you haven’t already, close this newsletter and REGISTER. Once done, see pg. 3 of this newsletter for your voters checklist.
Beyond the 19th Amendment
Join the Eagleton Center for American Women and Politics as they hold a panel on “A Century of Growing Political Power Amid Unequal Suffrage.” With this year marking the 100 year anniversary of the 19th amendment, the panel will discuss how far women in politics have come and the ground that is left to cover. This event takes place on Tues, Oct. 13 at 1PM EST via Zoom. Register for the panel here.

Friday Game Night
On the ropes after round one of midterm season? Decompress from the stress at next week's Friday Game Night run by the SASHP virtual peer leaders. Using the popular platform Skribbl.io, the game night will cover a wide range of activities. Join the fun on Fri, Oct 16 at 9pm EST via Zoom. Click here to get the meeting login.

Understanding and Managing the Risk of Covid
Kick back and join distinguished Professor Dr. Schaffner for the upcoming SEBS Virtual Science Cafe: Understanding and Managing the Risk or Covid-19. Dr. Schaffner has been a part of the WHO, the UN, the Institute of Food Technologists, and the US National Advisory Committee on Microbial Criteria for Foods. He also does research on handwashing and cross-contamination (among other things). This event will cover Dr. Schaffner's experience working with the public during Covid and will take place on Tues, Oct. 13 at 11:30AM - 12:30PM EST. Register here.
2020 SASHP Digital Short #Quarantine Edition

Want to share your quarantine experience? We're accepting video submissions for our fall 2020 SASHP digital short #quarantine edition. The video will show SASHP students catch a piece of paper and read off whatever message is on it, then throw that paper to the next student. Times are tough right now, and the SASHP Peer Mentor Program sincerely hopes that this will help. Click here to find out more!

How to Deal With Screen Fatigue

If you haven’t seen it, be sure to stop by the SASHP Blog for the first new article in a line of content we have planned. The post covers the (very) relatable topic of How to Deal With Screen Fatigue. Take a look at it here. There are a few other articles coming soon, so stay tuned!

2020 Voters Checklist

- Get registered
- Get informed
- Get prepared
- Get vote-ready
- Get your vote in!

Verify your voter registration status
Researcach the candidates
Understand what is on the ballot in your local area
Create a voting plan to ensure you properly cast your vote
Read the entire ballot and cast your vote!
Covid-19 and (Im)mobility in the Americas

A panel of guests from around the world (including Rutgers’ own Professor Ulla D. Berg) will be speaking this week on the topic of Covid-19 and (Im)mobility in the Americas. Among much else, Covid revealed gaps in the Americas’ systems that went unaddressed for far too long. The speakers will cover state measures implemented in response to Covid, risk situations many migrant communities currently face, and the social and collective response in each of the national spaces. The panel will take place on Thurs, Oct. 15 at 4–6PM Est via Zoom. Register here.

Flavors of Rutgers: Tasting Menu

On the last two pages of today’s newsletter is a segment we’re rolling out called Flavors of Rutgers, a personal taste into the food of RU. The club spotlight is another new section of the newsletter that will be alternating every week for the rest of the year. This week’s Flavors of Rutgers feature is courtesy of the other Cook/Doug student’s escapist fantasy, Harvest Cafe. We’ll be looking at the lentil burger from their Menus of Change.

For a full list of opportunities, click here.
**Flavors of Rutgers**

**Harvest's Crimson Lentil Burger**

***Makes 6 Servings***

**Ingredients:**

- Brown rice, short grain ¾ cup
- Red lentils 1 ½ cup
- Avocado oil ½ cup
- Onion, small, minced 1 ea.
- Garlic, minced 2 tsp
- Broccoli florets, shaved ½ head
- Carrot, large, minced 1 ea.
- Cauliflower florets, shaved ½ head
- Potatoes, white, grated 6 ea.
- Oyster mushrooms 1 cup
- Peas, fresh 1 cup
- Curry powder 1 ½ tsp.
- Parsley ½ cup
- Salt as needed
- Ground black pepper as needed
- Green onions ½ bu.
- Cornmeal, yellow 2 cups

**Directions**

1. For the Lentil Burger: Cook rice until sticky, then cool on sheet tray. Cook the lentils till just past tender and cool on sheet tray.
2. Take avocado oil and add the onion and garlic and cook. Add the broccoli, carrots, cauliflower, potatoes, oyster mushrooms and fresh peas, and cook till slightly warmed.
3. Add the curry powder and parsley, and remove pan from heat and season with salt and pepper. Cool mixture on sheet tray and mix with rice and lentils when cool. Adjust seasoning and add scallions.
4. Scoop out 5oz of the mixture and pack it between thumb and index finger or ring mold.
5. Compress to form 3 ½ inch patties. Dust with yellow cornmeal on outside of patties. Place the patties on a sheet tray and place in freezer until semi-frozen.
6. To cook burgers: Heat avocado oil in pan and sear burgers until evenly brown on both sides.
7. Place on parchment lined sheet pan and continue to cook in 375°F oven till crispy outside and heated through.
8. To assemble: Serve on toasted multi-grain discs with desired topings.