Monday, November 16, 2020

Dear SAS Honors Program Students,

So I think I need to explain the title here. "The Bare Necessities" is the catchy swing song from Disney's The Jungle Book, but I'm calling this newsletter The Bear Necessities because with the recent rise of cases, we're all currently bearing some new anxieties over this pandemic. Now, how this ties into the Disney song "The Bare Necessities" is in the advice the song offers us about dealing with these worries. Don't take anything too seriously right now (except for your health), keep safe, treat yourself a little every day, and understand that your own bare necessities will come to you with patience. Okay, hopefully the title makes a little bit more sense now. But seriously, things will get better, so just take it bit by bit.

Forget about your worries and your strife at some of these upcoming events. Learn about some ideas that the Artists Collective has for the rest of this semester at their first General Member Meeting. Shed some light on upcoming honors capstone projects at this week's Honors Capstone Q&A Session. Help make the difficulty of financing college a little easier while doing some good by applying to the PBK Scholarship. Peer mentors/mentees can meet up in cyberspace at the SASHP Peer Mentor Program Game Night. Market, connect, learn, and get more out of your professional college self at the Passport to Student Success Workshop. Celebrate the holiday of food and gratitude with a whole host of Flavors of Rutgers menu items. Connect with fellow Rutgers students for anonymous support through the new app Rutgers Unmasked. The technologically inclined should check out our new blog post on "Making a PC Parts List: Quarantine Edition."

Warm Regards,
Justin Confalone
Your newsletter editor
Artists' Collective General Member Meeting

From Paint n Sip to Fanfiction Night, the Artists Collective has been consistently putting out awesome events so far this semester. Find out what's in the queue for the rest of this semester and beyond (or just meet some new people at their First General Member Meeting. This event takes place this Fri, Nov 20 at 4pm EST and the form to RSVP can be found here.

Honors Capstone Q&A Session

Wait! Don't run away. For those of us in their sophomore or junior year, the honors capstone is something that cannot be put off. This session will cover everything soon-to-be capstone aficionados need to know. (Preview the basics - from courses required, to possible capstone options - in your email from honors). For more on deadlines and advice from current seniors, this Q&A session will help you make sense of it all. The Q&A takes place this Wed, Nov 18 at 2:30pm EST. The zoom link can be found here.

PBK Scholarship Application is Open

Looking for a way to engage in active citizenship while also offsetting some of the costs of college? Check out the Key into Public Service Scholarship application. Rutgers students in liberal arts and sciences with a GPA of 3.5 or more planning to graduate between Dec 2021 and spring 2023 can apply. (You may have already received the info from SAS). The form can be found here.
Events

The Passport to Student Success Workshop is open to all SASHP students and will cover course registration, majors, minors, and departments at Rutgers. This workshop will take place on Fri, Nov 20 at 2pm. It’s hosted by the SASHP Peer Mentor Program. I’m including it this early because - even if it’s sometimes painful to do, this stuff is important to think about early. The zoom link is here.

Peer Mentor Program Game Night

Among Us, Code Names, and Drawful 2, oh my! Meet your mentor, mentee, or other members of the Peer Mentor community in cyberspace at the Peer Mentor Program Game Night. This event takes place on Thurs, Nov 19 at 8pm EST via Zoom. Only mentors/mentees can attend and players from any skill level - from a first time imposter to a seasoned crewmate - are welcome. Be sure to join the zoom call a few minutes before the event here.

Flavors of Rutgers: Thanksgiving Series

Thanksgiving, the middle child between the lovable Halloween and Christmas. While its origins are... debatable, the sense of family, gratitude, and food that the holiday embodies is something that deserves more praise. SO, every newsletter from now until Thanksgiving will feature a brand-new, personal Thanksgiving favorite of mine. This week, we’ll be using YouTube chef Andrew Rea’s recipe (my favorite) for Not So Neilson’s Pumpkin Pie.

Passport to Student Success Workshop

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Rutgers Unmasked: Launch

When it comes to bearing the brunt of pandemic anxieties, or just mental health fluctuations in general, it is almost always better to do it with some help. Enter Rutgers Unmasked, a new app meant to create an anonymous supportive community for Rutgers students. Break some of the isolation by sharing in any negative emotions you may be feeling with your peers. I try to be open about my own anxieties/mental health in this newsletter, and honestly, this app is such an incredible idea. Launching this Wed, Nov 18, the app can be found on both android and iOS.

New Blog Post “Making a PC Parts List: Quarantine Edition”

With the (especially) virtual revolution brought on by covid, your PC may be due for a replacement. “Of course, building a PC requires some knowledge of the individual parts, and most importantly, their compatibility. So here’s a quick guide on how to make a compatible PC parts list in 2020” wrote author Kevin Feng. View the post here.
NOT SO NEILSON’S PUMPKIN PIE

***Recipe courtesy of Basics With Babish

***Makes 6-8 Servings

Ingredients:
- ½ cup granulated sugar
- ½ cup light brown sugar
- 1 tbsp flour
- ½ tsp ground ginger
- ½ tsp ground allspice
- ½ tsp freshly grated nutmeg
- 1 tsp cinnamon
- 1 can pumpkin puree
- 3 eggs
- 1 cup heavy whipping cream
- Pinch of cloves
- Pinch of salt
- Maple syrup
- Whipped cream

DIRECTIONS

1. Into a large bowl, combine sugar, light brown sugar, flour, salt, ground ginger, ground allspice, ground nutmeg, cloves, and cinnamon
2. In a separate bowl, whisk together pumpkin puree with eggs and heavy whipping cream
3. Add your step 1 spice mix to pumpkin puree mix, then add maple syrup to taste
4. Pour the mixture into a standard pie crust and place into a 400°F oven for 45 to 55 minutes (to prevent from burning, take the pie out of the oven at 25 minutes and wrap the edges of the crust in a thin strip of aluminum foil)
5. Another 20 minutes later, the pie should be perfectly brown. To prevent the pie from cracking, take the pie out of the oven when the filling is only set around the outside two inches. The center should still be wobbly. Let cool
6. Add a little bit of whipped cream to the top and enjoy!