Wednesday, January 27, 2021

Dear SAS Honors Program Students,

Everyone’s favorite Uncle Iroh once said “The only thing better than finding something you are looking for is finding something you weren’t looking for at a great bargain!” Now, this quote has many interpretations, but my take on it is the title of this newsletter. As part of an academic community, it is easy for us all to lock ourselves in a routine meant to maximize productivity. We might Pomodoro for 8 hours a day, meal prep lunch and dinner for an entire week, keep the same cup of coffee nearby each morning or just go through the typical motions without much variety. We’re all looking for something in doing this, be it a degree, a salary, job experience, or even just a productive day. And while going through the motions IS efficient, stepping outside of the routine for 20 minutes, an hour, or even a whole day often opens up doors formerly unimaginable! I’m saying study in a new place every couple of days, drop by a new coffee shop every week, or join a new club every month, and maybe find that something you weren’t looking for but are grateful that you found.

Switch things up at one of these many upcoming events. Learn about the medical and/or graduate world at the upcoming Honors Alumni Nights. Unwind after your first couple of weeks back in academia at the SASHP Game Night. Learn about the fissures in our country highlighted by Covid at The Role of Structural Racism in COVID-19 Inequities. Considering law as a career? Stop by the Careers in Law Panel to learn all about the process of undergrad to law school. Learn How Rutgers is Leading the Fight Against a Global Pandemic. Kick off the semester with some great convos at the Artists’ Collective Coffee Chat. Take over our IG as an SASHP HIPster. Take part in the ongoing Peer Mentor Week. And check out the new Flavors of Rutgers Menu Item.

Warm Regards,
Justin Confalone
Your newsletter editor
Honors Alumni Nights
It is that time of the semester! There are some incredible honors alumni nights coming up in the medical field and for those interested in pursuing graduate-level education. Mid-February will see 2019 Alum **Rushi Mehta** talk about his ongoing journey through physicians assistant school and **Dr. Paul Dicker** talk about his journey through NYU med school and beyond. Additionally, 2016 Alum **Tess Rosenberg** will discuss her transition from undergraduate to graduate education. While both honors alumni nights are a ways off, interested parties should register ASAP as these events fill up very quickly. Register for **Rushi** here, **Tess** here, and **Dr. Dicker** here.

SASHP Game Night
Unwind from the first couple of weeks back at Rutgers by taking part in the VPL’s **SASHP Game Night**. The evening promises good company, laughs, some new friends, and of course GAMES. Featuring Among Us, chess, Catan, and more, this event promises a laid back way to satisfy colloquium requirements. This takes place **today at 8pm EST** so hurry and join here!

The Role of Structural Racism in Covid-19 Inequities
It is no longer a secret that Covid highlighted some truly horrifying fissures in America’s health care system and general socioeconomic structure. In an effort to keep the newsletter out of politics, I'll let the experts do the talking at the upcoming event, **The Role of Structural Racism in COVID-19 Inequities**. Hosted by Presidential Chair of the Tulane School of Public Health, **Thomas A. LaVeist**, this event - taking place **Thu, Jan 28 at 10am EST** - is sure to offer some valuable insight. Register here.
Careers in Law Panel
After looking into numerous law programs post-grad, the field is not as scary as it looks... so please don't run away. Instead, settle down for an evening conversation with NYU Law School first-year Aaron Jaslove, Columbia Law School second-year Anu Chugh, Rutgers School of Law – second-year Nicoletta Eby, and Seton Hall School of Law third-year Anish Patel. This event takes place next Wed, Feb 3 at 7:45pm EST, join the zoom call here.

How Rutgers is Leading the Fight Against a Global Pandemic
Believe it or not, Rutgers has made some incredible contributions to the fight against Covid that go beyond the already impressive saliva test. Join a long list of public health, surgical, and infectious disease experts, including the chancellor of RBHS, Brian Strom, and the dean of the School of Public Health, Perry Halkitis as they discuss how Rutgers mobilized in the face of this pandemic. This event takes place next Wed, Feb 3 at 6pm EST. Register here.

Artists Collective Coffee Chat
Want to discuss classes, interests, vent about remote learning, ask for advice, or anything else? Sign up for next week's Artists Collective Coffee Chat and be connected with some awesome people for an evening of chatting. This event takes place next Mon, Feb 1 at 7pm EST. Kick off the semester right by registering here.
SASHP HIPster Application

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 Feb 5. The application can be found here.

Peer Mentor Week

Today is the third day of this semester's Peer Mentor Week, Wacky Wednesday. So take a break from this newsletter if you are a peer mentor and go take the silliest picture imaginable with your mentee. Tomorrow, you ask? It's Think Thursday! Not feeling optimally silly? Find the rest of the week's events and try again here.

Flavors of Rutgers Menu Item: Not so Nielson's Sahlab

What is Sahlab you ask? Great question, and one I also had to ask. Basically Sahlab is a Middle Eastern hot chocolate-style (in that it is warm and comforting) drink with many varieties. To make this one we sub the cocoa for coconut (see what I did there). What’s cool about this recipe is that the mix can be made ahead of time, looks EXTREMELY aesthetically pleasing inside of a mason jar, and stores for upwards of a year.

For a full list of opportunities, click here.

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NOT SO NEILSON’S SAHLAB

***Recipe courtesy of Middle Eats on Youtube

**Makes 4-6 Servings**

**Ingredients:**

Sahlab Powder:
- 1 Cup coconut Milk Powder
- 1/2 Cup Milk Powder
- 1/2 Cup Rice flour
- 1/2 Cup Powdered Sugar
- 3 Tbsp Sesame (1 extra tbsp for topping)
- 3 Tbsp Corn Starch
- 1/2 Tsp Vanilla Powder (Vanillin) (Optional)
- 1/2 Tsp Mastic (Optional)

For the Drink:
- 1 Cup Milk or milk alternative
- 1/4 Cup Sahlab powder
- Nuts, sultanas, desiccated coconut and cinnamon (toppings)

**DIRECTIONS**

To Make The Powder:

1. Crush the mastic in a pestle and mortar into a fine powder (optional)
2. Toast the sesame seeds over a medium heat till golden and fragrant
3. Sift together all of the ingredients apart from the Sesame seeds
4. Add the sesame seeds and mix everything together very thoroughly
5. Store in an air tight container for up to a year

To Make the Drink:

1. Double if you want more than one cup
2. Add the milk and Sahlab powder to a pot over medium–low heat
3. Continuously whist mixture until combined and desired thickness is reached (5–10 minutes)
4. Pour into a mug and top with preferred toppings
5. Enjoy this incredibly comforting winter drink