



Food Refresher

RUTGERS SASHP NEWSLETTER

Monday, Feb. 6, 2023

Dear SAS Honors Program Students,

Did you know oat milk could turn green? Back to this in a bit. Two-ish weeks ago, I moved back into my on-campus apartment, only to realize that while I remembered to pack and transport most of my essentials from home, I forgot one crucial element of daily life: food. Yup. When I entered my apartment after a month away, my meager stock of sustenance included one packet of ranch-flavored tuna that I've been too nervous to try, a few emergency packets of ramen (score!), and a questionable carton of oat milk. Keep in mind that I hadn't been in my apartment in over a month, so by the time I got back, I wasn't even sure if the oat milk was my oat milk. After questioning each of my roommates about the matter and discovering that it was, in fact, mine, I opened the carton, hoping that its "February 2023" expiry date would save me a trip outside to retrieve a latte. After a tentative smell-check, I still wasn't sure of the beverage's status, so I decided to pour out a small amount into my sink to evaluate by sight. As I watched the chartreuse liquid swirl down the drain, I was never more grateful for my finicky brain. Now, perhaps it was a trick of the light that lend to the milk's verdant hue, but I wasn't taking a chance. This experience definitely served as a refresher on food safety. Check your expiration dates, but trust your gut.

Here's a few upcoming opportunities and events for you to chew on this week! Gather for **Game Night** at Brett! Make some **Hearts & Crafts** with the Peer Mentor Program or the Artists' Collective. Tune into the **UNMA info session** or sign up to perform at the upcoming **SASHP Coffee House**. Secure a spot at the **TEDxRutgers Conference**. Catch up on the **Honors Blog**!

Warmest Regards,
Noa DeOcampo
Your Newsletter Editor

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(The Double Major
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SASHP Newsletter

Events/Announcements

SASHP @ Brett: Game Night

Get your head in the game at the upcoming **Game Night** hosted by the **Honors Peer Leader at Brett!** Stop by the **Brett study lounge** TOMORROW, **Feb. 7 @ 7 PM** to play some **games**, eat some **pizza**, and chase away boredom (or, shall I say, board-game-dom?) with the SASHP community!



Valentine's Day Super Crafts

Come get your craft on at the **SAS Honors Program Artists' Collective's Valentine's Day Super Crafts** event THIS Wednesday, **Feb. 8** from **5 PM to 7 PM**. Join them at 35 College Ave for Valentine's crafts, snacks, and some lovely company!

*** This event counts as Honors Colloquium Outside Event



Hearts & Crafts

Get in the spirit of the upcoming holiday with another Valentine's event! The **Peer Mentor Program** will be hosting a **Hearts & Crafts** event THIS Thursday, **Feb. 9!** Join them in BSC 174 from 7:00 - 8:00 PM for heart-eye-worthy crafts and tons of fun!

*** Open to all SASHP students



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UNMA Info Session

THIS Wednesday, **Feb. 8**, at **12 PM**, the **Master's Program (MA) in Political Science - United Nations and Global Policy Studies** at Rutgers (a.k.a **UNMA**) will be holding a virtual info session. Hear UNMA student ambassadors share their experiences, professional and academics tips, and aspirations! Register for the Zoom event [here](#).

M.A. Program
Political Science
United Nations and
Global Policy Studies



SASHP Coffee House

The **Peer Mentor Program** is currently seeking performers for a **Coffeehouse event** that they will be hosting on Wednesday, **March 1!** All Rutgers performers and all forms of artistic expression (i.e. **dance, song, band, spoken word, poetry, etc.**) are welcome to sign up for a time-slot by **THIS Sunday, Feb. 12**. Click [here](#) to sign up today!

TEDxRutgers Conference

The annual **TEDxRutgers Conference** is coming up quick on **Feb. 18!** The theme of this year's conference is **Wayfinder** and will focus on "honing in on those who followed their own paths to greatness." BONUS: Rutgers students have **FREE** admission, which includes a complimentary lunch from Panera! Click [here](#) to register for the event and reserve your spot.



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Honors Housing

Sign-up for housing for the **2023-2024 academic year** is going on now! The Honors housing application opened on Monday, **January 23**, but if you haven't had a chance to take a look yet, you've still got time! You've got until **TOMORROW, February 7**, to get your application in. Don't dawdle though: make your housing plans now, and be a part of next year's honors residential community! Read more at the link [here](#).



New Blog Post: "At Opposite Ends of an Unconventional Track (The Double Major Decision)"

"Depending on your intended career path, taking an unconventional track by either **double majoring** in distantly related areas or majoring in a less popular subject can be advantageous for your intended goals," writes **Abbey Agapay**, the author of the newest Honors Blog Post. Click [here](#) to read more of her journey to finally settling on a double major as an "indecisive student with an interest in almost everything everywhere (all at once)."



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