



Spice and Life

RUTGERS SASHP NEWSLETTER

Monday, November 23, 2020

Dear SAS Honors Program Students,

For the 1% of readers who remember, in today's newsletter we're talking about food. Whether it's Italian, Indian, Lebanese, Tex-Mex, Chinese, Ethiopian, or just about anything else, cuisine shares one commonality and that's the use of spice. Think garlic, pepper, and salt in Thanksgiving mashed potatoes; cloves, allspice, nutmeg, ginger, and cinnamon in pumpkin pie; cumin, onion salt, paprika, oregano, thyme, and maybe even a little bit of five spice in the Thanksgiving turkey. Spice is awesome! And something I really think we can all learn from. See, spice is meant to enhance the natural flavor of a dish, change up its flavor profile a little, rock the boat in a way that highlights the main ingredient, and in all of these cuisines spice has taken on so much cultural significance for the way it brings out the best in a dish. I'm saying shake things up, people! Salt and pepper are great, but mastering the spices of life is a way to bring out the best in yourself. So, this Thanksgiving season, do something new, try some new blends, and maybe change up your own flavor profile a little.

We've got a whole pantry of events/announcements coming up this week. Make class registration a little easier by attending the SASHP **Springing into Spring Registration** event. Dissect the recent election and its surrounding discourse in an effort to understand how the country can begin to heal at the **Processing the 2020 U.S. Election Lecture**. Speaking of politics, Eagleton is hosting an **Eagleton Institute of Politics Alumni Panel** open to all students. Apply for an incredible remote opportunity in critical intelligence at the **Network Contagion Research Institute**. The countdown to Thanksgiving continues with a new **Flavors of Rutgers Menu Item**. Check out our new blog post "**Making the Best of the Holidays: Covid-19 Edition**."

Warm Regards,
Justin Confalone
Your newsletter editor

In this Newsletter

- ***Springing into Spring Registration
- ***Processing the 2020 U.S. Election Lecture
- ***Eagleton Institute of Politics Alumni Panel

Media

- ***Intern at the Network Contagion Research Institute
- *** Flavors of Rutgers: Menu Item
- *** New Blog Post: "Making the Best of the Holidays: Covid-19 Edition"



SASHP Newsletter

Announcements

Springing Into Spring Registration

Degree Navigator, Course Sniper, WebReg, SPNs, CSP: it all gets so overwhelming. Learn about all of these and more at the Peer Mentor Program run **Springing Into Spring Registration Q&A session**. This event takes place **today, Nov 23 at 9pm EST** and will last for a couple of hours. Course registration is a stressful process, and the fact that a lot of it is time sensitive DEFINITELY doesn't help. While I'd recommend this event for anyone, first years especially will benefit. The zoom link can be found [here](#).



Processing the 2020 U.S. Election

Join keynote speaker **Rosa Alicia Clemente**, an organizer, producer, independent journalist, and scholar-activist, as she discusses **Processing the 2020 U.S. Election**. This presentation will cover wellness, positive healing strategies, social justice work, and where our country goes next. Attendees can continue the conversation in small breakout rooms after the lecture. This event takes place next **Mon, Nov 30 at 5pm**. Register [here](#).

Eagleton Institute of Politics Alumni Panel

Learn about career paths, current positions, and general advice within the poli sci major at Eagleton's Alumni Panel. Guests include **Davon McCurry, Elie Honig, Henal Patel, and Keith Davis** - all Eagleton alumni working notable roles in our country's political system. This event takes place next **Mon, Nov 30 at 6:30pm** and is highly recommended for students in the major or anyone looking to work in politics. Registration can be found [here](#).

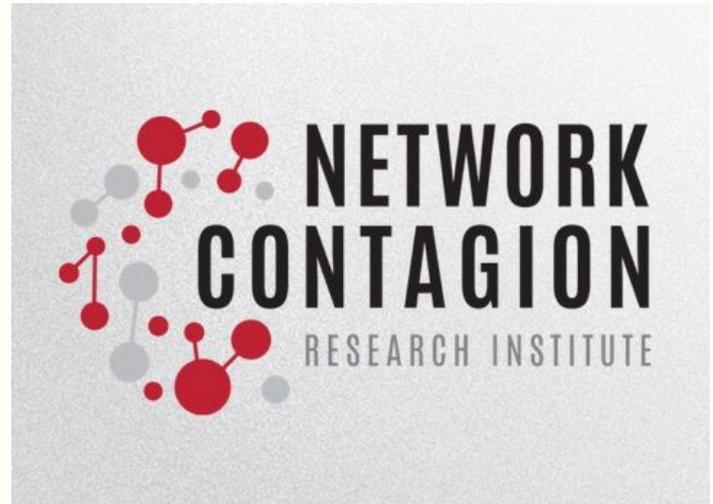


SASHP Newsletter

Media

Network Contagion Research Institute Internship

Students interested in critical intelligence and surveillance should apply to intern at the **Network Contagion Research Institute**. Interns will perform social media monitoring of current events, track/analyze geopolitical issues, and communicate these findings. Interested applicants can email contact info and resume to alex@ncri.io.



Flavors of Rutgers Menu: Thanksgiving Series

We've got another new recipe! This week we'll be covering a Thanksgiving classic in my family, **Not So Neilson's Baked Mac & Cheese**. This (unsurprisingly) will mix chef Andrew Rea's [recipe](#) and my family's. See the last page of this newsletter for a full breakdown of the recipe

New Blog Post "Making the Best of the Holidays: Covid-19 Edition"

"While experts agree that the ongoing COVID-19 pandemic may mean that your typical holiday gathering will look different this year, there may be some safe ways to create a sense of normalcy this holiday season" wrote author **Maggie Brancato**. Read the rest [here](#).



For a full list of opportunities, [click here](#).

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NOT SO NEILSON'S BAKED MAC & CHEESE

***Recipe courtesy of
Basics With Babish

***Makes 8-10 Servings



Ingredients:

Cheese Sauce

- 1.5 lbs cheese, any make up of the following: Parmesan, shredded Gruyere, shredded Sharp white cheddar, shredded Fontina, shredded mozzarella
- ½ cup butter
- ½ cup flour
- 4 cups cold whole milk
- Salt to taste
- Freshly ground black pepper
- Cayenne pepper (optional)

- 1 Large box of dry pasta
- 1-1.5 Cups panko breadcrumbs (optional)
- small handful of thyme

DIRECTIONS

1. Start preparing the pasta per the box's instruction
2. Meanwhile, in a large saucepan, melt ½ cup of butter over medium heat for 2-3 minutes. Then add ½ cup of flour and whisk into a thick paste, cook for 2-3 minutes until the raw flour smell dissipates
3. Slowly add the 4 cups of cold milk ½ cup at a time (stir ½ in until a smooth paste forms then add another, repeat until all milk is added)
4. Whisk that rigorously over medium-high heat until it comes to a simmer and reaches a thicker cream-like consistency
5. Combine cheese in a separate, large heat proof bowl and pour sauce mix over cheese, fold the cheese into the sauce and whisk until it is fully melted
6. Season with a large pinch of salt, freshly ground pepper, cayenne pepper (optional), and 2 tablespoons of whole grain mustard, whisk to combine
7. Place cooked pasta in a baking dish and drizzle cheese sauce over it, stir together
8. Sprinkle breadcrumb/thyme mixture over combined mac & cheese
9. Place into a 375°F oven and cook for 25-30 minutes (rotate dish halfway through)
10. Let sit for (an agonizing) 10 minutes, then enjoy!