



**Aquinas Scholars**  
HONORS PROGRAM

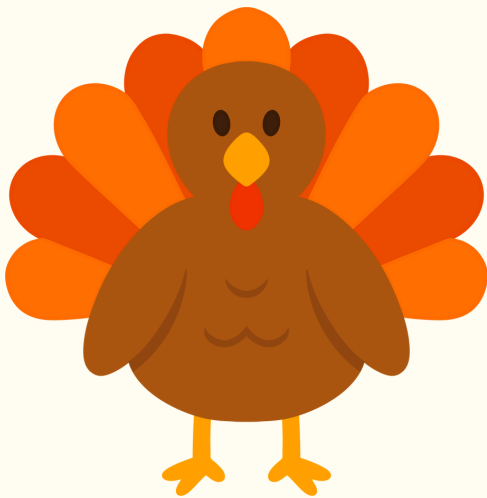
*The*

# SCHOLARS JOURNAL

November 2025

## NOVEMBER

### MONTHLY RECAP



With midterms done, we are entering the home stretch! As we prepare for December, take some time to relax and regroup with friends and family over Thanksgiving break – you deserve it. In other news, the new Honors Lounge is open! Make sure to stop by and check it out on 3<sup>rd</sup> floor ASC room 316!

Fruit, snacks, and coffee will be offered for all honors students. Feedback/recommendation cards will also be available to fill out with things you want to see happen in the program. As for now, enjoy the time off!

## FEATURED

### Scholars Journal - p. 1-7

- "Turkey Day"
- "Life"
- "Piazza Navona"
- "Wolves Back"
- "The Beauty of Campus"
- "Angel Oak Tree"
- "November Walks"
- "Civilization Has Changed, But the Sky Hasn't"
- "Microbiology Project"
- "Art In New Orleans"

### Board Contact - p.8



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## TURKEY DAY

*Mark Steck*

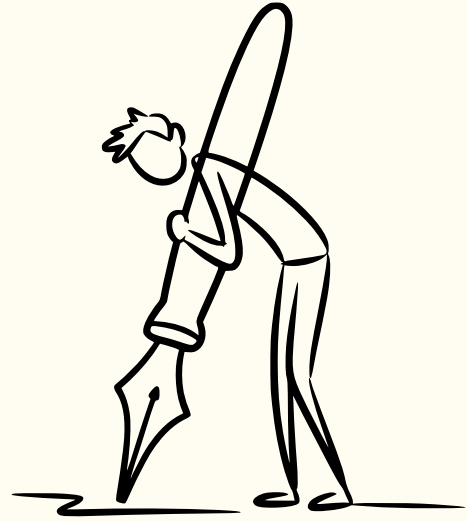
While gobbling easy  
The leaves turn to red  
The air becomes breezy  
And soon I'll be dead

This end I know not  
My feathers keep warm  
I gobble and trot  
Unaware of the storm

The storm of the hunt,  
The butcher and knife  
I gobble then grunt  
This, the end of my life!

Though seemingly tragic,  
Understandably so,  
This fate is true magic!  
How their faces now glow

A family once torn,  
Together now living  
A new love is born  
On the day of Thanksgiving



## LIFE

*Gracie Griep*

The expanse of sky before my eyes,  
A quiet privilege I recognize.  
To be nineteen and set so free,  
Wandering places I dreamed to be.

The world feels bigger than my breath,  
Its beauty pushes past my chest.  
It brings me tears I can't explain,  
A sweet, sweet joy in every vein.

They say to live a life of fear,  
Is to wait for death to be near.  
But I think life's meant to be,  
Falling in love with what you see.



## PIAZZA NAVONA

*Ava Eleveld*

As the sun beats down on me at 9:30 in the morning, I am intrigued by all the art surrounding me. I sit on a bench sandwiched in between two beautiful fountains I know nothing about. Despite my ignorance, I allow myself to digest what I feel now. To begin with, my back feels hot from the sun and my butt feels cold from the marble bench holding me. Secondly, the ornate fountain to my left looks refreshing and I would love to jump in. Not many people admire it enough but if someone does stop, it is only to take a selfie in front of it. As I sit here with a dry, coffee mouth, I wonder if I can drink out of the fountain. I smell perfume that all the women here seem to garnish themselves with. I hear Italian conversations as people walk by. I also am the recipient of many stares which has become a common occurrence on this trip. But I do not mind as I am engulfed by the beauty of this fountain anyway.



## WOLVES BACK

*Zoe Johnson*

Evening spent admiring MN sports. Joined with fellow GHR members and Shultz Scholars. It was a great time to connect with others and watch one of the greatest sports of ALL time. WOLVES BACK BABY.

## THE BEAUTY OF CAMPUS

*Lacher*



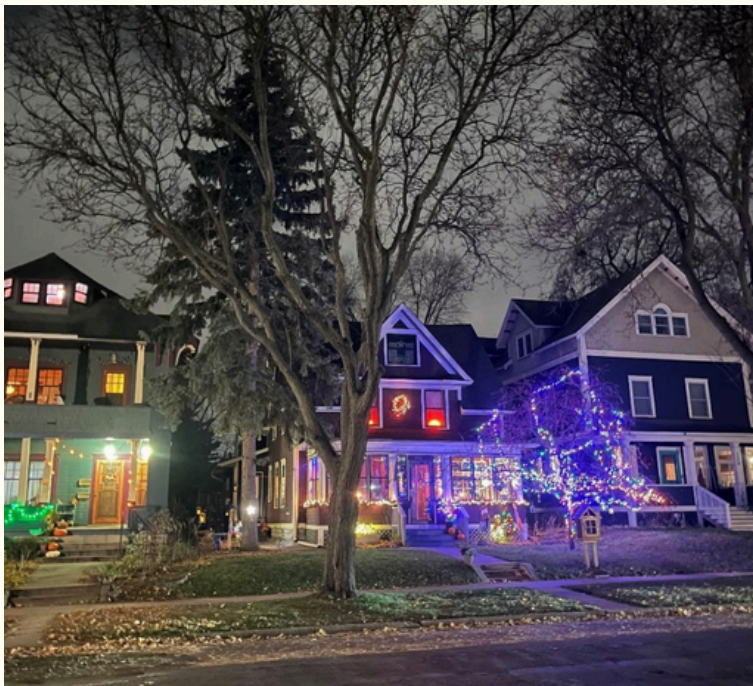
While walking on campus, I noticed that the sun happened to hit the back of this building, creating a golden halo. This, paired with the shadow cast on most of the campus, created quite a beautiful sight. I honestly think this encapsulates the beauty that St. Thomas has to offer.

## ANGEL OAK TREE

*Ella Bannie*

Johns Island, Charleston SC

Getting its name from the “angelic” shade it casts, Angel Oak is the largest tree East of the Mississippi. Standing for over 400 years, it is also one of the oldest. This massive tree is over 65 feet tall and 31 feet around at its base. Surviving hurricanes and hundreds of years of history, this tree was a remarkable sight. My family took a day trip to Charleston from Savannah, and being able to see this huge piece of history made us feel small in the best kind of way.



## NOVEMBER WALKS

*Elsa Axtman*

As November comes to a close, the neighborhood has started to glow with early Christmas lights. It has been a fast month, and I have been loving going on nighttime walks with my friends. They’ve been a sweet way to unwind and catch up with friends before break. The St. Thomas Neighborhood feels calm and cozy, and it’s close enough to the city that it still feels lively. It’s been a calm routine I enjoy!

## CIVILIZATION HAS CHANGED BUT THE SKY HASN'T

*Emma Franceschi*



This photo was taken on November 11th at 10:43 PM at Afton State Park in Minnesota. An unusually strong geomagnetic storm from the sun illuminated the sky, allowing the Northern Lights to appear farther south than usual and cast pink and green light across the landscape. The lone car here is depositing people to the park to admire the natural light show.



## MICROBIOLOGY PROJECT

*Elizabeth Abarca-Hernandez*

### STOP SUPERBUGS: Protect Yourself From Antibiotics Resistance



Antibiotic resistance is one of the biggest threats to public health today. Learn how bacteria becomes resistance to antibiotics and how YOU can help stop the spread.

#### What is antibiotic Resistance?

- Antibiotics are medications used to treat bacterial infections. When used correctly and appropriately they kill bacteria and help recover from illness
- Some bacteria have evolved to survive antibiotics, these bacteria are called "antibiotic resistant".
- Antibiotic resistance means that the bacteria becomes immune to the drug.



#### How does bacteria become resistant?

- Overuse: Taking antibiotics when they are needed (e.g for a cold or flu)
- Misuse: Not completing the full dose or sharing medication with others
- Agriculture Use: Routine use of antibiotics in animals can cause resistant bacteria to enter our food and our environment
- Poor Infection Control



### Statistics

In the U.S., more than 2.8 million antimicrobial-resistant infections occur each year. More than 35,000 people die as a result, according to CDC's 2019 AR Threats Report.

The estimated national cost to treat infections caused by six antimicrobial-resistant germs frequently found in health care can be substantial—more than \$4.6 billion annually, according to a collaborative [CDC study](#).



### Why is this a serious problem?

- Antibiotic-resistance infections are harder to treat
- They lead to longer hospital stays, higher medical costs, and severe health complications

### What can you do to fight resistance?



- only take antibiotics when prescribed by a healthcare provider
- Always finish the entire course, even if you feel better
- Never share or use leftover antibiotics
- Avoid taking antibiotics for colds or flu
- Stay up to date on vaccinations to prevent infections in the first place
- Wash your hands regularly and practice good hygiene

### Learn More and Stay Informed

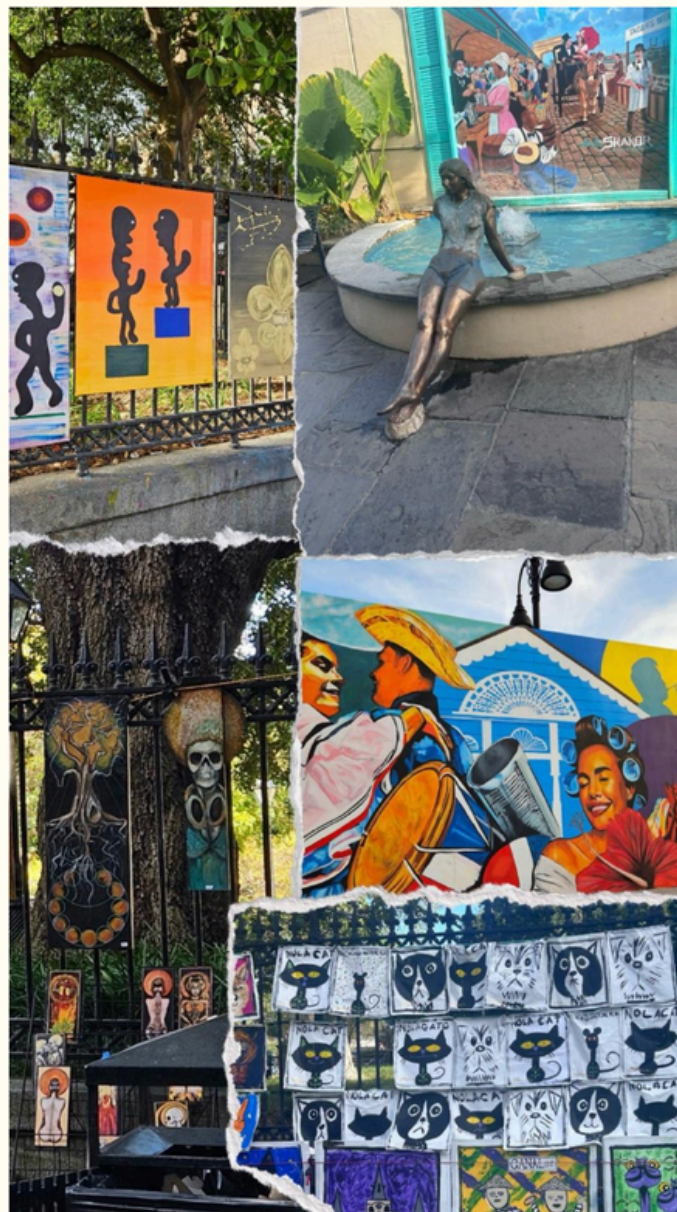


- Center for Disease Control and Prevention (CDC): [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use)
- World Health Organization (WHO): [www.who.int/antimicrobial-resistance](http://www.who.int/antimicrobial-resistance)
- Talk to your doctor or pharmacist for more guidance.



## ART IN NEW ORLEANS

*Farhiya Aden*



This fall, I was fortunate to attend the Society of Women Engineers Conference in New Orleans. While exploring the French Quarter and other parts of the city, I was struck not only by the beautiful buildings but also by the artwork. From murals on walls to sculptures in parks and fountains, art seemed to be everywhere, bringing the city to life.

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