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The Scholars Newsletter

St. Thomas Aquinas Scholars Honors Program



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Congratulations Tommie Award Nominees!



Gabriel Bauer



Alexandria Marie
Kleinschmidt



Spencer Lavelle



Jenna Novak



Pam Savira



DIY Ornaments

Social Chairs

During finals week, the social chairs set up a grab and go DIY Ornament event. With the holidays coming up, we knew college kids wouldn't have a fantastic ornament collection, so we figured it'd be a great idea for them to get a head start on it. The event had a great turnout and all kits were grabbed. Additionally, scholars said the event was a great therapeutic activity!

Hot Cocoa Social

Social Chairs

The Hot Cocoa Social Event at Scooters was fun and festive! Many Scholars stopped by for the hot chocolate bar that included a variety of marshmallows, candy canes, chocolate chips, and whipped cream. Everyone was able to socialize with fellow scholars, and it was fun to see and meet so many members of the program. Thank you to everyone who stopped by the event and enjoyed some hot chocolate on a chilly day!

Finals Study Oasis

Academic Chairs

This fall, the academic chairs hosted study oases for both midterms and finals. The finals study oasis, which was on study Thursday of finals week, provided students with an opportunity to review for their finals in a productive environment and get a last-minute point if needed. Refreshments—including coffee, water, and hot chocolate—were offered, as well as some snacks from dining services. Overall, around 60 students attended, and everyone was pretty focused for the entire two and a half hours.



Stir Fry Recipe

by Quinn Lowe

Although this is now my third year living in Minnesota since I moved here for college, I actually grew up overseas and lived in China for sixteen years and Japan before that. Because of that, my favorite meals to cook and eat are Asian meals or at least Asian-inspired ones. When my family moved to Amsterdam during my last year of high school, I had to get used to not having all of my favorite foods easily accessible in street food stalls. I used some staple ingredients from Dutch grocery stores and a few from the Asian grocery store in town, and I made a really simple stir fry recipe to scratch the itch when I was getting a little too nostalgic for my favorite continent. I'm not a big by-the-recipe cook, so this recipe is really forgiving and adjustable. You can totally customize it to what you already have in your fridge, for the veggies, protein, and all the ingredients are great staples for a variety of Asian dishes from many different cultures. I really recommend giving the recipe a try over the break, and I hope you enjoy!

Sauce recipe:

2 teaspoons ginger
1/4 cup oyster sauce
1/4 cup broth
1 teaspoon sugar
2 teaspoons sesame oil
1 teaspoon maggi sauce
1 teaspoon soy sauce
1 teaspoon cornstarch (or 1 tbsps flour)
1 teaspoon lemongrass paste
1 1/2 teaspoons garlic paste

Other ingredients:

Protein (chicken, ground meat, thinly sliced beef, or tofu squares)

4 servings Asian stir fry noodles (similar to ramen noodles but not sold in the packets)

Chopped veggies (shredded carrot, broccoli florets, bell pepper, bean sprouts, etc.)

Optional:

Minced garlic

½ sliced onion

Scallion greens for garnish

Directions:

- 1) Boil a large pot of water.
- 2) Mix all ingredients for sauce recipe in a medium bowl. Ingredients can be adjusted to taste once mixed.
- 3) If including minced garlic and sliced onion, sauté with olive oil in a wok or large frying pan until onion is just softened.
- 4) Sauté veggies in wok until softened.
- 5) Cook protein.
 - a. For chicken, use strips cooked in the same wok with olive oil.
 - b. For ground meat, brown in separate pan and then transfer to wok.
 - c. For sliced beef, cook in wok with olive oil.
 - d. For tofu, pan fry small squares in wok until lightly browned on all sides.
- 6) Cook noodles in boiling water according to package directions. Do not overcook.
- 7) Drain noodles.
- 8) Add noodles and sauce to the wok and stir together until sauce has thickened and all noodles, vegetables, and protein are coated in sauce.
- 9) Serve immediately.

Palliative Care

by Olivia Tjokrosetio

Upon opening clasped and chapped
Hands, I search for the last light
Of day. My eyes, hoping for a horizon,
Only see the vast wasteland of a sunless glass sky.

The water drips from the glass bell

Slow and steady

Doused in breath,

I wait for its budding

Small and white,

Until winter comes to wilt.

The sun's light starts to fade

The bud will never sprout

And the leaves,

Yellowing at the tips,

Slowly

Fall.

The Catholic Preparing for Christmas

by Daniel Obendorf

Every single year as Advent arrives and Christmas approaches, many Catholics ask the same questions. Is Advent supposed to be a penitential season like Lent is? Should I be giving something up? How should I be preparing for Christmas? On one hand the Church does not state that we are supposed to do any penances for Advent, and she does not list it as a penitential season, but on the other hand we show up to mass and the priest is wearing purple, we do not sing the Gloria, and he is preaching about preparing our hearts for the coming of the Lord this Christmas. What is the Catholic to do to prepare for Christmas?

Although the Church gives us no explicit guidance, we can look at what the purpose of Advent is to tell us what we are to do in preparation. In Latin, Advent means "toward the coming," so this is not a season where we are to sit and wait for something to come to us, but, as the Three Kings did, we are to make our way towards the Lord. This means that we ought to be actually doing something, and so I propose two options for all Catholics that enable us to prepare for the celebration of Christmas. First, Christmas is heavily associated with the giving and receiving of gifts because "Christ so loved the world that He gave His only Son" (John 3:16). This means that it is a good practice to not only ask for material things this Christmas, but in prayer to ask the Lord for some spiritual gifts as well. Maybe this is the health of our families, the consolation of a friend, the conversion of a cousin, but it could also be asking for a certain virtue like greater patience or courage. The Lord desires to give us good gifts, and so why should we not do this especially as we move towards the commemoration of the greatest gift we have received, Jesus Christ?

Secondly, Christmas is a good time to remember Our Mother, the Virgin Mary. She was the way by which God sent His son into the world and this is the perfect time to ask for her prayers and support. Maybe this is done by a weekly rosary or a decade of the rosary a day. Maybe it is giving up a meal once a week and asking for her intercession. The Church highly encourages us to have a devotion to Our Mother, and this Advent and Christmas season is a good opportunity to grow in that relationship. So, no matter how we decide to prepare for the celebration of the coming Christ, we must continue this Advent season to look forward to His coming and reflect upon His place in our lives. Above all else, it is essential to keep the main thing the main thing, and that is that God sent His son into the world so that we may have life and have it abundantly, and He desires us to celebrate this greatest gift with our loved ones.

Walking Together

by Greta Johnson



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In the summer of 2021, I applied and was chosen to participate in a Community-Based Research Grant with two faculty members here at St. Thomas—Dr. Zimmerman in the History Department and Dr. Ehrmantraut in the Spanish Department—as well as a couple of other students from both St. Thomas and Dougherty Family College. Together, we worked on a digital humanities project: to create a digital hub on Latin American migration to the Twin Cities and greater Minnesota. The website, [“walkingtogethernm.org,”](http://walkingtogethernm.org) provides multiple resources for the Latin American population in Minnesota and can be used to educate those unfamiliar with the community’s history and impact in Minnesota. I am a history major, and my job was to search through Minnesota Historical Society databases and other digital archives to put together a timeline of Latin American history in Minnesota. I also worked on a StoryMap, an interactive map that showcases places of significance to the Latinx community in the Twin Cities. Other parts of the project include “Itinerarios,” an interactive StoryMap which displays crowdsourced information on places relevant to the Twin Cities and St. Paul Latinx community. The website also hosts collections of research, essays, and other academic work done by students in and outside of the University of St. Thomas.

We hope to continue working on this project and dismantle negative stereotypes surrounding migration and minorities in the Twin Cities. Additionally, we hope to expand our project to include minority groups other than the Latinx community. If you are interested in learning more about our project, or would like to submit your own research to be displayed on the website, please visit us at www.walkingtogethermn.org. Additionally, check out all of the great research opportunities that St. Thomas offers for undergraduate students. It's a great opportunity to work with faculty members in or outside of your major department, and get some experience conducting and presenting research!

Eastside Co-Op

by Edwin Zhanay

Eastside Food Co-op is a great place to shop because they encourage customers to work towards a more sustainable environment. They are as far away as you can be from a major grocery store. They care for their workers by bringing a better working environment and experience. It is also a place that helps to bring a strong community. They have a community room and a lounge for community participation. Eastside has several programs directed to help its members and the community. For example, to help with food access and equity, they offer Wellness Wednesday and Meat Market Thursday where you can get an extra 10% off on personal care items and meat. Another program for the community is the Eastside Fare program that gives an additional 20% discount for those enrolled in government programs. Other Food Co-ops work similarly to Eastside, with the goal of pursuing a sustainable environment and bringing locally sourced foods to customers. Many may not know what Food Co-ops do and how they help the community. So, I encourage others to visit a food co-op and experience firsthand how they help the community. Any assumptions you may have may be corrected after your visit, and you may even be encouraged to shop at food co-ops after learning about their mission. Through food co-ops, members can contribute together to work towards a more sustainable environment and reduce waste and toxicity. Ultimately, this creates an environment that helps future generations enjoy a better world.

Factories

by Chasidy Bustamante



2020 brought up a lot of issues dealing with systemic racism. However, racism has been an ongoing problem. It has periodically flared up in the media when there is the death of an innocent Black man due to police brutality, but the media attention usually ends up declining. BIPOC people are the ones who have to experience discrimination throughout their daily lives. As if that were not enough, some even experience a form of racism in their own homes due to environmental racism.

Pictured is an asphalt factory located next to a steel factory. These factories are located in south Minneapolis within the Phillips neighborhood, where most residents are people of color.

Trevi Fountain

by Gracelyn Riedel



Pictured is the Trevi Fountain in the heart of Rome, Italy. My journey on the Rome Empower program was three months filled with one once in a lifetime opportunity after another. From cliff jumping in the Amalfi Coast, meeting the Pope, and a shopping spree in Milan, this trip was the most amazing time abroad.

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