

---

NOVEMBER 2021 EDITION

# The Scholars Newsletter

*St. Thomas Aquinas Scholars Honors Program*



---

**EDITOR:**

*Ellie Lange*

---

## Featured in this Edition:

- Scholars Community:
  - Feed My Starving Children (p.2)
  - Pizza with the Prof (p. 2)
- Scholars Journal:
  - "Buñuelos Storytelling" (pp. 3-4)
  - "Golden Hour on the Lake" (p. 5)
  - "Olivia" (pp. 6-7)
  - "The Line" (p. 8)
  - "Azienda Agricola Trebotti" (p. 9)
  - "The Forgotten Region of Italy" (p. 10)
- Upcoming Events (p. 11)
- Board Contact (p. 12)

## Pizza with the Prof

### *Academic Chairs*

Early in November, the Academic Chairs hosted Pizza with the Prof with Dr. Lederle, who presented on Equity in Transportation Design. Scholars learned about how transportation projects have the potential to divide a community or create new opportunity for connection. Dr. Lederle discussed how past transportation projects caused and perpetuated segregation, but new transportation projects can also be used to address existing inequities. This was a hybrid event, and Scholars attended both virtually and in-person.



## Feed my Starving Children

### *Service Chairs*

In addition to decorating worry stones, Scholars volunteered this month at Feed My Starving Children. Twenty Scholars combined to pack a total of 7,560 meals in just an hour! We look forward to another trip to FMSC next semester.

# Buñuelos Storytelling

*by Edwin Zhanay*

I remember the first time I tried buñuelos, which was in Cuenca, Ecuador. We were walking through the markets in Cuenca, and there were a lot of street vendors selling all types of foods. My parents decided to buy us buñuelos which also came with dulce de higos, which translates to figs in syrup. I remember it tasting so good that I asked my parents why we never made this at home. My parents told me they remember eating this as kids when they came to the city, but they never learned how to make it since it was not a traditional dish and did not originate from Ecuador. It was something that could be easily found in the city but not back in the town we lived in.

Buñuelos originated in Spain and was later introduced to Ecuador and other Spanish-speaking countries. I remember talking about buñuelos with friends from different parts of Latin America who also eat buñuelos but prepare them differently. Some form them into perfect circles and others form them to be flat. My family recently began making buñuelos at home and we primarily make it during Christmas because it is believed to bring good luck. However, you can find street vendors selling buñuelos all year round in Cuenca, Ecuador.

Making and eating buñuelos is important to me because it reminds me of my first trip to Ecuador and interacting with street vendors. In Ecuador, my family lives an hour away from the nearest city, Cuenca. When eating buñuelos, I saw it as an incentive to travel the hour difference from where we live to the city. At the same time, buying buñuelos in Cuenca was one of the ways to support street vendors. Today, my family makes buñuelos with dulce de higos only during special occasions. Every time I eat them, I remember the city of Cuenca and my first trip to Ecuador.

Making buñuelos at home is relatively easy. The ingredients to make buñuelos can be found in most grocery stores. There is also no special equipment needed to make buñuelos. The part that may be most difficult is frying the mixed ingredients, but it can be easily learned through trial and error. I remember the first time we tried making it a couple of years ago with my siblings. The first couple of times the buñuelos did not come out the way they were supposed to because we either took them out of the oil too early or too late. But after trial and error, you learn when the perfect time is to take them out of the oil. My family makes buñuelos and eats them with dulce de higos, or figs in syrup. However, making dulce de higos requires different ingredients and more time, but it adds more flavor to buñuelos. Instead, you can make buñuelos and try it with normal syrup from any store.

Overall, buñuelos is something that everyone can make and should try at home. Its simple ingredients and directions should encourage everyone to make this at home. If you love sweets and want to try something from a different culture, making buñuelos is one of the best options. The ingredients are easy to find, and it does not take a long time to make.



*Photo from [www.brokebankvegan.com](http://www.brokebankvegan.com)*

# Golden Hour on the Lake

*by Nathan Kuhlman*



As an avid nature photographer, I was so happy to get this shot during my vacation to northern Wisconsin this past summer. The golden hour light beaming through the lake's mist was beautiful, and I was able to capture several fishermen out early right at sunrise. Although I have several color images of the scene, I actually prefer the aesthetic of this black and white image, which accentuates the intensity of light and shadow that were present.

# Olivia

*Amy Lippman*

It was days like today

That he'd drink his coffee slowly and his newspaper would crinkle from the way he held it

And he'd think of her.

He'd think about how her hair would twist and bend in the wind

And how any sunlight would make her eyes sparkle but

On the cloudy days, they were beautiful, too.

He'd think about the sundresses she wore

Even when it was winter and no one dared to show bare skin, much less two full legs

She did.

He'd think about her disposition

And how everything she said, he thought it hilarious

Except on her serious days. Then he'd just listen to her because her voice sure seemed like the sole reason he breathed.

He'd think about how she loved everyone and everything

And when she loved you, she loved you forever

But maybe her forever was shorter than his

Because, when he thought about it,

It was as easy for her to fall in love with him

As it was for her to fall out of it.

So maybe, when he thought about it,

Loving everything wasn't a perk

That maybe when she loved everything, she loved too much

So her heart had to remove one thing to make room for the rest. And that was him.

He wouldn't get angry when he thought about her, though

He wouldn't pay attention to their break up.

He'd remember the rhythm of her heartbeat and how every word she said was a poem in itself

He'd think about how every poised step was like a ballerina's and each recital was just for him.

How even when she had her clumsy moments, she was still graceful.

And how he could've sworn that any night the sky was empty it was because the stars were in her eyes.

So, really, whenever he thought about her

In every aspect- her snowflake spirit and the wildflowers that grew in her mind

He just missed her.

Instead of calling her, though,

He'd sit alone in his house, glance at the sunrise peeking through the window,

and wonder about the mysteries of the Earth.

Olivia.

It was days like today

That he'd drink his coffee slowly and his newspaper would crinkle from the way he held it

And he'd think of her.

# The Line

*by Adam Owens*



YouTube Link: <https://www.youtube.com/watch?v=LwZ-bZp4qyA>

This is a short video I made with a friend for my digital media class earlier this semester. The assignment was simply to film someone doing something using some of the video graphic and editing skills developed in a previous class. It could be as simple as making a sandwich or complex as assembling a bicycle. I chose to film my friend Mike slacklining between two trees, and it's a fun little video I enjoy looking back on.



# Azienda Agricola Trebotti

*by Kelsey Latterell*



Pictured are three Rome Empower students overlooking the landscape at Italy's Azienda Agricola Trebotti. This small, family-run vineyard lies along the borders of the Italian regions of Lazio, Umbria, and Tuscany. Over the last decade, the Botti family has implemented several sustainable agricultural practices at their farm and winery, setting an impressive standard for environmental conscientiousness and unwavering attention to quality.

# The Forgotten Region of Italy

*by Rhynn Paulsen*



I am studying abroad on the Rome Empower Program this semester in Italy. Over one weekend, our group traveled from Rome to the region of Molise. Sandwiched between the Apennine Mountains and the Adriatic Sea, Molise is a largely untouched treasure. It's the least well-known region in all of Italy, and a running joke among Italians is that it doesn't exist. We loved our three days there, which we spent exploring the cities, fishing villages, and local food. This picture was taken near the small city of Agnone, which sits perched atop a ridge overlooking the Apennine Mountains.

# Upcoming Events

*Check Canvas for more information*

- Pizza with the Prof
  - *December 2nd, 12-1 pm*
- Christmas Movie: Home Alone
  - *December 5th, 5-7 pm*
- Snuffle Balls for Humane Society
  - *December 6th, 5:30-6:30 pm*
- Tie Blankets
  - *December 13th, 5:30 pm*



# Board Contact



Cameron Schultz, *President*  
schu2463@stthomas.edu



Rachael Binstock, *Vice President*  
bins7418@stthomas.edu



Megan Smith, *Webmaster*  
smit2829@stthomas.edu



Ellie Lange, *Publications*  
lang3347@stthomas.edu



Eric Fort, *Faculty Director*  
fort5372@stthomas.edu



Erica Berglund, *Administrative Assistant*  
berg7582@stthomas.edu