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SEPTEMBER 2022 EDITION

# The Scholars Newsletter

*St. Thomas Aquinas Scholars Honors Program*



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*Ellie Lange*

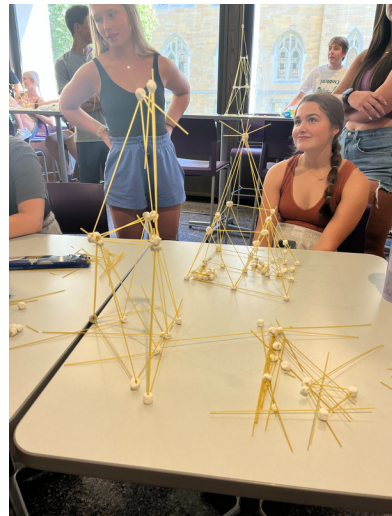
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# Welcome Class of 2026!

As we kick off a new semester, I'd like to extend a special welcome to our Scholars freshmen and everyone who has recently joined the program! I hope you are getting settled into the Honors community and making the most of everything the program has to offer. Early this month, we held an Honors orientation to welcome everyone into the program. Below are some highlights from this fun day, along with photos from our Honors retreat!



# Ice Cream Social

## *Social Chairs*

What wonderful way to start the year with an ice cream social! We had a very large turnout of about 100 students, made up of both new and returning Scholars. Everyone enjoyed making ice cream creations, playing board games and ping pong, and sitting and socializing. We went through around 5 gallons of ice cream and had students dropping in until the cutoff at 9 pm. Students were able to form connections and get to know their community of Scholars better. It was awesome being able to meet new Scholars as well as Scholars running for the student board this fall. We are very excited to meet more new and current Scholars at our next events and looking forward to a great year!





## Activity Fair

### *Service Chairs*

We had 6 Scholars represent the Honors Program at the activity fair by playing trivia for candy with other students. We were able to share lots of fun information about events, classes, and seminars for students who were interested in applying. It was a great opportunity to connect with students and share about the Program!

## Walker Art Center

### *Academic Chairs*

On Thursday night, 30 Honors Scholars attended a trip to the Walker Art Center in Minneapolis to enjoy a guided tour of the galleries Five Ways In: Themes from the Collection and Pao Houa Her: *Paj quam ntuj/ Flowers of the Sky*. This event presented the opportunity for Scholars to learn about looking for common themes in galleries, exploring artistic mediums, and more about the artists whose work is featured there!



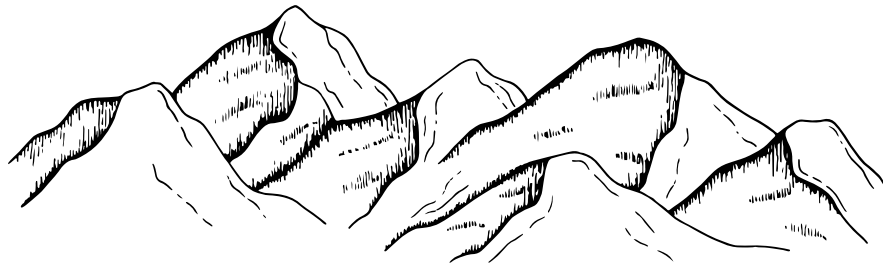
# Perseverance

*by Sofia Miranda*

Before the mountains were towering in the sky  
Unmovable and grand  
Reining in power above all

They survived the pressure of four oceans  
Blanketing their brilliance  
Drowning their presence

But nevertheless, they rose



# Through the Window

*by Alexa Chesley*



This is a photo that I took at my apartment of my friend entering the apartment through the fire escape. It was the end of summer and the use of the window rather than the door really struck me as one of the care-free fun moments that everyone strives for during the summer. As we grow up and our naivety slowly drains away, moments where people work towards joy for joy's sake strike me as rarer and rarer, and doing things such as this I feel are an attempt to preserve being carefree as we enter a more independent and adult world.

# Optimization

*by Errol Mickelson*

One day, it happens: there's no more time to waste. We must stay productive, optimize, get enough sleep, optimize, work enough hours, optimize, optimize, check the clock often—but not too often, because that's wasting time, and once you start thinking about that it's about all you can do.

Tarnished silver, cracked—fragmented, the gleaming sigil of a watch face divided into twelve slivers that dominate all. Optimization, optimization—tarnished silver, titanium metallic—the soaring sides of a great factory, dirt heaped in incongruous piles around its base because there was no time to move it away.

Tiny figures playing, laughing atop the dusty heaps, unaware that they're on the clock as well. People stop as they trudge toward the factory, checking their watches, watching the children, wishing they'd optimized their time when they had the chance.

# Cor ad Cor

*by Jeffrey Davlin*

Red waves beating on a snow-white shore.  
Heart beating my ribs through my chest.  
Drums beat the tempo and match the roar.  
Love promises lovers no rest.

I built my heart from careful-snow-sand.  
Clear waters, clean castles, no pain.  
All stabbed killed and wrecked by red-tide-hands.  
I'm Abel, unable, You Cain.

Dive deep and gasp for source of the flood.  
Heart tattoos a name on my soul.  
Can't drown in water, can't swim in blood.  
Find You once I give up control.

A white rose growing from blood-red-shore  
Her sharp thorns say Love demands all.  
Painful but worth every drop and more.  
Love chases you, answer His call.



# Hot Girl Walk

*by Grace Eggleston*



Last school year, I had been struggling to find time to hit the gym or spend time outdoors, due to work and class most days. Then, I came across a trend on TikTok towards the end of the school year called the "hot girl walk." A "hot girl walk" is essentially a long walk outside while listening to some catchy music and surrounding yourself with good energy that you carry throughout the rest of the day. This was really appealing to me and I ended up giving it a try, and now I'm obsessed. I've now gone on "hot girl walks" several times, and it has motivated me to get outside more, stay healthy, and explore the city (as seen in the photo above). I would highly encourage anyone to give it a try!

# Life According to a Neuroscientist

*by Victoria Kurdyumov*

A brain against the sky.

Brown axons weaving through  
Thick green faces, aged.  
Spinal cord tall—shielded—and  
dendrites reaching into dark  
spaces.

In the invisible blood stream  
it sways, yields to hormones  
we breathe out. Yellow  
neurotransmitters spraying  
other brains, chemical synapses.

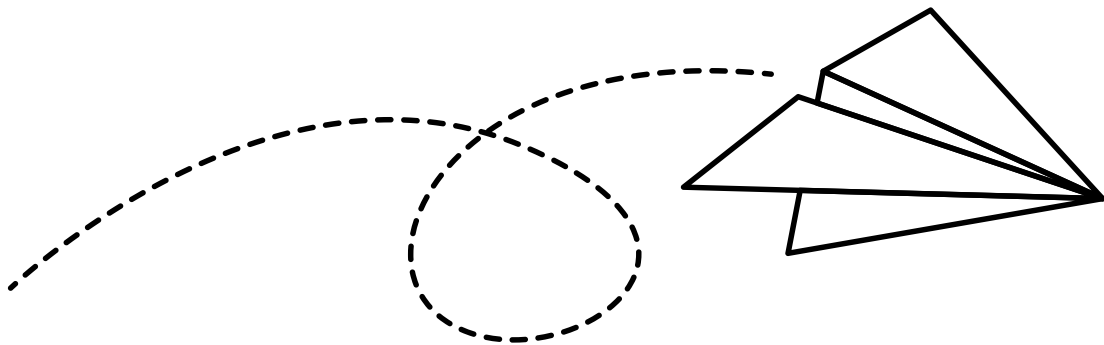
Vesicles budding,  
dropping to seed another

brain against the sky.

# How to Become an Adventurer: Enjoying the Unknown

*by Corissa Uberecken*

I've never lived outside Minnesota. When I learned about the aspect of studying abroad, I was excited about the prospect of living in a completely different country, learning about different cultures, and trying new things (especially food) seemed like a once-in-a-lifetime opportunity I couldn't pass up. The only problem was that I never pictured myself as an adventurer who could just jump into an unknown country. Previously, I liked being in Minnesota because I knew what to expect and staying within my comfort zone. To challenge myself, I decided to pick a program through the University of Sydney to study Cybersecurity. I packed up my bags in early July, hopped on a plane, and decided to go on an adventure of my own!



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## SCHOLARS ABROAD



Since I arrived, I've met people from all sorts of different countries, learned about Aboriginal Australia, hiked around Australia, visited lots of beaches, and participated in a hackathon! My friends I've met here are the charismatic, motivated, and funny people that were super welcoming since I've arrived and has been a wonderful group to get to know along my journey. I miss all my UST friends dearly, but I can't wait to catch up on what they have been up to and share stories over a coffee or two. I've learned to not be afraid to jump into a new opportunity since you never know what amazing friends, wonderful experiences, and laughs you'll get to share along the way. After all, stepping outside my comfort zone has been one of the best ways for me to learn about new ways of thinking and enjoying the experience of living in the unknown.

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