



The SCHOLARS JOURNAL



*Photo credit: Elizabeth Abarca Hernandez

FEATURED

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PUBLISHER'S NOTE

If this semester has felt like a constant cycle of deadlines, you're not alone. It's easy to measure success by how much we can handle at once, however, that's not the only way to define it.

This issue is a reminder that being part of an honors community isn't just about doing more but rather it's about thinking differently, questioning deeply, and sometimes even slowing down. Take what you need from these pages, and leave the pressure behind, even if just for a moment.

DYING OUT LOUD

BEN BARRETT - MONARCH (BAND
 COMPRISED OF UST STUDENTS)



My band, Monarch, just released our new song, "Dying Out Loud." We are all UST students who met and started playing music together before formalizing the band. This song was a very fun writing and recording process.

[Listen on Spotify!](#)

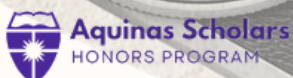
[Listen on YouTube!](#)

LBS TRIP TO SCOTLAND

MADELYN ANDERSON



[Watch on YouTube!](#)



FLORIDA BEACHES

HENRY STARKIE

*Northeast and northeast again,
 Foaming and frothing with a hint.*

*Stirred up by memory and
 suggestion,
 What awaits the reckless Wayfarer?*

*Born of love and deep desire,
 Take me to unbounded Shores.*

*Lost in wonder on that island,
 Wet with salt, white with chalk*

*Grand adventure, fortitude fine,
 how I love adventure mine.*

*(inspired by the experience of an
 Englishman looking back across the
 Atlantic towards England from
 Florida)*

KELINGKING BEACH

MARCUS SCHEIDER

While studying abroad in Australia this semester I had the amazing opportunity to go to Bali over spring break. My time in Bali was wondering as it was filled



with beautiful nature, good food, and experiences I will never forget. My favorite experience from the trip was when I went to the famous Kelingking beach on the island Nusa Penida. To get there my friends and I rented scooter and drove for around 1.5 hours across the island with 2 of us crashing our scooters along the way. Once we got there it was truly breathtaking and we proceeded to hike down the cliff to the beach which you cannot see in the picture but is on the right side of the cliff. The whole trip was truly amazing but this experience in particular is something I will not forget.

CAMPUS, SKY, CAMPUS

KEVIN LYNCH

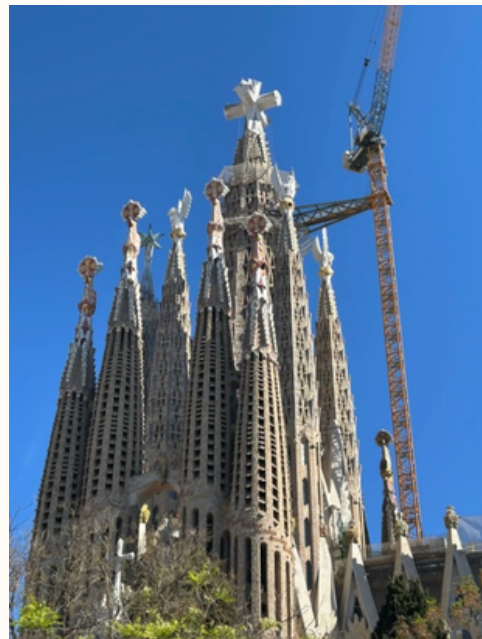
The South Campus quad in broad daylight is my least favorite place on campus. The way the sunlight washes out the sterile new concrete and plain buildings is an assault to the senses, and the rows of plants spaced out like cookies going into the oven adds insult to injury. I've never liked it. But from here? This is the kind of view that reminds you why you came to St. Thomas — or college in general — in the first place. This expansive, wide-open space filled with unappealing textures and



made via millions and millions of dollars is the avenue through which thousands of people learn and grow. You can see the different departments and facilities and courses physically layered on top of each other in an image like this, and the effect is striking. That individual ugliness creates something stronger and more beautiful in collaboration; maybe I can get used to this view, after all.

LA SAGRADA FAMILIA – BARCELONA

ANYA STUPAR



The image above is of La Sagrada Família (or Basílica i Temple Expiatori de la Sagrada Família) church in Barcelona. Antoni Gaudí, a renowned architect, designed the church which was started in 1882 and remains unfinished to this day. As of October 2025, it is the tallest church in the world. People can enter the church either by buying tickets as tourists or by attending the international mass which is held there on Sundays.

VOLUNTEERING AROUND THE WORLD

TAYLOR KILL

Hello Scholars! I hope you are all doing well as we near the end of the semester. For the past four months I have been studying abroad and would like to share about two volunteer experiences I had. My first volunteer experience was in Diani Beach, Kenya. Here, I volunteered at Mama Gladys Primary school, where I taught kids up to the third grade level. This was such an incredible experience because it was my first time solo traveling in a country, and the organization I volunteered through was not affiliated



with my study abroad program so I got to meet a ton of new people. I lived in a house with other volunteers, and after working at our programs for the day, we would all go to the beach or go out for dinner together. We had the weekends free, so a lot of us used that time to go on a weekend safari together in Tsavo East National Park. My second volunteer experience was in Busua, Ghana. This was a shared experience between me and some of my friends that I have met while studying abroad, and it was truly unforgettable. The program we volunteered through was called “Teach on the Beach,” an after school program for kids up to the sixth grade. Even though we were there on a weekend, lots of kids still came to learn, play games, watch TV, etc. The program was really special because it gave kids a safe and fun place to engage with volunteers or with their friends whenever they wanted. Our accommodation was right on site, and there was also a super sweet cook who made all of our meals. We even got to have an authentic cooking class with her. My friends and I led our own classes at the program and also organized a dance competition with the kids. Both experiences were so unique and special, and the love that the staff and kids displayed at both programs will stay with me forever.

STILL I CROSS THE DISTANCE

JEDIDA COMPAORE

The halls have memorized the summer.
I have not.

At sixteen I mistook departure
for arrival.
The ocean did not argue with me.

The season turns a corner I recognize.
I watch it go
the way you watch a word
you almost said.

There are chairs here
that have forgotten being sat in.
I know something about that.

I carry a house with no address.
It is heavy
the way light things are heavy
when held too long.

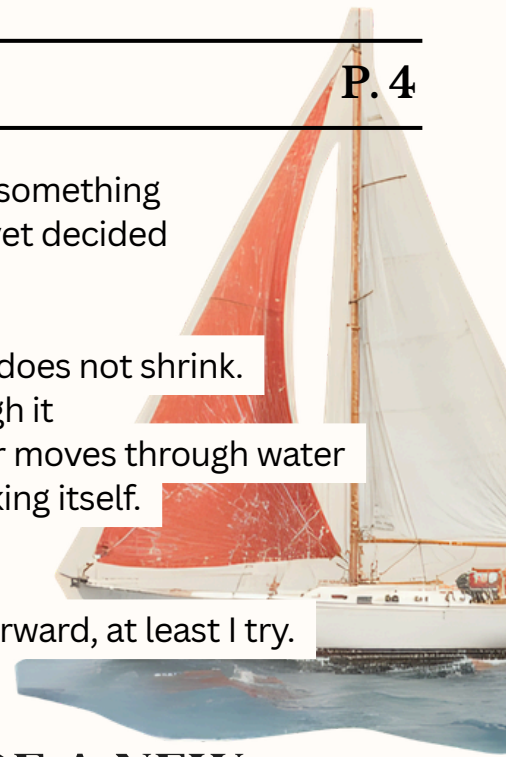
The same eyes.
The same direction they look.
The voices I come from
do not echo.
They lead.

Some mornings the quiet
has a second quiet inside it.
I have learned to sit
inside the smaller one.

To be unbroken is not
to be unaware.
It is to know the distance exactly
and step anyway.

I am building something
that has not yet decided
what it is.

The distance does not shrink.
I move through it
the way water moves through water
without breaking itself.
Still, I stand.
Still I stay.
Still I move forward, at least I try.
Still.



THE BLUR OF A NEW BEGINNING

PARKER GLAS

Wasn't February 2nd just yesterday? A glance at my phone or Outlook calendar suggests otherwise, but that still doesn't quell the illusory feeling in me of it being the end of April. And I know that practically everyone has the sense that time moves fast, but as a new transfer student, I think the feeling has been amplified by all the new and exciting experiences that have been thrown my way.

I've had an incredible transition to St. Thomas and have been blown away by every aspect of my experience. I relish all my classes, I love my professors, all my fellow students are exceptionally nice, and even the traffic for my commutes isn't as dire as I thought it'd be. All this is contrary to the anxiety that engulfed me in the weeks before classes, with all the uncertainty that comes with starting a whole new chapter of my life. But those fears dissolved quickly, and I'm at a point where I honestly feel quite sad that the semester is coming to a close.

My goal is ultimately to finish my education here and earn my bachelor's degree. Still, a part of me wishes things could stall out for a while so I can soak in more of this new experience. But as I well know, time isn't so compliant to our whims, so for this final month, I look forward to making the most of it and continuing to enjoy this incredible university, which now feels like my second home.

RISING VALUE: AN ECONOMIC LOOK AT SOURDOUGH BREAD MAKING

ANONYMOUS

Why would anyone waste 72 hours making bread when they could run to the store and buy a loaf for \$5? This is a common critique when it comes to making sourdough bread. The opportunity cost for this recreational activity is hefty, as it requires constant monitoring, special tools, and endless amounts of time, which make it very costly compared to just buying the \$5 loaf at the store. Making sourdough bread seems to be an inefficient hobby from a market-cost lens, but the true value of sourdough hides beneath the surface. Sourdough really shines when it comes to total utility. Baking sourdough allows individuals to experience non-monetary gains such as creativity and relaxation. These factors are what raise the value of this activity above a typical market view and allow it to be worth the high opportunity cost price tag.

Sourdough allows for creativity to flourish in the kitchen. Although the dough itself is quite particular, bakers can let creativity run wild when it comes to inclusions and discard recipes. An inclusion is when bakers add flavors to their loaves, like cinnamon sugar or garlic parmesan. These unique additions create differentiation from the typical loaf at the store, creating value for homemade loaves. Specifically, the diversification of homemade loaves moves bread from a commodity good to a differentiated good, which economically creates more value. Bakers can whip up customized loaves that may be impossible to buy from a store, adding immense value. Additionally, there is a secondary output to a sourdough starter.

Keeping the starter alive results in discard that can be thrown away or can be recycled into other recipes, like bagels and brownies. Bakers can be creative by adding discard to family favorite recipes or by coming up with new ways to use the discard. The discard offers joint production, where the baker can maximize their return on the starter.

Another value of sourdough is highlighted through the subjective theory of value. This theory suggests that people receive more enjoyment or value differently based on their preferences. Another effect present is the IKEA Effect, which says labor can increase the value of something. Sourdough bread is a textbook example of this effect. The labor-intensive nature of making the bread, including the stretch and folds and shaping process, makes the loaf even more enjoyable at the end. The baker can appreciate the hard work that goes into bread (even the store-bought ones) and thus creates more value in the final product. After all the hard work of making the bread, nothing tastes better than that first bite!

Along with these other values, sourdough provides bakers with a relaxation outlet. With the busyness of everyday life, it is hard to remember to slow down and enjoy simple things. Sourdough allows for this. The slow process creates room for reflection and gratitude in every step. To add, sourdough making has a therapeutic nature to it. Stretching and folding the dough creates sensory experiences that are stress-reducing for many. These opportunities that come with the bread-

making process serve as a non-monetary value the homemade bread has over a store-bought loaf. For this reason, it is arguable that the hassle of breadmaking is a profit rather than a cost. When someone engages with breadmaking, they are better off emotionally as well as physically. Emotionally, they have engaged in stress-relieving activities that will improve mental health. Physically, they have gained access to nutrients via the bread itself.

Even though 72 hours for one loaf of bread seems extreme, the time is well worth it in the end. The utility of sourdough bread making truly lies in the crumb, not just the crust. Once all these utilities and returns are acknowledged, the value of the bread-making practice is clear and, like the dough itself, the value is always rising.

CLUB TENNIS HAPPENINGS

RACHAEL MOHR

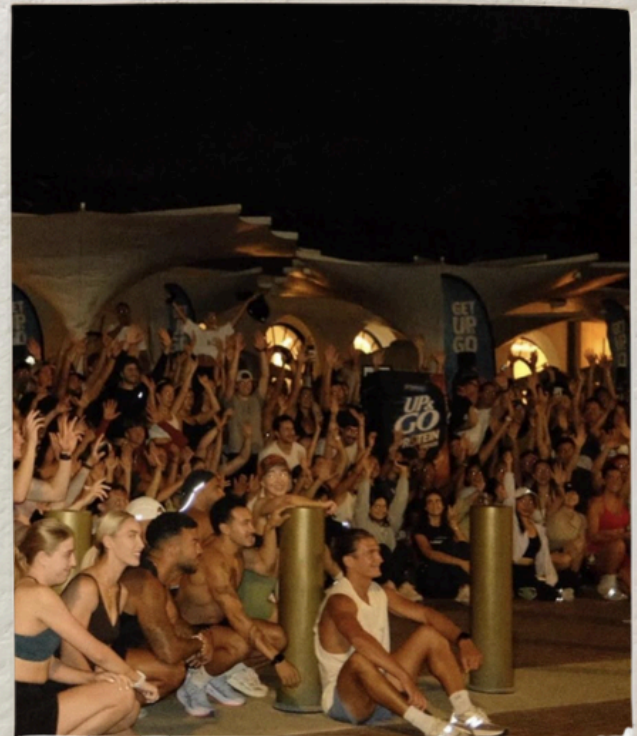


The club tennis team visited Red Rocks Park and Amphitheatre and got to explore the beautiful views and rock formations together. The rocks are over 300 million years old and stand almost vertical because of tectonic shifts!

SYDNEY RUN CLUB

ASHTON EXTRAND

The Sydney Run Club takes place every Friday and Saturday morning at 5:30 am at Bondi Beach. You learn two things right away when you get to Australia. First, running culture is huge; the run club has over 65k followers on Instagram, over 1,000 participants run, and there are sponsors like JBL and Powerade. Second, the day starts at 5 am. The run club encompasses the early morning, active culture, and gives an enriching experience of the Australian lifestyle.





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