

Saunterer

CLARKE HONORS COLLEGE • SPRING 2024



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Make Tomorrow Yours

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SALISBURY UNIVERSITY CLARKE HONORS COLLEGE

Dean

Dr. Andrew Martino

apmartino@salisbury.edu
410-546-6902

Director of the Bellavance Honors Program

Dr. Cristina Cammarano

cxcammarano@salisbury.edu
410-677-5071

Director of Business In Honors Program

Dr. Michael Koval

mrkoval@salisbury.edu
410-677-0168

Director of the College of Health and Human Services Honors Program

Dr. Jennifer Hart

jahart@salisbury.edu
410-548-4784

Director of the Henson Honors Program in Science & Mathematics

Dr. Jennifer Nyland

jfnnyland@salisbury.edu
410-677-0122

Editor-In-Chief

Mandy Sanidad

Marketing Major, Multimedia Journalism Minor
msanidad1@gulls.salisbury.edu

Writers

Mallory Bell, Alwick Blouch, Sophie Detorie, Wennia Ferreira Reis, Tessah Good, Kaley Hardman, Mary Hsia, Logan Lankford, Daniel McMillan, Claire Morin, Maggie Patterson, Emily Ritzes, Mandy Sanidad, Sophia Smith

Editors

Alwick Blouch, Dalton Bosserman, Sophie Detorie, Ellie Hanover, Kaley Hardman, Claire Morin, Elizabeth Wash, Nicole Washington

Photographers

Allie Rudasill, Saunterer Team Members; Clarke Honors College faculty, professors, and students; SU Publications Office; and Salisbury community members

Creative Works

Sarah Clawson, Maggie Patterson, Allie Rudasill, Luke Zolenski

Contact Us

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Like Thoreau in *Walden*, we will record our sauntering here, remembering that "if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

Cover photo by Nikki Mondo @njm.photo in Salzburg, Austria

Leading with Love and Light



Lauren Hill

By Emily Ritzes

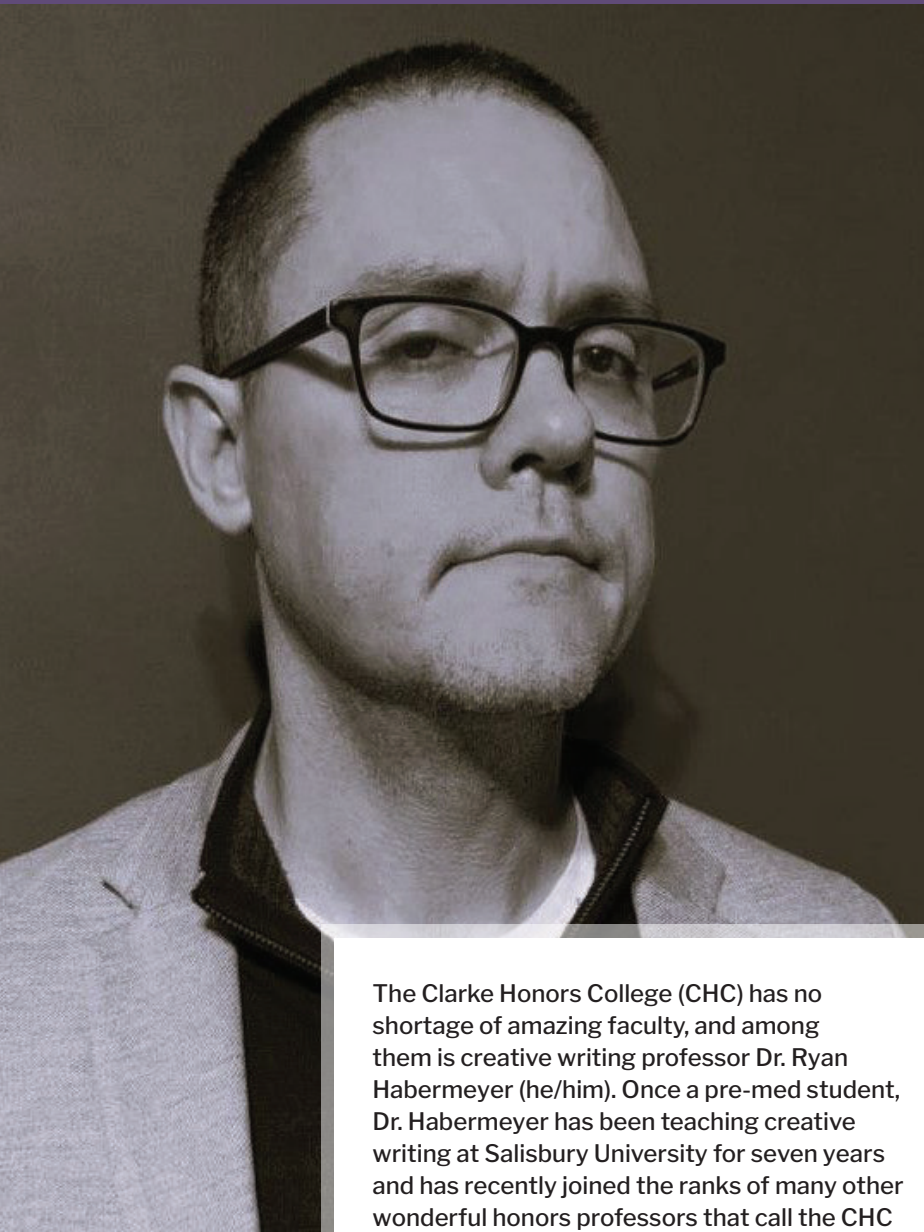
The Clarke Honors College community is comprised of so many wonderful faculty members, but at the heart of it is Assistant Dean Lauren Hill (she/her). Hill is truly the glue that holds our community together. Whether it is organizing craft circles or bringing her dog Castro in to boost morale, she is constantly looking for ways to help honors students and faculty. Professor Hill is always invested in both the college career and the personal life of each and every honors student. She is often your number one cheerleader and is always one of my first choices as a resource. I have the privilege of being a member of her class as well as being in the same honor society, Omicron Delta Kappa.

As a freshman, I was extremely anxious about all that college had to offer. Professor Hill was one of the first professors I had ever talked to. Immediately, she was getting to know me, truly listening to every statement and every fear I expressed. Her comforting presence put me at ease, and I signed up to volunteer with her at the Folk Festival. Throughout the year, she encouraged my friends and me to get involved in any way we could. Sophomore year, I had the opportunity to lead the Clarke Honors College Out of the Darkness Walk team. Professor Hill was by my side every step of the way, offering support in any way that she could. As someone who has struggled with mental health, having a professor so willing to help spread awareness and assisting your journey is such a comforting feeling.

Now as a junior heading into my last year at Salisbury University, I have the privilege of being in Professor Hill's Thesis Preparation class. We went around the room talking about our ideas and plans for our thesis, and Professor Hill was so excited to hear about every single topic. She gave us such great feedback and told us how she was looking forward to seeing how all of our projects turn out.

As a professor and a human being, Professor Lauren Hill is truly representative of the essence of what the Clarke Honors College stands for. Our community is so extremely lucky to have such a positive force involved in our lives. Lighting the path with the love in her heart, Professor Lauren Hill is truly the best of the best.

Faculty Spotlight Ryan Habermeyer



The Clarke Honors College (CHC) has no shortage of amazing faculty, and among them is creative writing professor Dr. Ryan Habermeyer (he/him). Once a pre-med student, Dr. Habermeyer has been teaching creative writing at Salisbury University for seven years and has recently joined the ranks of many other wonderful honors professors that call the CHC home.

Dr. Habermeyer's current class with the CHC is a seminar-based Honors 311 on creative writing. Students have a crash course in creative writing where they wet their feet in a rapid-fire workshop in all things poems and prose. Each class brings a new story to read and analyze – an old fairytale, a newfangled retelling or a story that just has that fairytale flair. All of this work is meant to cultivate the CHC students into mini oracles to write their own fairytale stories.

Dr. Habermeyer has been interested in fairytales and folklore since his college days. He wrote one of his two dissertations on fairytale writings. While he is a self-proclaimed fairytale fanatic, Dr. Habermeyer made it clear that

it is okay to obsess over the things you are interested in. "If you're a writer, you're an artist, you're a thinking person, obsessions are great," he said. "We should all be obsessed about something."

Dr. Habermeyer may love what he teaches, but a classroom is a two-way commitment. Luckily, he has found that students are eager to engage in the material that he has selected for them. He noted, "I've been really lucky that Salisbury students have appreciated the kinds of weird experimental, unconventional things that I teach and that I write myself."

Likewise, Dr. Habermeyer is very invested in students' personal academic interests. He encourages students to discover and pursue what they are passionate about. Dr. Habermeyer expressed: "I think intellectual curiosity is one of the most important traits that humans should develop. I really enjoy being in the classroom and talking with students about their writing, about their interests and getting them to pursue their intellectual curiosity."

He is not only talking about conventional and 'normal' types of interests either. Dr. Habermeyer said, "Pursue your intellectual curiosity no matter how weird it is, no matter how many people tell you not to do it."

Some honors students may be deterred from creative writing, especially those who are in more research-based majors. However, Dr. Habermeyer assures that this is far from the truth. "Look at all the greatest scientific thinkers," he expressed. "They were all artists in a way ... They are all creative thinkers. You have to think creatively no matter what discipline you go into."

No matter what major a student is in, it would not hurt to pick Dr. Habermeyer's class. You may find it is more similar than you think.

Though not yet an honors veteran, Dr. Habermeyer is enthused to be part of the CHC faculty. He noted, "There is an intensity to honors classes that is good. I think academic inquiry should be intense."

The CHC students have a lot to learn from Dr. Habermeyer, especially involving their own creative processes. He explained: "I think the CHC behooves students to know how to think creatively. I think that is what honors does. It really makes the point of emphasizing you need to be creative thinkers."

By
Kaley Hardman
and
Claire Morin

Honors to Honors

Patti Filutze's Return to the CHC

This semester, the Clarke Honors College (CHC) welcomed home 2014 Bellavance Honors Program graduate Patricia (Patti) Filutze (she/her) as its new administrative assistant. She rejoins the honors community with seven years of administrative support experience at Salisbury University and a master's degree in creative writing from Hamline University. With Miss Patti's strong skill set in University procedures and administrative duties, she plans to assist in the CHC program's structure and efficiency.

"My goal is to provide strong support so that all our honors faculty can focus on what they love most – TEACHING!" she said.

Returning to honors at SU 10 years later as a member of faculty rather than as an undergrad, Miss Patti has noticed a difference in the honors environment, for the better.

"Honors seems to be even more tight-knit than it was when I was a student. The honors house is still an open, inviting environment that really acts as a haven for its students. The house was one of the biggest draws to me because it epitomized the smaller, individualized learning experience that you have as an honors student," she said.

Miss Patti admits she only got to know a small portion of the honors community as a student through her experience taking a few honors courses at SU. But during that limited time, she still understood what honors is all about.

"Honors is unique because it includes students from all majors across campus. This is a place for any student to potentially thrive and explore their academic interest beyond the scope of regular program courses."

At the time of her schooling, SU did not offer any creative writing courses specifically geared toward writing for young adults. So, she took advantage of honors to work on a creative writing piece with a professor who specialized in young adult literature for her thesis project.

"I see being an honors student as a chance to level up one's educational experience. No matter what major you are or what school your major is housed in, honors offers more in-depth learning opportunities," she said.

After graduation as an honors student, Miss Patti decided to return to school for her master's. As a self-identified "non-traditional student in my 30s coming out of the workforce," she wanted to go to graduate school to expand on her creative writing education.

"My decision to come back to school was purely for personal growth and skill development in a career field that notoriously does not become one's primary occupation. I am absolutely an advocate of master's programs," she said.

Miss Patti's choice to continue her education at the graduate level is only one example of the academic dedication that honors students carry with them throughout their lives.

"The type of student who wants to pursue honors, wants to do their very best and take advantage of every opportunity they can to grow as a human being. I feel like my experience as an honors student helped me be the best version of myself," she said.

By Maggie Patterson



Living, Learning, Together Manokin RA Julianna Hammett

By Claire Morin

Julianna Hammett (she/her), a nursing major, started out her Clarke Honors College (CHC) career as a Manokin Hall resident. Now a sophomore, she has graduated to a Manokin Hall resident assistant (RA). Manokin Hall is the CHC's location of the honors Living Learning Community (LLC).

RAs are the backbone to college campus housing. When discussing the role of an RA, Hammett noted, "It's a lot of promoting a healthy, safe community that people feel included in." RAs strive to make this community through their RA programs, sharing information on their bulletin posters and connecting with the residents of their building.

Hammett's decision to become a RA was an easy choice. She enjoys meeting and talking to new people, which made her a perfect candidate to be a RA for a freshman dorm such as Manokin Hall. Hammett sees her residents almost every day and is happy to have the role of guiding these freshmen to adapt to campus life.

The CHC has given Hammett the opportunity to meet a variety of people from different backgrounds. She believes that being part of the honors LLC last year has prepared her to be able to make the connections to the current honors LLC.

Hammett's favorite part of being a RA of Manokin Hall is the community. She revealed: "Honestly, I think the community that we have there is very

different from other buildings on campus. I think the honors community is more of a tight knit community than anything else we have."

Students in Manokin get to bond over their shared experience of taking Honors 111. Not only do the students reach out to each other, but they also build connections with their RAs who had all taken Honors 111 before.

Manokin Hall is not like the other resident buildings on Salisbury's campus. With the building mostly housing honors students, it has a calmer and closer atmosphere. Hammett expressed: "If you are looking for connections with residents, it is the best building to be in because people are more likely to approach you. I think you have a sense of community from day one and having the honors college title above your head."

Hammett encourages anyone who is interested to check out to become a RA. There are multiple different meetings that one can attend to get information and meet RAs and resident directors (RD). After attending a meeting, there will be an application to fill out. If the housing staff likes your application, you will be invited to an interview with current RAs and housing staff. Hammett believes, "It's really a unique experience to get to work where you live."



"It's a lot of promoting a healthy, safe community that people feel included in."

— Julianna Hammett

Supplemental Instructor Feature:

Liliana Tooman

By Tessah Good

Although being a first-year student may be challenging for some, honors students like Liliana Tooman (she/her) have embraced this new journey by helping others succeed.

Tooman is a Clarke Honors College freshman at Salisbury University majoring in accounting. She currently is a supplemental instructor (SI) for MATH 160: Introduction to Applied Calculus, a position she was recommended for by her professor.

“Being an SI looks like sitting and observing the class that you SI for. You take notes to learn about what you should add to your lesson plans and to review content,” Tooman said. However, being an SI includes responsibilities outside the classroom as well, such as leading study groups multiple times a week and helping students through their unique challenges with material.

There are countless benefits to becoming an SI. Not only is it a paid position and an amazing resume addition, but for students like Tooman, it can be a great opportunity to enhance one’s college experience.

“What made me want to be an SI is that I genuinely enjoyed MATH 160. Although I am not a math major, I do enjoy math and the numbers aspect of it. Becoming an SI was a way that I could still incorporate math into my education,” she said.

Class SI sessions serve as a valuable resource for students, helping them study, practice and ask questions if they need to. Tooman shared what she believes is the most meaningful impact of students attending SI sessions: “It gives students hope knowing that, since this SI was in this class and they were able to succeed, maybe they can help me to be successful, too.”



Daniella Weinstein's Medical Research: Exploring the Role of Contrast Agents in Medical Imaging

By Sophia Smith

Nineteen-year-old Daniella Weinstein (she/her) isn't content with merely observing breakthroughs – she's actively contributing to them.

A sophomore and biochemistry student in the Clarke Honors College, Weinstein is paving the way for the future of medicine in her research to improve medical imaging procedures, particularly for cancer patients.

As the original researchers neared graduation, Dr. Seth Friese (he/him) needed a committed successor to continue their work on medical imaging procedures. Weinstein, recognizing this as a unique opportunity to advance in her academic and professional goals, joined forces with him. Currently the sole chemistry research student under Dr. Friese, she dedicates six hours a week to working in a lab.

Currently, physicians inject contrast agents into patients during MRI scans to highlight specific tissue areas. The goal of Weinstein's research is not to change this procedure but to improve the safety of contrast agents, making tumor detection in MRI scans

more accurate and improving patient outcomes in cancer treatment.

"Doing a research publication kind of helps continue the research," she explained. "So if anything, hopefully, our research helps other people carry it on to a point where we can figure it out."

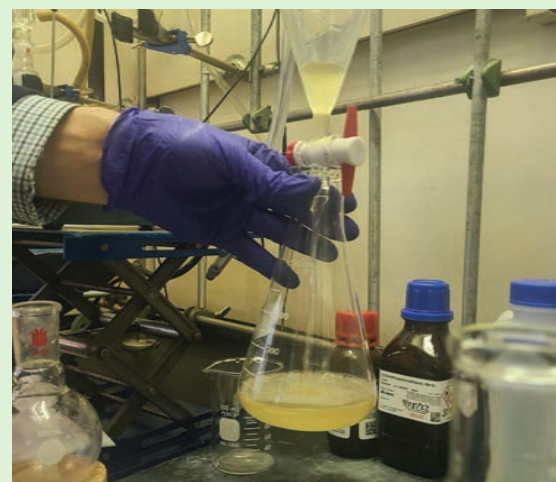
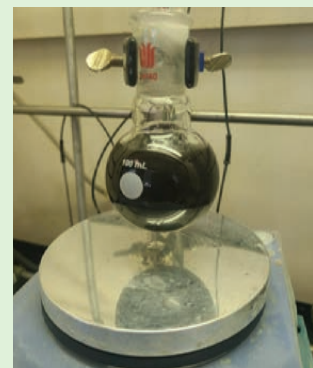
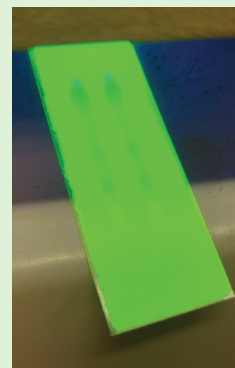
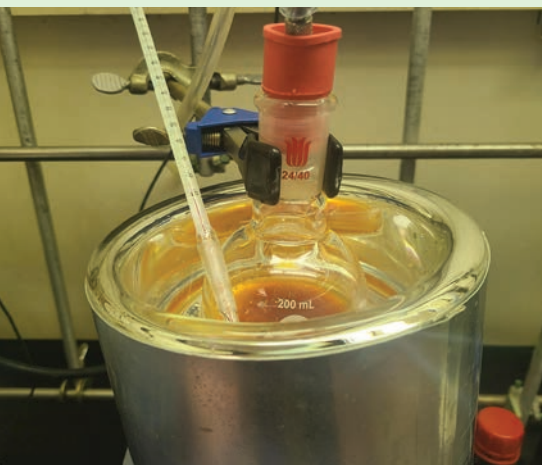
Weinstein hopes that their work will serve as a strong foundation that will eventually lead to real-world applications that improve the experiences of both patients and health care providers.

Considering this ongoing research project as a potential idea for her future honors thesis, Weinstein understood the significance of the opportunity she had been granted to research something she was passionate about. She presented her research progress at the Salisbury University Student Research Conference in April 2024, laying the groundwork for future discussion and exploration of her topic within SU. Weinstein attributes much of her research skills to Honors 111 because it taught her valuable lessons on navigating the research process,

preparing for conferences and getting her work published – all skills she wants to apply to her current project.

Sharing her research with others has been a valuable source of support for Weinstein. She enjoys knowing that the work she's doing serves an important purpose, and she reminds herself of this, especially when faced with challenges and setbacks. Her aunt's cancer diagnosis just as Weinstein was starting her research served as an additional source of inspiration to contribute meaningfully to the medical science field and improve MRI safety for cancer patients. But despite the obstacles, she remains committed to her research and is motivated by the fact that her work could potentially make medical imaging technology safer and improve many patients' lives.

"It's nice to feel like you're doing something with a purpose," Weinstein said. "You have to keep reminding yourself, 'Even if a reaction fails, we're doing it to help people.'"



Beyond the CHC

In spring 2023, Haley Taylor (she/her) graduated from the Clarke Honors College (CHC) at Salisbury University with an outstanding number of accomplishments. Since then, she's been attending Emory University for her juris doctor (J.D.) in Atlanta, GA. Having almost a year to reflect on her experience as a member of the CHC community at SU, she shared the effect the program had on her undergraduate experience.

"A lot of the opportunities that I got came through honors; a lot of the things that I was involved with were rooted in an original honors experience or honors reference. For example, if you are friends with people in honors, there's definitely an attitude of 'Come along and do this thing with me!'" she said.

Beyond the opportunities that honors gave her and the effect on her involvement, Taylor credited her first honors course as a major impact on her preparation for graduate school.

"I think setting a strong foundation at the very beginning of my undergraduate career with Honors 111 set the tone for what academic research looks like, what good writing looks like, and I've really been building on that honors foundation ever since," Taylor said.

Although Taylor is not searching for the same research topics now as she did during her time at SU, she still applies the same skills she learned in her honors courses to law school.

"I had that research and writing foundation that's definitely carried over into law school. The ability to not be fazed by having to do research, learning different databases and how to navigate them, finding good research and following threads," she said.

In addition to her Honors 111 foundation in research and writing, Taylor's position as an Honors Ambassador also helped her in law school. She compared her experience mentoring CHC first-year students and recruiting potential CHC students to representing clients in the law field.

"There's a 'selling the honors college' aspect to people who aren't in honors or maybe are admitted students trying to decide if they want to come to SU ... There's knowing what the selling points are and how to hit them," Taylor said.

She went on to explain that knowing how to talk to people knowledgeably with confidence is a big soft skill role. Taylor emphasized that, "In your professional career soft skills are huge. It's not always about what you know, it's about who you know, and those soft skills can give you those connections to different opportunities, which was definitely the case with honors."



By Maggie Patterson

"A lot of the opportunities that I got came through honors."

—Haley Taylor

Fellowships for One and All

By Logan Lankford

Congratulations are in order and celebrations have commenced in Clarke Honors College (CHC) house. Dr. Viktoria Basham (she/her), one of the CHC's newest faculty members has already made her mark within the college. From teaching, researching and advising, she wears a lot of hats on campus and within the CHC. Yet, she somehow keeps on adding more. She has recently been awarded a nationally competitive fellowship, a dual teaching and research Fulbright Award that will take her abroad to Bulgaria next spring.

Dr. Basham will have the opportunity to teach an undergraduate class on the global vampire. The class will explore the cultural and historical significance it holds in Slovak lands and how the idea of the vampire has evolved over time with western influences. She also will be researching regional vampire beliefs and legends in order to compile a digital archive in the form of a map. This is an incredible accomplishment for her and a huge, well-deserved step forward in her academic and professional career.

The CHC faculty supports one another and lifts each other up just as much as the students do. Throughout the application process and journey, Dr. Basham has had immense guidance and help from her team. Dr. Andrew Martino, a Fulbrighter himself, made a speech at a panel that inspired

and pushed her to apply. Dr. Lauren Hill also advocated for her and wrote an amazing recommendation letter that helped capture Dr. Basham's positive light and hardworking nature. The faculty portrayed never-ending support even when the fellowship meant they would be without her for a semester.

"It's just so rare to see your colleagues so sincerely excited and happy for you; they're just good people," said Dr. Basham. She claimed that when she told them she got the fellowship, all of her colleagues immediately started squealing, celebrating and dancing.

In addition to the Fulbright Fellowship, Dr. Basham has recently taken a position as the assistant director of the Nationally Competitive Fellowship Office on campus. Her goal is to bridge the knowledge gap between honors students and fellowships, creating more opportunities and experiences for her students.

"Our honors students are so successful in their extracurriculars, academics ... they want to take over the world," said Dr. Basham. Therefore, fostering a strong relationship with the fellowship office and CHC will bring competitive and qualified applicants.

"When looking for a successful applicant for a nationally competitive fellowship, honors students are checking all the boxes," said Dr. Basham. From the wise words of Dr. Basham, it turns out that the honors faculty are just as perfect candidates.





Learning Leadership with the SPD

By Sophie Detorie

Community is at the core of what makes the Clarke Honors College (CHC) special in more ways than one.

Students in the honors course Foundations of Interdisciplinary Leadership, taught by Professor Ryan Weaver (he/him), have been learning what it means to be a leader and working together to apply that knowledge to the real world. This course is a requirement to reside in the sophomore year honors Living Learning Community (LLC).

LLCs are one way that students can find a community here at Salisbury. Starting in their freshman year, honors students have the option of living with other honors students, which helps form a community that lasts all four years.

Jody Kieffer (she/her) and Miranda Surrett (she/her) are two honors

sophomores who met in the honors LLC their freshman year. They are now roommates taking Foundations of Interdisciplinary Leadership together and living in the sophomore Honors LLC.

“The foundation of the class is really just learning how to be better leaders,” Kieffer said.

Leadership extends to the community, and the students in the class are currently getting real-world experience with it. They are working with the Salisbury Police Department (SPD) to evaluate workplace and community standards within the department and improve recruitment and retention.

The students created a short survey that will be given to all SPD employees with questions about the goals, morals and standards of the department. The

data collected will then be presented by the students to the SPD and possibly Salisbury City Council so they can work to make the department the best it can be.

The project seems like a wonderful way to serve a department that serves Salisbury every day.

“The beauty of our research is that it could potentially also continue to be built on by a different honors cohort,” said Surrett.

Kieffer and Surrett are both grateful for the experience the class has given them.

“Learning how to be a leader is not something you typically hone down when you’re in college – who you are as a leader, who you want to be, but the class gave us something to pull from,” said Surrett.

Abroad in Scotland

By Mallory Bell

Over the past winter term, roughly 30 Salisbury students traveled across the Atlantic to study abroad in Scotland. What may seem to be a region swallowed by a cold and rainy climate is in reality home to a rich heritage and vast culture. From hiking around waterfalls to touring castles, students were able to explore the beauty of Scotland and have valuable conversations with Scottish locals.

The group was split among multiple classes, covering topics such as international business, international accounting and classical mythology. Dr. Ryan Habermeyer (he/him), an English professor at Salisbury, worked closely with four students to discuss classical mythology, folklore and legends. Dr. Habermeyer's class was a wide encompassing introduction to mythology; while it was described as a Greek and Roman mythology study, the curriculum had a more diverse agenda, covering everything from Scandinavian myths to Scottish folklore.

While the business classes mainly resided in Edinburgh, the mythology class found themselves exploring Stirling, a city known for its fascinating views and history. Students went on four-to-five faculty-led excursions. They visited the William Wallace statue, a 13th-to-14th century Scottish hero and the inspiration for the famous movie *Braveheart*. They took a ghost tour through the Stirling cemetery and visited Stirling Castle. The students also took weekend trips to Edinburgh and Glasgow, where they were able to explore the cities independently and immerse themselves in the culture.

One excursion Dr. Habermeyer focused on was the Kelpies, located in Falkirk, Scotland. The Kelpies are a pair of monumental steel horse heads that reflect the mythological shape-shifting entities known for staying near the water. These Kelpies transformed into a cautionary tale warning

people to stay away from the waters to avoid these creatures. While the weather did not treat the class kindly on their visit, Dr. Habermeyer found it beneficial and insightful for the class.

"It was a way of augmenting the curriculum and what we were doing in the classroom by actually going out into the landscape," he explained. "It was interesting to see the different mythologies and folklores that pop-up based upon the region."


Clarke Honors College sophomore Jody Kieffer (she/her) shared that her favorite experience from this trip was hiking to Arthur's seat, the highest point in Edinburgh. Her International Studies in Communication class also went on excursions to Edinburgh Castle, Stirling Castle and even took a boat ride on Loch Lomond. She also shared her love for Scotland's welcoming demeanor and their witty humor.

"It was such a dream trip, and I would encourage anyone and everyone to go," she said.

Dr. Habermeyer shared that the importance of studying abroad is to discover and learn about new regions. "Part of what any study abroad does is it helps you break through some of the assumptions and stereotypes you might have about a certain region," he said.

Through these unique and enriching experiences, students come away with a new understanding of places and people. Through studying abroad, the curriculum is enhanced and students can develop a more intimate understanding of what they're learning.

"Being able to talk about Scottish folklore in Scotland greatly enhances the curriculum," Dr. Habermeyer continued. "Everyone benefits from it." Their study abroad experiences illustrate the power of wandering out of the typical classroom and bringing education to life.



"It was such a dream trip, and I would encourage anyone and everyone to go."

— Jody Kieffer



“Part of what any study abroad does is it helps you break through some of the assumptions and stereotypes you might have about a certain region.”
— Dr. Ryan Habermeyer

Innovating for Tomorrow

Clarke Honors College and SGA Setting the Pace

By Mary Hsia



With every turn, there is a spark within the Salisbury University community, a beacon of academic excellence and community engagement, students sharing original ideas inspiring innovative projects. The driving forces of this spark are the Student Government Association (SGA) and the Clarke Honors College (CHC). Together, they play a pivotal role in shaping the University's culture and ensuring its growth and impact.

Moreover, the Clarke Honors College emphasizes the importance of community outreach and civic engagement. Through service-learning projects and community-based research initiatives, honors students apply their knowledge and skills to address real-world issues facing the local community. By bridging the gap between academia and community service, the honors college cultivates a sense of social responsibility among its students and instills in them a commitment to making a positive impact in the world. One of the pillars of the CHC is civic engagement, aligning with the SGA vision of connecting what is learned in the classroom to collaborating with members in the community.

The Student Government Association serves as the voice of the student body, advocating for their needs and interests within the university administration. Led by passionate student leaders, SGA works to enhance the student experience and address concerns that affect campus life. From organizing events ranging from community Halloween events to cultural nights, SGA empowers students to take an active role in shaping their university experience and embrace the local area.

Laurny Dennis (she/her), a dedicated member of the SGA and the CHC, reflects on her journey: "I've been a part of SGA since my freshman year, and it's really helped me explore my interests of justice and advocacy while getting involved in the campus community." She added: "Balancing Honors and SGA involve prioritizing what is required, then focusing on what is important to attend and participate in, and finally focusing on what you feel would most benefit your peers and yourself,"

In fact, about 20% of all SGA board members comprises honors students, showing the commitment many honors students demonstrate within the campus, organizing events

and forums to create an everlasting impact. Not only has SGA created a sense of purpose and belonging for many students, but it also inspires new ideas including environmental sustainability. This spring, SGA hosted the Big Event, where SU organizations and clubs collaborate in cleaning up homes in the local Salisbury area. By providing opportunities for leadership development and community service, SGA not only enriches the lives of its members but also contributes to their future aspirations.

Beyond the confines of the classroom, both SGA and the CHC play an integral role in fostering a sense of unity among students at Salisbury University. Through their efforts, students are empowered to explore their interests, pursue their passions and make meaningful contributions to both the University and the broader community. As SU continues to grow and evolve, SGA and the Clarke Honors College will undoubtedly remain cornerstones of its mission to educate and inspire the next generation of leaders.

Period Power

By Mallory Bell

Over the past three semesters, Presidential Citizen Scholars and Clarke Honors College (CHC) students Lian Peach (she/her), Maggie Atherton (she/her) and Abigail Potter (she/her) worked with Salisbury and Wicomico Middle School students to address period poverty and the stigma of menstruation. Their Period Power Project connected with the Salisbury community and Wicomico County Public Schools to combat the lack of menstruation education and provide convenient resources for those who menstruate.

The taboos and horror stories of menstruation are deeply rooted in the emotional growth and discomfort commonly experienced in middle school. This, combined with their own experiences with both a lack of resources and general misunderstandings of how menstruation works, led these amazing college students to explore this initiative.

“We created discreet menstrual pads to address this problem in hopes that people who menstruate can avoid the struggles we had to go through,” Potter shared.

Through conversations with community leaders about reproductive justice, they were able to narrow the project down to focus on destigmatizing periods specifically within middle school. One motivator they shared was the barrier of finding menstrual products within these schools.

“Not only is it stigmatized, but a lot of schools have taken menstrual products out of their bathrooms,” Atherton said. “It adds another barrier ... telling another person itself is embarrassing.”

In their efforts to tackle inadequate menstruation education and resources, their Period Power Project had two influential events for the Salisbury community. Their first initiative was making “cycle bracelets” at Salisbury’s 3rd Friday event in October 2023. The bracelets were designed with four different colored beads, all



representing different phases of the menstrual cycle. This fun activity was designed to inform the community about menstruation and inspired many valuable conversations with visitors and parents. Their conversations included what happens during the menstrual cycle and how to talk to kids about menstruation when appropriate.

Secondly, their pilot program for Period Power aimed at getting menstrual kits and bags in local middle schools. In early February 2024, Atherton, Peach and Potter hosted a period packing party for Salisbury and Wicomico Middle Schools. They made one thousand hygiene kits with the students, which included pads, hand sanitizer, wipes and informational cards. Their packing party worked solely with English Language Learning (ELL) youth in these schools, but the students speak predominantly Spanish and Haitian Creole, which created a communication barrier. However, the ELL students packed the kits with ease and were able to reflect on their knowledge and assumptions about menstruation.

“For them to be able to be a part of our project, I hope they are also able to address stigmas culturally that they are exposed to,” Potter said.

The packing party also allowed ELL students to receive more engagement with the community and build service hours.

“To see that we were in their school as college students willing to talk and learn helped everyone in the room feel comfortable,” Atherton shared. “It was a great experience for us to interact with those communities.”

The packaged hygiene kits were then distributed among the schools and faculty so students could take what they needed without embarrassment



or trouble. They connected community leaders within the school system so they could continue to expand not only product supply but the Period Power Program entirely across Wicomico County Middle Schools.

Menstrual education does not end in middle school – through this project, the college students surprisingly found gaps in access across their own campus. As they work with professors and faculty to address this issue, they shared that they feel much more comfortable speaking about menstruation than ever before.

“I hope people see us now as a resource too; we’re here to help you,” Peach said. Having these conversations is a monumental step forward in breaking down the seemingly innate negativity society has towards menstruation.

As the Period Power Project continues to grow and the college students reflect on their success, the biggest takeaway the girls hoped for students to have is that they are not alone and that resources are available. Periods should be seen as a normal part of life, not gross or unhygienic.

Peach shared, “Maybe by us doing this, the community can start talking about it, realizing what resources are out there and start normalizing it more.”

What an Honors Internship Can Do for You

By Maggie Patterson

Mary Fogle (she/her), a Clarke Honors College (CHC) sophomore with a management major and now a nonprofit leadership minor, has been interning this semester at a local nonprofit, Village of Hope, for honors credit. The organization's mission is to serve as a transitional home for women and children from abusive backgrounds.

Fogle's interest in interning at Village of Hope all started with narrowing down three internship opportunities offered by honors Assistant Dean Lauren Hill. But she quickly realized only one was a nonprofit and smaller organization.

"I wouldn't have had as much one-on-one experience and hands-on experience with a bigger organization as with a smaller organization. Village of Hope just lined up more with my beliefs, with what I want to do in the future with my goals, and how I want to run a business one day," she said.

Having the opportunity to work directly with the organization's CEO Curtis Paul, Fogle has learned a lot about the ins and outs of nonprofits and aspires to open her own facility for children in the future. A project of Fogle's that has been especially educational for her later endeavors includes redoing the children's playroom.

"The children's room was just so dirty, it was just so rundown, and stuff was broken and these kids come from having so little or having such a broken life," she said.

But after Fogle's contribution of creating a budget, painting walls, installing floors and much more, the impact she saw was worth all the hard work.

"[Redoing] the kids room, it's such a little thing, but seeing their faces light up when they walked by and saw new toys in there, new pictures. I was like 'wow', they're actually excited for this. They're actually looking forward to something like this, to have a safe place to play and be at home," she said.

Such an impactful experience made Fogle add a nonprofit leadership minor. But, she had always known that she wanted to help kids in some way.

"My heart is to help kids and those in need. Being able to intern at Village of Hope has opened my eyes to different ways to help others within a business setting," she said.

Fogle feels that this idea of going out into the community and helping those who need it, aligns with the CHC's ideas. She is grateful for the internship opportunity she has experienced thanks to the CHC.

"I wouldn't have gotten this opportunity to have an internship and even talk with the CEO, have a job down the line; those opportunities would have never come about without being accepted into the honors college," she said.



"My heart is to help kids and those in need."

— Mary Fogle



Illustration by
Byron Eggenschwiler

Dr. Basham’s Ghost Course

By Tessah Good

Honors professor and recent Fulbright Scholar winner Dr. Viktoria Basham (she/her) taught an Honors 211 course during the spring 2024 semester titled Campus Legends and Mysteries.

While learning about campus lore and diving into research at the Nabb Center, students were introduced to the world of primary sources through this library enhancement course. Using these sources and creative writing, students were tasked with building their own Salisbury University campus legend based on their findings. Once completed, students had the opportunity to lead a ghost tour for the Salisbury University public, sharing their mysterious legends.

Not only does this class teach students how to conduct research on a variety of sources, but it also allows them to think creatively and learn about the importance of folklore and storytelling. When asked why she

wanted to teach this class, Basham said: “My field of research is folklore, and I know that there is a much deeper meaning to folklore and storytelling than what people usually think. Storytelling really communicates the core nature of being human, and it really connects people all over the world.”

Unlike many other classes, this course centers around student creativity. “One of my goals was to let my students do something creative and fun where they could see the crucial relationship between in-depth research and the creative process of making their own work,” Basham said. Students in this class not only have access to their own legend once it’s written, but they also receive a booklet with all of their peers’ stories.

Basham hopes that by exploring the world of storytelling with her students, they will continue to keep the storytelling tradition alive: “Keep telling

.....
“One of my goals was to let my students do something creative and fun where they could see the crucial relationship between in-depth research and the creative process of making their own work,”

—Dr. Viktoria Basham
.....

stories, whether it be your own or someone else’s. You can really connect with people, you can make good friends and you can communicate really deep messages. So just never stop telling stories.”

Honors in Creative Writing **Quentin Parker**

By Alwick Blouch

When he's not working on the *Scarab* he can be found in the Writing Center helping students craft the perfect essay. Quentin Parker (he/him) is a senior at Salisbury University and in addition to being a part of the Clarke Honors College, he is the editor-in-chief of the *Scarab*, a creative writing journal published once a year out of Fulton School of Liberal Arts. The *Scarab*, created and run by students, brings together poetry, fiction, creative nonfiction and visual arts into one collection of creative writing cohorts' hard work.

Parker is an English - creative writing concentration major with a focus on nonfiction and experimenting with cross-genre writing. As a creative writing student, he first became interested in the *Scarab* when we went to the *Scarab* launch party as part of Writers on the Shore, where Salisbury hosts writers to come read and talk about their work across the creative writing genre spectrum.

Each spring semester, the *Scarab* releases the creative writing factually, and students come to read from the *Scarab* and celebrate its release. He shadowed the former editor-in-chief of the *Scarab*, Sarah Brockhaus, another Clarke Honors College student. She pushed him to become editor-in-chief once she left. And this year, Parker was up for the challenge, excited to make his mark on the journal.

Unlike past editors of the *Scarab*, Parker's interest lies in creative nonfiction. This is a less common form of creative writing, which often only takes up a small fraction of the works in the *Scarab*. While most years the *Scarab* focuses on poetry, Parker concentrates more on prose works.

But Parker brings more than just a background in nonfiction to the *Scarab*. He hopes as editor-in-chief he is able to foster a community with those also working on the *Scarab* and that he is able to make the job of editing fun for all the students involved.

"This is something fun we are all doing together," Parker said.

Parker is looking forward to the *Scarab*'s release in May 2024 when he will get to share his hard work with everyone as part of the *Scarab* launch party. The *Scarab* has been a fun time for everyone involved.

"My favorite part is putting together a collection of work that's really meaningful to us," Parker said.



College of Health and Human Services: The New Honors Track

By Wennia Ferreira Reis

The College of Health and Human Services (CHHS) has collaborated with the Clarke Honors College (CHC) to make a new honors track tailored for students pursuing a career in health and human services. Dr. Jennifer Hart (she/her), a Salisbury University alumni, is taking over responsibility for this new track within the honors college. Dr. Hart teaches courses for the nursing undergraduate program here at Salisbury University and oversees Doctor of Nurse Practitioner (D.N.P.) students in their practicum and project courses.

CHHS students used to fall under the Henson School of Science and Technology track, but students in health science majors would find it difficult to complete the honors track while also completing their clinical requirements.

“CHHS students have their own track, which will work better for them curriculum wise, and also give them a sense of community,” said CHC Dean Dr. Andrew Martino (he/him). “We are trying to have multiple points of entries into honors, as well as multiple points of departure.”

“We wanted to see the students in the honors track from start to finish,” added Dr. Hart.

This new track will help the students with better critical thinking. When CHHS students go out into a clinical setting, they will have knowledge and opportunities from different disciplines that they can apply to their major. Dr. Hart advises students to work hard and get involved, and honors classes are a fantastic way to do that because faculty get to work with a smaller group of students that are invested in learning and being successful.

“It is very exciting that we have this new opportunity, and we only expect the number of CHHS students to grow,” Dr. Hart said.



Honors College Crash Course The Honors 312 Creative Project

By Kaley Hardman

One of the many opportunities the Clarke Honors College (CHC) provides to its members is Honors 312: the creative project. These projects help spruce up your resume, grow relationships with faculty members and provide numerous opportunities to create, research and present what you find interesting.

To complete your project, you must complete 45 hours of scholarly work or about three hours a week, and you get to work on whatever your heart desires. This is yet another bonus: you have complete creative liberty. You are not restricted to a

topic in your major, minor or honors track. Assistant Dean Lauren Hill (she/her) gives only one restriction to topic selection.

She stated, “Your project should follow these guidelines: this is something I want to do, and I want to get credit for it.” Whether you want to research women in computer science or handcraft a bench (both real previous Honors 312 projects), if you are interested in it, the CHC will give credit for it.

Once you find your topic, you must find a faculty advisor. This is the person who you work closely with while completing your project, and who will give your pass or fail grade. You can choose any faculty member at Salisbury University to be your mentor, but it is best to choose someone who works in a field that relates to the topic of your creative project. So, you may be a computer science major, but if your creative project is a book of creative stories, it is better to find a mentor in the creative writing program.

Before you can start your project, you must get a signature from your CHC program director. They will review your plan and tell if you took on too much or if you need to take on more. However, if you bite off a little more than you can chew, not all hope is lost. You can take Honors 312 up to three times, so you can stretch your project over three different semesters.

The final requirement for Honors 312 is to present your research. Many students present their project at the Salisbury University Student Research Conference, but you can present with your faculty member or at any regional, state or national conference around the country.

This project may seem daunting at first, but your honors professors are here to help. If you are stuck or if you have any more questions regarding Honors 312, contact Professor Hill or visit her in the honors house. Whether you are in business, art or nursing, Honors 312 is the perfect project to help you prepare for your future.



Manokin Martial Arts Salisbury's Jiu-jitsu Club

By Daniel McMillan

Aidan Levy (he/him), a computer science major, and Declan Adams (he/him), a chemistry - biochemistry concentration major, are two friends who share many interests. But, one of the ones they are most interested in is martial arts.

Levy and Adams' shared martial art of choice is Brazilian jiu-jitsu. Levy has been practicing for eight and a half years and Adams has been throwing his friends around on the mat for nearly 12. However, when they arrived at Salisbury University, they found that despite our wide selection of clubs catering to different interests, they couldn't find a group to practice jiu-jitsu with.

Undeterred, Levy and Adams took the responsibility upon themselves to form a club so that they and any other interested students could safely practice jiu-jitsu together. To do this, they used the resources available to all students to form a special

interest group under the Center for Student Involvement and Leadership (CSIL). This process started in the fall semester of 2023. After two semesters as a special interest group, Levy and Adams' club will have the opportunity to be recognized as the official SU jiu-jitsu club.

Currently, Levy and Adams are focusing primarily on recruitment to increase their legitimacy as a club. They have about 10-15 active members attending their weekly meetings at the SU Fitness Center for an hour and a half every Sunday.

"I enjoy that I get to meet all kinds of people across campus and interact with people I otherwise wouldn't have met," Levy said.

Levy and Adams are roommates in Manokin Hall, so their club runs very smoothly. Levy mentioned that they approach the club the same as any task or problem they would in the dorms.

"We always find ways to work around problems: working around scheduling and managing how to spend the club's money ... we have different ideas, but it has deepened our relationship and formed a tighter bond," Levy said.

Joining the club is remarkably easy. You can either contact Levy using the information on the flyers posted around campus or go to the SU Fitness Center during the club's meeting times.

"People just show up," Levy said. "Some people just walk in, I introduce myself, and we go from there."

Levy credited the ability to start the club to the honors community: "A big part of it had to do with people that were willing to support me. Living in Manokin was definitely a big factor in getting it going because of having people and friends that were willing to support me."

Out of the Wolf Den Alphas Emerge

By Mandy Sanidad

Last fall, Clarke Honors College freshmen in Manokin Hall created an intramural soccer team dubbed “The Alphas” – wolf uniform and all. The team consisted of Jennie LaTorre (she/her), Emily Marion (she/her), Tom Ingrao (he/him), Andrew Wilson (he/him), Tessa Jakelski (she/her), Bryce Greenlee (he/him), Murphy O’Grady (he/him) and Nate Michael (he/him).

The “alpha wolf” theme initially came from a wolf shirt O’Grady owned from Five Below, which prompted the other members to get the shirts for their uniform, courtesy of Marion.

“We wanted to unite our friend group over a shared passion,” said Marion. “We wanted to create memories in our freshman year of college that we all could share and remember fondly.”

Marion’s mother made the team an “alpha award” for the “alpha of the game,” AKA the best player for each game. Whoever got the award the previous game gives it to the alpha of the current game, passing the torch and uplifting the players. This was also done with Marion’s wolf hat, often brought to their games.

“Empowered alphas empower alphas,” said Marion.

The Alphas described their best games as their two playoff games. They went into the playoffs ranked ninth and

played against the eighth ranked team. They finished the game tied, so they went into overtime; whoever scored first, won. Luckily, that someone was Wilson, allowing them to move on to their last game.

Although they were not able to win their final game, they certainly pulled out all the stops – against the top seed, no less. The Alphas were tied the whole game up until the last 30 seconds when they got scored on. However, they proudly admit that they kept up with the best until the end.

“It was a fun bonding experience,” said Marion. “It gave us an outlet and something else to talk about besides school.”

Living in Manokin gave them this opportunity because they could create this community in the building and take it to the field. The Alphas were able to spend time together every week, and they were cheered on by their other Manokin friends on game days.

“The nurturing community fostered within the Manokin Residence Hall allowed us to make friendships that will last a lifetime,” said Marion and O’Grady.

“In conclusion, all that matters is that we had fun,” said O’Grady. “And we almost beat the number one team,” added Greenlee. “But spring season we’re so back, we’re gonna win the whole thing,” finished Marion.



“We wanted to unite our friend group over a shared passion. We wanted to create memories in our freshman year of college that we all could share and remember fondly.”

—Emily Marion



CREATIVE WORKS

By Honors Students

Honors students are known for their ability to think outside the box. They excel in a variety of fields, and often, their thinking results in the unexpected. This semester, the Clarke Honors College, put out a call to all of its students for creative pieces. In response, we received the following works.

LUKE ZOLENSKI

23.11.06.03

Show the Field Marshall your worth
Let go the final moment in time
Look at the shimmering glass
Read the words on the wall
Let go of those you find
The dust and sublime
Internalize your fear
Forget your religion

23.11.13.01

We want to see artists, colorful artists in the light
Dreaming from the start, asking all the right questions
Doing it like the first time, keeping one, changing the rest
The rest still plays in my mind, it stays the same
It stays the same until the pain subsides

In a room of broken light bulbs
The shade, clouds, darkness, and the rain
A cold heart can't find the courage
But yours is the one, the one that lights the way

24.01.28

Maybe it's true, maybe there is nothing better to do
But sometimes that's what you need
Alone with your thoughts, that's where you ought to be

Four walls and a roof, suspended on lost souls
For a moment, hovering out over the ocean
My head goes up and quickly comes back down
Down to mend the thoughts, on the floor they lie broken

Look at it, look at the shimmering glass
Our memory, try to make it last
To infinity it could carry us, but infinity we've already passed

SARAH CLAWSON

The Sun's Garden

Beneath the canopy of night's embrace,
The Sun's garden holds a fragile grace.
Where moonlight weaves its silver thread,
And stars are born from darkness bred.

Upon her canvas, shadows play,
Concealing bruises, whispers of dismay.
Each line etched with a traveler's tale,
A silent scream within the veil.

In mirrors tainted, fears take flight,
As nightmares dance with chilling might.
The Sun's garden, now a desperate plea,
A sanctuary marred by tragedy.

In the aftermath of starry descent,
Gone the warmth, the joy, content.
Leaving behind a barren land,
Where pain and sorrow make their stand.

Through veiled eyes, once filled with trust,
Now clouded by anguish, ashes, dust.
Nighttime tainted by the stains of grief,
In shadows where her tears find relief.

Beneath the endless canvas of the sky,
Where moons and stars once danced on high,
Now echoes linger in the chill,
On the canvas of dreams, where memories thrill.

The moons, once companions in the night,
Now witness her anguish, her valiant fight.
Veiled in somber hues, they silently weep,
As the Sun's garden mourns, her secrets keep.

In every reflection, hope takes flight,
To rewrite the tale, to find new light.
For behind the veil of sorrow's gray,
The Sun weeps for a new day's sway.

In velvet night, the moons entwine,
A celestial dance, a love divine.
Whispers of forgotten lore they share,
Dreams of distant lands, they dare.

Their collision paints the midnight sky,
A symphony of light, a lover's sigh.
Reflections shimmer on the sea,
As the moons dance in harmony.

Eclipses of heartbeats, pulses aligned,
In the universe's grand design.
The Moons Collide, in silent delight,
A celestial romance, eternal and bright.

after walking

I stare at the filthy frat shoes
in my childhood home with stains

not even time can undo. They live next
to the box stuffed with temporary

highs and lows. These objects exchanged
for a piece of paper dignity.

The cardstock framed and reduced
to a word, maybe two, in a resume: *Please*

hire. But that dream job wasn't even
open. So, I end up back

You have five boxes.

The first is a resting place. Padded comfort
added for a night's relief. Soft sides muffling
your cries. Until the box becomes only a
shape of the past. The second,

a home. For childhood,
for adulthood, for your child's
childhood. The temporary place
until you can't stay any longer.

The third, cardboard: a storage item of
sorts. Stuffed with possessions.
Memories are things left behind.
Your box reused from box to box.

The fourth, a holder. For a glinting gem
and hope. But you will live
more than one life trying to find
a box that holds enough. The last

is a resting place. Padded comfort
added for someone else's relief. Soft sides
muffling their cries. Until the box becomes
only a shape.

ink on ink.

a centipede crawls
up your shoulder leaving in
its path a shadow

of black while flowers bloom on
my thigh, growing with birth and
death and age and time

until there's no space
for such grief anymore $\frac{3}{4}$ oh, the pain
of your pincers please me

with their grip on my bouquet, your
sweet sting, a comfort
to my hydrangeas and dogwoods.





The Clarke Honors College offers an enriched educational experience for students from all majors at SU. The College fosters collaboration between students and faculty to support undergraduate research, promotes interdisciplinary work and encourages innovation on the SU campus. Honors courses and extracurricular activities are intended to deepen a student's educational experience and develop the next generation of leaders, scientists, educators and more.

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