

# Saunterer





# SALISBURY UNIVERSITY CLARKE HONORS COLLEGE

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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."

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Cover photo by Lauren Hill



YOU ARE HERE  
FOR A REASON:

# A Goodbye from the Editor-in-Chief

By Emily Ball

*Emily Ball is a graduating senior majoring in English with a creative writing concentration and minoring in film and psychology.*

Well, I made it. I've written countless essays in my lifetime, a ton of short stories, one novel (a draft), and somehow this is the most difficult piece to write. After three years of being the editor-in-chief for *The Saunterer*, I am graduating with a degree in English in the creative writing concentration.

*The Saunterer* has taken me places I could never have imagined. In November 2019, I traveled to New Orleans to accept an award for *The Saunterer* as Best Print Newsletter in the country at the National Collegiate Honors Council. Apart from having a fantastic adventure in NOLA, I had an epiphany: For the first time in my life, in a corner of the world I thought I would never see, I felt truly capable.

I have found that many other students struggle with feeling incapable as well, especially during these current times, which seek to render us helpless. Imposter syndrome, as it is called, means doubting your own abilities and feeling like a fraud – like you don't deserve to be where you are in the moment.

I can't cure this feeling, but I can tell you this: *you are where you are for a reason*. If it hadn't been for an email from Ms. Joan (Kjeldsen) asking if I wanted to be a student worker, I would certainly not be where I am today, writing you this letter and getting rather emotional as I type. Nor, would I ever see a draft of my novel become a thesis.

Honors students, I'll say it again: You are here for a reason. These four years, while I will not promise them to be the best years of your life, will be incredibly formative. Your capstone project, your involvement, giving back to the community – these will all leave an impact on you and the people you engage with.

To everyone who has contributed to *The Saunterer* over the past three years, thank you so much. You have inspired me with your words and your perseverance. I have no doubt that Olivia Ballmann, who is taking over my position next semester, will continue to make this newsletter special.

I won't say goodbye. Instead, I'll leave you with a quote that has gotten me through times of incapability:



“All we have to decide is what to do with the time that is given to us.”

- J.R.R. Tolkien, *The Fellowship of the Ring*

# Fulbright Semifinalists in the Clarke Honors College

By Zoe Behrman

*Zoe Behrman is a junior majoring in biology with chemistry and psychology minors.*



Eight Clarke Honors College students recently earned the opportunity to compete for the prestigious Fulbright U.S. Student Program. Over the next several months, Abiodun Adeoye, Abby Boltz, Briana Branch, Johannah Cooper, Jack Lenox, Thomas Long and Jessica Pierce will continue to refine their research proposals in hopes of being selected to the program in March 2022.

The Fulbright Student Program is a highly competitive scholarship providing grants for students to pursue research projects or English teaching assistant programs in a participating country outside of the United States. In this cultural exchange program, awardees are given the opportunity to meet, work and learn with people of the host country, developing an appreciation for others' views, beliefs and lifestyles. Most Fulbright recipients spend an academic year in their host country of choice.

"I appreciate the Fulbright mission and the idea of international collaboration," said Jack Lenox, Clarke Honors College senior and Finland Fulbright semifinalist, who lived in Rome for several years. "Ultimately, I would like to work directly on global health policy solutions to address migrant health issues resulting from climate change."

Lenox credits the Clarke Honors College course, Special Topics in Interdisciplinary Studies, with preparing him for the rigorous Fulbright application process. "The course helped me pick apart pieces of my own story and better understand myself and my future goals."

Senior Jessica Pierce is pursuing a Fulbright in Norway. "The Clarke Honors College offers intense writing courses, which helped me prepare a strong application," said Pierce. "Ultimately, I hope to work in a clinical setting, conducting translational epilepsy research."

"The Honors College helped me in this process by providing a foundation of strong research and writing skills," said Johannah Cooper, who is applying for a Fulbright to Paraguay, where she hopes to learn first-hand about the region of origin for many immigrant residents in the U.S.

Clarke Honors College students have demonstrated their ability to step outside their comfort zone to live and learn abroad through the highly competitive Fulbright program. Interested in joining? Contact Dr. Walton, director of SU's Nationally Competitive Fellowships Office. at [kpwalton@salisbury.edu](mailto:kpwalton@salisbury.edu).

Left to right: Senior Jessica Pierce is currently pursuing a Fulbright in Norway. Senior Jack Lenox is a Fulbright semifinalist for Finland. Senior Johannah Cooper is applying for a Fulbright to Paraguay.

# Honors Involvement in the Inaugural SU Anti-Racism Summit

By Jada Jackson

*Jada Jackson is a sophomore nursing major in the Henson Honors Program.*

In February, Salisbury University held its inaugural Anti-Racism Summit. The goal of the summit was to help confront racial biases and provide the campus community with the tools needed to talk about prejudice and combat discrimination. The Clarke Honors College was well-represented at the summit, as its students and faculty continue to make an effort to push themselves out of their comfort zones in order to grow.

Sydney Burns, a sophomore in the Clarke Honors College, explained: "I always think that as Honors students, we should be pushed to think critically and explore important issues that face our community. I want to better understand the personal experiences that our community members face and find out what I can do to help."

It is important to talk about racial issues in the classroom, but bringing those conversations and knowledge to the greater community is the true impact of the Clarke Honors College. Burns said she enjoyed the summit because it "really inspired me to learn more and discover that everyone, including myself, is a potential activist." While racism can often feel like an irresolvable problem, it is essential that students realize that they have a voice, and that their actions are needed to help fight racism.

The Anti-Racism Summit featured speakers from Salisbury University and other organizations, whose sessions were variably scheduled throughout the event. This gave students and faculty the opportunity to attend the meetings that best fit into their class schedules. Due to the pandemic, the summit was held via Zoom, allowing greater flexibility in attendance. Lead Honors Ambassador Carly Nascimbeni recalled keynote speaker Dr. Kathy Obear telling participants to "just

breathe" through the tension and uncomfortableness often created by discussing racial injustices. The summit speakers also highlighted the necessity of education, and Nascimbeni pointed out that "you have to be aware of what people need to feel comfortable and what people need to feel included." The responsibility of making all students feel welcome, regardless of race, relies on the institution, and the Clarke Honors College is committed to taking steps towards fulfilling this value.

Heather McCarty is a part of this initiative and teaches several classes that talk about pertinent racial issues. The racist graffiti events on campus in 2019 caused her to become even more motivated to champion anti-racism and to help her students do the same. When asked about a main takeaway from the event, McCarty said that "the most important thing is to have an open dialogue and come to these difficult conversations knowing you might not say the right thing." It can be tempting to avoid uncomfortable discussions, but honors students and professors alike understand the importance of addressing racial issues, and they are taking the initiative to enact change on campus and in the community.



Dr. Kathy Obear (left) and Dr. Cherie Dawson-Edwards (above) were both featured speakers at the Anti-Racism Summit.

Each year, The Saunterer showcases a faculty member of the Honors College. This year, Dr. Brittany Foutz is featured for her outstanding teaching.



## Faculty Spotlight: Dr. Brittany Foutz

By Brigid O'Connor

*Brigid O'Connor is a political science and conflict analysis and dispute resolution double major with an East Asian studies minor.*



Salisbury University has many faculty who work closely with students to help further their goals and passions within the Clarke Honors College (CHC) and beyond. One of those faculty is Dr. Brittany Foutz, who teaches in the Conflict Analysis and Dispute Resolution Department. Foutz is a World Affairs Council member and trained mediator for the Bosserman Center of Conflict Resolution at Salisbury University. She was also previously the program manager for the United Nations' International Training Centre for Authorities and Leaders – otherwise known as CIFAL.

For the spring 2021 semester, Foutz taught a new course, United Nations System, for Clarke Honors College students specifically designed to help them take on the role of a United Nations diplomat. According to Foutz: "My students engage in practice-based simulations, as well, where they are able to represent UN diplomats." With her experience working in the UN and currently serving as a UN director, she explained that she is able to apply her real-world experience to the course through a hands-on approach and simulations the students engage in.

Foutz also serves as the campus coordinator for the UN Millennium Fellowship, which is a great way for students to gain recognition for their hard work. She serves as the UN Millennium Fellowship campus advisor and representative for students applying for the fellowship. She works closely with students – often those within the CHC – to ensure they have the strongest applications possible through revising essays and giving advice to students about their goals and aspirations as it relates to the UN.

When asked how her work with fellowships within the Clarke Honors College has helped her connect to faculty and students, Foutz explained: "The fellowship process has helped me bring UN opportunities closer to Clarke Honors College students. The process has also helped me get more familiar with the mission of the CHC and the amazing students that are part of the college." Last year, 13 students applied for the Millennium Fellowship, many of whom were CHC students. All of the applicants from Salisbury University – including those in the CHC – went on to win the award.

The Clarke Honors College has many resources for students to take advantage of to help achieve their goals. Fellowships are a great way to do that, but taking interesting classes taught by faculty with experience you can't find anywhere else is another great way to broaden one's horizons and gain important tools that you will need to succeed even after college. Salisbury University offers many resources for driven and passionate students to excel not only in their studies, but outside of them as well. Faculty and staff like Foutz are there to help students through the entire process, whether that be internships, fellowships or applying to graduate school, to ensure that students can make the best of their college careers – especially the opportunities given in the CHC.

# PURSuing THE BRAIN:

## Honors Ambassadors Form the Mental Health Committee

By Lindsay Lane

*Lindsay Lane is a junior nursing major.*

It's no secret that the global pandemic has taken a toll on the mental health of college students. According to one national study, 71% of college students reported increased stress and anxiety due to the pandemic, on top of the worries and anxieties that plagued them to begin with (Son).

It is for this reason that the Clarke Honors College has created a Mental Health Committee to help combat stress, anxiety and depression among its students. In its mission statement, the committee states its intention of destigmatizing mental health issues, providing resources and spearheading outreach events for students in order to foster healthy conversations and create a more comfortable environment for Clarke Honors College students.

Although Salisbury University does provide counseling services, many students aren't aware of what's available to them or feel uncomfortable or embarrassed seeking help due to the stigma around mental health. Through social media and outreach events on campus, the committee hopes to remind students that their mental health is just as important as their physical health and that they are not alone. As committee leader Carly Nascimbeni explained, "having a sense of community and knowing that other people are going through similar things sometimes alleviates some of those feelings of stress and anxiety."

Among the upcoming events is a sound healing session scheduled for Saturday, May 1, a week before the infamously stressful finals week begins. Sound healing combines music and meditation to help students relax, boost their moods and reduce their stress levels. The technique dates back to ancient Greece and is used today in clinical settings to reduce both physical and emotional pain.

In addition, the committee has put together an initiative that they've coined "Honoring You" that will send positive and uplifting messages to hard-working students in need of a pick-me-up or words of encouragement. With many students working incredibly hard, yet receiving very little recognition for their efforts, the hope is to remind students that their hard work does not go unnoticed and that they are loved and valued both on and off our campus.

Nascimbeni also plans to set up a social media page to inform students of these upcoming events, as well as educate them about the resources that are available to them. With students' crowded inboxes, an Instagram page might be a much better way of getting their attention, with the added bonus that students can physically see that they're not alone.

Supporting other students in their goals and ambitions is part of what it means to be an honors student. As the campus community and the world begin to open back up, it is the hope of the Clarke Honors College that the mental health committee will help students open back up to each other too.



**Top: Honors Ambassador Carly Nascimbendi is heading the Mental Health Committee. Students make cards of encouragement for the committee's first initiative "Honoring You."**

*Son, Changwon et al. "Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study." Journal of medical Internet research vol. 22,9 e21279. 3 Sep. 2020, doi:10.2196/21279*

# EXPANDING YOUR HORIZONS: Presenting Research at Virtual Conferences

By Elliana Larsen

*Elliana Larsen is a freshman in the Bellavance Honors Program double majoring in early childhood education and elementary education.*

The nerves, the excitement, the pride in your work. All three of these elements define a typical research conference experience, and for Clarke Honors College students, the past year was filled with outstanding virtual presentations.

For Honors 111 students, professional conference experience begins by presenting research papers during a course-wide event. Junior Gabriella Grigsby shared that “it was a lot of practice ... making sure I was knowledgeable and knew what I was talking about” as she rehearsed for her presentation on “Socioeconomic Status and Visual Art Integration: The Impact on Community Engagement During COVID-19.” Grigsby transferred to SU in the fall 2020, and presenting at a research conference was a new experience for her. She explains that being an honors student prepares you for “bigger things,” and she encourages everyone to “take advantage of those opportunities, and that’s how you get the most out of the Honors College.”

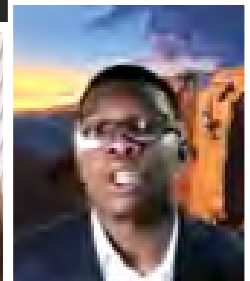
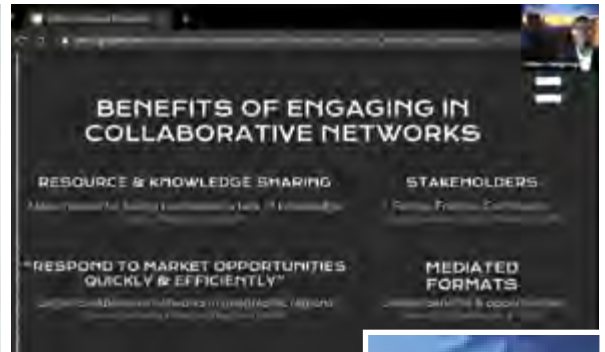
Freshman Chibuzo Opaigbeogu also participated in the fall 2020 Honors 111 Research Conference, presenting on his topic of “Success for Everyone in Small Businesses: The Best Practices for Engaging in Collaborative Networks as a Small Business.” After his Honors 111 presentation, Opaigbeogu was recommended to present at the



Northeast Regional Honors Council (NRHC) conference. Opaigbeogu felt that the Honors 111 Research Conference definitely prepared him for presenting at the NRHC, improving his confidence and making him “more open to going to conferences in the future.” Opaigbeogu also shared his belief in the importance of a strong support system going into presentations, adding that “having support is very necessary ... the encouragement was very beneficial, and I can’t say that enough.”

Freshman Amy Kessler also presented at the fall 2020 Honors 111 Research Conference and was recommended to present at the 2021 NRHC conference. Using her Honors 111 experience as preparation for possible questions, she pre-recorded a poster presentation for the NRHC on “Minority Representation in Schools: A Study on Teacher-Student Matching.” Kessler also shared her appreciation for the community created by the Clarke Honors College as a whole, noting the conference experience as unique because “you’re in this together with everyone.” She also adds some advice for students who might be nervous to present at research conferences, explaining that “getting out there and doing it is worthwhile.”

Sophomore Haley Taylor presented her Honors 111 research in fall 2019 centered around “Affordable Housing First: A Transition from Emergency Care to Prevention of Chronic Homelessness.” Taylor



Clockwise: Freshman Amy Kessler presented at the Fall 2020 Honors 111 Research Conference and was recommended to present at NRHC 2021. Freshman Chibuzo Opaigbeogu virtually presenting on his research titled “Success for Everyone in Small Businesses: The Best Practices for Engaging in Collaborative Networks as a Small Business.” Junior Gabriella Grigsby presented on her research titled “Socioeconomic Status and Visual Art Integration: The Impact on Community Engagement During COVID-19.”

explained that participating in the Honors 111 Research Conference taught her the importance of “being explicit with your language ... so your listener can hear and understand what you’re talking about.” She believes that having Honors 111 as the introductory course in the Clarke Honors College “really throws you right into research” and encourages students not to be “afraid to hit submit” on any application.

Presenting in Honors 111 can be a gateway to future research conferences, and students in the Clarke Honors College have shown that with practice and dedication to their topic, they can produce powerful presentations, encouraging change and moving audiences throughout the region.

*All interviewees thank the Clarke Honors College faculty for their assistance, including Lauren Hill, Dr. Andrew Martino, Dr. Michael Koval and Heather McCarty, as well as Dr. Timothy Stock and their friends and family who supported them throughout their conference preparation and presentations.*



# A LIGHT IN THE DARK: How CHC Students Are Helping Their Community

By Kyla Taylor

*Kyla Taylor is a junior English major with a minor in marketing.*

At the Clarke Honors College, we are always looking for ways to engage with our community, whether that be the rest of the student body or the City of Salisbury. Ever since COVID-19 came to our area, this has been more important than ever. Many have been left stranded and lost, wondering if life will ever return to normal. Naturally, CHC students have stepped up to the challenge of staying committed to community engagement, even in the middle of a worldwide pandemic.

Casia Veeck, a nursing student who is minoring in Spanish, is using her skills to help the wider Salisbury community. Veeck volunteers at the TidalHealth Peninsula Regional as a translator for the hospital's COVID-19 vaccine clinics. She greets Spanish-speaking individuals and guides them through the registration process, answering any questions they might have in a language that is familiar to them. She also translates for Spanish-speaking patients when the Community Healthcare Worker Department does at-home visits.

When asked about her experiences so far, Veeck said: "I love being a translator, as being able to speak Spanish breaks down so many health care barriers. My favorite experience is when I see a smile light up on a patient's face when they realize that I speak Spanish. Unfortunately, minority groups don't have the privilege of the same health care equities and opportunities as

others. Therefore, medical service can be frustrating or confusing for those who do not speak English. The simple change of having a translator present in the medical field can solve many health care barriers and make patients feel more comfortable."

Honors students Jack Lenox and Katie Stella-Breeding also have been helping out by leading the SU Cures COVID Initiative. This group is made up of SU students



**Casia Veeck assisting a citizen at TidalHealth Peninsula Regional.**

who are dedicated to helping their community fight COVID, whether it be through education, volunteering or otherwise. As Lenox steps down and graduates this semester, fellow Honors student Carly Nascembini will be stepping up to help Stella-Breeding with the initiative.

Lenox proudly said: "I think that this activity is informing our community and hopefully contributing to higher vaccination rates and helping to decrease the spread of the virus. I cannot

understate the importance of vaccine equity either. It is helping to address social inequities deeply rooted in public health and hopefully making our community healthier, both physically and socially."

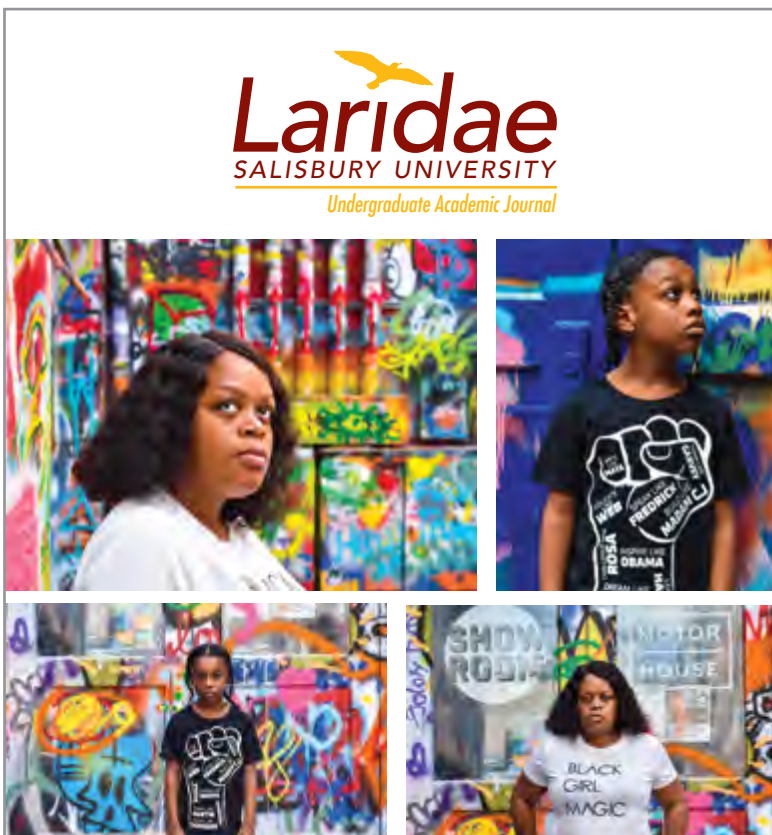
Another Honors student, Anya Galbreath, is helping to feed SU students. She was a founding member of the Food for the Flock effort, a group that aims to relieve food insecurity among SU students.

Since the club was founded in fall 2018, Galbreath has taken up various leadership roles. She said that one of the best experiences she has had thus far was receiving an email from an SU alum who had repeatedly used the pantry during their time at the school. They were so impacted by the pantry that they decided to donate to the effort.

"They thanked us for our services and told us how much the pantry helped them to not have to worry so much and that they appreciated what we did," Galbreath said. "It was so great

to hear from someone who had used the pantry and to see that our hard work was actually making a difference in people's lives." She also added that she hopes that Food for the Flock continues to reach more students and increase awareness of food insecurity.

Even though we, as a world, are going through a time where many of us are feeling lost, there will always be people like the Clarke Honors students – people who step up and become a light in the darkness.



Top: Hayley Taylor's research is based on the local issue of homelessness.  
Brianna Domenick's research is based in the STEM field, in particular in engineering.

## Honors 111 Students Published in *Laridae* 2020

By Kenna Krueger

*Kenna Krueger is a freshman elementary education major in the Bellavance Honors Program.*

The fall 2020 publication of Salisbury's undergraduate research journal, *Laridae*, saw Honors 111 students published. These current sophomores were published when they were freshmen! *Laridae* provides an amazing opportunity for students to be published, no matter how early it is in their academic careers.

*Laridae* is currently in its third volume, meaning it is a somewhat new journal. *Laridae* puts out a call through email for students to submit their research, and students can decide whether they want to submit. For both Brianna Domenick and Hayley Taylor, they decided it was worth a shot and filled out the interest form to be published. After their research was accepted, the students went through a process to be published. This process includes a peer review, an expert-level review that makes sure the research is sound, and working with faculty.

When asked why she submitted her work, Taylor noted: "I was really proud of the paper and all that I had accomplished during 111. I wanted to give what I had written a platform because its ultimate goal is to encourage policy change that cannot happen if it isn't available to be read." Additionally, Taylor appreciated that her research focused on a local issue, and that *Laridae* was an accessible publication.

Domenick's research focused on the gender gap in the STEM field, in particular in engineering. She emphasized that the great feedback on her research motivated her to submit her work to *Laridae*.

According to Domenick, her research shows that "techniques ... have been applied to biology that have significantly reduced the gender gap in that field and [those] techniques can and should be implemented in engineering to reduce that gap."

Domenick noted that she liked learning about engineering, which was a new topic to her. She also emphasized the immense help Clarke Honors College faculty member Lauren Hill provided her throughout the process.

Honors 111 is a required course for all Clarke Honors College students. According to Hill, 111 prepares students, the majority of whom are freshmen, and teaches them to use and read scholarly-level peer-reviewed research. Teaching a course like this to students early in their academic careers is beneficial as it builds confidence in their research skills. The Clarke Honors College provides excellent opportunities for students to grow their research during their undergraduate careers.

# Honors Student Uncovers the Eastern Shore's History with the Ku Klux Klan

By Jakob Todd

*Jakob Todd is a sophomore communication major, multimedia journalism track, with minors in business and professional writing, marketing, and professional sales.*

The Eastern Shore of Maryland's buried past of racism, bigotry and division has remained largely hidden from the public eye. One Clarke Honors College student, however, is actively working to shed light on the region's dark and troubled history for future historians and activists alike to use for future action.

Thomas Long, a senior at SU, undertook an Honors creative project in spring 2021 unique to those of his fellow graduating peers; in his search, Long sought to uncover the truth behind the Ku Klux Klan's presence in Delmarva communities throughout history.

"This research is intended to bring on the state of reckoning that's going on right now [across the country]," Long said. "We need to come to terms with how bad our history was in order to reach [that] state of reckoning."

Utilizing local, regional and national historical newspaper articles made accessible through SU's Nabb Research Center, as well as the digital databases of the Library of Congress and the Somerset County Library, Long uncovered first-hand accounts of local Klan activity across the lower Eastern Shore.

The research is part of a larger undertaking by the Nabb Research Center, a guide detailing the racial terror lynchings of African Americans during the 19th and early 20th centuries, which Long began collaborating on during the summer.

Long said the center's inspiration for the research came after witnessing the killing of George Floyd and the Black Lives Matter movement over the summer, eventually leading him to discover the Eastern Shore's little-known past as a Klan "hot spot" during the 1920s, which became the focus of his research.

The history was so buried, in fact, that Long was only able to explore Klan activity on the Eastern Shore by navigating through thousands of individual hundred-year-old newspapers using keywords.

"There would be weeks where I wouldn't find anything," Long said.

Once reviewing newspapers from 1922, however,

Long's daunting journey had finally delivered promise. These newspapers detailed Klan rallies, cross burnings and even Klan representatives speaking to packed theaters across the lower Eastern Shore during the early 1920s, capturing the history that had been "forgotten" by the peninsula's residents. The discoveries made Long one of the first researchers to ever bear witness to the largely hidden information.

Long said the most shocking find he discovered was a Klansman's speech at a downtown theater to a crowd of 1,500 Salisbury residents, only to be followed by a Klan-orchestrated cross burning on Main Street.

While the history of Klan events carries deep

sentiments of hate, Long, a history major, believes the information deserves to be brought to light to ultimately benefit the community through acknowledgement and growth. By compiling the newspapers in complete, seamless guides, Long accomplished his goal of increasing accessibility to the undisputed facts of history, which can act as sources for knowledge and eventually lead to progress.

"These guides will be able to aid those researching this dark period of local history by providing them with instant access to elusive primary sources that have been placed

in a central location," Long said.

The Klan activity guide also includes an interactive map of Delmarva displaying the location of major Klan events, brief analyses and summaries of Klan activities to supplement the newspapers, and a list of outside resources. Long was mentored by associate history professor Dr. Kara French, who offered guidance on how to conduct the research.

Long's dedication to his craft is a testament to the rigor and passion of students across the Clarke Honors College. Fellow honors students may look to the work of Long and their peers engaged in the national discussion on inclusivity to develop future contributions and projects for change.

Now published alongside the Nabb Center's guide on Eastern Shore lynchings, the Klan activity guide may be accessed at <https://libraryguides.salisbury.edu/c.php?g=1056210&p=8225340>.



Left: Thomas Long. One of the newspaper clippings Long used during his research.

# How Are You?



By Lindsey Farrell • Lindsey Farrell is a senior nursing major.

*Nursing major Lindsey Farrell recently completed a creative project as her honors capstone. Farrell was kind enough to share her experience with The Saunterer as a graduating senior.*

How are you? It is a question you most likely hear often, whether a grocery store cashier is asking you or a college professor. When asked how they are, most individuals often respond with a generic response that likely follows the familiar format "I'm good, how are you?" Without hesitation, most individuals answer the question without reflecting on what they were asked.

For my honors senior creative project, I sought to ask students how they were and encourage them to think deeper about the question they were being asked. My project was titled "The How Are You Campaign" and sought to promote self-reflection coupled with encouraging students to generate conversations about their feelings with their peers.

I have watched many students combat mental health problems, but they have done so alone and without a welcoming environment to share their feelings in. Mental health has unfortunately been stigmatized in our society and I addressed the idea that many students may struggle because either they are not asked how they are, or they do not feel invited to share their true feelings. I proposed three potential reasons individuals may refrain from engaging in conversations about mental health. First, I entertained the idea that individuals may not ask one another because they do not know what to do when presented with an answer that differs from what they expect. Second, I suggested that individuals do not want to feel as though they are burdening one another with their true thoughts and feelings. Finally, I considered that honest communication about mental health had not been encouraged throughout one's respective life.

Students were able to anonymously write responses to the sole question that was asked and place them in a secure box. They were then given a lime green ribbon to attach to their backpacks and a list of mental health resources to contact, should they wish to speak to a professional. After four weeks of response submissions, I collected the responses and analyzed them for common themes. I discovered four common themes across responses, most of which showed a mix of feelings of being overwhelmed, stressed and decreased confidence in one's own abilities. Responses ranged from revealing negative outlooks, positive outlooks or a mix of both.

With these findings, I presented my project to Clarke Honors College students and faculty at a research night. My campaign sparked interest from Clarke Honors College faculty and led to the implementation of mental health awareness within honors courses. Aspects of my project have been adapted by the CHC Mental Health Committee that aims to destigmatize mental health issues. I am confident that the initial vision of my campaign will continue to be addressed by Salisbury University students and staff long after I graduate.

As Brene Brown stated, "what we don't need in the midst of struggle is shame for being human."

Mental health matters. You matter. Allow me to be the first to ask: How are you?



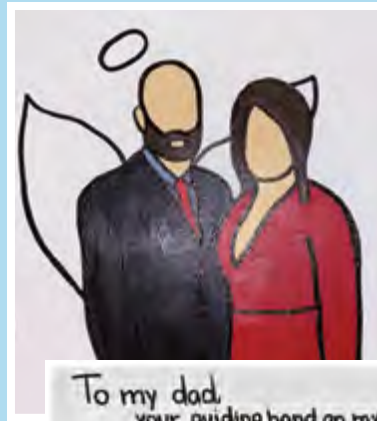
Top: Lindsey Farrell strikes a pose with Sammy – and checks his heart rate, too!

Above: Farrell's creative project involved students placing anonymous opinions about their mental health inside a secure box.

# Blink

By Jada Jackson

Lids flutter  
Lashes whisper  
Debating  
Should they  
Uncover  
Their secret  
Inside?  
Slowly consenting  
Revealing  
Liquid orbs  
Made of ocean waves  
Gently crashing  
Against pure white sand  
They smile  
They laugh  
They shine  
And I'm drowning  
But  
Can't come up  
For air  
Until  
Slowly  
They shut again  
Hiding their beauty  
And  
I still  
Can't breathe  
Not sure I deserve  
To perceive  
Such wonder  
Gone now  
Brown curtains  
Don't stay closed  
For long  
And then  
It happens again.



## Gabriella Grigsby on her paintings:

When the pandemic first hit, I thought it would be a quick two-week lockdown and our lives would go back to normal. Sadly, I was mistaken, and after several weeks of being quarantined in my house, I started to experience anxiety and depression, as I am sure many people experienced as well. I knew that if I wanted to make it out of the pandemic, I would have to find an activity that would help me to cope with the emotions I was dealing with. I have always loved painting, and I thought that it would be a stress-relieving activity during a time of immense uncertainty. My boyfriend's mom passed away during the lockdown, and although she did not pass away from COVID, it was obvious how much of a factor the pandemic played in allowing their family to visit their loved one. As a way to show my boyfriend's mom that I was thinking of her, I started painting portraits of her and all of her daughters with angel wings surrounding them. People were truly touched by these paintings, and it has become a hobby of mine to give these paintings as gifts. The two images showcase my boyfriend's uncle, who suddenly passed away, leaving behind his sons and his wife. While they miss him dearly, these paintings helped lessen their pain for a little while which is my overall goal.

# 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.*

## A Nighttime Sorrow

By Chloe Birch

Now I recall the nights you used to say  
That all my tears and fears were yours to keep  
And when my eyes were forced to face the day  
They still belonged to you 'til time to sleep

When I look back and think upon those times  
My soul grows bare and tries to steal my chest  
It seems that naught can free me from  
these binds  
There is for me no respite and no rest

Then I must free my chest and soothe my soul  
For I cannot be slave to my own self  
And even though my heart may have a hole  
The key that fits it lies upon a shelf

I think, "This season now will surely cease"  
With this I close my eyes and find my peace



"Crystalline Pine"  
by Ian Leverage

# Honors Student Ambassadors

Honors Student Ambassadors are exemplary students in the Clarke Honors College who are available to answer questions that you may have about the College and their experience at Salisbury University. In addition to their wide-ranging majors, most ambassadors have additional areas of academic expertise and are involved in a variety of extracurricular activities. In each issue of *The Saunterer*, we introduce a few of our 31 ambassadors. To find out more, you can visit the Clarke Honors College website [www.salisbury.edu/honors](http://www.salisbury.edu/honors), which includes full profiles for each of the ambassadors.

## Evan Polkinghorn

- Major: Chemistry
- Minors: Biology and Psychology
- Hometown: Salisbury, MD
- Interests: Resident Life, Health Science Society, United Nations Millennium Fellowship

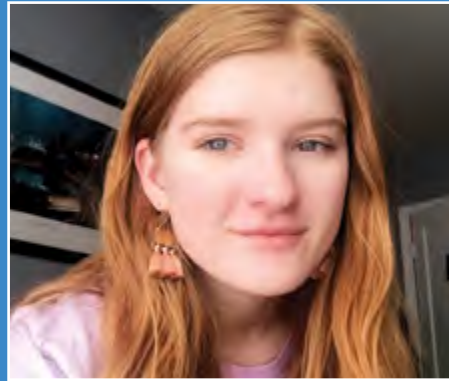
[epolkinghorn1@gulls.salisbury.edu](mailto:epolkinghorn1@gulls.salisbury.edu)



## Abigail Slovic (she/her)

- Majors: Early and Elementary Education
- Hometown: Towson, MD
- Interests: Girls On Top, Honors Student Association, Students Helping Honduras

[aslovick1@gulls.salisbury.edu](mailto:aslovick1@gulls.salisbury.edu)



## Aman Shahzad (she/her)

- Major: Biology
- Minor: Chemistry, Pre-Health Track
- Hometown: Salisbury, MD
- Interests: Beta Beta Beta Honor Society, Medical scribe work, Outdoor activities

[ashahzad2@gulls.salisbury.edu](mailto:ashahzad2@gulls.salisbury.edu)



## Thomas Long

- Major: History
- Minor: Philosophy
- Hometown: Salisbury, MD
- Interests: Nabb Center Research, International Travel, Boating

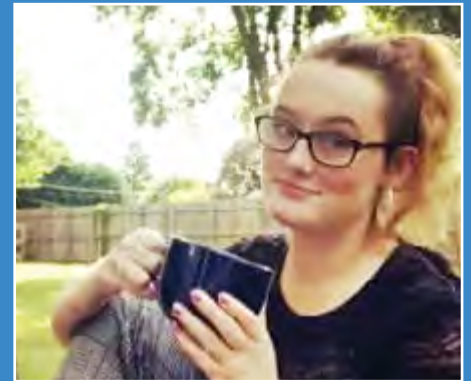
[tlong4@gulls.salisbury.edu](mailto:tlong4@gulls.salisbury.edu)



## Briana Branch

- Major: Biology
- Minors: Chemistry and Psychology
- Hometown: Salisbury, MD
- Interests: Health Sciences Society, Research, Diversity and Inclusion Committee

[bbranch1@gulls.salisbury.edu](mailto:bbranch1@gulls.salisbury.edu)



## Olivia Ballmann

- Major: Communication, Multimedia Journalism Track
- Hometown: Ellicott City, MD
- Interests: *The Flyer*, Honors Student Association, Catholic Campus Music Ministry

[oballmann1@gulls.salisbury.edu](mailto:oballmann1@gulls.salisbury.edu)





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.

### **HOW CAN YOU MAKE A DIFFERENCE?**

We need your help to aid highly motivated students in attending professional conferences, purchase supplies to support undergraduate research (computers, lab equipment, etc.), fund experiential learning activities and more. Your gift will go toward enhancing the educational experience for some of SU's most motivated students.

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