

Creighton hosts spring Career Fair

Students connect with employers, organizations



SAM GIANFRANCISCO/THE CREIGHTONIAN

Over 90 businesses, service organizations and educational institutions met at the Harper Center Ballroom for the All-Majors Career Fair hosted by the John P. Fahey Career Center. The fair gave students the opportunity to explore industries, network with potential employers and look for internship and full-time post-graduation jobs. The next career fair will be during the fall semester.

CHLOE CARRILLO  
Assistant Scene Editor

Creighton University’s All-Majors Career Fair, hosted by the John P. Fahey Career Center, featured about 90 employers and gave

students opportunities to connect with organizations, find internship opportunities, volunteer and even score jobs post-graduation. The employers present at the fair on Friday, Feb. 21 were diverse, including some of the largest finance and tech companies, healthcare companies, local service providers

and post-graduate educational institutions. The Career Center makes sure every student is ready to visit employers through their career fair preparation events and workshops leading up to the fair, so every Creighton student can feel at ease and prepared when going to the career fair. The preparation sessions include resume help, strategizing, rehearsing students’ elevator pitches, practice questions, free headshots and even a closet that students can borrow business clothes from.

At the event, the booths took up the entire Harper Ballroom and some space outside the ballroom. Students gathered in their business attire with the hope of finding internships for the summer, LinkedIn connections, job shadowing opportunities and an array of other things pertaining to building a good foundation for their professional lives.

When asked about the significance of the career fair, Assistant Director of Operations and Outcomes of the Career Center Seth Kleinwort said that, in addition to meeting employers, the career fair is “also good practice just to network and get to make connections.”

Kleinwort also said that the career fair provided a space where students could make connections.

“[The career fair offers] a lot of opportunities that they may not have otherwise just to meet some employers,” Kleinwort said.

The All-Majors Fair is accessible to all students. Katie Wessel, the associate director of the College of Arts and Sciences and Nursing, said.

“They [employers] look for students of all different majors, which is why we call it

the ‘All-Majors Career Fair.’ ... There’s a lot of opportunities to connect and learn about different industries and explore,” Wessel said.

Wessel, Kleinwort and other professionals in the Career Center help students achieve their professional goals.

“For preparation, we can do elevator pitch practice and resume review; we go over which employers are coming and then just [in] general make sure that we give them coping skills for being nervous,” Kleinwort said.

**“They [employers] look for students of all different majors, which is why we call it the ‘All-Majors Career Fair.’... There’s a lot of opportunities to connect and learn about different industries and explore.”**

**-Katie Wessel**  
Associate Director of College of Arts and Sciences and Nursing

“We’re supporting students wherever they’re at in the process,” Wessel said.

The career fair is a great opportunity for students to find any opportunities they can think of, from internships to just getting more connections on LinkedIn.



SAM GIANFRANCISCO /THE CREIGHTONIAN



# Speaker discusses artist Henry Sugimoto

## Day of Remembrance shines light on Japanese American History

GRACE UPDIKE  
News Editor

Members of the Creighton community gathered at the Joslyn Art Museum to learn about the life and legacy of Japanese American painter Henry Sugimoto.

The event last Wednesday was a collaborative effort between the Creighton Intercultural Center and the Japanese American Citizens League to celebrate the annual “Day of Remembrance” for Japanese Americans that were forcefully incarcerated during World War II. The “Day of Remembrance” happens every year on Feb. 19.

The event focused on a specific piece from the Joslyn Art Museum’s “All Aboard: The Railroad in American Art, 1840-1955” exhibition, which is featured from Feb. 15 until May 4. The piece, titled “When Can We Go Home?” was painted by Henry Sugimoto to reflect his World War II incarceration experience.

As the painting normally belongs in the collection at the Japanese American National Museum (JANM) in Los Angeles, the event hosted a speaker from the museum to talk about Sugimoto’s work. Kristen Hayashi, the director of collections and curator for the JANM, spoke about Sugimoto’s life, artwork and the impact that it has had on WWII education, specifically regarding the Japanese American experience.

The artist, Henry Sugimoto, came to the United States in 1919 at just 19 years old. He was interested in becoming an artist and took a liking to landscape paintings, so he

studied different styles of landscape paintings all around the world. According to Hayashi, things were looking up for Sugimoto until tragedy struck.

“He was really showing promise of being this burgeoning artist, and then World War II really turned his life upside down...as well as the lives of Japanese Americans living on the West Coast,” Hayashi said.

Hayashi said that, during WWII, Japanese Americans on the West Coast were forced to leave their homes and were incarcerated in “what we call ‘America’s concentration camps.’”

Because of this experience, the subject matter of Sugimoto’s paintings pivoted from landscapes to his experience during incarceration. Later in his life, his paintings also revisited the immigrant experience and the discrimination that Japanese Americans faced.

“He really captures not only daily life, but...[life with] a lot of emotion and political charge. ... He’s definitely making a statement about [the] injustice of this experience and just [the] challenges and the discrimination and prejudice that Japanese immigrants face in this country,” Hayashi said.

The painting, titled “When Can We Go Home Again?”, which was featured in the exhibition, told a particularly touching story about Sugimoto’s experience, Hayashi explained.

“The anecdote goes that soon after the Sugimotos had to leave their home and community, they were first taken to the Fresno temporary detention center in California.

And I think the Sugimotos made it seem like this was like a picnic for their daughter. So, after they finished having lunch, her quote was ‘When can we go home again?’ and they, you know, they had to explain to her [the] situation,” Hayahi said.

**“He really captures not only daily life, but he does it with a lot of emotion and political charge... he’s definitely making a statement about the injustice of this experience and just [the] challenges and the discrimination and prejudice that Japanese Americans face in this country.”**

**-Kristen Hayashi  
Director of Collections  
Japanese American National Museum**

think that it’s so relevant to today,” Hayashi said.

Hayashi also said that Sugimoto’s paintings were extremely prevalent, despite not gaining recognition for many years.

“I think he would just be very pleased that his artwork is educating people about the incarceration experience today, because [he] did try to get these paintings in galleries sort of later in his life,” Hayashi said. “From post-World War II until his death in 1990, [there] are few cases where he was able to exhibit his work, [because] largely, people were not interested in the camp experience and his work.”

The students in attendance appreciated how Sugimoto shared his history through his artwork.

“I think what he did was [great], and I think his history is very beautiful,” Toni Ero, a freshman in the College of Arts and Sciences, said.

Ero also shared he unique impact that Sugimoto’s paintings can have on other Japanese Americans.

“His paintings really show history and document history, which other Japanese Americans here can look back [on] and really see the ancestors,” Ero said. “He may not be alive today, but...looking back [on] what he started [the paintings] for...[it’s] actually helping so many people right now.”



## Weekly Campus Safety Report

This is a selection of incidents chosen by the Editor in Chief and is not a comprehensive weekly report. The full report is compiled in the Daily Crime Log which anyone can access in the Public Safety office located at 2222 Burt St.

- 1

February 18 - 7:30 p.m.  
Public Safety observed potential damage to the elevator in the pedestrian bridge. (Not pictured.)
- 2

February 21 - 1:39 p.m.  
Public Safety received a report of a non-affiliate asking for money in Harper. Public Safety made contact with the person and issued a Ban and Bar notice.
- 3

February 23 - 1:30 p.m.  
Creighton student reported that his backpack, containing two computers, was taken from his unlocked vehicle. (Not pictured.)
- 4

February 24 - 7:42 p.m.  
Public Safety responded to the east side of the School of Dentistry in response to a report of two parties fighting. OPD responded and Public Safety issued a Ban and Bar notice.



# Medical school holds blood drive

BRENNAN JACOBS  
News Reporter

Creighton University’s School of Medicine hosted a successful blood drive with collaborative efforts from Brittany Rife, an account manager, and Lane Ritter, a second-year medical student on Wednesday, Feb. 19.

“The goal for today is about 35 successful units. We have over...47 people signed up. So, the goal is very achievable today,” Rife said.

**“I think the biggest thing is...for a lot of different procedures and people who are critically ill, it really is a life-saving measure.”**  
**-Lane Ritter**  
**Second-Year Medical Student**

Ritter, who served as a liaison between the medical school and the event, said she has been around blood drives since she was in college and that the practice of helping coordinate them stuck.

“I went to the University of Missouri for undergrad, and we do the largest student-run blood drive in the country,” Ritter said. “So,

I’ve just kind of been around it for a while, and I love helping people figure out how to navigate donating blood.”

The planning process involved reserving the space, marketing the event and incentivizing donations with prizes provided by the American Red Cross.

“We just really recruit students to get the word out,” Ritter said.

Rife also emphasized the importance of the blood testing process.

“After it’s donated today, it gets sent to our lab to get tested. ... There’s a panel of tests that they run on it to make sure that it’s suitable and viable to give to a patient in the hospital,” Rife said.

Rife said she hoped that participants would recognize the ease and importance of donating blood.

“I would hope that they would know that donating is easier and less scary than maybe they would have assumed in the past, and that they would be willing to and excited to work with the [American] Red Cross more in the future,” Rife said.

Both Ritter and Rife said that blood donations are incredibly impactful and important.

“I think the biggest thing is...for a lot of different procedures and people who are critically ill, it really is a life-saving measure,” Ritter said.

Their combined efforts underscore the vital role of community involvement in supporting healthcare initiatives.

# Success Center hosts Student Success Week

JOSSY FETTE  
News Reporter

Creighton University’s Success Center hosted its Student Success Week, which started on Monday, Feb. 17 and ended on Friday, Feb. 21. The Success Center hosted a variety of events targeting students to engage them in the services the Success Center provides.

Creighton’s Success Center worked with other Jesuit schools for Student Success Week. The Success Center hopes to make this event a national movement.

On Monday, the Success Center encouraged first year students to nominate an “Iggy.” The award goes to “those who have been instrumental in helping make a first-year student’s college experience a success.”

Tuesday, students had the opportunity to plan for pre-professional success with the Center for Advising Resources and Support.

Wednesday, the success center provided different snacks in the first-year residence halls: “Donuts in Deglman,” “Guac in Graves” and “Sweets in Swanson.”

Thursday was “First-Gen Dress for Success: Billy’s Clothing Closet & Career Fair Prep Event,” which was later open to all students.

Friday was the All-Majors Spring Career Fair and a TRIO Student Support Services Scholarship Workshop.

The All-Majors Spring Career Fair lasted from 12 p.m. to 3 p.m. in the Mike and Josie Harper Center Ballroom. At the fair, over 90 employers and organizations were recruiting Creighton students. Included were CHI Health, Mutual of Omaha, Union Pacific and Children’s Nebraska.

The Success Center has three main ser-

vices: the Office of Academic Success, The Office of Student and Family Support and the Success Center itself.

“Our goal at student success is to work one-on-one with students, to manage their hopes and their dreams and to make those a reality,” Wayne Young, Ph.D., the Vice Provost of Student Success, said.

The Success Center attempts to provide high touch support for students who visit.

The Success Center is now working on its Strive to Thrive campaign.

“It’s a fun campaign, because we want to see students thrive,” Young said.

This campaign provides students with connections to the Success Center services.

“What we’re trying to do is remind students that college is a fun but...turns-and-twists type of journey. We’re here to help them thrive,” Young said. “It’s a campaign aimed at helping students ask for support.”

To promote the message about Strive to Thrive, people in the Success Center wear t-shirts and buttons with “Strive to Thrive” on Wednesday. For the campaign, the Success Center is also sending letters and gifts to students, as well as letters to parents.

“Since Strive to Thrive has been going, I think we’ve already had around 80-100 outreaches, and it’s only been going for about two to three weeks,” Young said.

The Success Center is also celebrating the current sophomore class for being the first class to achieve a 94% retention rate.

# Cultural Night brings community together

ELIZABETH JONES  
Editor in Chief

Various cultural foods, fashion and entertainment were showcased to an audience of about 150 people in the Skutt Student Center Ballroom last week during Creighton University’s International Student Association (ISA) Cultural Night.

Cultural Night was a chance for students, staff and faculty on campus to come together and share parts of their culture with the Creighton community. The cultures represented included Indian, Korean, Jamaican, Filipino and American, among others.

“We were focusing on having students, staff and members from different cultures so they can come together... [The night was] open to everyone, and we tried to diversify as much as possible,” ISA Vice President Prashant Adki, a first-year Ph.D. student in the Creighton University School of Pharmacy and Health Professions, said.

Some of the attendees brought their children, which added to the joyful atmosphere of the night.

“[Kids attending] gives you that whole family vibe... It’s a nice feeling to have families around,” ISA Vice President of Finances Aayushi Dumbre, a first-year master’s student in the Creighton University School of Pharmacy and Health Professions, said.

Throughout the night, different performances were held to showcase aspects from a range of cultures, including a performance from a Creighton cappella group and Bollywood dances. There was also a variety of food, which was sourced from several Omaha restaurants, representing multiple cultures. The entertainment and meal all seemed well-loved by the event’s attendees.

“I think our main focus was the food, because everyone loves food... I was so happy when... we were standing there trying to serve or help people out, and the [joyful] expressions and emotions they were showing, I was satisfied and content,” Dumbre said.

ISA, which currently has five members on their executive board, has been planning Cultural Night since December and is proud of how the event turned out.

“I personally do think it was a great success... I think given the time and the [number of] people we had on [our executive] board, we did a pretty good job. I’m happy and satisfied,” Dumbre said.

The event gave international students the opportunity to feel more at home.

“At Creighton we speak about the importance of community and the community building, especially for our international students who are far away from home, [and it’s] even more important than ever these days,” Krista Cupich Wingender, the director of international student and scholar services, said.

“And it is so wonderful to see everyone gathering to showcase and highlight the diversity of cultures that we have across campus. And coming together as a family... shows the true

global spirit and reach that Creighton really brings to the world and that our graduates bring to the world.”

Members of ISA, like Adki and Dumbre, found that this sentiment shone through in the event.

“It really opened many new doors, ...like a Creighton community that is a very close community,” Adki said. “I never felt that kind of closeness when I was in other universities. So that is something that I absolutely love [and] learned. The people here are very nice and it really feels like a family. It doesn’t feel like, you know, it’s a business or anything.”

Dumbre shared a similar sentiment.

“I feel homesick a lot, because I am a person who likes to be around family and friends and I like social gatherings. I like to hang out,

dance, music, everything. And I think yesterday [during the ISA Cultural Night] it felt like this was everything I was missing... Despite being away from home, I felt home.”

The event was a collaborative effort across the Creighton community. Cupich Wingender assisted ISA in planning the event. Additionally, they had help from several volunteers. The Global Engagement Office, Creighton Intercultural Center, the Office of Sustainability Programs and the Creighton Students Union also worked with them.

ISA is open to all students, including Americans, who want to share their cultures and experiences while also learning about others.



SAM GIANFRANCISCO/THE CREIGHTONIAN

ISA members, volunteers and audience members (pictured above) came together during Cultural Night to share and learn each other’s cultures.



# Museum honors Black history



JOSSY FETTE/THE CREIGHTONIAN

The Great Plains Black History Museum, which currently features 10 exhibits highlighting Black history, is open to the public and is planning to expand to a new location within a few years.

## JOSSY FETTE Scene Writer

The Great Plains Black History Museum is located on North 24th St. and has been operating since 1976. Despite its size, the museum is filled to the brim with Black history artifacts from Omaha and around the United States. Visiting the museum is free to the public, but memberships are available to access special events. The museum is open Wednesday through Saturday from 1 p.m. to 5 p.m. weekly.

The museum currently has 10 exhibits, with seven of them lasting for limited periods. When visiting the museum, visitors have the option to view the exhibits through a guided

tour or to see the exhibits on their own.

The Great Plains Black History Museum also offers a variety of events. Most recently, the museum offered “Legacy Quest: A Black History Month Scavenger Hunt” on Saturday, Feb. 22. Targeted towards children, visitors were given a bingo-like question board designed to guide participants to facts pertaining to Black history in Omaha. Additionally, the museum will do informational presentations on Black history. February is the busiest time of year for the museum.

One of the permanent exhibits, “Hate & Hope,” is one of the most stirring exhibits on display. The exhibit juxtaposes examples of the violence African Americans endured with key influential African American figures who were involved in civil rights movements

and current politics. Included figures were Malcolm X, Martin Luther King Jr., Barack Obama and Kamala Harris. According to the museum’s website, “This exhibit focuses on the ugly parts of history in the Great Plains and positive events in Omaha as well as other parts in America.”

Another permanent exhibit is “African American History Through Street Signs,” which displays Omaha street signs that were named after African Americans. The third permanent exhibit, “24th & Glory,” highlights athletes from the Omaha area, as well as the civil rights movement.

The museum was founded by Bertha Calloway. At the museum, it displays that her goal was to “tell her community the history not yet told in school.” Through grants and

funding from the city, the museum was able to open in its first location in 1976. Calloway was involved in the DePorres Club, a civil rights group founded by high school and college students, as well as Father John Markoe of Creighton University.

The museum is hoping to expand to a new location in the next four to five years.

“The new building will be 21,000 square feet and two levels. That way we can really have a major impact on the community, so there can be different things that we can include in that building that due to our size now we are not able to accommodate,” Crystal Williams, an administrative assistant at the museum, said.

# Students learn origami at ‘Take Time Tuesday’

## ELIZABETH JONES Editor in Chief

Students learned how to make origami during this month’s Take Time Tuesday, a monthly event hosted by the Creighton Intercultural Center (CIC) to focus on different cultural events and education about various cultures. This one was put on in partnership with the Asian World Center.

“They [Take Time Tuesday events] mostly focus on just different cultural events that might be going on throughout the year, or... ways that we can invite students in and just bring them more a sense of belonging, teach them something new, teach them about a culture [or] something they might not know about,” Briana Guevara, the CIC’s programming specialist, said.

Mana Nakano, a Japan outreach initiative coordinator with the Asian World Center who has an office on Creighton University’s campus, joined the CIC on Tuesday to teach students about origami and help them make their own origami flowers.

“My purpose is promoting Japanese culture, because I’m from Japan. ... I think that for university students, they don’t have experience to touch another culture—a different culture,” Nakano said. “I think it’s very important to know about cultures outside the U.S.”

During the event, students had the opportunity to learn new origami skills. Nakano showed them how to fold flower petals, which could be combined to form a flower. She also had printed instructions for students to follow along with. As they worked, Nakano assisted them in folding perfect petals

for their flowers.

Students in attendance, like College of Arts and Sciences senior Allison Benjamin, enjoyed the event and found the art of origami relaxing.

Nakano also said she wanted to make sure students know that there is also a Japanese culture club on campus, which she works with.

“I am kind of a moderator,” she said. “In the last year, the Japanese culture club was created. It used to be the Anime club, so they decided to...do anything related to Japan.”

The club’s president, Caitlyn Hern, said they are working towards becoming the Anime and Japanese Culture Club.

Past Take Time Tuesday events included an appearance from Cocoa the therapy dog, gingerbread house making to help students destress and “Ace Up Your Sleeve,” where someone from the Student Counseling Center came to talk about counseling techniques with the goal of spreading the word about mental health among minority students.

Yesterday, the CIC hosted a special edition of the event, deeming it “Take Time Thursday.” It gave students the opportunity to talk with Equity, Diversity & Inclusion Vice President Sarah Walker, Ph.D., about recent government actions and what they mean for students.

“I feel like [Take Time Tuesday is] just a great way [and] use of our time to bring activities like this and make students feel more welcome. ... [It helps] make them feel more sense of belonging on campus,” Guevara said. “I can’t reiterate that enough. I feel like that’s the main purpose of it.”



SAM GIANFRANCISCO/THE CREIGHTONIAN

Mana Nakano (left) helps students, including Allison Benjamin (center) and Lucio Perez (right), fold their origami flowers during this month’s Take Time Tuesday event hosted by the CIC.



# New Life Thrift offers smart style

CARLY CHASE  
Scene Writer

In an era of fast fashion and rising clothing costs, thrift shopping offers an affordable and sustainable alternative. New Life Thrift is a staple thrift store located at 7007 S. 36th St. in Bellevue, NE, which has been providing a welcoming atmosphere, budget-friendly prices and a plethora of second-hand finds to customers since 1998.

When visitors enter New Life Thrift, they are welcomed by racks upon racks of clothing. The women’s section dominates the floor space, but the men’s selection is also well stocked. Beyond the clothing aisles, eye-catching collectible rugs, quilts and posters decorate the walls, but unfortunately, they are not for sale.

What sets New Life Thrift apart from other second-hand stores in the area is its commitment to keeping prices low. While some second-hand stores have steadily increased their prices in recent years, New Life Thrift has maintained its reputation for affordability.

For college students, low prices are especially appealing. On a recent visit, I found two Ralph Lauren pieces for under \$6 each along with two stylish blazers and high-quality jackets, all under \$5 each. Its collection of blazers is perfect for students in need of professional attire, and the formal dress section offers elegant options at reasonable prices. Whether you’re looking for everyday staples, professional attire or unique statement pieces, the store offers a variety of options at a fraction of retail cost.

For those searching for higher-end items, New Life Thrift has a specially curated section called “The NLTique.” Unlike some thrift stores that markup premium brands, New Life Thrift keeps prices consistent, making high-quality fashion accessible to all shoppers. Beyond clothing, the store also features a selection of shoes, bags, formal wear and home decor and furniture.



CARLY CHASE /THE CREIGHTONIAN

New Life Thrift store offers affordable clothing and knick-knacks for all prospective buyers. The thrift store is located in 7007 S 36th St in Omaha.

Thriftng requires patience, but it can be a rewarding way to build a wardrobe. Unlike fast fashion retailers that promote microtrends and impulse purchases, thriftng encourages intentionality and personal style. Instead of buying low-quality pieces that might go out of style within months, people who thrift can find well-made, timeless pieces that last.

“Buying second-hand makes me feel like a conscious consumer. It’s much better for the environment than purchasing brand-new products. Some of the items you find while thriftng are completely new and drastically cheaper,” Ella McGrath, a College of Arts and Sciences freshman, said.

Environmental impact is also a key factor.

Older clothing tends to be made with better craftsmanship and materials, meaning your thrifted pieces may outlast some pieces of modern clothing.

For those new to thriftng, knowing your size and measurements is essential, but older sizing can be inconsistent. Trying items on, if possible, is crucial, and inspecting items carefully before purchasing helps avoid unwanted stains or damage. Patience is key, as the best pieces aren’t always immediately visible, and shopping with a plan can help avoid impulse buys. The more experience you gain, the easier it becomes to spot pieces that match your personal style.

Beyond providing affordable fashion, New Life Thrift also supports the local communi-

ty. According to its website, proceeds from sales are donated to the HOPE Center for Kids, a nonprofit that offers educational and mentorship programs for at-risk youth.

Thriftng may not be the most convenient way to shop, but it’s a powerful step toward sustainability. Whether you’re looking for a unique vintage find, professional attire or everyday essentials, New Life Thrift is worth a visit. Even if you walk out empty-handed, putting sustainable practices into play is a small yet impactful way to reduce waste and shop more mindfully.

The next time you’re in need of a wardrobe refresh or a fun way to pass time, consider giving clothing a “new life” at New Life Thrift for both your closet and for the planet.

# CSU hosts wellness speaker event

BISHOP SCHUGEL  
Scene Writer

Creighton students gathered in the Skutt Student Center to listen to a panel of faculty speakers discuss their “Blueprint to Balance” as a part of the CSU Program Board’s Wellness Workshop event. Accompanied by chicken Caesar salad wraps, coloring sheets and laughter filled discussion, the workshop featured four speakers, with each focusing on a unique aspect of personal wellness.

First, the students heard from Associate Director for the Student Leadership and Involvement Center Sarah Giacomini, as she detailed the importance of physical wellness

in our daily lives.

She explained how it’s easy for college students to get overwhelmed with the idea of working out due to constraints such as time or money, but that exercise can look different for everyone.

“Doing intentional exercise doesn’t have to be going to the gym,” she said. “It can be something as simple as walking down the mall and back to touch Billy’s beak.”

Giacomini also gave a short segment on the integral nature of sleep, and how deeply it impacts our mental and physical wellbeing as college students.

Next, nutritional wellness and the concept of intuitive eating was covered by campus dietitian Mary Bremer.

“Intuitive eating is a flexible style of eating in which you largely follow your internal sensations of hunger and satiety,” she said.

As she detailed the 10 principles of intuitive eating, students learned about the connection that food has with emotions, and how to navigate that connection in a society filled with nutritional buzzwords and dieting trends.

The third speaker of the evening was Quinn Hejlik, a graduate financial aid counselor who gave a detailed presentation on financial wellness, specifically from the lens of a college student.

“Skills such as budgeting and building your credit score are essential for financial wellness,” he said. “These are necessary steps

to building skills all undergrads will use in the near future.”

Finally, Director of Campus Ministry Robby Francis wrapped up the night with his segment on spiritual wellness. He covered topics such as interior freedom, discernment and finding God in all things before leading the audience in a brief spiritual examen.

“A lot of ink has been spilled on defining spirituality,” Francis said. “The way that I would sum it up is that it’s about exploring meaning, purpose and connection.”

Students left Tuesday’s event with goody bags filled with ideas of how to promote and maintain their own personal wellness, as well as a new understanding of what wellness as a whole means.

Mar. 1 Saturday	Mar. 2 Sunday	Mar. 3 Monday	Mar. 4 Tuesday	Mar. 5 Wednesday	Mar. 6 Thursday	Mar. 7 Friday
<b>CUSAPTA Fundraiser</b> 9:00 a.m. KFC		<b>Coffee with Commuters</b> 8:00 a.m. Skutt 104	<b>Skutt Compost Pilot</b> 11:00 a.m. Skutt	<b>Skutt Compost Pilot</b> 11:00 a.m. Skutt	<b>Survivors Circle</b> 1:00 p.m. VIP Center	<b>March Mindfulness</b> 1:00 p.m. Skutt
<b>Bus with US: Great Plains Black History Museum</b> 1:45 p.m.		<b>Skutt Compost Pilot</b> 11:00 a.m. Skutt	<b>Blender Bike</b> 3:00 p.m. KFC Spine	<b>Drop-In Spanish Tutoring</b> 5:00 p.m. Kingfisher Room	<b>Dance Jamz Class</b> 7:00 p.m. Graves LL28	
<b>Salsa Practice</b> 6:00 p.m. Graves LL28		<b>Memories for Kids College Advisory Board Meeting</b> 5:00 p.m. Eppley 210	<b>Shrove Tuesday Pancake Dinner</b> 6:30 p.m. Lower St. John’s Church			



# From one Bluejay to another

LAUREN PACICCO  
Opinion Columnist

What’s the best dish you can make using only ingredients from McGloin Market?

Dear Bluejay,

I love a good challenge and this question had me feeling like a cook on "Top Chef."

McGloin Market is my favorite Creighton University go-to convenience store.

It’s stocked with snacks, frozen meals and a handful of fresh ingredients that I love to get creative with using my meal plan.

I think it is a great college food shop that you can use your dining dollars with.

It is really accessible on campus and has store hours longer than most Targets and other off-campus stores.

Now, the challenge can be getting creative when you don’t want Brandeis and you want to try to cook something satisfying.

After some careful scouting, I think I’ve found an awesome dish that’s both delicious and doable: loaded mac & cheese with garlic bread crumbles.

For this, you’ll need Kraft Mac & Cheese (or Velveeta if you prefer), shredded cheese, frozen grilled chicken strips or canned chicken, bacon bits, hot sauce or ranch and garlic Texas toast.

**How to Make It:**

1. Cook the mac & cheese according to the box instructions. If you’re feeling fancy, swap the provided cheese powder for shredded cheese and a splash of milk to make it creamier.

2. Prepare the protein: If using frozen grilled chicken, heat it up in the microwave or on a stovetop (if you have access to one). Canned chicken works too—just drain it first!

3. Toast the Texas Toast as directed. Once crispy, crumble it up into small pieces to make an easy, flavorful breadcrumb topping.

4. Assemble the masterpiece: Mix in the chicken and bacon bits with the mac & cheese, top with extra shredded cheese and sprinkle the garlic bread crumbles on top for some crunch.

5. Customize to your liking: Drizzle with hot sauce for a spicy kick or ranch for a cool contrast.

Why it works: This dish is the perfect balance of comfort and fanciness.

It’s cheesy, crispy and packed with protein to keep you full.

It also takes less than 15 minutes to make, which is great for busy schedules.

So, next time you’re staring at the McGloin shelves wondering what to eat, grab these ingredients

You are doing great! As long as you are feeding yourself you are winning! I believe in you Bluejay!

Good Luck!

Submit a question for advice



# I was wrong about Chicago

QUINN COTE  
Assistant Opinion Editor

Chicago is the best city in the Midwest. After visiting this past weekend, I came to that stark conclusion.

Prior to the trip, I disliked Chicago for a variety of reasons.

I don’t like the sports teams, I didn’t like the local places very much and the weather didn’t feel the best when I had previously visited.

But, after going again and keeping an open mind, I can confidently say it is the best city in the Midwest.

Chicago is amazing because the nightlife is vibrant, the food is delicious and it is completely walkable.

Chicago never sleeps.

I hadn’t experienced that before and was very surprised to find places open until the morning.

Restaurants and bars won’t close until five in the morning in some places. A weekend in Chicago was completely different from a weekend in Omaha.

Even in the cold, people were out exploring the city.

The people I ran into while walking were incredibly nice and showed me the best places to be.

es to be.

I love Omaha because of the food and before my trip, I hadn’t realized how many special places Chicago could have.

From hole-in-the-wall, authentic Mexican food to homemade Chicago-style deep dish pizza, Chicago has it all.

It felt like one in every ten buildings was a local restaurant or food chain.

If you aren’t looking for new food to try, every single American chain was just as present throughout the whole city.

Chicago is incredibly walkable. If you have ever tried walking around Omaha, you would come to the realization that there aren’t many places you can get to in a moderate amount of time.

Ten minutes will barely get you off campus here.

But Chicago is completely different.

Because of the public transportation and pedestrian-centered infrastructure, walking is a viable option for transportation.

I didn’t have to use my car once to get around all weekend.

All I had to do was pull up directions on my phone and walk.

Despite the fun and beauty of Chicago, there are some logistical issues I have with the city.

We had to pay a lot of money to park my car when we first arrived.

I drove my family’s Chevrolet Suburban, which is a very big car, and I had difficulty getting around the city when I first got into Chicago.

Also, everything seems just a little too expensive.

I understand that I am comparing the price of goods and services to Omaha prices, but I still think a lot of things are overpriced.

Restaurants are heavily taxed, and it felt like I paid more in tax than I did on the food I had.

Lastly, map software doesn’t seem to work well in the city.

Trying to get out of Chicago was very difficult, to say the least.

The streets are layered on top of one another, making it difficult to determine if you are in the right place.

However, despite its flaws and the bad sports teams, I truly believe that Chicago is the best city in the Midwest.

I will be sure to visit Chicago again sometime soon and highly recommend everyone to take a weekend trip to Chicago at least once a year.

# Oh, so you're pre-health?

FARRAH VELASCO  
Opinion Columnist

I often find myself surrounded by groups of people who take on the majors of biology or chemistry and are either pre-medicine or pre-dentistry.

Frankly, a lot of my friends fall under these majors and whenever I am out studying with them, I feel so small.

I feel inferior to those who seem to be able to solve chemistry equations or understand biology concepts.

I envy them because I feel like they are put on a pedestal.

I am a journalism and psychology double major and to most that seems “easy” and less work, and many people look down on me for that.

Do not get me wrong, people in these majors do work quite hard and what they have to go through academically is rigorous and impressive.

However, I feel that we should not dis-

credit those other majors that do not partake in those fields.

I’ve learned that we are all different people, and we are all working towards different goals in life.

As a Creighton University student who is not in the School of Nursing or partaking in a major that includes natural sciences, or even under the pre-professional track of the medical field, I originally saw myself as just a journalism major and immediately felt inferior to those around me.

Most of my friends and people I know in general are studying to become a doctor, dentist or are part of the nursing program.

This was one of the main reasons I took up a double major in psychology.

Just because my workload seems to be “less” than yours does not mean it is any less useful.

I do give credit to those who have to study hard every day for a test or exam they have.

However, that does not give them a valid reason to discredit the rest of us who are

purely not interested in those kinds of things.

What if I just simply do not like science or math and am just better at writing?

What if I just simply don’t see myself enjoying being a doctor or nurse?

I feel like all majors should be treated the same and equally as we are all working hard towards a career in the end.

The world would not be spinning if everyone was just a doctor or nurse or biologist of some sort.

For a working and well-kept society, we need to have journalists, businessmen, teachers, accountants, psychologists and lawyers.

Not everything is reliant on people who have a degree in one certain field.

Therefore, I think we should credit everyone and not look down on others that seem to have “more” free time and “less” work because that really is not the case.

We are all running on our own paths in which we all have to go through rough patches and obstacles to make it to the final destination.

# Have phones replaced hobbies?

ELA PASKE  
Copy Chief

Amidst food, water and shelter, a fourth human necessity has snuck into the lives of billions of people: the smartphone.

Few things accompany us everywhere, yet society has become dependent on these small rectangular devices.

At the touch of a button, we are able to navigate wherever we want to go, answer whatever question pops into our minds, connect with people regardless of physical proximity, order food to our doorsteps and know what the weather for the next two weeks looks like.

Rideshare apps like Uber and Lyft have eliminated the need to call or flag down a cab, and many restaurants offer a QR code link to an online menu at each table rather than physical menus.

Society now assumes that its members have access to the Internet at all times, and this assumption usually proves correct.

Whether walking, driving or unwinding, our phones never seem to be more than a few

feet from us at all times.

Screen time (the amount of time an individual spends on their phone) data supports that statement; a study done by Comparitech found that worldwide, the average smartphone user spends about three hours and 50 minutes looking at their mobile device daily.

Put into different terms, around 1,400 hours a year are spent staring at a small metal box.

Yet we have the same amount of time in the day as our ancestors did.

So, what time has screen time replaced?

I think smartphones have largely impacted hobby culture.

Before the rise of technology as we know it today, there was no such thing as “brain rot.”

Brain rot is Oxford Dictionary’s 2024 Word of the Year and is defined as “the supposed deterioration of a person’s mental or intellectual state, especially viewed as the result of overconsumption of material (now particularly online content) considered to be trivial or unchallenging.”

Social media scrolling on apps like TikTok, Snapchat and Instagram has widely been coined brain rot scrolling, illustrating

the detrimental nature of spending free time online for mindless dopamine hits.

Activities done for enjoyment in the past included reading, drawing, playing instruments and playing sports.

Now, we regard many of those activities as extracurriculars and no longer incorporate them into our lives to the same extent.

Children are spending less and less time playing outdoors, and imagination has been easily undermined by stimulating videos.

Infants are enraptured by parents’ cell phones as soon as they are exposed to the stimulation a phone can provide through light, color and sound.

Addiction starts from a young age. Cell phones have become an integral part of society and redefined culture.

A commonly known rule known as the “10,000 hour rule” asserts that a skill can be mastered in 10,000 hours of practice.

If we are wasting thousands of hours a year on screen time that does not in any way serve to better ourselves, how much of that time could have been used to develop our talents?

How much of our potential are our phones wasting?



# Jays stay poised, handle Hoyas

## Men's basketball overcomes early deficit to claim crucial win



ALLY SEEVERS/THE CREIGHTONIAN

### ABBIE GALLANT Editor in Chief

It was like *deja vu*, but this time in the script was flipped in favor of the Creighton white and blue. Just over two months after Georgetown handed Creighton an 81-57 loss, the Hoyas found themselves on the receiving end of a role reversal on February 23, as Creighton dominated in an 80-69 victory.

Since the Bluejays lost to UConn and then-No. 9 St. John's on Feb. 11 and Feb. 16, respectively, the win over the Hoyas was imperative to continue the hunt for solid seeding in the BIG EAST Tournament, and for a strong postseason push. Here are three key takeaways from the win.

#### #1- It's not always how you start, but how you finish

From the opening whistle, the Hoyas came out firing, their three-pointers dropping like rain and silencing a passionate Creighton home crowd. It seemed as if the Bluejays had yet to settle into the game when the whistle blew and the Hoyas, spearheaded by Micah Peavy, made them pay. While Creighton started the game 2-6 from the field collectively, less than five minutes into the first half the Hoyas had raced out to a 14-9 lead behind three early triples from Peavy, setting the stage for his dominant half.

A testament to Creighton's composure in the face of Georgetown's scoring surge, the Bluejays weathered their own cold stretches from beyond the arc and never allowed the Hoyas to push their lead beyond nine.

But it wasn't until the final five minutes of the first half that the Bluejays truly found their footing. Eerily familiar to how the narrative played out at Georgetown two months ago, when the Hoyas lit up in the final minutes of the first half and never looked back, the Bluejays flipped the script, doing the same to Georgetown at CHI Health Center.

"I think we were ahead with four or five minutes left in the first half [last time we played them] and they went on a great run to end the half and start the second half and created separation. We did exactly the same today," Head Coach Greg McDermott said. "I think they only scored on two of their last 10 possessions and we rattled off eight out of 10 to end the half. That was a really critical part of the game, and then I think we scored 10 of 11 possessions to start the second half and created the separation that we needed."

Fueled by growing aggression and a Bluejay fan base finally coming to life, Creighton rattled off a 7-0 run with just over five minutes remaining in the first half, forcing the Hoyas into a 2:30 scoring drought. The surge proved crucial, trimming a nine-point deficit to two before Steven Ashworth's game-tying three and Ryan Kalkbrenner's clutch free throws sent the Bluejays into halftime with the lead.

If the first half was about withstanding the early storm, the second half was about proving once again that it's not how you start, but how you finish—and the Bluejays made sure to finish strong, outscoring the Hoyas 36-27 in the latter 20 min-

utes. After taking a slim two-point lead into halftime, Creighton opened the second half with a 6-0 run, quickly pushing their advantage to nine and never allowing the Hoyas to get any closer than five.

Moral of the story? A slow start doesn't seal your fate.

"You don't panic, especially early in the game. You [just] try to do your job a little better," McDermott said.

In this matchup, Creighton proved they could turn the tide in the final minutes of the first half and carry that momentum into the second. This skill will be invaluable as the postseason approaches, where the high-stakes, one-and-done environment will define every moment.

#### #2- Putting the breaks on Peavy's point production

Micah Peavy was a force to be reckoned with in the two teams' first meeting in D.C. (20 points, eight assists and seven steals) and his first half performance in Omaha looked like it was going to be a repeat showing for the senior.

From tipoff, Peavy evaded Creighton's defensive pressure, scoring three of Georgetown's first four three-pointers. His efficiency gave the Hoyas an 46.9% field goal shooting edge compared to Creighton's 39.5% rate by the end of the first half alone, as the guard shot 7-12 from the field and made four of his six three-point attempts.

Catching the Bluejays off guard with his three-point sharpshooting, the senior delivered a dominant first half, racking up 18 of Georgetown's 44 points—accounting for more than a third of the team's offensive output before the break.

But Peavy's production in the second half was just a sliver of his output in the first half. The guard went from scoring with 58% field goal efficiency in the first 20 minutes to shooting 11.1% (1-9 from the field), tallying just two points throughout the entire second half.

The cause of this abrupt decline in efficiency? An adaptable Creighton defense that located the main source of Georgetown's production and made the necessary adjustments to stifle it. While sophomore forward Jasen Green began the game guarding Peavy, McDermott decided to channel senior guard Jamiya Neal's athleticism into shutting down the Georgetown sharpshooter.

"[In] a couple [of] scramble situations he [Peavy] hit some shots and then we just decided to put Jamiya on him with a little bit more quickness and I thought he did a really good job from that point forward," McDermott said.

Switching Neal to primarily guard Peavy, paired with having Ryan Kalkbrenner block his driving attempts, was a key combination that helped Creighton seize control, Green said.

In the second half, Peavy tried to attack the paint, but senior Ryan Kalkbrenner was there to do what he does best—blocking three of Peavy's shot attempts.

Thus, the Bluejays' defensive adjustments not only neutralized Peavy's impact but also shifted the game's momentum, turning what started as a Georgetown showcase into a statement win for Creighton. It is this kind of adaptability and

team mentality that will help the Bluejays neutralize even the toughest opponents.

#### #3- Sharing the wealth: Green's impact extended beyond defense and hustle plays

Averaging about 18.8 minutes per game and starting 16 of Creighton's 27 games, Omaha native Jasen Green has made his presence felt when he is on the floor. While the stats show an average of 4.3 points and 2.9 rebounds per game, the sophomore's ability to make impact plays defensively to set his team up for success has not gone unnoticed.

"His statistics defensively don't jump off the page at you, but when you watch him, re-watch the film, he's in the right spot, his shot challenges are really good, and he does a good job of cleaning his guy up and making sure he doesn't get offensive rebounds," McDermott said.

Beyond his defensive prowess, the sophomore has emerged as a key spark for Creighton's offense in the last four games, injecting much-needed energy into a unit that has struggled to ignite from the opening whistle. While generating less than five points per game on average, Green tallied eight points against Marquette, nine against UConn, 10 at St. John's, and, most recently, 14 in Creighton's second half surge over the Hoyas. His 14-point performance (5-7 FG) marked a career high for the Omaha native.

Green's eight points in the first half against Georgetown proved critical to keeping Creighton in the game despite their consistent shooters taking more time to settle into their rhythm. The sophomore produced seven of Creighton's first nine points of the game, striking first with a corner three pointer, finding room for a contested layup and executing a mid-post jumper.

"I saw opportunities there and I knew that I could take them, especially at this stage," Green said. "I'm feeling really confident right now. My confidence has been increasing, and I just feel like whenever there's an open opportunity for me, I'm going to be able to take those shots and make those shots."

Green's last four performances have showcased his ability to step up and make impactful plays when the Bluejay seniors struggle early—an invaluable asset for McDermott as they head into postseason play. If Green keeps generating points and growing his confidence, all while continuing to execute defensively, teams are going to have a hard time challenging this Creighton team.

Overall, this win proved that when Creighton adjusts, defends and spreads the scoring load, they become a far more dangerous team. With only four games remaining in the regular season, maintaining this level of play will make Creighton a team to watch.



# Jays build momentum for Big East



GRANT GRIFFIN/THE CREIGHTONIAN

Junior Anika Nettekoven takes in the moment after her thrilling comeback to claim first place and a new school record in the women’s 800-meter race at the Bob Devaney Sports Center in Lincoln, Neb. last Friday. The Appleton, Wis. native ran a time of 2:14.242, topping freshman Katie Roche’s time of 2:16.6 from four weeks ago to set a new standard for future runners to chase.

## ALLY SEEVERS Sports Editor

Lincoln, NE—With the Big East Indoor Track & Field Championships on the horizon, Creighton used the Nebraska Tune-Up as a final opportunity to gain momentum and set new program benchmarks.

“Today was all about building momentum as our athletes prepare for the Big East indoor conference next week,” Assistant Coach and Recruiting Coordinator Matthew Fayers said.

Despite a lineup different from what Creighton will field at the conference meet, many races saw standout performances, particularly in the 800 meters event.

“We had some great performances in the 800, with the ladies setting the number one, number two and number three times in school history,” Fayers said.

Following a competitive four laps around the 200-meter track, the Bluejay women claimed the top three times in school history. Junior Anika Nettekoven led the way, winning the race in a thrilling photo finish with Nebraska’s Deavion DeLeon. Nettekoven clocked a time of 2:14.242, narrowly

edging out DeLeon’s 2:14.244. A late push down the stretch helped Nettekoven break the previous Creighton record of 2:16.6 set by freshman Katie Roche just four weeks ago. Roche also shattered her previous record, finishing fourth with a time of 2:15.19. Junior Carly Manchester claimed seventh with a time of 2:15.61.

Junior Katherine Soule delivered a strong performance in

**“It gives us a good sense of where we fit in on the national stage.”**

**-Matthew Fayers  
Assistant Coach  
Cross Country and Track**

the women’s 3,000 meters, finishing second with a personal-best time of 10:12.90. Sophomore Taylor Rorick secured a sixth-place finish in the mile with a time of 5:07.47.

The Creighton men also saw several impressive results. Junior Brian Hildebrand placed second in the 800 meters with a time of 1:53.43, just ahead of sophomore Ryan Hendrickson (1:53.61) and junior Dominic Ricci (1:55.74).

In the men’s mile, sophomore Evan Kraus was Creighton’s top finisher, taking sixth place with a time of 4:16.43. Senior Ryan Montera ran a personal-best of 8:26.10 in the 3,000 meters to finish second, while fellow senior Henry Slagle placed sixth with a time of 8:37.51.

With their first-ever trip to the Big East Indoor Track & Field Championships approaching, the Bluejays will have the chance to test themselves against some of the nation’s top programs, including Villanova and Georgetown.

“It gives us a good sense of where we fit in on the national stage,” Fayers said.

The Big East Indoor Championships take place today and tomorrow in the Windy City of Chicago, marking a historic moment for Creighton’s track and field program.

# Keys to victory as Creighton chases title

## DYLAN WIESE Assistant Sports Editor

When involved in a tight conference race, the most important things to do are to win games and keep pace in the standings. The No. 22 Creighton women’s basketball team has done just those things as it continues to chase the No. 5 Connecticut Huskies, ahead in the conference standings by one game. Following their loss to the Huskies earlier this season, the Bluejays have been on a seven-game win streak, including an 83-74 victory over the DePaul Blue Demons this past weekend.

There have been several factors that have contributed to the Jays’ ability to keep up this win streak. These factors showed up in their latest win this past weekend.

**#1- A balanced offensive attack**

The Bluejays have not been reliant on one or two players to score the majority of their points. In their game against DePaul, the Bluejays had eight different players get on the scoreboard. This included four out of five starters scoring over double-digit points in this game. This is the second straight game that the Bluejay women have done this, as four out of five starters broke into double-digits in their previous game against St. John’s. When a team can get points from nearly every player on the court, the need for any one player to carry a heavy load in the scoring column is eliminated. If a player

is struggling to hit shots on any night, there are several other players ready to step up and score.

**#2- Winning the turnover battle**

The second factor that has led to Creighton’s winning streak has been the turnover battle. In five out of the seven games over the course of this win streak, the Bluejays have had fewer turnovers than their opponents. This was most obvious for the Bluejays in their game against DePaul. In this game, the Bluejays had eight turnovers for the whole game, while the Blue Demons had 18. Few things can change the momentum of a game like a turnover can. The Bluejays have been able to set themselves apart from their opponents simply by ensuring the ball stays in their possession.

**#3- Poise under pressure**

One factor that can often be overlooked when a team is on a winning streak is the experience its players have. The Bluejays are more experienced than most other teams, with seven seniors and two juniors. When a team goes on a winning streak like the Bluejays have, they usually gain more attention than they are used to. This attention has increased even more for the Bluejays, having now spent the last three weeks in the top 25. They are currently ranked No. 22 in the country, which can cause a team to lose focus. However, Creighton’s players have seen more games than most teams, meaning they have experience playing in and winning high-pressure games.

The pressure is only going to be increasing with the Bluejays now traveling to Hartford, Connecticut for a massive

showdown with the No. 5 UConn Huskies. The Huskies are the only team in the Big East that the Bluejays have lost to this season. This has allowed the Bluejays to stay in the race for the Big East Championship, trailing the Huskies by one game.

The last time these two teams played, the Huskies defeated the Bluejays 72-61. However, the game was closer than it appeared. The Bluejays outscored the Huskies in the second half of the game but were unable to overcome an ice-cold second quarter. To make sure this next game goes differently, the Bluejays are going to have to avoid the large scoring droughts that led to their demise in the first game. Creighton was only able to score six points in the second quarter, which in large part kept the team from being able to get the win last time.

This is a lot harder than it sounds, but three-point shooting is likely going to play a large factor in avoiding large scoring droughts. The Bluejays shot 1-11 from deep in the first half, giving the Huskies the ability to gain the lead. However, in the second half, when the Bluejays outscored the Huskies, Creighton shot over 50% from the three-point line. Therefore, the best way for the Bluejays to pull off the upset is to outshoot the Huskies from deep.

Following the anticipated matchup between No. 22 Creighton and No. 5 Connecticut, the most decorated senior class in program history will play its final game at D.J. Sokol Arena Sunday evening as the Bluejays face Villanova. Tip-off is set for 7:30 p.m.