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A look back at CU’s parking problem



JONAH LAGRANGE/THE CREIGHTONIAN

Lots 58 and 48 along Cuming Street serve Creighton University students with valid parking permits and are among the most frequently used student-designated parking areas on campus.

LILIAN GARDNER
News Editor

Creighton University students have been battling full parking lots since at least the 1940s, a topic that’s still relevant today. Over 300 new parking stalls were opened near the Morrison Stadium and the upcoming new sophomore residence hall this fall, according to University President the Rev. Daniel Hendrickson, S.J., and another 56 stalls will open at the same time as the hall. Additionally, the university worked with the city of Omaha to reopen about 40 parking spaces on 21st Street.

Tracing the Creightonian archives on the Creighton Digital Repository, records show that parking has been mentioned more than 200 times in the Creightonian — dating back decades.

According to these past newspaper issues, the state of parking at Creighton has been debated for approximately 80 years, with students and administrators sharing their qualms and attempted solutions since the 1940s.

The university has tried to alleviate the stress of parking in the past. A Creightonian news article from May 9, 1947, titled “Hill-top Motorists To Have Additional Parking Facilities,” reported, “Creighton University, long confronted with the parking problem of the students, is to have a new parking lot.”

Over 15 years later, in 1963, student demand for parking was already outpacing available spaces.

“Hill parking lots provide 560 available parking spaces, according to Brother Frank Jelinek, S.J., superintendent of buildings and grounds. To date, 658 student parking stickers have been issued, including those distributed gratis to interested religious and graduate students,” a Creightonian article from Oct. 18 of that year, titled “Vehicle-equipped scholars provoke parking problem,” said.

Problems with parking continued into the ‘70s.

The Creightonian news article “Construction costs eliminate proposed parking solution,” published on Aug. 30, 1974, cited construction costs as the reason for the parking issue.

“Creighton’s parking problem is no secret.

Efforts to alleviate it are stifled by one thing — money. Construction costs are the main reason,” the article said.

By the late 1980s, parking complaints hadn’t let up — and for good reason, according to Richard McAuliffe, the then-supervisor of Public Safety.

“Parking is the worst I’ve ever seen it,” McAuliffe said, according to the Creightonian news article “Public Safety’s McAuliffe calls parking the worst he’s ever seen” by Eric Stenner on Sept. 9, 1988. Stenner’s article continues, “The problem has been compounded for several reasons. This year’s freshman class is the largest since 1981. ‘You can be sure most of them came with cars,’ McAuliffe said.”

Kevin Sarver, the editor of the Creightonian at that time, wrote an editorial criticizing the university for its lack of student parking titled “CU has severe parking problems,” which was printed in the same Sept. 9, 1988 issue of the Creightonian as Stenner’s news article.

“I’ve gone through two weeks of classes, and the way I’ve got it figured, you either have to come to campus before dawn to get a parking space within an acceptable location, or get one the night before,” Sarver wrote.

The frustration extended to the cost of parking passes.

“Maybe it’s just me, but why did I pay \$30 for a parking sticker and there is no place to park?” Sarver wrote.

The issue isn’t just a historical annoyance — students and staff alike continue to feel its impact today as, decades later, many think these problems are continuing and history seems to be repeating itself. This year, Creighton welcomed a record-breaking-sized freshman class, which seems to have further intensified demand for campus parking once again.

Jessica Weaver, the university’s parking technical specialist, said the challenge is finding spots near the center of campus.

“Parking is a struggle right now ... to find parking close to buildings. We do have lots that do sit with empty spaces, but they are further away from main campus,” Weaver said.

Assistant Director of Student Accessibility Services Gillian Trost Price said the issue can affect work schedules.

“Well, I personally arrived early enough that parking hasn’t been an issue for me, [but] I know it can be a challenge for others. Some of our student workers have shared that finding a spot can be difficult and at times it has even prevented them from getting to work,” Price said.

For students like Tessa Bailey, a sophomore in the College of Nursing, the struggle isn’t just theoretical — it affects daily routines and expenses.

“I can’t be spending gas money to be driving around campus for an hour just to wait for somebody to leave their parking spot,” Bailey said.

The financial burden Sarver described in the ‘80s remains a reality for students today, who often pay more than just the price of their parking pass when on-campus parking isn’t available.

Commuter Ximena Perez Silva, a sophomore in College of Arts and Sciences, said she has faced additional expenses.

“So, my thing is, I’ve paid more in downtown parking than actually utilizing my parking pass,” she said.

As the university continues to undergo renovations and construction, some students find that the parking problem is growing.

“There have been multiple instances where peers of mine, including myself, have had to park far away from campus due to construction and new infrastructures,” Silva said.

The university also repainted the Hixson-Lied parking lots 58 and 48 along Cuming Street this summer, and a sign reserving four parking spots for electric vehicles was put up in those student lots.

Weaver confirmed these changes.

“So, there was some mistakes made in the original restriping ... and you could not get a parked car through in places. ... So, you will see, unfortunately, those lines ... where we had to adjust those spaces. ... It did not change the count from last year,” she said, confirming that the number of stalls in lots 58 and 48 did not change.

Adding spaces for electric vehicles is part of the university’s plan to be a more sustainable campus.

“So, that is part of the Creighton initiative to be more sustainable. We have traditionally had electric cars in the garage. So, there were

old charging stations in the garage. The infrastructure was not feasible to maintain on a large level,” Weaver said.

The Department of Public Safety is responsible for parking enforcement on campus. The department declined to comment.

Bailey recounted a personal experience with being issued a parking citation.

“I went to the officer bawling my eyes out and he literally looked at me straight in the face and was like, ‘No, you’re not parking here.’ And I just got in my car, and I cried some more. And then I missed my class,” she said.

Bailey also described the financial penalty for parking in the wrong spot.

“I come back to my car [to see a] \$50 ticket for going in visitor parking,” Bailey said.

Beyond the cost, she expressed frustration with what she sees as Public Safety priorities on campus.

“I feel like they need to be more focused on the crime and less on students that are just trying to get to their classes. They have too much time on their hands,” Bailey said.

Weaver said the university is looking for short-term solutions to ease the strain.

“We did find about 30 stalls that we are gaining from Physicians Mutual to hopefully move vehicles for Heider residents and possibly Degelman and Swanson residents,” she said.

Hendrickson said that, with the new spots opened near Morrison and the residence hall currently being constructed, the parking problems are beginning to be addressed.

He added that Creighton is in partnership with Omaha and other landowners near campus to brainstorm ways to ease parking stress. Other solutions, he said, include shuttle routes to neighborhoods and utilizing the JayPass city bus service program.

“As a university in a growing downtown setting, we have to balance parking with new academic and residential buildings, green spaces and walkable areas that strengthen campus life,” Hendrickson said via email.

“Parking will always be at a premium in this type of environment, and campuses nationwide face the same challenge. ... Student feedback guides our efforts, and we encourage people to keep sharing ideas as we shape the future of our campus together.”

Bauldwin boosts Brandeis

Dining worker gains student attention



GRACE UPDIKE/THE CREIGHTONIAN

Tobias Bauldwin is a smiling face in Brandeis.

GRACE UPDIKE
News Reporter

Tobias Bauldwin, who has worked in the Brandeis Dining Hall for seven years, is loved by many for his cool and fun nature.

Several individuals have noted on Fizz, a school-specific social media platform where users are anonymous, that they enjoy interacting with Bauldwin due to his chill demeanor, with some even referring to him as the “GOAT” or the “MVP” of Brandeis.

Bauldwin reflected on the attitude he brings to work every day.

“I’m [a] cool, laid-back, chill person. Don’t get into drama,” Bauldwin said. “I got four

siblings. I don’t got time for that.”

Bauldwin spoke about his close connection with his siblings, saying that their relationship takes precedence in his life. This is also shown through the tattoos Bauldwin has on his forearms.

“I got two tattoos. [This one says,] ‘family first’ and then [this one] says, ‘my family, my strength’ and then all my siblings’ names actually,” Bauldwin said. “I got this one as soon as my sister got out of the hospital.”

In addition to being close with his siblings, Bauldwin also takes pride in the fact that he is an uncle. He said that he loves spending time with his young nephew.

“He was just over the other day. He’s so cute,” Bauldwin said.

Bauldwin stated that he is grateful for the opportunity to watch his nephew grow up, as his life was at one point not guaranteed.

When Bauldwin was an infant, he suffered from Shaken Baby Syndrome (SBS). Nearly deceased, he was rushed to the hospital to undergo intensive operations.

This tragic event left Bauldwin with several lifelong ailments, including blindness in his left eye and Cerebral Palsy on the left side of his body. Doctors told him that he wouldn’t be able to have certain experiences, but Bauldwin always persisted.

“... They [said] I wouldn’t be able to graduate [high school]. I graduated. I cried,” Bauldwin said.

Bauldwin’s experience with SBS prompted his childhood dream of becoming a special education teacher.

“When I was younger, I wanted to be a special ed teacher,” Bauldwin said. “I was like

thinking about people like me and where I came from.”

Following high school, Bauldwin pursued a higher diploma from a program at the Omaha Public Schools’ Teacher Administration Center (TAC).

“I cried at that graduation, too,” Bauldwin said.

Bauldwin started working at Creighton immediately after graduating from the TAC program. Despite being proud of the accomplishment, Bauldwin realized his passions lay outside of education.

He stated that his life has changed for the better in the last year due to his budding relationship with his girlfriend Taryn.

He has big plans for their one-year anniversary, which they will be celebrating this month. Bauldwin said he plans to give her a promise ring along with other gifts.

Bauldwin mentioned that he is pleased with the relationships he and his girlfriend have formed with each other’s families.

“My little sisters love the heck out of her,” Bauldwin said. “They’re like, ‘Oh my god, is Taryn on the phone?’”

He also noted that he is excited to celebrate Halloween with her, as they have already ordered their Night Fury and Light Fury costumes, referencing the movie “How to Train Your Dragon.”

Finally, Bauldwin spoke about some of his hobbies, saying that he loves playing video games with his girlfriend and watching cooking shows. He also enjoys reading and drawing, noting that “The Hunger Games” is his favorite book series.

Remaining fall
Creightonian
print schedule

New issues:

Oct. 31 — special
12-page edition

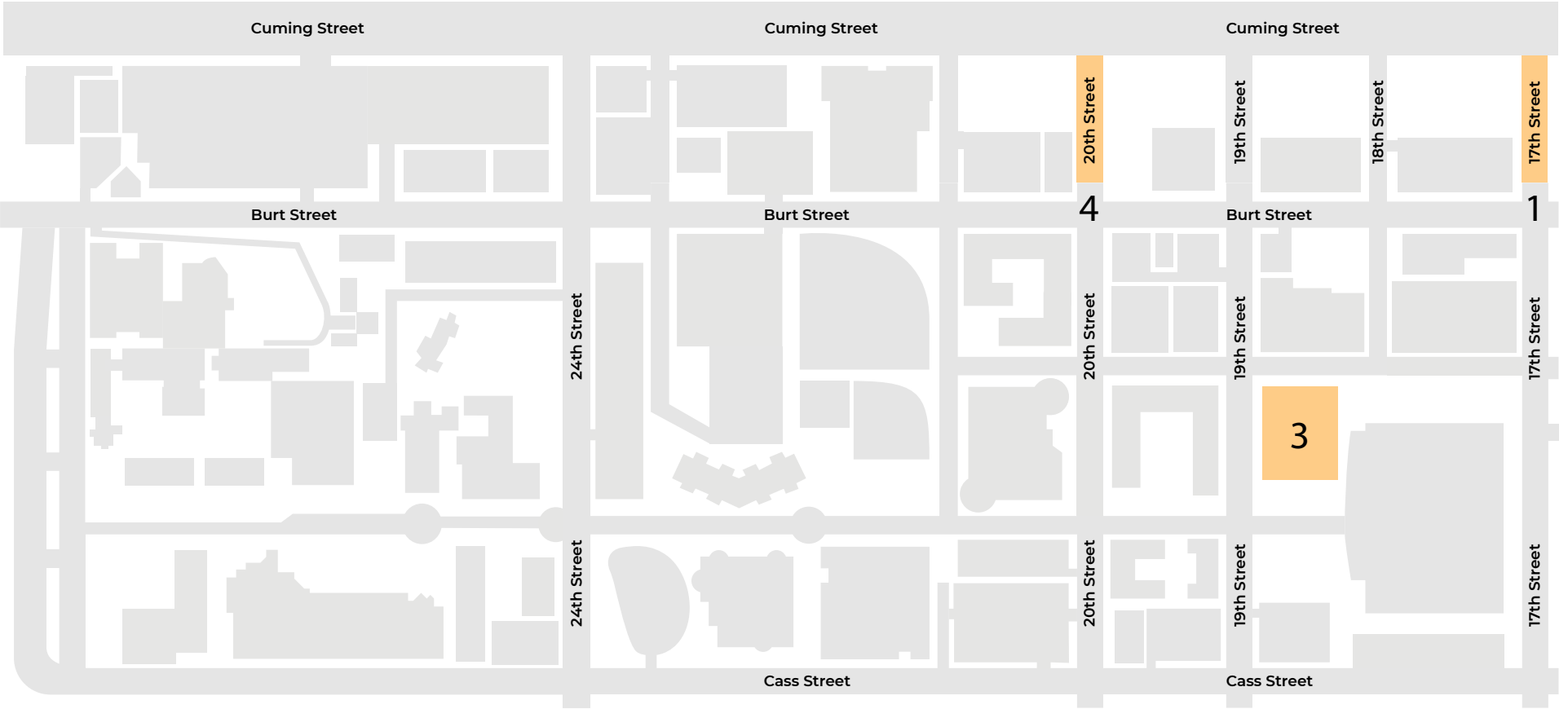
Nov. 7

Nov. 14

Nov. 21

Dec. 5

Due to midterm examinations
and Fall Break, the Creigh-
tonian will take a three week
break from printing. Regular
Friday issues will resume on Oct.
31 and go until the week of final
examinations, with the exception
of an additional break for the
Thanksgiving holiday.



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.

- 1September 23 - 5:00 a.m.
Public Safety discovered an abandoned bicycle at the intersection of 17th street and Burt street. The bicycle was brought back to Public Safety for safekeeping.
- 2September 26 - 9:57 a.m.
(Not pictured)
A Creighton employee reported furniture being stored inside the Boyne building had been moved around. Officers conducted a check for potential entry points.
- 3September 27 - 12:30 p.m.
An individual vandalized the president’s office parking sign located on the northwest corner of lot E86.
- 4September 29 - 12:25 p.m.
A student reported a man lying on the sidewalk on 20th street between Burt and Cuming streets. The man refused to move so OPD was called. The man moved to an off-campus location.

When medicine becomes art



When medicine becomes art and art becomes medicine, the patient is the audience — that’s the lesson Dr. Eric Avery’s exhibit, currently on display in Creighton’s Lied Gallery, aims to teach.

Parker Lund
News Reporter

In Creighton University’s Lied Art Gallery, students and staff alike can walk around in contemplation, taking in the vibrant colors and precise strokes of prints evocative of expert medical examinations that only someone like Dr. Eric Avery could create in his exhibit Art as Medicine/Medicine as Art.

Avery said he’s both “an artist who became a doctor” and “a doctor who is making art.” His life’s work, he said, has been putting the disciplines of art and medicine together, and the gallery, which will be held until Oct. 5, shows a part of that work.

In some pieces, the connection between art and medicine is easy to see. As the exhibitgoers walk in, they see a large print that shows the process of a lymphocyte becoming hijacked by the HIV virus and becoming a vector for producing more of it. It’s a very technical print, but one that demands attention through its imagery.

In other prints, the art isn’t so obviously connected to medicine. “Uvalde Massacre 5/24/22 11:30 am” is a vivid depiction of the events that happened at Robb Elementary that day. The messy cherry reds and dirtied greens of the children killed clash with the dark greys and blacks of the guns from the other side of the print in a way that directly references “The Bloody Massacre in King-Street” by Paul Revere.

Avery’s journey along the winding roads of medicine and art began during his time in

university.

“I was getting a degree in art at the University of Arizona during the Vietnam war, and I was going to be drafted,” he said. “It was my art professor at the University of Arizona who said, ‘Eric, you could avoid the draft if you continued your education.’”

Avery had always wanted to become a doctor and an artist, but he protested this to his professor as an impossibility. It was then that his professor said something that would change the entire trajectory of his life.

“He said, ‘Eric, you’re always going to make prints. And when you get really old, you’ll look back at your life, and your life will have behind it a trail of prints that look like dandruff that fell out of your life. Go have an interesting life,’” Avery recalled.

It was as if the impossibilities had flipped for Avery that day. It wasn’t that he couldn’t be both a doctor and an artist, it was that it was impossible for him to be anything other than a doctor and an artist.

When a doctor is an artist and the art becomes medicine, the audience becomes the patient, Avery explained.

Sometimes it’s personal. “The Las Dhure Certificate” is a print that Avery made at a refugee camp in Somalia and gave to someone he was working with there. She kept it for 40 years.

“She said, ‘I just wanted to find you and thank you for making that [and] giving me that print.’ That is art that was helpful to heal a person who had been broken in that place and has reminded her over the years of what

she had gone through and how she became or however she formed her life,” Avery said.

But the artist isn’t always the doctor prescribing the medicine. Sometimes, Avery is the patient to his own art.

“I’d say the art I make is really to help me keep myself together. And when I took care of AIDS patients, it was really important for me to make art to process. And my own therapist helped me understand that the cutting of my blocks, the printing of my blocks, helped me to process what I was doing,” he said.

By creating art to process his own experiences, each of Avery’s pieces has a myriad of meanings woven into them. “Zoonosis,” a print covering the spillover of diseases between human and nonhuman animals, shows a hellish, almost biblical scene of diseases mixing between humans and animals in an eye-catching caldron. Twin cornucopias at the top of the print share not blessings, but sicknesses instead.

To dissect these intricate puzzles of prints, Rachel Mindrup, B.F.A., M.F.A., M.D., the endowed chair in medical humanities and an associate professor at Creighton, invited Avery to speak to her class “Art of Examination” on Monday, Sept. 22. Medical student Scott Shlanta explained how Avery presented his prints to them in a fusion of literary analysis and medical examination.

“He had us split into small groups and pick a painting to present to him like we were doing rounds at a hospital ... Mine was about the life cycle of the HIV virus and the different parts of that cycle that we can target using

drugs and disrupt. He presented it to us in a way that I think we felt familiar with, which was a cool way to teach it,” Shlanta said.

For Shlanta, the experience with Avery’s exhibits left him with a new perspective on how art could be used in medicine.

“You know, I will say that I was shocked by the amount that I learned about medicine and the history of medicine through his art. Not only did he give us a historical account of what happened with those different epidemics, but he was also able to show us through his art a bit of what the emotion of living through those times were like,” Shlanta said.

That visual power of Avery’s work is exactly what he wants to impart on the students of Creighton.

“I tell undergraduate students to think about healthcare as an area where they can go in and get jobs, because healthcare is going to need visual,” Avery said. “Tell art students they ought to think about healthcare because it’s going to be so visual. In the future, we’re going to need visual thinkers to come into healthcare.”

To Avery, every person who sees the art exhibit is left healed in some way. Whether they gained a deeper understanding of the mechanisms of the HIV virus or a new perspective on what really happened during the Boston Massacre, they walk away changed — not through a pill or a prescription, but through a print.

Creighton alums help USA strike gold

SHELBY SEU
Assistant News Editor

Team USA took home the gold in the 2025 North, Central America and Caribbean Volleyball Confederation (NORCECA) Final Six tournament on Sunday, Sept. 21. Among the members of the team was Creighton University’s very own Jaali Winters, who graduated from the Heider College of Business in 2019, and Norah Sis, who graduated from the College of Nursing in 2025.

“Overall, I’m proud that I got to be part of the experience, and I’m so happy to have won my first gold medal with Team USA. It’s a memory I’ll keep forever; getting to stand on top of the podium with all my teammates and celebrating bringing home gold,” Win-

ters said via email.

Winters and Sis both served as the outside hitters for Team USA. Similarly, at Creighton, Winters was an outside hitter from 2015-2018, while Sis was an outside hitter from 2021-2024.

According to the NORCECA Volleyball Confederation website, the tournament, which began on Sept. 15, started with a five-day round robin preliminary between the Dominican Republic, Canada, Cuba, the United States, Mexico and Puerto Rico. After each team competed against each other, the top four advanced to the semi-finals, which took place on Sept. 20, before the final two teams competed in the gold medal match on Sept. 21. Team USA remained undefeated throughout all their matches, losing a total of five sets during the entire tournament.

“We had some ups and downs performance-wise, but I don’t think our confidence wavered much, which was the most important thing. It wasn’t always perfect volleyball, but the belief in each other and our will to win really set us apart. I’m proud of how we showed up in big moments,” Winters said via email.

In preparation for this international volleyball competition, Winters, Sis and the team trained in Anaheim, Calif. With new teammates and six weeks of training, Team USA was able to defeat Canada (3-0), Cuba (3-2), the Dominican Republic (3-1), Mexico (3-1) and Puerto Rico (3-0) in the preliminary round, then the Dominican Republic (3-1) in the semi-finals, and finally Mexico (3-0) in the gold medal match.

“I think the biggest challenge was that oth-

er teams there had been playing together for many years, and we had a brand-new squad that trained together for just six weeks. We had to find cohesion somewhat quickly. We were able to find great chemistry as a team in those six weeks,” Winters said via email.

Nevertheless, despite all of the challenges, Winters said she was very grateful for the opportunity to compete as a member of Team USA.

“I am so proud of the way our team competed, and I’m so grateful that I got to be a part of it. It’s always a huge honor to wear the USA jersey and get to compete at a high level,” Winters said via email. “We had such a fun, gritty and talented group of players and it was a blast to be a part of it.”

Jays perform Garba for Navratri

Indian tradition celebrates victory of good over evil



MANAHIL FATIMA/THE CREIGHTONIAN

Creighton University's South Asian Student Association (SASA) and the Gujarati Samaj of Heartland (GSH) partnered to host a celebration for Navratri, a Hindu festival celebrated over nine days.

JOSSY FETTE Scene Reporter

Creighton University, in partnership with Gujarati Samaj of Heartland (GSH), celebrated the Indian tradition, Garba, in the Skutt Ballroom. Creighton University's South Asian Student Association (SASA) helped organize the event on Friday, Sept. 26, and Saturday, Sept. 27.

Garba is the name of the traditional Indian dance performed as a part of Navratri, an annual festival celebrates the victory of good over evil over nine nights. Navratri reminds people to give back to their communities and celebrate connection. Garba is organized dancing in a circle surrounding the altar with blessed food.

SASA — which provides the space, food, and students for the event — works directly

with Gujarati Samaj of Heartland. In return, GSH helps with SASA's Diwali event.

"Since it's a religious event, we help make sure it is presented in the proper way," Anjali Gujrathi, College of Arts and Sciences junior and the president of the South Asian Student Association, said.

Both nights, Creighton University hosted around 300 people for this event, with some people flying to Omaha from India to celebrate. Since the religious event is celebrated over nine nights, it will be hosted in another location off campus next weekend.

"I think, annually, it's well over a thousand people that come out," Gujrathi said.

At Garba, the South Asian Student Association sold snacks including Mango Lassi. The money SASA raised often gets reallocated to non-profit organizations in the area, including their Diwali event, which takes place

later in the year.

"We're planning on donating most of our ticket profits from Diwali to a non-profit called Room to Read, which is basically a non-profit that encourages education in under-privileged areas," Yajat Gupta, College of Arts and Sciences sophomore and the treasurer of SASA said.

The association's next initiative is partnering with Letters of Love and working with other organizations in the Omaha community as well.

"There's a rehab facility owned by a Pakistani couple ... so we're going to try and start getting some service hours there working with recovering addicts," College of Arts and Sciences junior and the social and service chair for SASA Rayaana Sattar, said.

SASA also plans to work with the Sienna Francis House.

"I'm not from India, I'm from Pakistan. So, Garba is a very foreign concept to us; it's not something we celebrate. It's been really eye-opening to be able to experience this with my own eyes. Especially with South Asia in general, there's just such a big populace, and every region is so different ... seeing that we're similar but also have our own unique traditions is really nice," Sattar said.

Later this semester, SASA will host its annual Diwali celebration. In the spring semester, SASA will host other events.

"[Next semester] we are thinking of doing either Holi, which is the festival of colors, or we're going to do a mock Shaadi, which is the Hindu word for wedding," Sattar said. "In our culture our weddings are very extravagant and very fun, so we're hoping to bring that sort of environment to campus as well."

HomeGrown brings local taste to brunch

CHLOE CARRILLO Assistant Scene Editor

HomeGrown is a brunch/lunch restaurant located in the Blackstone District in Omaha. They pride themselves on their locally sourced ingredients, as well as cultivating kindness.

The restaurant itself gives a modern, homey vibe, with customers able to see cooks and baristas making orders behind a counter. The decor makes the place a perfect spot for aesthetic brunches out with friends.

HomeGrown can be the perfect atmosphere for many things, whether that be dining alone and getting some studying done, a brunch with people you haven't seen in a while and want to catch up with or a nice lunch after a trip to the farmer's market.

The menu features many seasonal options, including summer fruits and lemonade for the end of the summer season. HomeGrown also offers a variety of fun drinks, including different flavors of coffee, tea and juice, amongst others.

The food variety is what one would expect from a typical brunch place, similar to places like First Watch or Early Bird. However,

HomeGrown offers some unique options, like their pastries and unique flavors of pancakes and French toast.

Personally, I always opt for an iced coffee and avocado toast to determine if a brunch place is worth it, as that is my go-to breakfast option. The coffee/espresso drink option gets my approval — if you are looking for a not-too-bitter and creamy caramel latte, I highly recommend the one HomeGrown serves. The avocado toast was also a win for me, with the right amount of avocado spread, and topped with oil and fresh cherry tomatoes.

The side of fruit was interesting. While it tasted extremely fresh, HomeGrown put a poppyseed-like oil on it that made the fruit sour. So, if sour fruit is your thing, the side of fruit would be the best side option.

Overall, HomeGrown is a gem of a spot in the Blackstone District, perfect for any breakfast, brunch or lunch meal. The variety of options, combined with the fresh and healthy feel of their food, caters to many people's unique taste — they even have PB&J on the kids' menu for picky eaters. If you or some friends need a new brunch spot, HomeGrown is the place for you.



CHLOE CARRILLO/THE CREIGHTONIAN

HomeGrown is a local restaurant that features locally sourced ingredients on its brunch meals.

Joslyn Museum’s hidden gem

FARRAH VELASCO
Scene Reporter

Amidst the beauty of the Joslyn Museum lies a hidden treasure: the Durham Cafe. After taking in the pieces of art, visitors want to end their experience with a nice meal or a sweet treat. This cafe not only offers a wide range of pastries, but also breakfast and dinner options. The menu also includes lattes, teas and soft drinks.

The Durham Cafe offers both takeout and dine-in options. The seating area is a peaceful and tranquil spot where you can grab a bite, a drink and just relax with a few friends or even by yourself. There is a sculpture hanging from the ceiling which creates a nice atmosphere for photo opportunities.

You can fully customize the cafe’s drinks — whether you want them hot or iced, flavored or with a different milk. The iced matcha latte, customized to include oat milk and honey, is the perfect contrast to a savory dish, balancing out the saltiness.

The kimchi rice bowl entree, with a burst of flavor in each bite, is Durham Cafe’s take on a traditional Korean dish called bibimbap. This dish consists of rice topped with sesame seeds, pickled radish, carrots, cucumbers, ground beef, kimchi, seaweed and mushrooms drizzled all over with gochujang sauce. When mixed, the bowl creates the perfect bite — not too salty, with a little bit of sourness



If you are just looking for a little snack, Durham Cafe’s avocado toast is an outstanding choice. It’s not your typical avocado toast — it has a secret sauce basted over the already-buttered toast. With a piece of sourdough bread and the white balsamic agrodolce sauce, the taste of the avocados is brought out to give every bite a little kick. The agrodolce sauce is a little sour, but it adds a lot to such a simple dish. To make the toast even better, the cafe lays a sunny-side-up fried egg over the dish

Whether it be avocado toast or a kimchi rice bowl, the cafe’s food selection is not only delicious, but is also very affordable. The menu features a variety of food options for any craving — savory or sweet. Regardless, the cafe is guaranteed to satisfy your taste buds.



FARRAH VELASCO/THE CREIGHTONIAN

The Joslyn Museum’s Durham Cafe cooks up a delicious dining experiene. Their kimchi rice bowl, avocado toast and matcha are all worth a try.

‘The Office’ spin-off uplifts journalism

CAMERON ELIAS
Scene Editor

From the people who showed you Kevin Malone (Brian Baumgartner) dropping his chili comes a new sitcom, “The Paper,” on the streaming network Peacock. The new sitcom is a sequel to the popular sitcom, “The Office,” and documents the day-to-day life of a struggling newspaper in Toledo, Ohio. The sitcom’s first season is available to stream.

In the show, the documentary team that filmed Dunder Mifflin Paper Company in Scranton, Pa., returns to Scranton to check up on the company only to find out that Dunder Mifflin was bought out by a large paper supplier company that finances local newspapers. The documentary team then travels to Toledo, Ohio, and finds a familiar face from “The Office” working for The Toledo Truth Teller, a struggling newspaper that is clickbaiting readers with headlines such as “You Won’t

Believe How Much Ben Affleck Tipped His Limo Driver.” The newspaper does not have the staff or resources to produce good news articles and even takes articles from the Associated Press to put into its newspaper.

The sitcom highlights struggles in the journalism industry: rising competition, downsizing local newspapers and increasing digitalization. Even the Creightonian continues to work on its online newspaper as readers switch from paper to the internet. The journalism industry, as shown by the new sitcom, requires innovation and adaptation to changing times.

However, the journalism industry has been famously marked by people who are not afraid to take on challenges — Bob Woodward, Lois Lane, Ernest Hemingway, Ida B. Wells, Peter Parker, Nellie Bly, Carl Bernstein and Clark Kent — to name a few, real and fictional. And then there is Ned Sampson (Domhnall Gleeson), the new editor in

chief of The Toledo Truth Teller. Sampson believes he can bring local news back to the struggling paper.

Of course, bringing back local news and real news writing will be a challenge for the small local newspaper. Producing newswriting can be a challenge for many small local newspapers today. Sampson and the news staff know they must switch gears and try to work with the resources they can. Training new reporters will not be easy. As someone who has worked on a newspaper, explaining concepts like the five Ws and the inverted pyramid barely breaks the surface. So, hopefully Sampson and the rest of the news team will be successful in their attempts to teach prospective journalists about the art of journalism.

Overall, I am unsure how the new show will be received by people. The sitcom does follow the mockumentary style of “The Office.” There is no laugh track, and there are

wacky characters that are sure to make some watchers smile, such as Esmeralda Grand (Sabrina Impacciatore). Grand is one of the managing editors, and full of spunk and unpredictability. The reporters are more likely to crack off some smiles with their quick skepticism. However, it seems the sitcom is trying to make another “The Office,” and I don’t know if it can live up to the high expectations of viewers. But “The Office” struggled at first to track attention. So, who knows?

The show shows some blunt sides of journalism, but the sitcom elicits hope. As my local newspaper back at home has downsized and raised prices, I cannot help but root for this fictional newspaper as some real newspapers are struggling now to gain readership. Maybe the attention of this sitcom can bring readers back to their local newspapers.

Creighton parking debate rolls on

A call to stop circling and start cycling

ELIZABETH GRAVELINE
Opinion Editor

Walk through a parking lot, open Fizz or ask your friend where they parked this morning, and you will surely be reminded that arriving at campus is a struggle for many students. Complaints can be heard all around Creighton about unjust parking tickets, the cost of parking passes and the time spent driving in circles around campus to find a spot. The parking crisis at Creighton has been well-documented since the 1940s and affects all students and faculty in some capacity, even if only for the worn-out debate it sparks.

Most upperclassmen and graduate students live near the Gifford Park, Midtown or Downtown districts. Each of these neighborhoods is connected by residential or business streets to Creighton's campus. Yet many of these students don't consider their homes to be a walkable distance from campus, choosing to drive to school every day.

Creighton students who live in the Atlas Apartments already enjoy easy access to campus. The Heaney Pedestrian Bridge, partly funded by Creighton, was constructed for upperclassmen living off campus to have an easy and safe walk to Creighton, while also reducing the need for cars on campus. Extending Bluejay Shuttle routes into Gifford Park and providing free city bus passes for students are some other solutions Creighton has presented in recent years to reduce the number of students driving to campus. So far, it seems that these fixes have not fully solved the parking problem.

One forgotten solution may be one of the simplest: biking to campus provides a convenient commute for those in bordering neighborhoods, while also cutting down on cars parking on campus.

Apart from helping our parking situation, encouraging students to bike could also support their well-being, as fresh air and physical activity have been shown to decrease feelings

of stress and anxiety, according to the National Institute of Health.

During most of the winter — excluding only the iciest or snowy days — biking is still possible and continues to be a safer alternative to walking in frigid temperatures. Compared to walking, biking keeps you warmer en route to campus in the winter and cooler in the summer.

Not every student owns a bike or brings one to college, but for less than the cost of a semester of parking, you can buy a cheap, used bike. An annual student surface parking pass costs \$450, while many used bikes on Facebook Marketplace sell for under \$200.

Of course, not everyone can bike to campus. Some students and faculty live too far away to bike. However, those who can bike should whenever possible, saving precious parking space for those who have a farther commute.

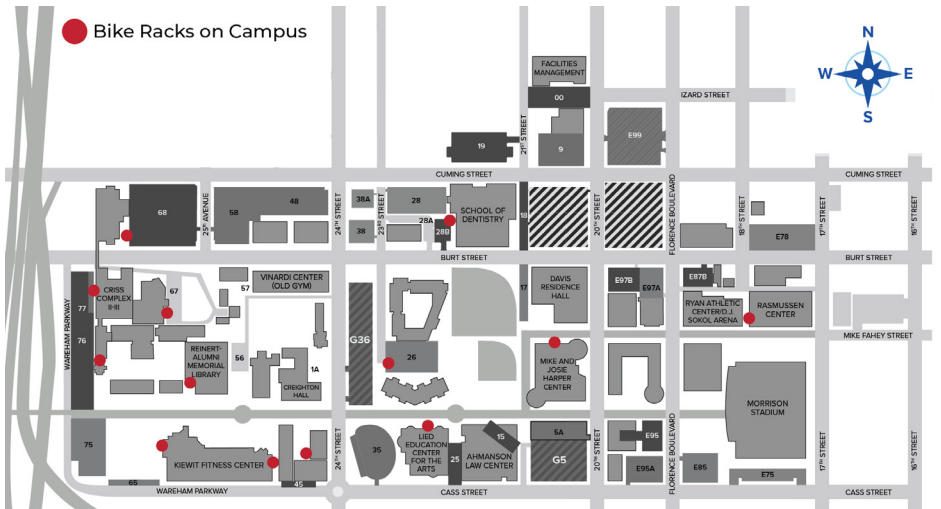
Having a bike-friendly campus fits well with Creighton's image. Bikes are an environmentally friendly alternative to cars, and Creighton brands itself as a sustainable campus. The university installed solar thermal technology on the new residence halls, but bike racks seem to be sparse among recent builds on the east side of campus. Even though sustainability is mainstream, biking as a means of transportation has gone out of fashion.

Amidst the new construction developments on campus, I hope Creighton's administration considers other sustainable modes of transportation. Along with adding more parking lots, Creighton has the power to create a more bike-friendly campus by installing bike racks and lockers and encouraging students to bike to class whenever possible.

The parking crisis at Creighton affects all students and faculty. Let's all do our part to alleviate parking constraints on campus. To all those who live within biking distance, I challenge you to choose the simple joy of riding a bike over the frustration of searching for a place to park.



ELIZABETH GRAVELINE /THE CREIGHTONIAN



This non-comprehensive map shows most of the bike racks across the university's campus.

Sweet science of a perfect Sunday

ELLEN HAZELS
Opinion Writer

Between late nights spent in the library and early morning classes fueled by coffee, I dream about a weekend filled with relaxation. Here is my recipe for the perfect Sunday.

First, wake up at 9 a.m., after a solid eight hours of sleep and no alarm. You're the first of your roommates to wake up. Then comes the obligatory 15 minutes of scrolling, feeling no guilt about messing up your circadian rhythm by opening your phone immediately after waking up. After a successful climb down from your lofted bed without hurting yourself, you turn on the coffee machine that you remembered to set up the night before. Your roommates follow and you make a family breakfast usually reserved for Pinterest boards and pretentious TikToks.

As you get ready, maintenance finally comes to fix your sink, and you have hot water for the first time in a week. By 10:30 a.m. you are meeting a friend to go to the Old Market. You buy a bouquet of flowers for your dorm without considering if they are overpriced.

A weekend Target trip is next on the to-do list. Magically, there's no line to check out and you spend a very reasonable amount of money on a very reasonable amount of gro-

ceries.

Next up is the best part of the day: Brandeis brunch! You enjoy the first fresh fruit you have had all week before walking over to Harper for a study session. A huddle room, miraculously empty, paired with a Harper Starbucks makes for the best lock-in session of your week. You write the greatest COM 101 discussion post the world has ever seen.

By 6 p.m. you are back home. Your roommate has set up a pasta night; you get to carb load post-gym while listening to them discuss their outfits for a date party next weekend.

The caffeine from your mid-morning Starbucks is still going strong, so you gather your laundry, completely confident that there will be an open machine — and you're right. You're cozy on the sofa, watching your favorite NFL team win as you fold your clothes before the sun even sets.

You spend an hour silently scrolling with your roommates, sending each other TikToks without ever speaking. Just as you read your last Fizz post, an Outlook notification causes a momentary panic, but you find an announcement that your 8 a.m. class the next morning is canceled.

Finally, after one last successful climb back into the lofted bed, you are ready to go to sleep before midnight for the first time all week.

A vindication of vocab words

CECE SLADOVNIK
Assistant Opinion Editor

In elementary school, vocabulary words were most likely a much bigger part of your life than they are now. Much like hot lunch and recess, being introduced to and encouraged to use new words each week has disappeared from our lives almost completely as we've grown. However, I think vocab words should make a comeback.

Recently, I have become bored with the way I talk. The English language contains hundreds of thousands of words, and I feel I am not using it to its full potential. Of the many words I could use to express something satisfying, I rotate between using "cool" and "aight" on the daily. Using more diverse language is a fun way to add more color into your everyday life and ensure you're not stuck saying the same thing on a loop.

Learning new words and making an effort to use them can also help us to express ourselves more effectively. How often do you feel a specific way and cannot find the word to convey that feeling? Maybe you're telling your advisor you're stressed, but you really mean you feel frantic or frazzled. Why tell your roommate you had a "good" day when it was actually memorable, wonderful or adequate? Is that person "cute" or are they captivating, charming or radiant? Having vocabulary words on deck can help us bypass miscommunication and tell others exactly

what we mean.

Vocab words also help us appear more intelligent and professional. Imagine how impressive you would look in an interview if you whipped out words like "anomaly," "fastidious" and "ephemeral." I am more easily persuaded by people who use complex words to argue their point than simple language. Using impressive language in an essay can give an advantage on par with, or sometimes greater than, the development of your point itself. Building your vocabulary can open a surprising number of doors or supply leverage that wasn't previously available.

Finally, a well-developed lexicon makes your jokes better. It is much funnier to call someone a glutton instead of "greedy." On a Saturday night, it is sillier to say you hear a "cacophony" in the distance instead of just a party. Humor comes from the element of surprise, and underused vocabulary words supply this well.

There are many easy ways to improve your vocabulary that don't involve carrying a thesaurus in your pocket everywhere you go. Merriam Webster has a "Word of the Day" podcast where you can be introduced to a new word and its meaning every day. Thesaurus.com is a great tool I have open every time I am writing. Finally, regular reading is the best way to be exposed to new words in their respective contexts. Vocabulary words should be our new obsession — they can change your life!

Vball stays perfect in Big East play



ALLY SEEVERS/THE CREIGHTONIAN

Freshman outside hitter Abbey Hayes (left) lets out a roar after a solo block in the second set against Butler. Creighton combined for 12 blocks in the match to defeat Butler, 27-25, 25-15, 25-14.

SUSAN BRUEGGEMAN Assistant Sports Reporter

After a dominant 3-0 win over the Xavier Musketeers, No. 16 Creighton took on the Butler Bulldogs in their second Big East matchup of the season. Despite facing a pair of Butler set points in the opening frame, the Bluejays rallied to defeat the Bulldogs in three sets, capping a perfect start to conference play on Sept. 27.

Creighton got off to a slow start but found its rhythm late in the opening set. Trailing early, the momentum shifted midway through on a big kill from senior outside hitter Ava Martin that gave the Bluejays their first lead, 14-13.

“I do think sometimes our hitters had to work twice as hard to put a ball down, but our mentality all match was ‘don’t be frazzled by those things, keep working, keep finding different ways to score and different ways to earn those points,’” junior defensive specialist Sydney Breissinger said.

The Jays maintained a slight edge until an overturned challenge by Butler tied the set at 18-18. A Creighton service error then handed Butler set point.

But the Bluejays rallied, with Breissinger delivering back-to-back aces to even the score at 24-24.

“We talk about going behind the line even if we’re down by a few points and putting in a good serve and putting in our serve that we know how to do,” Breissinger said.

Senior middle blocker Kiara Reinhardt then came through with a block and a joust win at the net, sealing the 27-25 set victory in dramatic fashion.

“First set was a battle; I thought they played well. I think we did a nice job earning our points, they took some really good swings [and] both of their outside hit really well in that set,” Head Coach Brian Rosen said.

The second set began with a similar start. Creighton trailed 7-8 before freshman outside hitter Abbey Hayes sparked a run. Her block put the Jays up 12-9, and from there,

the Bluejays never looked back.

“I just think our block overwhelmed them a little bit in the second and third sets ... so it was great to see our team block and really dictate a match,” Rosen said.

Reinhardt’s defense again made the difference, helping Creighton build a 22-14 lead. Her performance earned her Big East Defensive Player of the Week honors. The Jays closed out the set 25-17, capped by a smart shot by Martin into the corner, to go up 2-0 in the match.

In the third set, Creighton looked to finish strong and secure its second sweep of the weekend. Hayes continued her momentum, sparking a 6-1 start.

“I think since day one when Abbey came here last December, it really impressed all of us how if she makes an error she’s going to swing again. There’s a big freshman tendency to tip your way out of it and get a little tentative after an error and she’s the complete opposite. She’s always going to go for it, and you can always trust her to take a big rip in

any moment no matter what the score is, no matter what is going on, and she’s pretty awesome for that,” Breissinger said.

The Jays kept rolling, with an ace from sophomore Alivia Hausmann stretching the lead to 13-7. It was also a milestone night for freshman Ashlyn Paymal, who notched the first kill of her college career.

“Offensively ... she [Ashlyn] plays at such a high contact point,” Rosen said. “She hits shots in the gym that no one else on our team can hit. Blocking-wise is where she’s going to continue to grow ... She’s someone that we feel very confident could go in and impact the game, so we’re really excited about Ashlyn’s future for sure.”

It was Hayes who closed the night with the final kill, giving Creighton a 25-14 win and its second sweep of the weekend.

After a matchup with Marquette in Milwaukee Thursday night, the Jays travel to the Windy City of Chicago to face the DePaul Blue Demons tomorrow. First serve is set for 1 p.m.

Jays settle for 1-1 draw with Marquette

AIDAN FLAIRTY Sports Reporter

Coming off a road game at Villanova where they earned their first Big East victory by a final score of 1-0, the Bluejays looked to continue to improve their spot in the Big East standings when they took on the Marquette Golden Eagles at Morrison Stadium on Sept. 27.

Going into the match, the Bluejays had a record of 4-5-1, including a Big East record of 1-1, while the Golden Eagles had a record of 4-3-2, their only Big East match ending in a draw against the Butler Bulldogs.

The first shot of the game was taken by the Bluejays in the third minute by junior forward Mallory Connealy, but her shot was saved by the Marquette goalkeeper.

Neither team would take a shot for the next 20 minutes, but Marquette scored the first goal of the game when freshmen defender Meg Decker successfully got the ball to sophomore forward Jocelyn Leigh, who was able to make a move to free herself from her defender and put it in the net for a score, earning Marquette a 1-0 advantage.

“We work on defense a lot, we work on

communicating, organizing out the back a lot. So, it was a bit disappointing to give up that first goal,” junior defender Savanna Solomon said. “But I think after that it kind of snapped us into where we needed to be mentally.”

Despite the disappointing start to the match, the Bluejays managed to keep their heads up and continued to compete. In the beginning of the 31st minute, Creighton tried to tie things up when Connealy took another shot that was again saved by Marquette goalkeeper Hailey Wade. Soon after this, Marquette committed a handball in the box. The Bluejays capitalized on the Golden Eagle mistake when fifth-year senior forward Ariana Mondiri scored on a penalty kick in the 34th minute to get the Bluejays on the board and to tie the game at one a piece.

“Credit to the players,” Head Coach Jimmy Walker said. “When we conceded, we went straight back and scored.”

Neither team would take a shot for the rest of the half, and the score stood at 1-1 at the break.

Early in the second half, Connealy continued to put pressure on the Marquette defense when she tried to give the Bluejays their first

lead by taking her third shot of the match at the beginning of the 50th minute; however, her shot went over the top.

Marquette would then take four quick, consecutive shots from the 62nd to 64th minute, but the Bluejays survived this Golden Eagle attack.

Sophomore forward Anna Bragg would then take the next two Bluejays shots in the 66th and 72nd minutes, trying to get Creighton ahead of the Golden Eagles on the scoreboard. However, Wade continued to be a problem for the Bluejays as she managed to save both of these shots.

From the 80th and 83rd minutes, the Bluejays pressed hard, fighting for a lead. In this short timeframe, the Bluejays took four shots. First, senior midfielder Tori Gillis took an unsuccessful shot in the 81st minute. Less than 10 seconds later, sophomore forward Kendal Radke took a shot for the Bluejays that went over the top of the goal. In the 82nd minute, Gillis took another shot, but the ball went out high. In the 83rd minute, Mondiri wasted no time taking a shot after being subbed in for Radke, but her shot was unsuccessful, and the score remained tied.

In the 88th minute, the Bluejays made a

couple final shots to try to take a late lead. First, Mondiri took a shot that was saved by Wade, and about 50 seconds later, Solomon took a shot that went out top; but neither team capitalized, and the game ended as a 1-1 draw between the two Big East squads.

“First thing is if you can’t win, don’t lose. So, we ended up with a tie,” Walker said. “Don’t know if it was a fair result when you really look at the statistics, but in the end, I don’t think we did enough to win the game.”

Throughout the match, Creighton took a total of 15 shots, including nine shots on goal. But the Bluejays were only able to score once.

“Respectfully, if our finishing had been better, we would have won today,” Walker said. “And that’s the tiny little difference between teams that win championships and teams that fall short.”

Defensively, the Bluejays looked solid throughout the match. The Bluejays did not give up a goal after the 23rd minute.

After Saturday’s draw, the Bluejays sit at 4-5-2. After hosting a tough No. 24-ranked Xavier on Wednesday night, Creighton travels to play Connecticut tomorrow at 5:30 p.m.



ALLY SEEVERS/THE CREIGHTONIAN

Reclaims the game, returns to the pitch

ABBIE GALLANT
Editor in Chief

“One second you’re just enjoying, you’re laughing with your teammates playing and the next second, your season’s done. It happened so quick.”

Unsure of exactly what had happened but knowing it was serious, he faced a question that would define his journey over the next 10 months: could he fight his way back?

The resolve with which graduate men’s soccer midfielder Omar Ramadan answered that question would define everything that came next and be influenced by everything that came before. But prior to the season-ending Achilles injury that forced his role on the team to change — and his perspective with it— Ramadan always had one goal: become a professional soccer player. It wasn’t hard to see where that dream was born.

“My parents [Ahmed Gad and Tagrid El Shalakany] were both born in Egypt and ... [in] Egypt, the primary sport is soccer. If you think of Brazil, [or] you think of those countries where the players grow up just playing soccer, Egypt is the same way,” he said.

While Ramadan’s mother didn’t play soccer, his father, Ahmed Gad, embraced the inseparable connection between the sport and life in Egypt. This fierce love of soccer would follow Gad 6,500 miles to Algonquin, Illinois, where Ramadan and his three siblings grew up.

“My dad grew up playing on the street just for fun, and he ended up playing professionally and on the national team [in Egypt], so when he came to the U.S. with my mom, he just began coaching ... The family was all soccer,” Ramadan said.

At the Ramadan family home in Algonquin, the spirit of soccer blossomed in Ramadan and his siblings, Youssef, Nadia and Ali, who could be found playing soccer in the grass, challenging each other in fierce two-versus-two, one-versus-one or — on occasion — one-versus-three matchups.

By the time he turned 18, Ramadan’s mind hadn’t strayed from visions of taking his soccer career to the next level. Ahead of the 2020 soccer season, the Illinois native committed to DePaul University, a short 40-minute train ride from home.

Committing to play for the Blue Demons also meant Ramadan had the chance to be teammates with his older brother Youssef, who had just finished a year at St. Louis. The two joined the DePaul soccer program together, bringing the yard competitions of their childhood to the Division I national stage.

“I had [the chance to play] with my older brother for two seasons and now obviously with Ali for two or three seasons, so I’m real-

ly lucky. I don’t think a lot of people are able to say that they could do that. So I definitely tried not to take it for granted,” Ramadan said with a smile.

But just as his collegiate career was beginning in 2020, an unexpected challenge emerged. Ramadan was diagnosed with Type 1 diabetes, a reality that would test not only his body, but his mindset.

True to the positivity that would guide him through hardships to come, however, Ramadan — with reassurance from his doctors that the active lifestyle that came with being a Division I athlete was the best thing for diabetes — adopted a positive mindset for the situation.

Ramadan said that, thinking about the Tour de France biking race and how the Union Cycliste Internationale recently banned Dexcom glucose monitors because they allowed racers too much control over their body, having Type 1 Diabetes almost gives him a competitive edge too.

“I almost have an unfair advantage [and] I’m definitely grateful for it ... Yeah, it’s a little bit of a superpower,” he said.

The diabetes diagnosis didn’t stop Ramadan from making an impact on the Blue Demon program. In his three-year tenure at DePaul, Ramadan saw 41 starts, culminating in eight assists, a game-winning goal his sophomore season and 3,227 minutes on the pitch.

By 2023, though, Ramadan was ready to make a change. While his time at DePaul served him well, the Illinois native looked to elevate his game and chase his professional dream, an opportunity he found at Creighton.

“When I got in the portal and Creighton reached out, it was a no-brainer for me because I played against Creighton multiple times being at DePaul and it was always the toughest game we’d play ... It’s just a school that breeds professionals,” Ramadan said.

Not only that, but after playing alongside his older brother Youssef, Ramadan reunited on the field with another sibling — this time, his younger brother Ali.

The 2023 soccer season paid dividends for Ramadan’s decision to depart from DePaul, as he started in 16 contests and logged more than 1,292 minutes on the pitch. Fittingly, Ramadan also put on a clinic against his old team, recording a goal and an assist in the 2-1 Bluejay road victory.

A year later, coming off a standout debut season with the Bluejays that set high expectations for 2024, the course of the next 10 months of Ramadan’s life changed in an instant.

On just his second day of practice in 2024, during a routine possession drill, Ramadan’s Achilles abruptly gave out. Though he didn’t yet know all the signs of an Achilles injury, he immediately understood the severity of the

moment.

“It was very painful at first, but I think it was more [painful] mentally, like when it happens you know this is probably serious. So, I think that’s what hurts the most,” Ramadan said.

His season ended almost as soon as it began, leaving the Illinois native to face a grueling 10-month road of mental and physical recovery. The injury also gave him the chance to address a long-standing hip issue that required reconstruction surgery.

The hip procedure required months to heal, and while it promised long-term relief, it only added to the frustration and challenges of Ramadan’s recovery in the short term.

“[I spent] a lot of time on crutches ... Once I had finished a good three months with my Achilles and could start walking on my left, that’s when I had to go do my right [hip]. So that was mentally challenging as well, and emotionally challenging too ... [It was like] starting ... the process from scratch again,” Ramadan recalled.

Through the ups and downs, the days when doubt and frustration crept in, his family, Ramadan said, was his first source of motivation, even from afar, as his parents had moved back to Egypt by that time.

“They’re the ones who are with me through every little thing, good or bad, [and] they’re the ones who’ve always been there and will continue to be with me,” he said.

Beyond family, Ramadan’s dream of playing professionally drove him forward, reminding him why he endured the pain and discipline of daily rehab and pushing him to work harder and mentally sharp through the recovery process.

Ramadan’s injury challenged not only his body, but also his sense of purpose and position on the team. Once a leader through his playmaking and presence on the field, the Illinois native now had to find ways to support his teammates from the sidelines.

“I’m extremely proud of him ... He’s a great leader ... [and] I think he not only leads with his mouth, but he leads by example too. It’s important for us to have him on the field,” Creighton Head Coach Johnny Torres said.

That belief fu-

eled Ramadan, reinforcing the ways he could contribute and lead off the pitch.

“My teammates [and] my coaches have helped me a ton with that, just telling me that they trust me, they respect my voice and in my leadership and they need me to communicate with them. Their trust and their respect is crucial for me to be able to give that,” he said.

At long last, after 10 months of recovery, Ramadan returned to the pitch for the 2025 season, ready to embrace a new chapter. Though the fear of reinjury lingered, the Bluejay midfielder’s dominant emotions were gratitude and joy when he returned to the pitch.

“As soon as I came back from [my] injury and I was on the field, I just had to remind myself, ‘you’re lucky to be here.’ Just be grateful, enjoy every process, enjoy every moment of the process. Everything good and bad, you have to experience it,” Ramadan reflected.

That lesson in gratitude now guides him both on and off the field. Ramadan is pursuing an MBA in Business Intelligence Analytics while continuing to play for Creighton, but his dream of playing professionally is still at the forefront. Whether in the MLS or representing Egypt, his soccer ambitions have never wavered, even when life threw obstacles his way.

For Ramadan, returning to the pitch after 10 months wasn’t just about getting back into the game — it was about appreciating it in a way he never had before and proving to himself that he could overcome the challenges, endure the setbacks and come back stronger than ever.

“You don’t realize how much fun you’re having, you don’t realize how lucky you are to be playing until you have an injury like that and you’re on the sidelines for 10 months,” the graduate said, his reiteration of gratitude underscoring a mindset shaped by patience and appreciation. “I learned that the hard things make you appreciate all the good things you have more. If you don’t go through those hard struggles, if you don’t have hard times, it’s more difficult to appreciate what you do have now.”

