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# Creightonian

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Omaha, Nebraska

VOLUME 120 ISSUE 18

## Running beyond limits

BROOKE VANDERWAL  
News Reporter

On a rainy April day in Omaha, most students hurried past Morrison Stadium without a second glance. But inside, Creighton freshman Connor McDonnell of the Heider College of Business was doing something almost unimaginable — running 100 miles, one lap at a time. In total, he completed the distance in 23 hours, 37 minutes, and 43 seconds.

Not only was this a gargantuan feat of human endurance, but it also makes McDonnell one of the handful of ultramarathon runners, who are below the age of 20, to complete a 100-mile race in one day.

Even more impressive than the run itself was McDonnell's motivation for completing it. The run allowed him to spread the word about a non-profit organization close to his heart called Soles2Souls, which donates shoes to individuals who are unhoused.

"Soles2Souls is run by my good friend who I've known since I was like 5 years old ... he's a great kid and he made a great charity, and they do a lot of good things for people."

In total, Connor was able to raise \$1,200 that will be used to positively impact a vulnerable population.

However, Connor's motivation for running his first ultramarathon runs deeper than a tangible donation. His journey is about encouraging others to make the most of their gifts, their talents and their lives.

**"Do hard things because you can. There are so many people out there that wish that they could do the things that you can do, so do it for them..."**

**-Connor McDonnell  
Heider College of Business  
Class of 2029**

"Do hard things because you can. There are so many people out there that wish that they could do the things that you can do, so do it for them; because you know that they would swap positions with you in an instant to be able to have the capabilities to do the things that you can do," said McDonnell.

Not for personal glory, clout, fame or influence, but to break barriers and encourage

TURN TO "Student" PAGE 3

## Walking out of darkness



DAWN NGUYEN/THE CREIGHTONIAN

Students write uplifting messages on a message board during a campus mental health event at Creighton University. The board is used to encourage peers and remind participants they are supported and not alone in their struggles and challenges on campus community support.

PARKER LUND  
News Reporter

On Saturday, Creighton hosted its annual Out of the Darkness walk, an event that came about through a collaboration with the American Foundation for Suicide Prevention. Over 300 people attended that morning, and a total of \$9,927 was raised as of Monday, according to Creighton's donor page on the AFSP website.

"When this walk began four years ago today, we had a hundred participants. I am proud to say that number has tripled," Stella Glode, a Creighton senior and the Out Of The Darkness Walk chair at Creighton, said at the event's welcome ceremony.

Once the participants registered for the walk, they filtered into the Mutual of Omaha Ballroom inside the V. J. and Angela Skutt Student Center by the dozens and milled about several tables with mental health-related resources, granting avenues for those who needed them and information for those who wanted to support AFSP. The partnership involved both Student Counseling Services, as well as Active Minds, another mental health nonprofit with a chapter on campus. Both organizations had tables full of brochures, pens and other goodies.

Eventually, the participants settled down among the chairs for the welcome ceremony. There were four speakers, including Glode.

Sangeetha Kumar, associate director for Creighton's Student Care and Outreach, opened the ceremony with a celebration of the progress that AFSP has made during their four years at Creighton.

"We were hoping for maybe a thousand dollars," she remarked to a cacophony of applause.

But the reality of what AFSP fighting for brought the room down to a somber level. Ashley Howe, the Nebraska AFSP director, spoke about why the walk and the donations it garnered were so important.

"Suicide is the second leading cause of death among college students," she voiced the sobering fact to a quiet audience.

To show how suicide has affected their own lives, event participants received beaded necklaces with different symbolic colors, with each color meaning anything from sympathetic support to loss of a loved one. Sophia Childress, who will be chair of Creighton's chapter next year, walked the audience through the emotional moment, granting space for each kind of necklace.

Luke Schreiber, a sophomore studying biology and an executive member of the interfraternity council, was one student who received a necklace to show his support for the cause. He thought that the event showcased Creighton's Jesuit values in a strong way.

"You never really know what some is going through," he remarked in a conversation

before the ceremony began. "And so, bringing awareness to it and making sure you're there for others is something I take pride in."

The actual walk began right before noon. Starting at the Skutt Student Center, the walk went all the way down to Morrison Stadium, before looping back to the west side of campus. The top donating group was the law school, and they led the charge on the way to Morrison, their banner waving in the wind.

After the walk, Childress talked about what the event meant to her, and how she's seen the impact of The Out Of The Darkness walk.

"AFSP has so many community resources, and the money we've raised will go to those resources ... we are so close to hitting the \$10,000 mark. At the \$10,000 mark, we become a North Star," she said.

North Star donors receive special recognition from the foundation.

Some of the community resources that the donations are going towards include paying for therapy for those who can't afford it, grief resources and advocacy for legislation that improves access to mental health care.

There are many ways that Creighton students interested in supporting AFSP and other mental health organizations can get involved, according to comments by Glode after the event.

TURN TO "Beads" PAGE 2

# Beads, banners and a mission



DAWN NGUYEN/THE CREIGHTONIAN

Participants walk along the Mall for the Out of the Darkness Walk, which drew more than 300 participants and raised nearly \$10,000 for suicide prevention efforts Saturday morning. Participants wore colored beads, with each color representing a different reason for walking, such as struggling with suicidal thoughts, losing a loved one or supporting someone currently going through it.

**Continued from Page 1**

“AFSP does Out of the Darkness walks for the community as well. There’s usually a really large one that’s hosted in November. Everybody is allowed to join that, so Creighton students would probably love to go to [it]. Other events that Creighton students might

be interested in, we partner deeply with the Active Minds club, which is a mental health club dedicated to supporting its students on campus,” Glode explained.

But even if there’s so much to be done, it’s important that to recognize what has been accomplished already.

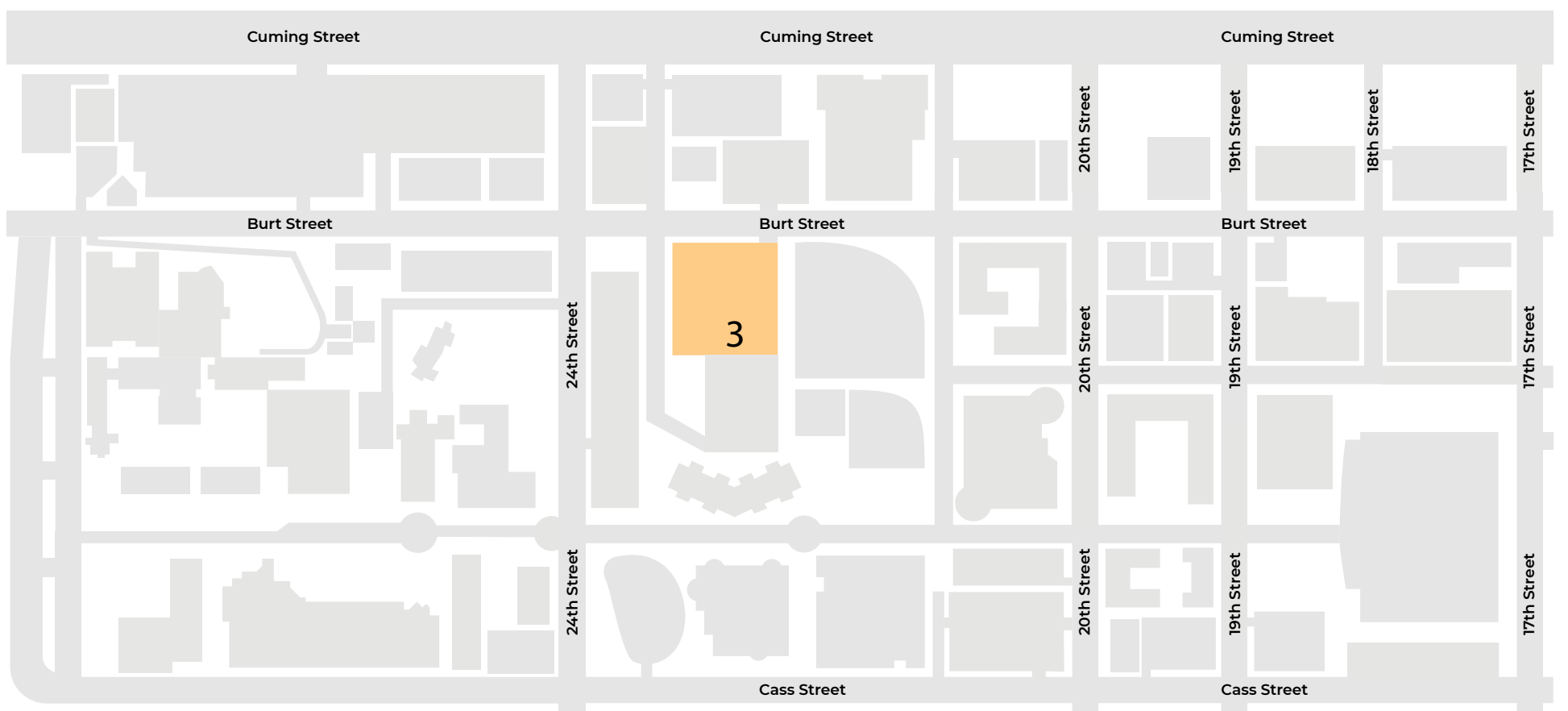
“We’ve seen an insane amount of growth

since this has started. We’re at over a 350% increase in attendance and a 10,000% increase in fundraising, which is just absolutely impeccable. So, I’m really thrilled to be able to share those numbers, and that is just a testament of the fact that Bluejays do care about each other,” Glode glowed.

The walk to Morrison where the statue of

Billy the Bluejay stood proudly was full of the community that makes up Creighton -- a flock of laughter and joy that left darkness behind.

As Howe put it at the end of her speech at the welcome ceremony, “Every step you take is a step towards saving a life. And none of us have to take that step alone.”



## 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** April 6 - 6:36 a.m.  
Report of a male in a ski mask making a Creighton affiliate in their vehicle feel uncomfortable. Public Safety issued a Ban and Bar Notice. (Not Pictured)
- 2** April 6 - 4:44 p.m.  
Pub Safe issued a Ban and Bar Notice to an intoxicated non-affiliate who refused to exit campus property. The non-affiliate exited campus with assistance from OPD. (Not Pictured)
- 3** April 8 - 8:50 p.m.  
A student reported being followed by an unidentified male between west sides of Graves and McGloin.
- 4** April 9 - 9:23 a.m.  
A doctoral student and jesuit reported receiving a text message and interacting, via social media, with a person who was allegedly trying to fraudulently obtain information. (Not Pictured)

# Student ran 100 miles in one day

Continued from Page 1

others to do things they think are impossible.

“Your baseline go up; you just expect life to be tough, and when it’s tough it’s like, okay, now I’m comfortable here.” McDonnell said.

Tough is an understatement when it comes to what Connor had to do to prepare for and complete this monster run. He carb-loaded throughout the week, maintained an intense stretching regimen, and trained consistently to build up his endurance. He did all of this while juggling a part-time job, the Freshman Leadership Program’s weekly service and Reserve Officer Training Corps workouts.

Shockingly, however, McDonnell said that he only trained for two months before attempting this ultramarathon. He said he had not even made up his mind to complete the run until the week he ran it. For comparison, most athletes spend 4-6 months training for something like this, making McDonnell’s story even more surprising.

An exceptionally difficult part of preparing something like what McDonnell did is consistency and staying accountable.

“90% of it is just showing up. Consistency plus effort compounds into results. It’s like a math formula. It’s just that simple.” McDonnell said.

Putting that sentiment into action, Connor spread the word of the run all himself. He posted updates on his journey on social media and hung fliers around school.

The actual day of the run was less than ideal. Connor was battling a slight cold, and it rained a good portion of the day.

“The water was filling my shoes up; my shoes are getting waterlogged and the soles of my shoes are slipping out and going up my



PHOTO COURTESY OF CONNOR MCDONNELL

Connor McDonnell, wearing a Chicago Cubs cap, poses with Grace Todd, center, and Ava Hnatiw, left, along with members of the Creighton women’s soccer team, including their coach, and friends who came out to support his 100-mile run at Morrison Stadium in Omaha.

leg. I’m not even running on the shoe soles — I’m running on the bottoms of the shoes.” McDonnell said in the first quarter of his run.

Battling through the first three quarters of the run was grueling, even with a few breaks for meals and a pair of dry socks. As catalogued on his Instagram, Connor almost gave up after mile 76.

“I stopped feeling pain.” McDonnell said when asked what made him keep going.

Throughout the day, close friends, classmates and both the men’s and women’s track teams showed up to support and run with

Connor.

“All these people were around me, and it felt like I had a force field around me ... It literally felt like a shield. All these people were running around me like my bodyguards. I don’t know. It’s like I didn’t feel anything. It was incredible.”

80 miles in, Connor ran an 8:32 mile. In the final minutes of the run, he was sprinting to reach that 100-mile mark.

McDonnell is grateful for the encouragement he received from all of his supporters. “The fact that people invested their time

and energy into me, I just felt like I had to make it worth their time.” McDonnell said.

In the end, the very thing that encouraged him to complete his first ultramarathon was what helped him soldier through it. He ran for others and with others — the Jesuit way.

When asked whether he was proud of his accomplishment, McDonnell replied, “Yeah, I’m happy, but I’m ready for the next thing. There’s always a way that we can find our new 100%”

Looking to the future, Connor would like to grow his social media presence so that he can reach a wider audience with his message. The next race he would like to participate in is the Lincoln Marathon in May, and if he completes it in less than three hours, he will be among the top 2% of marathon runners. He does not plan on stopping there, hoping to run the Havalina 100-mile race in Arizona, the 100-mile Race Across the Sky in Leadville, Colorado, the Boston Marathon and the Moab-240 in Utah in 2027.

Following in the footsteps of legends like Cameron Hanes, Truett Hanes and David Goggins, Connor McDonnell hopes to continue to push the limits of physical ability and endurance.

On a gloomy Thursday in Omaha, Neb., one Bluejay made history. He not only pushed to overcome seemingly insurmountable physical task but also underwent an intense examination of the human spirit — one that few people will ever experience. Though the road was long, difficult and monotonously circular, Connor McDonnell can now say that he ran his first 100-mile ultramarathon right here at Creighton University.

# Green Jays promote energy savings



Kookaburra Cookies sit on display as Opus Hall is named the winner of Green Jays’ Energy Madness competition with 18% reduction. The cookies were awarded to the winning residence hall for reducing energy use on campus during campus sustainability challenge energy conservation.



Caroline Watson wins the Energy Madness bracket challenge and receives a \$100 Creighton Bookstore gift basket after accurately predicting the residence hall competition results.

PHOTOS COURTESY OF GREEN JAYS

LILIAN GARDNER  
News Editor

Even without a March Madness appearance from Creighton Bluejays men’s basketball team this spring, Creighton students still found a way to fill out a bracket — this time through sustainability, as Green Jays brought competition to campus with its annual Energy Madness challenge.

Green Jays Vice President Ginny Kraus, a sophomore environmental science major in the College of Arts and Sciences, described the organization as a student-led sustainability group focused on education, community building and environmental action both on and off campus.

“Green Jays is a club that is for students who are interested in sustainability and environmental science or just learning about nature and ways to help our planet,” Kraus said. “We do a lot of advocacy work; we do projects within Creighton and in the broader Omaha community. We’ve done park cleanups and craft days just to help build a community of students who are knowledgeable about what’s going on.”

One of Green Jays’ most visible initiatives is Energy Madness, a bracket-style competition between residence halls aimed at reducing campus energy consumption.

Energy Madness has been running for several years and engages students through friendly competition and sustainability education. Kraus said the goal is not only to reduce energy use, but also to help students recognize the impact of everyday choices.

“We’re trying to have a reduction in the amount of energy that we use in the university and help students be aware that their individual choices make a difference,” she said. “It’s a fun way to make it a competition and give incentives and get people interested in things like turning off lights, taking shorter showers or unplugging electronics.”

Residence halls compete by measuring energy use against their own past five-year averages, allowing each hall to essentially compete against itself. The data is tracked in collaboration with Creighton’s sustainability office and Dr. Andrew Baruth, who helps maintain a live energy monitoring system

for campus buildings.

“It’s based off last year’s totals for each dorm,” Kraus explained. “We work with the sustainability office and Dr. Andrew Baruth, and there’s a live data system that shows each dorm’s energy consumption. Students don’t see individual usage, but they can see the overall hall data.”

This year’s winner, Opus Hall, earned Kookaburra Cookies, while students who submitted brackets were entered into a raffle for a \$100 Creighton bookstore merchandise basket.

Kraus also emphasized that Energy Madness reflects a broader goal within Green Jays: making sustainability approachable and community-driven.

“I think sustainability can feel overwhelming for a lot of people,” she said. “Green Jays gives students a way to feel like they’re making a difference, even through small actions, and we can collaborate and build ideas together to make things better.”

Looking ahead, Green Jays hopes to expand its advocacy efforts and continue fostering student engagement through both environmental initiatives and community bonding events.

**“We’re trying to have a reduction in the amount of energy that we use in the university and help students be aware that their individual choices make a difference.”**

**-Ginny Kraus  
College of Arts and Science  
Class of 2028**

“We want to do more advocacy work, both within Creighton and beyond it,” she said. “And we also want to keep building community — because a good club is not just about the topic, but about the people in it.”

# From meet-cute to moral dilemma

**CHLOE CARRILLO**  
Scene Editor

“The Drama,” A24 studio’s latest project, hit theaters April 3, 2026. The highly anticipated psychological dark drama was full of twists, anxiety-inducing scenes and A24’s classic cinematography. This review will contain spoilers for the movie, so if you find yourself as someone who hasn’t seen the film but wants to, come back after watching.

The film stars two of Hollywood’s most-talked-about actors, with Zendaya (Emma) and Robert Pattinson (Charlie) as the leading couple. The supporting couple, played by Alana Haim (Rachel) from the musical group HAIM, and Mamoudou Athie (Mike), are also essential to the story and don’t disappoint in the embodiment of their characters.

The film is definitely not for the faint of heart; I found myself on the edge of my seat most times, with my heart rate feeling like I had just run a mile. Additionally, I think the movie should come up with warnings about the topics; I watched maybe one trailer and was extremely shocked at some of the topics covered. If you find yourself someone who cringes or experiences second-hand embarrassment easily, like myself, this movie might be extremely painful for you.

The movie opens with a meet-cute between Emma (Zendaya) and Charlie (Robert Pattinson). Charlie is extremely struck by Emma in a coffee shop, so much so that he looks up a book review on what Emma is reading in an attempt to have something to talk to her about. He approaches, a couple of times, she is seemingly ignoring his attempts (which was the first instance of cringe I experienced) and he feels as though everyone in the cafe is judging him. Come to find out, she was deaf in one ear and had an earbud in the other, causing her to literally not hear him. They talk, she gives him a do-over, and we jump to the present.

Something I think the film does well is the time jumps -- when the movie starts, you see the meet-cute, then hop to Charlie writing his wedding speech to Emma.

Between wedding preparations and the

building of their relationship, we get to witness Emma and Charlie’s relationship dynamic. Nothing is inherently wrong or weird, but something just feels off to the audience. And Rachel (Alana Haim) and Mike (Mamoudou Athie) have a similar weird vibe -- not in the same way as Emma and Charlie, but their interactions often leave the audience feeling uncomfortable. The couple, however, are close friends of Emma and Charlie’s, and Rachel and Mike are the maid of honor and best man.

The movie is kind of just like “okay, why am I stressed out over this kind of weird but not super insane or interesting couple getting married,” for a good chunk of the first half of the movie. I mean, yeah, Emma and Charlie have a cute love story and are simultaneously both not particularly charismatic and charming, so why does this movie revolve around them?

This all comes to fruition when the couple and their supporting couple are at a wine tasting for the wedding, just one week ahead of it. The question, “What is the worst thing you have ever done?” comes up, and each person

tells their story. Each story is pretty bad, but not outrageous, until Emma is faced with the question.

Emma’s worst thing she has ever done is an extremely bad thing -- I won’t say what it is for spoiler purposes, but it is an extremely heavy thing to have said aloud and completely changes everyone’s view of her. The issue is, though, the thing she has done is not something she actually did, but something she planned. So, it begs the question -- is she a terrible person? Can we grow from extreme mistakes, or do they define us forever, even if we have done work to bury them?

Rachel definitely thinks so. She lashes out and forces Mike to leave with her. This leaves Emma in shambles, as Rachel is

her maid of honor, leaves Charlie with a nod much to think about. The rest of the film follows Charlie through what I would call a sort of descent into madness over the moral implications of following through with his upcoming marriage. As for the audience, you can really see him go through something like the stages of grief over whether he can continue with

Emma. He questions, researches, talks to Mike and Rachel, and even asks his coworker what the worst thing she had done -- and proceeds to do that with her.

All of Charlie’s mental battle happens between flashbacks of Emma’s almost-terrible thing that she did, which keeps the audience in both shock and on the edge of their seat.

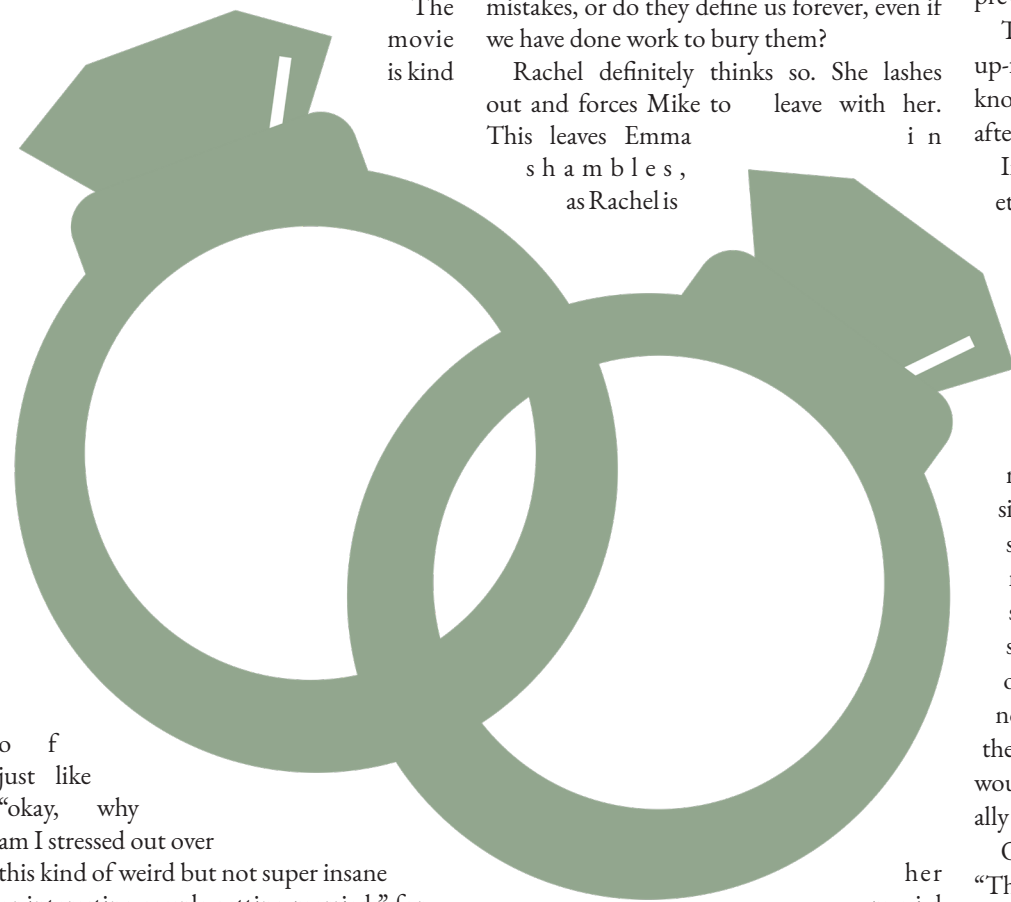
As for the wedding, it is only what I can call a disaster, and the second-hand embarrassment and feeling of discomfort is extremely prevalent.

The movie ends with a somewhat up-for-interpretation ending, and I don’t know if I could say what I think happened after it ends. But maybe that’s for the best.

In all, “The Drama” is extremely anxiety-inducing, but it’s the kind of train wreck you can’t really look away from. I don’t know that I exactly enjoyed it, but I thought it was an extremely well-executed film.

As with many A24 films, the cinematography and coloration of the film are beautiful. The craftsmanship that comes with the time jumps, situational timing and pacing of the film is something that is very well done, and the music is perfectly placed. This is often something that A24 achieves -- extremely shocking or otherwise taboo issues, topics or situations that are combatted with top-notch filming. The writing is well-done -- there are a lot of callbacks to things that you would have paid no attention to that are actually essential to the storyline.

Overall, I don’t know if I can recommend “The Drama.” The topics covered are extreme and almost feel like they shouldn’t have been a topic of conversation for A24 to jump into. Zendaya and Robert Pattinson acted well, and the film itself -- aside from the topic/content of it -- was executed well. If you are a cinephile or want to deeply analyze a film for meaning, this could be the film for you, but otherwise, it’s definitely not a “I’m bored with my friends. Let’s go see ‘The Drama,’” type of movie.



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Email [EDITOR@CREIGHTONIAN.COM](mailto:EDITOR@CREIGHTONIAN.COM)

# A new favorite spot



CHLOE CARRILLO/THE CREIGHTONIAN

Inside Omaha's historic Rail & Commerce building, just nine minutes from campus, customers can order a variety of coffee's, tea's and specialty drinks, as well as food options and have a quiet place to study, meet up with friends, or grab a bite to eat.

## Café Postale pairs historic charm with food and drinks in Omaha's Rail & Commerce building.

**CHLOE CARRILLO**  
Scene Editor

Just past the Old Market and Riverfront areas in Omaha is Café Postale, a unique coffee and eating spot perfect for studying, chatting with a friend or grabbing a bite to eat with your circle.

Café Postale “showcases the rich history of railway postal service in Omaha while featuring modern touches to bring the space to life,” according to their website. This is certainly accurate, with unique seating areas and options. I personally liked the downstairs portion, with high ceilings and tall windows letting natural light and air in.

The history of the building is also interesting — on each table, there is a little note about how the building is “located in Omaha's historic Rail & Commerce building, and operated as an essential

mail-sorting checkpoint in the United States until the 1970s.” Similar to a variety of other Omaha coffee shops, the building is historic and isn't traditional, which is something I think can go underappreciated.

I appreciated the study atmosphere, with spread-out tables, couches and even outdoor seating. It was definitely a quieter, studious atmosphere, so if you work best in that type of environment, the café is perfect for you. However, on a busier day, I can definitely see it becoming a perfect place to chat or catch up with friends.

In terms of the beverages, there are a plethora of options at the café. I opted for an iced chai latte with vanilla cold foam, which is simple but consequently easy to mess up. And there is a menu for cold foam, which I always appreciate from a locally owned coffee shop.

I was impressed with the chai. My favorite chai in Omaha was from a now-closed coffee shop called Bad Seed, and I have been looking for a replacement. I think I might have found it. It's not overly spicy and balances well with the vanilla cold foam, so if you are looking for your next favorite chai, I highly recommend Café Postale. If chai isn't your thing, they do have an extensive tea, coffee and other drinks menu.

As for food, I went with the spinach artichoke dip from the sides and snacks menu and was again impressed. The dip came hot with a plethora of vegetables and breads to dip with and was plated better than any homemade charcuterie board I have ever made. In terms of taste, I highly recommend it if you're an enjoyer of spinach artichoke dip — it was one of the better ones I've had. If you're looking for a full meal or a sweet treat, Café Postale offers those as well.

Overall, if you're looking for your next study spot with finals coming up, I highly recommend Café Postale. It's only nine minutes from campus, has a variety of food and drink options, is open relatively late (6 p.m.), and has good seating options. The business is also connected to a multitude of other Omaha-based businesses, like Ted & Wally's and Hardy Coffee Co. On your next coffee shop endeavor, leave behind coffee chains and shop locally at Café Postale.

April 17  
Friday

### Fresh Fruit Friday

11:00 AM  
KFC Spine

### Volunteer with The Furniture Project

2:00 PM  
The Furniture Project

### Belonging Chairs

3:00 PM  
LL Brandies Conference Room

### The Guy's Table

4:00 PM  
Harper 4067

April 18  
Saturday

### Creighton Wellness 5k

9:00 AM  
KFC

### Spring Jam: Goat Yoga

10:00 AM  
Skutt Center Ballroom

### Feed My Starving Children Food Packagin

10:00 AM  
KFC Courts

### Good For Your Guts Gala

5:00 PM  
Skutt Room 104

April 19  
Sunday

### Holi

1:00 PM  
Anderson Plaza

### Volunteering at Ronald McDonald House

3:00-4:00 PM  
Ronald McDonald House

April 20  
Monday

### Healing through Movement Yoga

6:00 PM  
KFC Mind and Body Suite 148

### Creighton Film Club Movie Discussion

7:30 PM  
Harper 3006E

### CUASA General Body Meeting

7:30 PM  
Harper

April 21  
Tuesday

### Student Senate Blood Drive

10:00 AM  
Lower St. John's

### Campus Clean up with Eco Reps

4:00 PM  
Creighton University

### What Were You Wearing? Exhibition Opening

6:00 PM  
Skutt 105

April 22  
Wednesday

### What Were You Wearing? Exhibition

10:00 AM  
Skutt 105

### Student Senate Blood Drive

10:00 AM  
Lower St. John's

### Wednesdays After Class (WAC)

1:30-3:30 PM  
Skutt Student Center

### Succulent Social

4:30 PM  
CIC Patio

### Drop-in Spanish Tutoring

5:00 PM  
Hitchcock 108

April 23  
Thursday

### What Were You Wearing? Exhibition

10:00 AM  
Skutt 105

### Walk and Talk

10:30 AM  
Brandies Hall

### C Us

3:30 PM  
KFC Patio

### Take Back the Night

4:30 PM  
Morrison Stadium

# Diet culture's new face:

## Protein everything, satisfaction optional

AINSLEY SMITH  
Opinion Writer

Protein popcorn, protein bagels, Starbucks protein cold foam, protein peanut butter cups, etcetera — it's clear that in the past two years we've achieved what diet culture of the early aughts could never have imagined: a way to enjoy a sweet treat without feeling ashamed.

On its face, the surging popularity of what some call "health food" seems like a promising cultural turn — America has long held a reputation as one of the unhealthiest countries in the world. Our life expectancy rates are much lower than other first-world nations, and our chronic disease rates are much higher, despite the fact that we spend more

on healthcare than any other country in the world. It's more than reasonable for Americans to turn toward forms of preventative health care, which includes regular exercise, a healthy diet and yes, a reasonable amount of protein from the right food groups.

But despite the positive veneer, I can't help but feel that the surging popularity of protein-rich meal replacements signifies the return of misguided diet culture and fatphobia. American televisions are constantly plagued by ads for GLP-1s; our health department runs Super Bowl commercials where Mike Tyson blames his health problems on his history of being "fat and nasty;" every recipe on Instagram Reels features a dessert you can enjoy without feeling guilty. In a society that regularly demonizes overweight people and depicts them as wholly responsible for their

own health problems, it's predictable that our relationship with food would become disordered. You must be doing something wrong, says health influencer #3345, if you genuinely enjoy a plate of food. Every meal must consist of plain chicken and rice, and if you do well enough, you can reward yourself with a cookie that is not really a cookie, but a vehicle for more protein. It certainly seems like the American desire to get healthy comes from a place of fear and shame, rather than a genuine desire to improve one's wellbeing.

Amidst a shifting culture, I think it's important to remember that no one has to follow the general paradigm. No matter how many protein ice creams overwhelm the freezer section, it's okay to buy a pint of Ben and Jerry's. You aren't failing yourself or anyone else by indulging in something nice.

# Girl Scout cookie disaster

ADDY CROSSLEY  
Opinion Writer

As a former Girl Scout, I cannot believe what the selection of Girl Scout cookies is this year, let alone the prices!

When I was a Girl Scout selling cookies, we only had the basics: Tagalongs, Trefoils, Thin Mints, Samoas, Do-si-dos and Toffee-tastics. Each box costing a minimum of \$4. As the economy started to inflate, so did our cookie prices, but new flavors were being added! This is where the Exploremores, Adventurefuls and Lemon-Ups came into play — all with their own pros and cons — but overall, people loved them. However, the Girl Scout community continued to add flavors and raise their prices.

Now a box of cookies is \$6! More than any one person could justify paying for. Yes, one

box is not too bad, but what if someone is trying to pay for a friend? What if a mom or dad is trying to stock up for their family until next year? And do not even get me started on the flavors for this year!

Additionally, a Carmel Chocolate Chip cookie was added. One would believe this is not too bad because it is a nice spin on the chocolate chip cookie, but aren't Girl Scout cookies supposed to be different than the usual cookies one could find in a store? I do not feel as if the Carmel Chocolate Chip cookie accomplishes this; it is a basic cookie that you can find anywhere! So, what is the appeal to buy this cookie at an inflated price from a Girl Scout rather than at a normal grocery store? Especially because everyone is trying to conserve the amount of money they spend.

Additionally, in different parts of the nation, the same cookies have different names.

Tagalongs are also called Peanut Butter Patties, Samoas are called Caramel deLites and finally, Do-si-dos are also called Peanut Butter Sandwiches. People are smart enough to know what kind of cookie it is. They do not need it explained to them in the name.

Girl Scout cookies are supposed to remain consistent throughout generations. Something Girl Scouts of all ages can relate to their glory days of selling cookies outside of grocery stores. Now, in 2026, the entire industry is changing. I will leave it up to you whether this is a good or bad thing, but Girl Scout cookies are losing their uniqueness slowly but surely.

# A view of Earth from the skies

MOLLY STARKLE  
Opinion Writer

Over the Easter holiday, people all over the world powered on their TVs to watch Artemis II launch through space on its way to orbit the far side of the moon. We cheered during their launch and anxiously awaited their safe return. I have never been particularly fixated on outer space, even though my elementary school classmates wanted to be astronauts when they grew up. But I found myself turning on the live stream incessantly. When the astronauts were sleeping, my dad and I watched bits of the old Apollo movies. We walked outside the night the vessel reached the moon, just to close our eyes and imagine what it would be like to be up there, so close to the shape we've looked up at our whole lives.

For a while, I couldn't pinpoint what caused this hyper fixation within me. I began to understand exactly what was taking place when the astronauts started to express emotions similar to what I was feeling.

From space, the Earth is one thing. We are one humanity, one people, one civilization. Different cultures, countries, religions and beliefs do not matter. We are one whole. From Earth, this is not apparent. We see differences. Conflict is everywhere. Chaos ensues. It wasn't space, rocket science or the moon I was fixating on, but rather the realization of how we are all one people.

This new perspective is shifting the way I think.

The four astronauts manning the vessel had people all over the world uniting behind them. It wasn't merely because of the massive mission they were completing, but rather the way they handled themselves through it. They shared personal stories about their awe, the community they had found in one another and the raw emotion they were experiencing. They were so human.

The astronauts reminded us that in a universe of darkness, we have been blessed with our beautiful Earth. It sustains us with all that we need. It is an oasis amidst a backdrop of darkness. Somehow, we ended up here, and we are all here together.

The astronauts reminded me to cherish the Earth and to remember we are one people. Their mission provided me with a broadened perspective that I will carry with me moving forward. Perspective really is everything. Fixating on little conflicts and things that go wrong can seem like a huge deal, but the perspective this mission shared was a reminder that we can let the little things blow over to focus on the bigger picture. If you have yet to hear from the experiences of the Artemis II team, I encourage you to listen to what they have to say.

# The value of daydreaming

ELIZABETH GRAVELINE  
Opinion Editor

Remember when you were a kid and you could get lost in thought just imagining your dream job

or what you were going to do during recess? Where have those days gone? It is so hard these days to get lost in thought that's not centered around schoolwork or social anxieties. With constant distractions, the temptation to spend every free moment scrolling instead of thinking as well as the simple reality of growing up, daydreaming has fallen to the wayside. Imagination is a pastime and, having been discouraged by our elementary school teachers, it is an art we lose naturally over time.

Daydreaming, and imaginative thought in general, is both necessary and valuable. Creative and divergent thinking are deeply human practices that have extraordinary benefits. Allowing your mind to wander can alert you to your deepest desires and help you realize what is really important to you, what you want, what lights you up and what fulfills you. It can add value and direction to our lives.

A plethora of research is devoted to daydreaming, or "thinking for pleasure," linking it to creativity, self-awareness and even intelligence, according to a recent study called "Ode to Positive Constructive Daydreaming" published in the *Frontiers in Psychology*. I would be remiss not to mention its physiological benefits too. Daydreaming has similar benefits to meditation, including reducing stress and anxiety and increasing pain tolerance, according to a study from the University of Wisconsin.

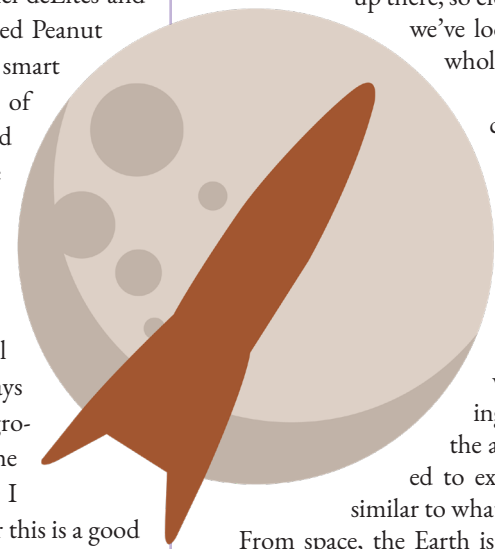
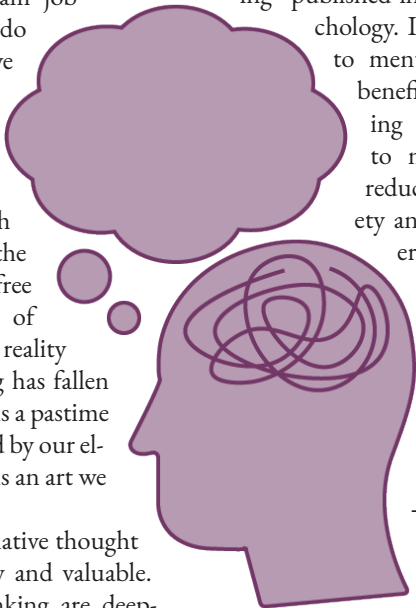
Contrary to what we've been told, allowing your mind to wander can be a productive exercise — one that is especially important in college. Coming to college allows you to create your own life for the first time. Choosing your focus of study, your career goals and how you spend your days requires you to know what you want for your own life. As we discern the next steps, how can we know what we want if we never think about it? The sky's the limit for your

future. Feel free to imagine what that could mean.

As a second-semester senior, I've been spending a lot of my time job-searching. As I go through the application and interview processes, I get stuck on wondering what the most practical choice is, rather than steering my efforts toward where I want to end up. Recently, I realized that my life since coming to college has been lacking in dreaming and deficient in imagining possibilities. I've been stuck reasoning through what should be, rather than what could be.

Everyone wants to do great things; be a free thinker. The most successful people are those who come up with a new idea or take an original direction, but you can't be original unless you allow yourself to think outside the box. Maybe the first step toward building a meaningful life is giving yourself permission to imagine one.

So here's my unconventional career advice: get lost in thought. Spend an hour imagining the best possible life for yourself and what that involves. But talking about your dreams is just as important as dreaming. Surround yourself with people who dream and encourage you to dream too. Sometimes the most productive thing you can do is nothing at all — just letting your mind wander.



## Jays sink Pirates in weekend sweep

SUSAN BRUEGEMAN  
Sports Editor

This past weekend, the Creighton baseball team took on the Seton Hall Pirates for their second series of the Big East season. After a big 16-4 walk-off win against North Dakota State, the Jays were looking to keep this momentum heading into the series.

With the sweep, the Bluejays improved to 18-15 on the season overall and 4-2 in Big East play. In command throughout the series, the pitching staff recorded 32 strikeouts while the offense produced 23 runs on 28 hits.

On Friday evening, junior Jack Pineau threw 106 pitches, allowing just four hits and one walk. He struck out eight batters and led Creighton to its first shutout of the season. He was backed by relief from Jimmy Burke and Eli Nisson for the final nine outs, ending the game 5-0.

"Anytime your Friday night guy goes out and gives up no runs and gives you six solid innings ... that's where the whole game started for us and was the most important part of the game," head coach Mark Kingston said. "If you're not going to score double digits, you really want your pitchers to step up, and I thought it was a good team effort that way."

On Saturday, dominant starting pitching continued. Junior Shea Wendt delivered a career-high seven innings of one-run ball, striking out a career-high eight. Creighton's bats heated up, as senior designated hitter Nate McHugh earned four RBIs.

Sunday's game proved to be successful for Creighton as the Bluejays carried Friday and Saturday's win momentum into the games.

Freshman standout Wilson Magers made his first appearance on the mound in eight weeks and looked sharp from the start. The reigning BIG EAST Freshman of the Year threw three hitless innings, striking out five while allowing just one run on 40 pitches.

Creighton's offense once again delivered timely power. Redshirt junior Isaac Wachsmann tied the game 1-1 in the third inning with his team-leading seventh home run of the season, continuing his recent surge after homering in four of the last five games.

"Isaac's been really developing over the last month or so, and I think he's really trending in a good direction," Kingston said. "He's been giving us a lot of production and really quality at-bats as of late."

An inning later, sophomore Nick Venteicher blasted his first home run of the season, a 404-foot shot above the Bluejay bullpen, scoring catcher Connor Capece. Creighton added another run later in the inning when graduate student Ben North doubled home Nate McHugh to make it 4-1.

The Bluejay bullpen kept Seton Hall quiet for the rest of the game. Freshman pitcher Jakob Ruhl earned the win after nearly three scoreless innings, while redshirt senior Jimmy Burke escaped a sixth-inning jam before Creighton broke the game open in the seventh.

North launched a three-run homer into the Creighton bullpen to push the lead to 7-1, part of a four-RBI day for the Bluejay slugger. Creighton added two more insurance runs over the final two innings to seal the victory.

North finished 2-for-4 with four RBIs, while McHugh collected three hits and extended his hitting streak to eight games.

The Bluejays' recent success has come from a balanced formula of pitching, defense and timely hitting. On Friday, for instance, the wind and colder temperatures limited how far the ball could carry.

"It wasn't a great night to hit, so I thought the pitching and defense really carried the day," Kingston said.

The ability to adapt to conditions, whether it calls for shutdown pitching or opportunistic offense, has been key during Creighton's recent stretch. Still, the Bluejays aren't getting caught up in series results. The clubhouse remains focused on its day-to-day process.

"Every game is its own entity," Kingston said. "The Big East schedule is 21 games, 21 individual games. It's not about series."

Following a 4-5 loss at Nebraska Tuesday night, Creighton returns to action in a three-game series at Villanova this weekend. First pitch in Philadelphia is set for today at 2 p.m. All games will be streamed on ESPN+.



ALLY SEEVERS/THE CREIGHTONIAN

Junior Shea Wendt roars in celebration after striking out a Seton Hall better. The Blair, Nebraska native pitched a career high seven innings and eight strikeouts to earn himself the win.



MAGGIE HOOPPAW/THE CREIGHTONIAN

Junior Connor Capece and sophomore Nick Venteicher embrace after Venteicher's first home run of the season, one of three home runs in Sunday's 7-1 victory over the Seton Hall Pirates.



ALLY SEEVERS/THE CREIGHTONIAN

Creighton Volleyball opened its spring 2026 season with a 3-0 victory over Omaha at Baxter Arena. Following back-to-back Elite Eight appearances, excitement continues to build around the program. The Bluejays welcomed four newcomers this spring, including two freshmen and two transfers in former Texas and Wisconsin standouts Ayden Ames and Trinity Shadd-Ceres. Creighton returns to action tonight at D.J. Sokol Arena for a highly anticipated matchup against rival Nebraska, with first serve set for 7 p.m.





ALLY SEEVERS/THE CREIGHTONIAN

Seniors Ashley Smetter, Erika Perez, Ella Dalton, and Lily West are recognized for senior day celebrations after the Bluejay's 8-4 win with a pinch hit grand slam on Saturday against Georgetown.

# Seniors lead Jays past Hoyas

**GRETA WALLER**  
Assistant Sports Editor

Creighton closed out a three-game conference series against Georgetown with an 8-4 win Saturday night, taking two of three.

The win gave Creighton a more comfortable finish after two days of close games, schedule changes and shifting conditions. Weather earlier in the week forced the series into a Friday doubleheader and a single game under the lights to close it.

"We knew we were going to be in for it," head coach Krista Wood said following Saturday night's game. "They have some of the best pitchers in the conference right now. It was a battle back-and-forth every single game."

Friday showed that right away. Creighton needed a walk-off to win 6-5 the opener, but dropped the second game 4-6, with neither team able to create much distance. The margins stayed small into Saturday.

Creighton led, then lost the lead in the fifth when Georgetown tied it with a three-run home run. Before that, senior Erika Perez had already given Creighton a lift.

With one runner on in the fourth, Perez turned on a pitch and sent it over the fence. The lights shifted blue as she circled the bases, and along the first-base line, her family held signs with her number, 12. A Bad Bunny song picked up over the speakers as she rounded third, and by the time she reached the plate, her teammates were waiting, pulling her into a quick celebration before she headed back to the dugout.

After Georgetown pulled even in the fifth, Creighton responded quickly.

A walk started the inning. Then a single. Creighton kept runners moving, forcing Georgetown to make plays under pressure. When freshman Keegan Mayhue came up with the bases loaded, she drove a ball to center that cleared the wall for a grand slam. It was the biggest swing of the series and gave Creighton the first real cushion it had all weekend. It was one of Mayhue's six hits that earned her Big East Freshman of the Week honors for the second time this season.

The dugout reacted right away, and the game settled from there.

Freshman Audrey Gilman showed growth

in the circle as the weekend went on. After a tougher outing on Friday, she looked more in control on Saturday, mixing speeds and keeping hitters off balance.

"She was on: spinning the ball, changing speeds," Wood said. "I thought she did a great job."

Creighton also found ways to contribute beyond the box score. Pinch runners created pressure in key spots, turning routine plays into close ones and helping extend innings.

The win closed out a weekend that doubled as senior day, with four players recognized after the game: Perez, Ashley Smetter, Ella Dalton and Lily West.

"They've helped us set the standard on what we're trying to build here, on and off the field," Wood said of the senior class. "They've put their mark on this program, whether it's offensively, defensively or as leaders."

Each arrived at that point differently. Perez, who primarily plays third base, built her career on consistency. Along with her 138 starts, she set a single-game program record earlier this season with three walks, showing the kind of approach the staff has come to expect.

**"Everyone pushes you to be better, not just as a player, but as a person. Even when your time ends here, being a Creighton Bluejay is something that stays with you forever."**

**-Erika Perez**  
Softball  
Senior

"Everyone pushes you to be better, not just as a player, but as a person," she said. "Even when your time ends here, being a Creighton Bluejay is something that stays with you forever."

Smetter, an infielder, transferred from Nebraska for her final two seasons after being recruited by Wood out of high school. She has filled a variety of roles, including a pinch-hit

grand slam earlier this season that stands as one of Creighton's biggest hits.

"I would tell my freshman self that everything happens for a reason," Smetter said. "That I'm going to meet my best friends and grow into someone stronger and more determined."

Dalton, a center fielder, has made 165 starts and earned First Team All-Big East honors in 2024. Her defensive range and versatility have helped Creighton adjust when needed, especially on a weekend that required lineup flexibility.

"Stats and trophies don't follow you," Dalton said. "The lessons learned and the people you meet are what last a lifetime."

Behind the plate, West has been a constant. A catcher and the first recruit under Wood in 2022, she started all 209 games of her career and ranks sixth in program history with a .336 batting average.

"I knew from the moment I stepped foot on campus at 18 years old that this was the place I was meant to be at," West said.

She said the group's identity comes from the work behind the scenes.

"These girls are some of the most hard-working and kind people I've met," West said. "We've worked really hard to build this program up."

That work has started to show results. This senior class has been part of the program's first back-to-back 31-win seasons since 2009, and expectations have shifted along with it.

Last season's run to the Big East championship game played a role in that. Creighton entered as a No. 5 seed but reached the final, a result that changed how the group approached this year.

"It was a great run for us," Smetter said. "Just getting there and proving everyone wrong was something that was nice ... but it's a really good motivator to have a different outcome this year."

Wood said that mindset is now part of the standard.

"We're trying to be the Big East champs," she said. "It's not okay to just get to the tournament; we want to win it."

Creighton will play next away against St. John's for a three-game series. The first matchup will be today at 2 p.m.

