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Graves to use new solar technology

ELIZABETH JONES
News Editor

Graves Hall, the new freshmen residence building, will be the first building in the country to use Virtu-HOT, a solar water heating system from ELM Companies.

The new system is one attribute of the residence hall that will open in the fall and house up to 400 students.

According to Creighton’s Director of Sustainability Andrew Baruth, Ph.D., ELM, which is owned by the Graves family, recently purchased exclusive rights to Virtu-HOT in the United States from the U.K.-based company Naked Energy.

The Virtu-HOT system will use solar power to heat all of the water in the building.

Creighton President the Rev. Daniel Hendrickson, S.J., said he believes the product will be beneficial for multiple reasons.

“Not only will the product allow us to care for our common home, but it is also far more efficient to use and maintain,” Hendrickson said in an email.

Creighton gets electricity from Omaha Public Power District, which is working towards their goal to reach net zero carbon emissions by 2050, according to the Nebraska Public Media website. Baruth said that the steam and chilled water production on campus is not sourced from a place with similar goals.

“By going this route to use solar hot water, which I think for some feels a little weird, it actually is a bigger cut into our greenhouse gas emissions for a residence hall where people will use a lot of hot water,” Baruth said. “And so it actually ends up being a much bigger cut into our greenhouse gas emissions over doing something like a solar electric project.”

Another way Baruth said that Creighton is working to make Graves more sustainable is

by constructing it primarily from wood rather than steel and concrete, because wood is a good carbon sink and a material that takes less energy.

Graves will also have a courtyard to promote outdoor activities, and according to Baruth, this was intentional because there is not a lot of green space on campus.

Additionally, Hendrickson said in his email that the courtyard area will “allow students the opportunity to establish important connections with their peers and build a sense of community.”

The suite-style dorm rooms in Graves were also designed to maintain community.

“Creighton is known for its strong sense of community, which is nurtured by our Jesuit culture, our faculty and staff, the architecture of our campus and so much more. It also includes how we live together on this campus,” Hendrickson said. “Graves is more in-line with housing models preferred by younger students, and lets us continue offering the programs and structures that facilitate the kind of community they celebrate.”

While Graves will be the only campus building with Virtu-HOT, Baruth said that other sustainability measures will include a 78-kilowatt solar array at the new CL and Rachel Werner Center for Health Sciences Education, which will open in the fall, and the new Jesuit residence hall was primarily wood constructed. The solar panels that were removed from campus are also being redeployed at the Creighton University Retreat Center where they can be used more efficiently.

Additionally, Baruth said Creighton is systematically going through all campus buildings that will continue to be used for more than the next five years to implement new building management software. It will be incorporated with 25Live, the software used



XAVIER RINCON/THE CREIGHTONIAN

Currently, Graves Hall is still under construction. It will be ready for freshmen to move in by fall.

to book room space on campus, to make the buildings “smart.” When nothing is scheduled in a room for several hours, the HVAC system will be turned off and if nothing is planned for three days it will go to a weekend setting. This is intended to minimize energy usage.

Currently, there are no plans to implement Virtu-HOT in any other residence halls or campus buildings.

“It’s a little bit more tricky to add it after the fact,” Baruth said. “With any new building going up, this is always the conversation that gets had. What can we add to it to try to make it as sustainable as fiscally responsible? It’s hard to do it on older infrastructure, so

as infrastructure swaps over I think we’ll see more of this type of thing.”

Creighton plans to continue building new infrastructure. Hendrickson said that Creighton intends to construct more residence halls, although these plans have not been finalized.

“In our campus master planning work, new halls will likely be built near and around Graves, in what has become the central part of Creighton’s campus, and east of Creighton’s historic core,” Hendrickson said. “We have not yet determined when to build a new hall, and which of our current halls we would sunset.”

Bone marrow donors find their matches

ELISABETH THOMPSON
News Reporter

Creighton students showed up for a donor registry drive hosted by Be The Match on the mall on April 14.

Be the Match is a non-profit organization that facilitates connections for individuals who are diagnosed with life-threatening blood cancers like leukemia, lymphoma and other diseases which necessitate bone marrow donors. A 30-second cheek swab kit opens the door to a world-wide donor registry, allowing the opportunity to potentially help save a life.

For Creighton sophomore Emma Haney, Be the Match’s mission “means everything.” After finding out her niece was diagnosed

with aplastic anemia, Haney took on the role of lead organizer of the event.

“I never knew what Be the Match was until my niece was diagnosed,” Haney said. “But I instantly knew hosting an event on campus would be the best way to gather support for this cause.” In order to be a donor, one must be in between the ages of 18-40.

Thousands of patients with blood cancers and other diseases require a blood stem cell transplant to survive, but most patients don’t have a fully matched donor in their family. By joining the Be the Match Registry, your genetic type will be included for every patient in need of a genetically matched donor.

Haney was joined in support by several family members and friends at the event.

“Being able to support Emma and her niece is very heart warming,” friend Macy Matsuda said. “She is like family to me, so supporting her is like supporting my own family.”

Support from the rest of Creighton community was quick to follow; within the first 37 minutes, over half of the 50 kits were used. Creighton students echoed Haney’s sentiments.

“I am so proud to support an organization doing such incredible things,” senior Ella Dickson said. “It’s so important to raise awareness for this cause.”

Haney urges Creighton students to take 30 seconds of their time to join the registry. To learn more about how you can help, visit BeTheMatch.org/GetInvolved.



COURTESY OF PHILIP RICHARDSEN
Friends and family helped Haney with tabling.

Assistant dean helps seniors graduate

SOPHIE GREEN
News Reporter

College of Arts and Sciences seniors know they’ve reached a milestone in their Creighton careers when they meet with Gerry Kuhlman. The assistant dean conducts senior checks for every one of the college’s seniors, making sure they are ready to graduate.

The College of Arts and Sciences is the biggest undergraduate college on Creighton’s campus, leaving almost half of the Creighton senior body to meet with Kuhlman before walking in May.

“In just half of a semester, Gerry meets with around 500 students, meticulously looking at their records and guiding them through their final months at Creighton,” Jodi Jones, senior administrative assistant in the College of Arts and Sciences Dean’s Office, said. “He is incredibly busy during this time but enjoys hearing the journey of every student he encounters.”

Kuhlman’s secret to success? Self-care and organization. Kuhlman often keeps 30 minutes at the beginning and the end of his workday to prepare himself for the back-to-back meetings.

“The most important thing about senior checks is making sure to give full attention to the students I am sitting down with without fully neglecting my other tasks,” Kuhlman said. “I have my own RSP advisees as well as other administrative duties that unfortunately don’t stop when I meet with seniors regarding graduation.”

Just like many Creighton students, Kuhlman stays up late catching up with emails and reminding himself that this is just the nature of his job someday.

A graduation check could be a scary moment for some seniors, but Kuhlman is experienced in helping those in less than ideal situations.

“It’s never fun to deliver bad news but I try and make sure students know that I am not here to put up any unnecessary roadblocks - rather I am the person that can help them the most. Often times, I am able to provide a solution to these seniors and make them feel much better about the situation than when they first walked in,” he said. “I am a problem solver who is looking to become a part of their support system and success here in their final days at Creighton.”

His work embodying the Ignatian values such as “Cura Personalis” and “Magis” has been recognized by Creighton’s Saint Ignatius Award, which honors service and dedication to the Jesuit values.

“Not only was Mr. Kuhlman extremely helpful in showing me that I had fulfilled all my academic requirements, but he genuinely took the time to learn more about the person behind the grades and the classes,” College of Arts and Sciences senior Marisa Anderson said.

Another College of Arts and Sciences student, Aidan Herrera, also found their conversation to be very beneficial.

“When I met with Gerry, he made me feel



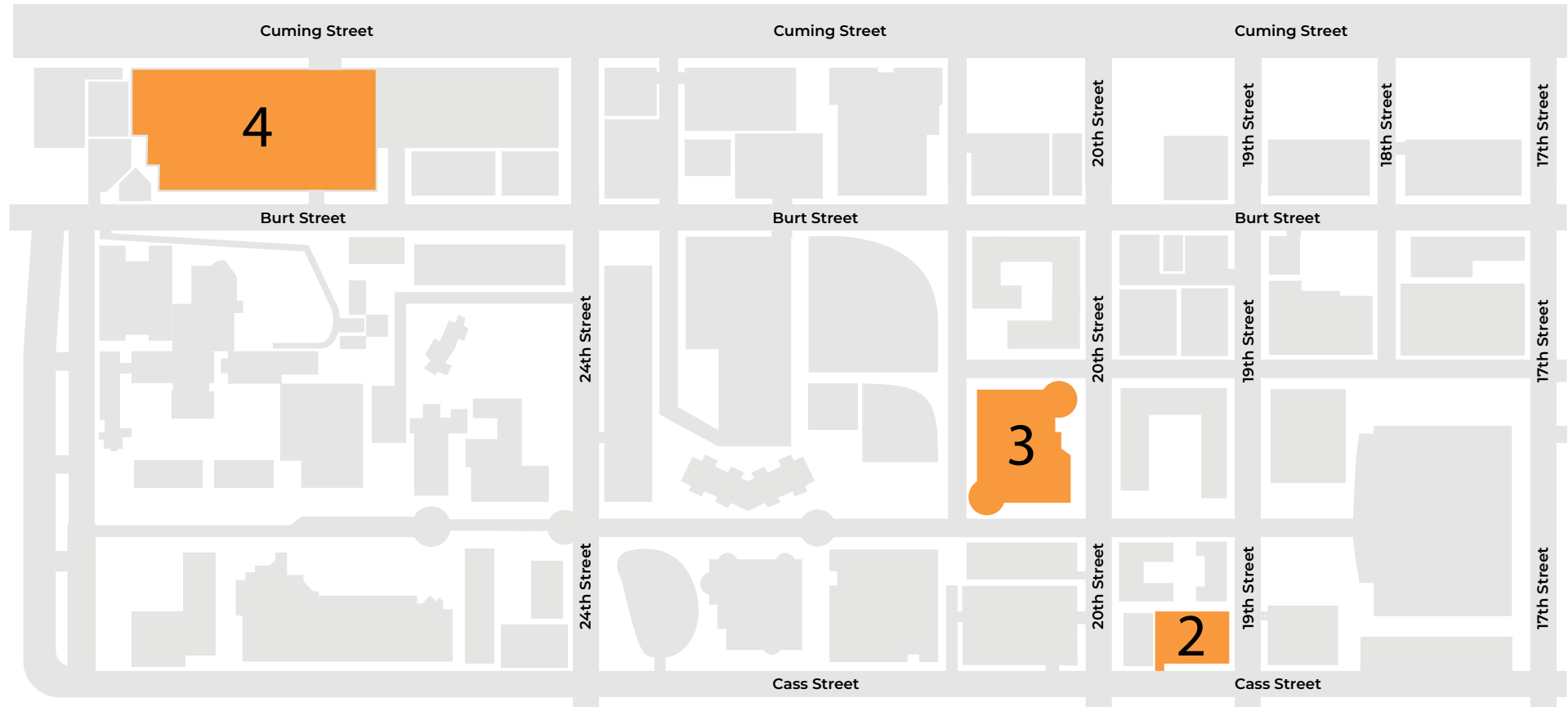
MADELINE ZUKOWSKI/THE CREIGHTONIAN

Kuhlman was promoted from a senior academic advisor to the assistant dean of the College of Arts and Sciences in 2014. This photo was taken by the Creightonian shortly after his promotion. As assistant dean, Kuhlman confirms that students meet graduation requirements.

instantly at ease with his humor and compassion,” said Aidan. “He sincerely cares about us students and wants to learn more about our Creighton journey.”

For the past 21 years, Kuhlman has had his fair share of being a part of many Creighton journeys, but has also experienced his own.

“I have been in your shoes. I came to Creighton as an undergraduate and graduated with a major in psychology. Some of my fondest memories were made here at Creighton,” Kuhlman said. “I am extremely grateful for the opportunity to have returned back to my old stomping ground and help current Creighton students make their own Creighton memories.”



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 13 - 11:25 a.m.
A non-affiliate was issued a Ban and Bar notice after harrassing people on campus (location not specified).
- 2

April 13 - 7:52 p.m.
Public Safety performed a welfare check for a non-affiliate sitting on the curb near 19th and Cass St. OPD transported the party to Lasting Hope.
- 3

April 13 - 9:10 p.m.
Creighton student said she was harassed by a group of unknown individuals outside the Harper Center.
- 4

April 18 - 11:57 a.m.
A student reported a hit-and-run accident on her vehicle in Lot 58.

Relay for Life brings hope

\$7,800 raised for American Cancer Society



PHOTOS COURTESY OF ABE CARDINAL

Students engaged in several activities, including a tug-of-war competition, as part of Relay for Life. The annual fundraiser supported the American Cancer Society.

CHARLIE JUCKNIESS News Reporter

After an action-packed day full of immersive games and other activities in the Kiewit Fitness Center, Creighton University’s Relay for Life generated just over \$7,800 in donations with its annual fundraising event for the American Cancer Society last Friday.

Creighton University’s Relay for Life is one of the many international subset groups included in the ACS’s “world’s largest volunteer-based fundraising event.”

Heider College of Business sophomore and Relay for Life Fundraising Chairman

Abe Cardinal said the on-campus fundraising event aimed to raise a targeted goal of \$10,000 dollars to support the ACS mission, though it had received \$4,600 from larger donors prior to the scheduled event in the KFC.

Cardinal said his inspiration to join Relay for Life stemmed from cancer’s impact on him and his family and the personal desire to give back. “Relay for Life promotes an opportunity of hope and awareness toward cancer research and cancer survivors,” Cardinal said.

Over 250 people partook in the festivities in the KFC, and the Relay for Life executive team said they couldn’t have been more pleased with the turn out.

College of Arts and Sciences sophomore and Relay for Life President Hannah Graff said the event on Friday consisted of various basketball tournaments, inflatable obstacle courses, casual volleyball games, guest speakers and other interactive activities amongst the various basketball courts within the gymnasium and surrounding classrooms.

“Relay for Life promotes a great cause and builds a greater sense of community within Creighton for those who have been impacted by loss caused from cancer,” Graff said.

Upon conclusion of the events held in the KFC, various registered attendees attended the sponsored Luminaria service and

discounted food and drink at the Crescent Moon.

Communities across the globe have participated in Relay for Life fundraising events for over 36 years and have done so at Creighton University long before the coronavirus interrupted its annual efforts. This was the second year of the event’s return since the beginning of the pandemic, and Graff said they are working on growing again.

“It was great to put the event on for another year, and hopefully we’ll see growth in years to come,” Cardinal said.



MUSICAL THEATRE SENIOR SHOWCASE

APRIL 28-29 | 7 P.M.

Lied Education Center for the Arts, Mainstage | 24th & Cass streets



Creighton
UNIVERSITY
College of Arts and Sciences
Department of Fine and Performing Arts



PHOTOS COURTESY OF OMAHA PERFORMING ARTS

Omaha's newest music venue will be able to accomodate more than 3,300 people. The first performance at the venue sold out less than ten minutes after tickets were posted for sale.

Steelhouse steals the show

AUTUMN SCHEER
Scene Reporter

In less than a month, Omaha will have a new hot spot for live music for everyone to enjoy. On May 12, the Omaha Performing Art, known as O-pa has the grand opening for the music venue Steelhouse Omaha.

Steelhouse Omaha, located at 1100 Dodge St. was a component of a master plan for the Omaha Performing Art's campus. After a while the Holland Center and the Orpheum Theater was quickly becoming very busy and harder to host certain events among the symphony, the Broadway series and other types of music and theater.

Joan Squires, who has been president of Omaha Performing Arts for 20 years, said the master plan was developed seven years ago by O-pa as the organization worked to figure out what to do with land it owned. They determined that there were touring bands who were skipping over Omaha due to not finding the best space to perform for their targeted audience.

With this idea of opening a new music venue, it would be the perfect space for those bands and for the people in the Omaha area, she said.

Squires is excited about the venue and what the venue can add to the Omaha community. "It is just spectacular, the quality of the building, the sound system playing, and



every detail in there, it's just phenomenal," Squires said. "Not only will the audience have an amazing opportunity to experience this, but the bands who come in will also have a wonderful time with the amenities, and the dressing rooms, as we really tried thinking of what their needs were as well. It really does just keep getting better." For Squires, the building and the meaning behind Steelhouse are about the quality of quality of life that can help attract young people to the city. She said Steelhouse can offer a space for Creighton students to experience and see what Omaha is about.

"What is there to do in Omaha and so

people want to stay after graduation in the city, so I think this is a wonderful way to have students to look and see, well, there are some wonderful things in this city, we need to stay here," Squires said.

The venue holds up to 3,000 people on the floor and +300 seated balcony. The Venue also offers accommodations of uniquely configurations with retractable risers that can be moved around or there are flat set-ups with chairs on the floor. Food and drinks are available on both levels of the venue.

Steel house will host a variety of genres indie, hip hop, country, rock and more. The wide range of the music genre's this will target

everyone in the Omaha area with the target audience being 18-45 years old. Along with this being an impact in the community, UNL did an impact study, and this shows annual economic impact of \$13 million. For the total economic impact for O-pa is \$61 million.

Thinking about what the venue will be like in the future, Squires brings up how she sees the venue being busier than ever. The Steelhouse is expecting to book more bands now, but once people start experiencing the venue they're going to want to come back.

"There is nothing else like it, in the city, the region and frankly the country. It's really good and just will be spectacular for the city," Squires said.

The venue's first performance, on May 12, 2023 "The Killers", have sold out in just six minutes of tickets going on sale. Knowing this is the first concert at the venue shows that there is no doubt that the venue will be the new hot spot for everyone in the Omaha community. If you want to check out the Omaha Steelhouse, sign up for their email announcements where you can be alerted of what new bands will be coming as they update every day.

The path to service after Creighton

CECELIA FULLER
Scene Reporter

When deliberating about life beyond college graduation, there are many routes a person can take. Kate Tietjen, Jordanne Orłowski and EB Wunn are among 10 seniors choosing a year of service.

Every year, approximately 2-3% of Creighton graduates participate in post-graduate volunteer service programs before joining the workforce or applying for graduate school said Jeremy Fisher, director of the John P. Fahy Career Center.

"The benefits of doing a year of service are it allows students to learn more about them-

selves, gain additional experience, explore opportunities, gain new life skills, meet new people, boost their resume, and experience different cultures," Fisher continues.

There are numerous volunteer organizations that students can apply through. Tietjen and Orłowski will be in the Jesuit Volunteer Corps while Wunn will be with the Colorado Vincentian Volunteers.

Although their programs may differ, the three Creighton seniors chose this route for similar reasons.

"A lot of my previous friends in college who graduated did Jesuit Volunteer Corps (JVC) and I loved everything they told me about it," Orłowski said, "I really liked how

the entire program is built off of Ignatian Spirituality and pushes you to Find God in All Things."

Tietjen and Wunn credit Service & Justice trips through the Schlegel Center for Service and Justice for helping introduce them to post-graduate volunteer service. Ken Reed-Bouley, Director of the Schlegel Center for Service and Justice, shared why post-graduate service can be important.

"For those who discern that volunteering after graduation is a good next step for them, there can be many benefits including getting to know oneself better while serving, meeting others with similar interests in an intentional living community, trying out a profession

before fully committing to it, learning transferable skills, and clarifying what your next step might be whether it is work or graduate studies," Reed-Bouley said.

Leaving Creighton, all three will live in different parts of the country working in different fields.

"I am most excited for the people I will meet and the relationships I will build. I've heard the traditions are rich, so I look forward to fully immersing myself and experiencing what the community has to offer while recognizing some of the hardships they have experienced," said Tietjen, who will be living in New Orleans, Louisiana during her time in JVC.

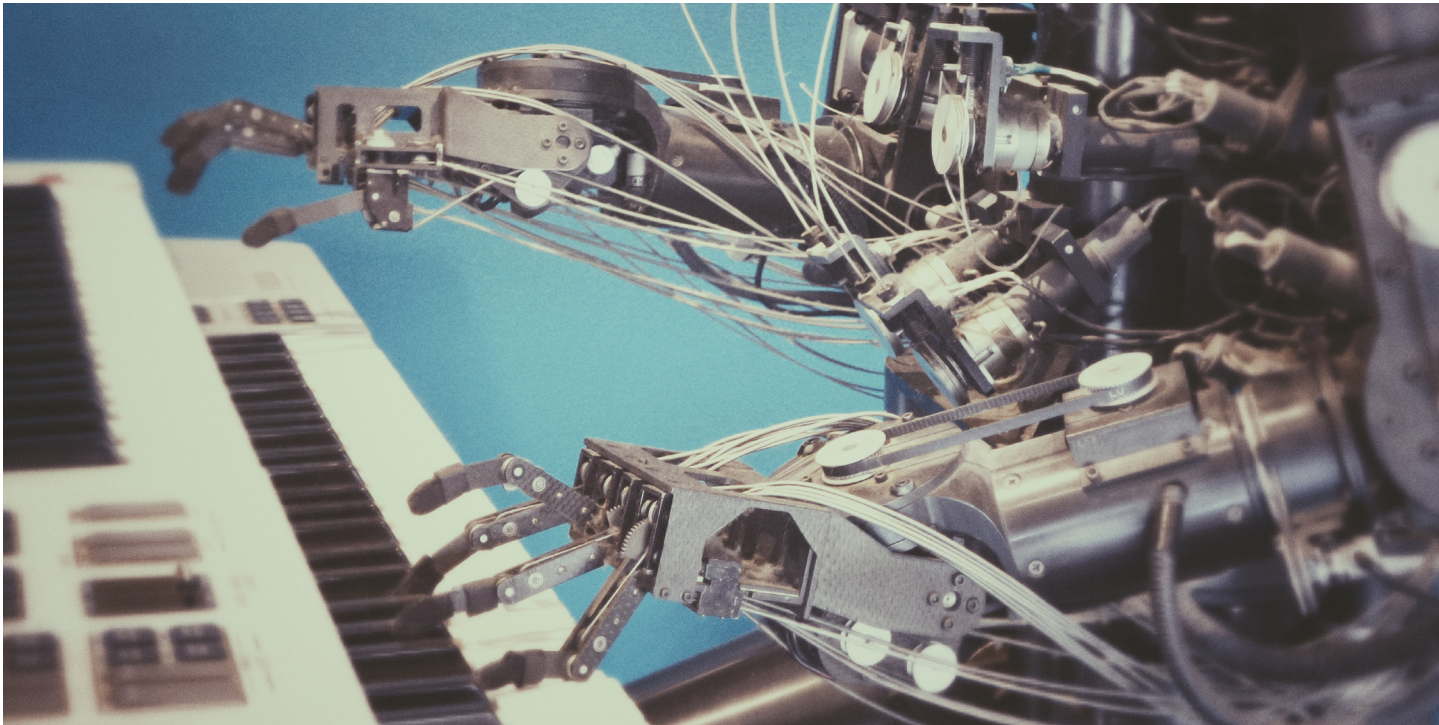


PHOTO BY POSSESSED PHOTOGRAPHY ON UNSPLASH

Artificial intelligence is changing the way music is created. Is it a threat to music creators or is there a way to take advantage of it?

Artists and AI face off

BAYLEE JOHNSON
Scene Editor

Artificial intelligence has become increasingly popular in recent years and the music industry isn’t safe from it. Whether it be creating new songs or having artists sing songs that they wouldn’t otherwise, AI is making the impossible possible.

“Heart On My Sleeve” is a song that used AI to clone the voices of Drake and The Weeknd. It is no longer available on Apple Music, Spotify, Deezer and Tidal, and it’s currently in the process of being pulled from TikTok and Youtube. Though some versions of the song remain available.

The song imitates Drake and The Weeknd going back and forth about pop star and actress Selena Gomez, who formerly dated The Weeknd. After being released, it was streamed 629,439 times on Spotify.

“These instances demonstrate why platforms have a fundamental legal and ethical responsibility to prevent the use of their services in ways that harm artists,” said Uni-

versal Music Group, which publishes both artists through Republic Records. “We’re encouraged by the engagement of our platform partners on these issues as they recognize they need to be part of the solution.”

Neither artist has responded to the track, but Drake recently expressed his dislike of a fan-made video in which he appears to be rapping the Ice Spice track “Munch (Feeling U)”. “This is the final straw AI,” said Drake on Instagram.

Drake and The Weeknd aren’t the only artists to fall victim to AI. TikTok user @justin-bernandez_ posted a video on Sunday that simulates the late artist XXXTENACION singing “Golden Hour” by JVKE. It received 1.5 million likes and 8.2 million views in the first two days.

Expect debate in the near future over the legality of such simulations, specifically around whether AI mimicking a star’s voice by processing their past audio recordings is an infringement of copyright or not.

The International Federation of the Phonographic Industry (IFPI), which works to

protect the interest of the recording industry, highlighted “serious concerns” being had in the music industry about AI in a recent report. Some people are worried that AI could be used “to cover songs and attempt to replace artists”.

AI being used to create music is nothing new though. The first score composed by an electronic computer, the Bach-inspired “Illiac Suite”, was done in 1958.

AI-created and AI-assisted music has been popping up on digital music platforms for years now. Boomy, a startup company that specializes in AI-powered music making, said that its users have created over 12 million songs since its launch in 2019.

In reference to the potential impact of AI on the music industry in the next years to come, William Packer, a media and tech analyst for BNP Paribas Exane, wrote that “AI is a new disruptive threat” where “a glass half full industry narrative is holding... for now”.

Igniting faith with candlelight

ELEANOR HUDEPOHL
Scene Reporter

Candlelight Mass is one of the most treasured student traditions at Creighton. Each Sunday night at 9 p.m., this beautiful celebration of the Eucharist is a way for the student body to come together.

Taking place in St. John’s Chapel, Candlelight offers an environment welcoming to all students. Starting the week off in community at Candlelight surrounded by the sounds of praise is deeply impactful and a shared joyous experience.

Candlelight is the most highly attended student mass on campus, and some find extra meaning in this weekly experience by serving as choir members, lectors, readers and altar servers.

Rachel Cincetti Gallegos, a sophomore in the College of Arts and Sciences, relishes the opportunity to be a sacristan. “Altar serving is just another way for me to be directly involved. I find that I can see Jesus more closely in serving others. There is a sense of power and love that I get from being on the altar,” she said.

She shares that this role allows her to feel a direct sense of impact from mass.

“I find that I get more meaning from Mass and more closely pay attention when I am directly involved.”

The students who serve and share their talents are a special part of the mass that contribute to the celebration for the community gathered in St. John’s Chapel.

Throughout the whole church, a special feeling radiates among the students gathered in praise.

“This mystique is the community; it is quite an amazing sight to celebrate the gift of the mass with about 100 of your fellow classmates and closest friends. This is what keeps bringing me back,” said Ryan Smith, a regular attendee who is a junior in the College of Business.

This cherished community aspect of Candlelight is witnessed during the Our Father. In this special moment of prayer Smith says, “everyone stands together hand in hand and prays the prayer together. This is the definition of the community of St. John’s.”

Similarly, Cincetti Gallegos treasures participating in the Lord’s Prayer in this special way. “I find it to be so beautiful to see the collective community praying as one.”

Together, the act of joining together as one body in church in prayer is a moving vision for those sharing a celebration of faith.

Candlelight offers a special place every week for each individual student to come as they are to celebrate a special hour surrounded by other students, each singing their own praises with their own perspective.

Mass takes place every Sunday at 9 p.m. in St. John’s Chapel and all are welcome.

The face of McGloin Market



SAM HINGSBERGER/THE CREIGHTONIAN

“Mama G” often provides a source of joy to students shopping in the marketplace.

SAM HINGSBERGER
Scene Reporter

Glenda Bolden makes sure people leave the McGloin Market with a smile along with their groceries.

The Lawrence, Kansas native is the heart and soul of McGloin Market, a grocery store in the bottom of the McGloin residence hall. This market serves a variety of items to the students at Creighton University, ranging from soap and cups to snacks.

Glenda is the main seller and stocker at McGloin Market.

The 60-year-old takes pride in being the face of McGloin Market. Oftentimes referred to by herself and customers as “Mama G,” Glenda said she loves to be personable with as many students as possible. She enjoys being a household name to the everyday goers of the marketplace. Seeing the students happy makes Glenda just as happy as them.

When she is not in the McGloin Market, you can find Glenda going out to dinner, exercising, going to movies, or just spending

time with her two children and two grandchildren.

When asked about her favorite thing about the marketplace her answer was simple: the students.

“I love meeting new people, putting names to faces, and making them feel comfortable in the store,” Glenda said. “I get especially excited when I see a new face, because it is another person I can get to know on the job.”

Glenda said she lives to be a positive source to students. Between asking about the students’ days to playing her favorite gospel, r&b, jazz and Disney songs, she keeps the environment lively and positive down there. Mama G makes buying groceries diverting for all the customers.

Jonathan Heese, sophomore and frequent marketplace customer, really enjoys the atmosphere of McGloin Market. Not only does he enjoy the marketplace itself, but he is also fond of the face of it, Glenda. “Not only do more people need to go to McGloin Market, but more people also just need to meet Mama G.”

Super Mario Bros. smashes expectations

GABBY DAMMKOEHLER
Scene Columnist

My expectations for “The Super Mario Bros. Movie” were in the basement. I had the sinking suspicion it was another soulless CGI cash-grab film in the same vein as “The Emoji Movie” and “Trolls World Tour,” and that it’s only saving grace would be that they had somehow convinced Jack Black to be in it. However, I was pleasantly surprised.

While not an artistic masterpiece or an ex-

ceptionally well thought out story, the movie was plain and simple fun. With its bright colors, zany world building and upbeat 80s bops, “The Super Mario Bros. Movie” is a ridiculous and absurd delight.

Jack Black gave a standout voice performance as Bowser, and you could tell he was having a blast playing the character. Wildly entertaining with a pretty great musical number, Bowser is the standout character of the film.

Lumalee, the adorable and cheerfully nihilistic blue star, was an entertaining sur-

prise. The cheerfully grim little guy hangs in a cage in Bowser’s dungeon and gleefully expounds on the meaninglessness of life. I honestly think he might be my favorite even over Bowser.

The plot follows Mario and Luigi, two struggling plumbers from Brooklyn as they accidentally find themselves transported to a magical world through a giant sewer pipe. Here Luigi is quickly kidnapped by Bowser’s minions and brought to his stronghold. Meanwhile, Mario, Toad and Princess Peach must embark on a journey to save Luigi and

the Mushroom Kingdom. Along the way they befriend Donkey Kong and face obstacles like Rainbow Road.

In the end, Mario accidentally transports Bowser’s castle to Brooklyn while diverting a bomb from striking the Mushroom Kingdom. Together Mario, Luigi and the rest of the clan defeat Bowser, and Mario and Luigi become heroes to the real world and video-game world alike.

Fun, lighthearted and full of easter eggs for fans, “The Super Mario Bros. Movie” is a blast to see in theaters.

Don't be a people pleaser

GRACE CLEMENTS
Opinion Columnist

Kindness is my middle name. Well, not legitimately as that would be crazy, but I take it pretty seriously. A lot can be said about how you treat others and it is normally the first thing I judge about a person.

I am a strict golden rule follower; treating others the way you want to be treated. However, I almost never follow it the other way around.

What I mean is, when someone is being unkind or rude to me, I try to steal a play out of Selena Gomez's book and kill them with kindness. I'm not trying to hype myself up too much, as this is probably my biggest fault.

I am a "Class A" people pleaser in hopes of recovering sometime soon. Being the bigger person all the time gets draining and I find myself feeling walked on and used in certain situations.

So where do I draw the line?

If you are also struggling with this understated problem, I promise there is a light at the end of the tunnel.

In certain situations, I've had to flip my thinking and look at things from a different perspective.

If I asked a friend to do me a favor, I wouldn't want them to feel forced to do something they wouldn't want to do. If they are a true friend, they would think the same thing if the situation was flipped.

The first couple times I tried this it was a little painful, but slowly I've gotten better at saying no.



PHOTO BY BRETT JORDAN ON UNSPLASH

Being the kind one can be detrimental, so it's important to focus on yourself and say no.

There is a difference between being a kind person versus being a person without a backbone.

When you feel a need to put yourself first or you start to feel uncomfortable in a scenario, it is 100% okay to say no to something.

No is a full sentence, and if someone fully cares about you, they will respect your answer or decision no matter what.

Be sure to identify your priorities. If you have a paper due at midnight, don't feel obligated to help your friend with their math project.

Reiterate your boundaries to your friends when needed, and if you aren't sure if you can or can't do something, ask for time to make your decision.

Recovering from people pleasing won't happen overnight.

Taking little steps to put yourself and your well-being first will be extremely beneficial in the long run.

It is ok to put yourself first.

It's something I am still working on, but I promise that once you do it, you'll slowly start to feel better.

What does it mean to pursue happiness?

MAXWELL SCHUTZE
Opinion Editor

I've been writing for the opinion section of the Creightonian for a long time. Since my fall semester freshman year, I've been churning out articles week-in and week-out, and as an editor, I've sometimes had to craft two masterpieces in one week.

To facilitate this demand, for years I've curated a list of potential ideas.

Some of the articles on that list were ambitious or spur of the moment. Some were essay topics, and some were mere shower thoughts or observations, like how people seem to prefer carrying multiple belongings in one hand over carrying them split between their hands.

However, one idea has sat there since freshman year when I got introduced to philosophy, took a critical issues class about political economy and attended extracurricular events on similar topics.

I was engrossed by these ideas, but eventually those classes ended and that fire within me to write such an article faded.

Since then, I've forgotten what the original argument was going to be, and I'm glad I did because I don't think it would have been any good.

A few weeks out from graduation, I think it's time I revisit that idea for my last ever Creightonian article as I've definitely learned a lot since my freshman year.

I've written a multitude of articles about self-help, disguised as interesting observations or thought experiments, and in truth, they were selfishly motivated. Those articles were truly messages to myself, words of affirmation that I wrote to myself as proof that these are things I believe in, these overly optimistic views of the world.

To be frank though, I think it worked.

Coming into college, I wanted to shed a version of myself that was overly judgmental and negative.

As a wise man once said with slightly cruder wording, "Life's too short to be a jerk."

It wasn't that I wished to be more naïve; rather, I wanted to be a source of positivity. Someone who was constantly cracking jokes, having a good time and looking at the bright side so much that something was wrong if I wasn't doing that.

After four years, I think I've achieved that.

A couple months ago I was writing an article that had a pessimistic message without the same realist touch that I normally try and add, and it felt off because of it.

My roommate pointed out that it didn't sound like something I'd argue. It had finally hit me. That wasn't who I was anymore.

Moreover, even on days when I know I'm in a bad mood and things just aren't quite going my way, whenever I see a buddy approaching me or am greeted by an acquaintance, I can't help but brighten up.

Without fail, I am now able to flip a switch and become that positive person.

So, what does my story have to do with pursuing happiness? Well, your happiness is your happiness but only to the extent that you're happy with the person you are.

Making sense of that sentence takes a couple things.

One, it's important to understand that what makes you happy is unique to you, and two, you need to be content with who you are before you can find that happiness.

It's very easy for me to tell you how you should live your life, but unfortunately, what brings me happiness is not what would make anyone else happy.

If that was the case, the ultimate frisbee club would be popping off even more than it already is.

The things in life that make you happy are directly related to the experiences you've had, and because no one has shared in all the experiences of another, no one has the same definition of happiness.

However, we all seem to be searching

for some happiness, which would probably more accurately be called fulfillment.

People spout statements all the time about how they want to be like others whose character traits seem superior, and instead of actually changing, they fester in their indigence towards their own stagnation.

They dismiss these flaws as permanent features or don't consciously recognize them as flaws, harming their ability to achieve that desired happiness.

They become complacent.

To find that happiness, you need to love yourself but also recognize that you are not as prudent as you think. If there's someone you want to be more like, then put in the work to be more like that person.

Unfortunately though, no one can force you to do this. You're on your own when it comes to your quest for fulfillment because that happiness is your own.

It's a concept unique to the specific nexus that is your environment. In other words, the best version of yourself is not just your opinion. It's objective.

It's easy to cast it aside though because there's no immediate incentive to reinforce those strengths and overcome those barriers to your fulfillment, but it's my firm belief that the same types of people who are unhappy with their lives are those who never stopped to reflect about whether they're happy with themselves and where their life is headed.

They never confronted their own flaws and made a concerted effort, and because of this, that happiness remains elusive.

It's a gate that leads to a foreign land open only to you, a lifelong adventure that isn't completed until one moves on from this world. Do you walk through, or do you ignore it until that point where you become regretful?

The answer is completely up to you.

Gas stations are a staple of America

BEN POWERS
Opinion Columnist

I love America. Something about this darn country has me coming back for more every day, despite my massive credit card debt.

Every day is a new adventure when you have access to markets like these, and my own salvation lies in traveling to new gas stations.

For some, gas stations and convenience stores symbolize everything bad about America. Personally, I think that's a load of junk.

Where else can a man walk into a store at 3 a.m. and buy a box of glazed donuts and a Diet Coke? If that ain't paradise, I don't want it.

Gas stations are the backbone of America. At their core, gas stations were built on the invention of the automobile and subsequent installation of the Interstate system, which in my eyes was the best thing America did in the whole 20th century, right behind stomping out communism.

If you're a loser, you'll go into the gas station just to buy healthy food.

Frankly, every time I see someone walk into a gas station just to buy fruit or veggies, I want to vomit.

The single most un-American thing you can do is be that hard on yourself, because why aren't you just buying a frozen pizza?

It's more convenient and way more flavorful, and besides, who even eats fruit nowadays?

As of late, the gas station and convenience store business have been crushed by soaring inflation.

It's a shame we don't have anyone to take care of it, and I seriously wish we could just send some money out so we could actually afford things.

I think the President can probably do something about that, but probably won't. Washington never gets anything done and I expect less and less every time I turn on the news.

One thing I love about America is all the choices I have when I walk into a marketplace, which I know other countries don't have, at least not on our level.

At the end of the day, who cares if I pay \$2 for a Snickers bar? It's my money.

One time I was just minding my business standing in line and some old chap comes up to me and claims he could buy one for just a dime back in his day.

Who cares, old man? We ain't going back to whatever funky time you were brought up in. There ain't never been a better time than the present.

People will claim that sugary soda is bad, that the gas station food has too much salt or that the hot dogs on the roller grill are gross because it hasn't been cleaned in years, etc.

There's endless negativity surrounding prosperity like this, and Americans love to complain about the best things in life.

The best part is, we live in a free country and whether or not you buy that hot dog is up to you as a consumer.

Gas stations are an undeniable cultural touchstone that stop at nothing to sell you everything, which, to me, is beautiful.

Despite their pitfalls, gas stations are here to stay and remain a bastion of the American dream, or at least my American dream.

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ABBIE GALLANT
Sports Editor

Sports



NATHAN JOBALLA/THE CREIGHTONIAN

Junior Claire Orcutt lines up for a putt on the first day of the Stampede at the Creek Tournament held at Indian Creek Golf Club in Omaha. In their last meet of the regular season, the Bluejays came in first out of nine teams.

Lemke defends Big East title

CORI JOBMAN
Editor in Chief

Sophomore Katherine Lemke tied the conference record and set a new school record with a second round score of 67 en route to becoming the first ever back-to-back Big East individual women's golf champion.

After scoring a 79 in the first round, seven strokes over par, Lemke got off to a hot start on day two, getting an eagle on hole two followed by a birdie on hole three. She stumbled on hole six, hitting a double bogey, but was dominant throughout the day, swinging under par in eight of her 18 holes.

"I've been telling Katherine 'you've gotta be patient, it's gonna happen,'" head coach Debbie Conry said of Lemke's performance. "I've done this a long time, and this was a historic moment for us."

The performance put Lemke at five strokes under par in the round, which tied the conference record for a single round, broke the program record for a single round and gave her a two-stroke lead heading into the final round.

Her performance also led the Jays on a

comeback as a team, who were 11 strokes better on the day than their competitors, placing them into a tie for second place with Georgetown and putting them within striking distance of defending team champion Xavier.

Lemke held on to her two-stroke lead on day two, shooting one over par and earning her second consecutive Big East championship.

Lemke swung two under par in the front nine, appearing on track to potentially have another career day, but fell off on the back half of the course. Going into the final hole, Lemke held a five-stroke advantage, allowing her to coast to victory despite a double bogey on 18.

After what she felt was an underperformance in last year's NCAA regionals, Lemke emphasized how much defending her title meant to her.

"Winning this again proved to me that not only did I earn this last year, but that I've improved since then and I deserve this," Lemke said.

The team struggled throughout the day in comparison to their competition, falling ten strokes behind Georgetown. The Bluejays ended their days on the podium,

"Winning this again proved to me that not only did I earn this last year, but that I've improved since then and I deserve this."

**-Katherine Lemke
Sophomore
Creighton Golf**

though, with a third place finish.

While this spells the end of the season for the Jays as a team, Lemke will continue on to the NCAA regionals, with the location and date yet to be determined. Lemke looks to improve on her performance from last year.

"Just more short game practice, last year that's where it got me," Lemke said on where she needs to improve. "I'll be researching the course to know what to expect in terms of grad and weather... I just want to go out there, compete and be in it and learn from last year."

Women's tennis top 3 in league

ELISABETH THOMPSON
Sports Columnist

Creighton's women's tennis looks towards rounding out a successful season at the Big East Championships in Cayce, South Carolina as the 3 seed, their highest placement in program history.

Starting with their opening match in Grand Forks, all the way to their most recent match in Wichita, players have experienced tremendous feats, coupled with occasional disappointment.

Expectations for this season were high as the Bluejay's showcased a strong roster including the 2022 Big East Freshman of the Year, Valerie Negin, and Big East First Team player, Kate Krueger.

Creighton's roster proved its strength, as Krueger and junior Bianca Rademacher were recognized as Big East Women's Doubles Team of the Week on April 3. Junior Malvika Shukla and fifth-year senior Leanne Kendall also received Big East Women's Doubles Team of the Week twice this season, on Feb. 6 and March 13.

The season started strong with six straight wins over the University of North Dakota, Air Force Academy, University of Nebraska-Omaha, Bradley University, Southwest Minnesota State University and University of Missouri-Kansas City.

Their win streak ultimately ended as they narrowly fell to Drake, their second to last match before their Big East opener. As Big East play commenced, the Bluejays had a successful showing, going 4-2 overall.

One of their two losses included a 2-5 loss to DePaul. DePaul, the 2 seed in the Big East Championships, is crucial to be wary of. The Bluejays biggest challenge lies in deuce points, as their precious loss came down to these critical points. DePaul has a consistent reputation of success in the Big East Championships, going to the finals the past two years.

While Creighton did not play Xavier, the Big East 2021 and 2022 champions, this year, the two teams both experienced losses to Wichita State. Xavier was the 3 seed in last year's tournament, potentially a good omen for the Bluejays.

In order to outperform their competition, the Bluejays must focus on clinching the doubles point to set the tone for matches. Doing so will alleviate subsequent pressure of their individual performances in singles matches.

The Bluejays finished their regular season with a 15-7 record and are set to play their first match on Friday. The match will be played against the winner of UConn versus Seton Hall.

Record-breaking day for Jays XC

NOLAN SAILORS
Sports Reporter

Cross country set school records in both the men's and women's 800-meter at the Wildcat Classic and had a strong showing at the Kansas Relay two weeks later with the season coming to a close in the coming weeks.

School records were set by both Tommy Ward and Carly Manchester for the 800-meter run. Ward ran the 800-meter at 1:54.22. Manchester ran the 800-meter in 2:16.78. Both times were fast enough to put them on top of the leaderboards.

In the women's 800-meter, seven of the

top nine spots were wearing a Creighton uniform. For the men, Creighton held down the top four places led by sophomore Ward. Three freshmen followed Ward, placing second, third and fourth.

"Seeing three teammates right behind me is even better," Ward said about Creighton's performance in the 800-meter. "It shows our middle-distance depth and a lot of future promise to have three underclassmen right there."

With the Wildcat classic being a starter, assistant coach Matthew Fayers said he wasn't too surprised with the performances of his runners. He said he sees them every day and knows that they competed and

performed at the level they were capable of.

"They really ran up to what they're capable of] and they're capable of so much more... I'm excited to see them continue to grow and develop," Fayers said.

Following a strong performance in the Wildcat Classic, the Bluejays did not disappoint during their relay meet in Kansas.

On April 13, both Danielle Hotalling and Marcos Gonzalez took the win for the 3k steeplechase race, with Hotalling running a 10:48.47 and Gonzalez finishing at 9:36.71.

Three other Bluejays placed in the top three of their respective events, as Tommy Ward placed second in the 1500 meter, Car-

oline Rupper got third place in the 10,000 meter and Ryan Montera also earned third in the 10,000-meter race.

The next day, the distance medley runners made their mark on the track, as men's medley team consisting of Ward, Liam Murphy, Brian Hildebrand and Jake Ziebarth ran a time of 10:24.54, while Carly Manchester, Alexis Huddin, Jessica Barich and Hotalling ran a 12:29.41 as both teams placed second.

The Bluejays return for their next meet on April 27 as they head to Des Moines, Iowa for the Drake Relays.

Abbie Gallant contributed to this story.

Kicks for a Cure: Jays take on cancer



SULLIVAN LAWRENCE/CREIGHTON ATHLETICS

The Creighton women’s soccer teams supports cancer research and Kicks for a Cure with their warm-up shirts. Creighton celebrated its 18th year playing soccer to support the cause.

ABBIE GALLANT
Sports Editor

Up against their rival UNO, the Creighton men’s and women’s soccer teams both took home the victory 2-1 and 3-2 respectively in the Kicks for a Cure exhibition games, but for the Omaha community and players, it was bigger than a game.

On a rainy and windy day in Omaha, Creighton and UNO students, fans and members of the Omaha community came together at Morrison Stadium on the weekend of April 14 for a day of soccer in honor of the 17th annual Kicks for a Cure games.

Alongside the Creighton soccer games, local Omaha high school matches, a gala and silent and live auctions made up the weekend in support of cancer prevention and education, a tradition that has been an integral part of the Omaha community over the years.

The non-profit organization was created by Omaha residents Amy and Steve Lindsay and co-founded by Dave Karnes following the passing of Karnes’ wife, Liz, in 2003. Kicks for a Cure, which was envisioned in 2004, became a reality in April of 2006, growing larger in the Omaha community over the past 17 years.

In 2020, Karnes lost his life to cancer, but the Lindsay’s have continued their work with Kicks for a Cure to raise awareness and educate the public about cancer.

The mission of Kicks for a Cure is to raise money for local cancer research facilities Fred and Pamela Buffett Cancer Center and the Lynch Comprehensive Cancer Research Center at Creighton University.

Melissa Regan, the executive director at Kicks for a Cure for the past two years, said that much of the success from Kicks for a Cure has been thanks to the organization’s commitment to local cancer research and reputation.

“Kicks for a Cure just has a really positive reputation in the community and people want to be a part of it, and so it’s really great to have so many corporations onboard to support the cancer research here in Omaha,” Regan said. “I think that that’s what really keeps people interested, is that fact that the money all stays local.”

Since its creation, Morrison Stadium

“Kicks for a Cure just has a really positive reputation in the community and people want to be a part of it, and so it’s really great to have so many corporations onboard to support the cancer research here in Omaha.”

-Melissa Regan
Executive director

has been the venue for the soccer exhibitions during the Kicks for a Cure weekend, creating a strong relationship between Creighton and the non-profit.

“We’ve really appreciated the relationship we’ve had with Creighton as well,” Regan said. “It’s been a great place to host the soccer events on Saturday and the coaches and the athletic department have been so accommodating to us, so it’s been really a great partnership.”

Backed by various sponsors, Kicks for a Cure raised a total of \$4.1 million in the first 15 years. Just last year, in 2022, the organization was able to amass a total of \$420,000 during the weekend.

“This event is great to raise money for ... cancer and it’s great that there are so many people who came out to support,” said Jordi Rothwell, a senior exercise science major and Creighton women’s soccer player.

In two intense rivalry matchups of Creighton versus UNO, the teams did not disappoint in creating a fun atmosphere for the community to enjoy. Despite rain, wind and cloudy conditions, freshman exercise science major Lily Fenton said that the weekend was a success due to its ability to bring together the community for a common cause.

“[The attendance] just shows that everyone cares and that everyone supports the cause. Especially with having the team from UNO against Creighton, that really brings the whole of Omaha together,” Fenton said.

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