Congratulations!

by Michele Starzyk

Congratulations! You are now done with a quarter of your first year at Creighton. While that may not appear to be a milestone, especially with Midterms upon us, take a moment to appreciate your accomplishment.

Some of you may have had a smooth transition and truly identify with being a Bluejay, while others may still be struggling to find your niche academically, socially, or spiritually. Transitioning into Creighton is not simply achieved by attending Summer Preview, Welcome Week, the Involvement Fair, and other events. We acknowledge that there is still a lot to learn about our community and how we can help you be successful here. This newsletter was created to help address some of the ongoing transitional needs of new students, both on and off campus students, freshmen and transfers, etc. Please take a moment to look it over.

As the year progresses, please do not hesitate to talk to your Beadle, Decurion, Faculty Preceptor, RA and all the campus departments ready to assist you on your journey. Please know that I am available as a resource to you as well; you can reach me at starzyk@creighton.edu.

Best wishes to you on your first set of Midterms and enjoy a well deserved Fall Break!

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The White and the Blue
By Gordon Richmond

The White and the Blue Colors true it is you we defend. Fearless for you, all our might to the fight we will lend. So wave colors wave, We will fight on for your glory. The White and the Blue, We will fight 'til the fight is won!

I have committed myself to a life of service in pursuit of a greater good for others, and I have my freshmen year SBST to thank for initiating me on this path of life.

Jenny Steinmann
Major: Nursing/Pre-Med

“The best piece of advice I received my freshman year was to not get over involved by joining just about every club on campus. Although Creighton has a lot of student organizations to choose from and all sound appealing, try your best to only join a few and become prominent participants in those few. You have the best chance of making an impact when you concentrate your time and effort this way, and will be likely to achieve better results too!”

Adam Ernest
Major: Biology (Focus on Veterinary Medicine)

“In reflecting back upon my three years of undergraduate studies, I have found that the key to become an integrated member of the Creighton community is to become involved. As President, Volunteer Coordinator, a and member of Creighton’s Habitat for Humanity chapter for the past three years, my experiences truly changed my perception of those around me. In the process of working alongside other members of the Creighton community, the 5th and 6th Creighton Houses became much more than constructing a home for a family in need. To a greater extent, I became truly humbled by working side-by-side, hand-in-hand with the disenfranchised of the Omaha and Council Bluffs communities.” (article continued on p. 4)
Mark your Creighton calendars!

- Oct. 13-21, Creighton’s Fall Break
- Oct. 24, Creighton Student Health Fair, 11am-2pm, in the Skutt Student Center Ballroom
- Oct. 26, IRHG’s 19th Annual Price is Right
- Oct. 27, Freshman Program Halloween Dance
- Oct. 31, ODK’s Communications Workshop, 4:00-5:30pm, in the Skutt Student Center Room 104
- Nov. 3, DoIT Game Fest, 6pm-6am, in the Skutt Student Center Ballroom
- Nov. 4, Patrick Kennedy Lecture, 1:30pm
- Nov. 17, CSU Program Board’s Fallapalooza with Jimmy Eat World
- Nov. 19, CSU Program Board’s Stand Up for Diversity
- Nov. 21-25, Thanksgiving Break
- Nov. 27, IRHG’s 21st Annual Christmas at Creighton
- Dec. 6, Spring Break Service Trips Info Night, 9:30pm, in the Skutt Student Center Ballroom
- Dec. 15, Halls Close at Noon

### October 2007

For information about campus events, go to [http://www.creighton.edu/cgi-bin/webevent/webevent.cgi?cmd=opencal&cal=cal5&](http://www.creighton.edu/cgi-bin/webevent/webevent.cgi?cmd=opencal&cal=cal5&)

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### Staying in Omaha for Fall Break?

**Campus Dinning:**

**Fri Oct 12:** Brandeis Regular Hours
Wareham Court 10:30am–2:00pm
Jack & Ed’s 7am–8pm
Java Jay 7:30am–2:30pm

**Sat Oct 13:** Brandeis 8am–10am
Jack & Ed’s 12pm–8pm

**Sun Oct 14:** Jack & Ed’s 12pm–8pm

**Mon-Fri Oct 15-19:**
Wareham 11:30pm–1:30pm
Jack & Ed’s 8:00am–8:00pm
Café A La Cart (HSL) 7:30am–2:30pm

**Sat Oct 20:** Jack & Ed’s 10am–8pm

**Sun Oct 21:** Brandeis 4:30pm–7pm
Jack & Ed’s 10am–2am

**Campus Recreation:**

Mon-Thurs Oct 15-18: 6am-9pm

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### Omaha Attractions and Special Events

“Imagine walking over a swinging bridge in the largest indoor rainforest in the world, climbing on board a vintage bomber from World War II or doing a science experiment with a giant Gravitron ball. Picture yourself surrounded by an incredible arboretum and bird sanctuary, taking a cultural walk through the first Latino art and history museum in the Midwest or enjoying a romantic gondola ride. Imagine no more, visit Omaha, it’s all right here.” *(Taken from the Attractions Section of [www.visitomaha.com](http://www.visitomaha.com))*

If you are staying in Omaha during Fall Break, take advantage of the beautiful weather, and visit one or more of the top ten most requested attractions in the city. To learn more about these attractions and many more, go to [http://www.visitomaha.com/listings/index.cfm?catID=4](http://www.visitomaha.com/listings/index.cfm?catID=4).

But, if you prefer something more structured, you can attend one or more of the 44 special events happening all over the city during the 9 days that comprise Creighton’s Fall Break. For details on these events, go to [http://www.visitomaha.com/calendar](http://www.visitomaha.com/calendar). Make sure to indicate that you are searching for events from October 13-21 on the search bar on the right side of the page!
Going Home for Fall Break

by Mike Kelley

Sometimes the first trip home leads to some conflict with parents around issues like curfews and how much time you spend with your family. You want to see your friends, and you will spend lots of time with them if they are home at the same time as you. But don’t take your family for granted, and give them some time as well.

Have a discussion with your parents about curfews and expectations of you as a returned family member. Students say, “I don’t have any curfew at college.” Parents say, “This is my house and what I say goes.” Somewhere in between is a reasonable position that reflects the reality that you are ready for making your own decisions about how you spend your time but which also recognizes that your parents have a legitimate say about your coming and going in their home. Sometimes parents expect help with chores and meals. You should realize that the status of being a “guest” in your parents’ home fades away after a day or two, and it is fair that you help out around the house.

If your adjustment to college has been painful, if you have been homesick or really anxious, then fall break is a time to talk this over with your parents and decide what to do. There are many resources at college to help handle feelings of sadness, depression, and anxiety. The Counseling Center at Creighton (www.creighton.edu/CPS) is one of those places.

When it’s time to return to school, come back with a plan to make the second half of the semester even better than the first half. At the end of fall break, it might be hard to leave home; you may feel some of the same sadness you felt when your parent’s dropped you off in August, but you did it in August, you can do it again in October!

Spring Break Service Trips 2008

by Kelly Orbik

Taking a week out of your college life to risk meeting a whole new group of people, doing unusually fun and challenging service, and working for a sustainable and just planet seems crazy! Right? Not for many Creighton students. Begun in 1983 (before many of you were born!), we are celebrating the 25th anniversary of the Spring Break Service Trips program at Creighton University. This student run program is based on 7 pillars: Service, Solidarity, Justice, Community, Simplicity, Sustainability and Reflection. Last year we sent a record 220 participants to serve and learn with 21 community partners around the country, including 93 participants to continue the disaster relief work in the Gulf Region of Mississippi and Louisiana. This year, we hope you will go! Students are needed to bring energy, hard work and compassion to our host site partner communities. You might be building a house, cleaning out a food pantry, learning to compost, or visiting with someone who is elderly or homeless. You will learn about how immigration policy, gentrification, section eight housing, poverty, racism and other issues impact communities. You will learn about what Catholic Workers do, how the Daughters of Charity live and how much communities all across the U.S. are just like ours. If you have done service in high school, or even if you haven’t, this is the next step. Spending the week with other students isn’t just fun, it is good networking and inspiration. For just $180 you can travel and learn about yourself and our world.

Please join us! Come to our Info Night on Thursday, December 6th, at 9:30pm, in the Student Center Ballroom, stop by the Creighton Center for Service and Justice (KFC 201), check out our website (http://www2.creighton.edu/ministry/ccsj/serviceandjusticetrips/index.php), and ask people who have gone. Applications are due right away when we get back from winter break, on January 17th.
Words of Wisdom (continued from p. 1)

Adam Ernest (continued): “By making myself vulnerable to those around me, I was able to let others open my heart and realize that what truly matters in this life are not the objects of our materialistic driven society but the very people that give meaning to this reality called life. I am in no way saying that everyone needs to have the same desire for community service or interpersonal relationships that I found in Habitat for Humanity. Rather, the key element to deriving the most from your Creighton experience is to engage the student community at Creighton in an effective and meaningful way.”

Anne Gollan

Major: Nursing

“I wish that I would have gotten more information on studying abroad and how to fit it into my class schedule. It is more difficult to do this with nursing but it is possible. There are so many programs for studying abroad during the semester and also during the summer. I went home and had a boring summer job. I would have loved to get more involved in a service learning trip instead. There are many that offer class credit if that is important and others that allow you to just soak up the culture. I find that moving outside of my comfort zone really helped me to succeed in college.

Joining new clubs, applying for positions that I didn’t know if I would get, making friends with people I might not have otherwise, are examples of some of the things I did. Trying new things in all aspects of my life allowed me to learn more about myself and pushed me to experience more than what was solely in the classroom. It may be easy to sit in your room and surf Facebook, but you get more out of college by attending random speakers, going to a club meeting that you aren’t sure about, joining an intramural team, even if you never played in high school, writing the application for that program/position. It is worth it in the long run. All this helps develop personality, character and challenges you to really look at the world around you. Happen to the world, don’t let the world happen to you.”

Who Says There is Nothing to Do???

Oct 11 Wilco and Andrew Bird Concert Orpheum Theater

Oct 13 The Winstons Concert Folk House

Oct 16 Sara Bareilles Concert Sokol Auditorium

Oct 17 Buy the Big O! Show 2007 Qwest Center

Oct 18 Andre Rieu & The Johann Strauss Orchestra Concert Qwest Center

Oct 19-21 Fall Home and Garden Show Qwest Center

Oct 20 Metro Station and Motion City Soundtrack Concerts Sokol Auditorium

Oct 21 Pepper Concert Sokol Auditorium

Hannah Montana & Miley Cyrus: Best of Both Worlds Tour Qwest Center

Oct 24 Boulder Acoustic Society Concert Folk House

Oct 26 Bob Dylan & Elvis Costello Concert Qwest Center

Oct 30 HIM Concert Sokol Auditorium

Contributors

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- Dr. Mike Kelley, Ph.D.: Dr. Kelly serves as the Director of the Counseling and Psychological Services Center on campus. Dr. Kelly can be found on the second floor of Brandeis Hall and his email is michaelkelley@creighton.edu.

- Kelly Orbik is a graduate intern in the Creighton Center for Service and Justice (CCSJ). Kelly is currently enrolled in the Negotiation and Dispute Resolution Masters Program at the Werner Institute, and she also received her Bachelors degree from Creighton in 2006, in Justice & Society and Spanish. Kelly can be reached at korbik@creighton.edu.

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