

Reflections

Danielle Raikar, M2

We strive to be good. Good to our friends and families, our patients, our colleagues. But what about being good to ourselves?

I've heard the term "self-love" brought up with increasing frequency lately. Or maybe I just wasn't listening before.

Prior to this year, I had never really taken much time to think about how to love myself. So much of the time I wanted to do more for those around me. Even as things slowed down to a halt in the spring, I took the opportunity to put more into the relationships I had and the causes that fueled me.

After all, it seems impossible to exist in this world without the multitude of people surrounding us, shaping us into who we want to be.

As the pace of life continues in the wake of the current pandemic, I've found more time to think about the term "self-love." What do I owe myself? What do I admire in myself and how can I support those traits? Who am I outside of my relationships with others?



Photo credit: 29secrets.com

Because it's important to reflect on why we deserve our own love and admiration. Because we do.

We can only continue to do the work we do by caring for and loving ourselves too.

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Life as a Medical Student on Rotation

Amanda Goodwin, M3

show up
be polite
know the answer
read their mind

can't read their mind?
too bad
try again

show up
anticipate every need
create a role for yourself
read their mind

throw a lap in the garbage¹

wake up
try again and again and again

each day is another struggle
for approval
for reassurance
for convincing yourself
that you are capable

show up
spend half the day unpacking the shame
that the other half of the day spent packing

show up
try again
look like an idiot
laugh it off
because

after all these years being right
these next two are meant for messing up
again and again and again

the trick is simple:

show up
be polite
know the answer
read their mind



Photo credit: gocreighton.com

WELLNESS CHRONICLE

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¹laps are sponges used during surgery to soak up blood or other fluids. a count is done at the end of each case to make sure there are none left in the body. they are absolutely not to be thrown away.

Critical Reviews of Popular Quarantine Television Series

Valerie Teano (M4), Emily Dyer (M4), & Sasha Yovanovich (M4)

Schitt's Creek

★★★★★ -SY

I really love this show. The first season takes a while to get into - I started to watch and then came back to it a month later. But then I couldn't stop. It's funny, it's sweet, it'll make you laugh, and the characters all have a level of dysfunction that makes you root for them.

★★★★★ -VT

I have both watched and rewatched this show during the COVID timeframe. It becomes better and better as you get to know the characters. I started thinking of the characters as close friends (considering they were the only people I spent time with for a good bit).

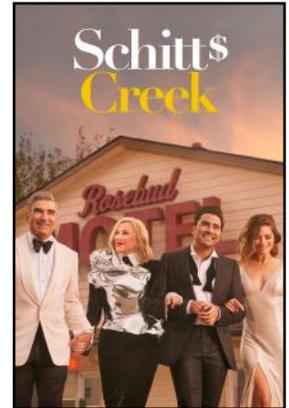


Photo credit: imdb.com

Queer Eye

★★★★★ -ED

I love this show! Each episode shows the transformation of a deserving person and embraces each person's individuality. You'll laugh, cry, and be thoroughly entertained through all 5 seasons!

★★★★★ -SY

Obviously 5 stars. My favorite quote from this show is from Tan Francis: "The original Queer Eye was about existence, this reboot is about acceptance," which describes this show perfectly. It goes beyond the traditional makeover and shows a side of human vulnerability that isn't often found on television.



Photo credit: nexussmagazineonline.com

Game of Thrones

★★★★★ -VT

I have put off watching Thrones because I was worried it would get in the way of schoolwork. I decided to start shortly before the ERAS deadline... turns out I was right to be worried. For my fellow nerds who like the LOTR type feel, we must band together, for winter is coming...



Photo credit: cnet.com

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★☆☆☆☆ -SY

I think this is a love or hate show and I'm part of the latter. The first episode doesn't pass the Bechdel Test and it just gets worse. I couldn't even finish it. Marie Claire went through the trouble of documenting all the episodes in terms of women speaking and determined that only 18 of the 67 episodes passed the Bechdel Test. Why waste my time?*

**Bechdel Test: Measure of the representation of women in fiction. It asks whether a work features at least two women with names who talk to each other about something other than a man.*

Selling Sunsets



Photo credit: goodhousekeeping.com

★★★★☆ -VT

This was like the adult version of Laguna Beach or Vanderpump Rules (AKA trash TV with the facade of glamour and fabulousness). But if you want to see some beautiful homes, views, and people, then buckle up for a day-long marathon because you will keep watching until the episodes run out.

★★★★☆ -ED

This show is crazy! If you want to watch something with a lot of drama and almost no substance (after an exam or long day), this show is for you. The houses are gorgeous, the cast has endless personal drama, and you will want to keep watching to see what happens next.

Away

★★★★☆ -SY

The first episode stressed me out. There is so much pressure on this character, as well as unresolved PTSD. Now I'm stressed about space fires. This is recommended for people who want to get deep into shows and their meanings. Rachel Maddow has a cameo. The Russian man is mean. Waiting to watch the rest until after I've submitted ERAS. Until then, find me rewatching Grey's.

★★★★★ -VT

Space, a strong female commander, and drama sprinkled with science. I cried. And I cheered and jumped up and down with my puppy in my arms. This story inspired me as a female scientist, and a believer in the value of exploration.



Photo credit: imdb.com

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Photo credit: medium.com

The Good Place

★★★★★ -ED

Kristen Bell, Maya Rudolph, and Ted Danson provide both depth and clever comedy that make this show entertaining and feel-good. Each season has a new twist that makes you want to keep watching!

★★★★☆ -SY

Great show. It gets really weird at some points but overall it's heartwarming. D'arcy Carden deserves all the awards - she makes this show funny and surprisingly real at times. A feel-good show that might also make you ponder your existence.



What I Would Have Said

Anonymous

Photo credit: lupusnewstoday.com

If I had the chance,
Maybe a bit of notice in advance.
I would have said so many things to you.

I would have said that
You were the moon,
Illuminating what is important,
Piercing through the night
While the stars left me deserted.

I would have said that
You are the reason
For my continued evolution,
For where I am today,
Of this I am certain.

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I would have said that
Although you never took credit,
Like a flower that blooms in the night,
It's not only the sun who nourishes what's right.

I would have said that
I missed you,
That I wish I was there.
Because without the moon our nights consume us
A cloak, leaden with darkness and despair.

I would have said that
I wanted to say goodbye.
That it wasn't your turn yet,
Even pleaded for more time.

I would have said that
There are so many things
I want to say to you,
Like how proud I am to have been related
To such a person like you.

But most of all I would have said
Thank you.
For being the moon,
For nurturing the weeds as if they were flowers,
For helping me to bloom.

Top 10 Omaha, NE Experiences

Julia Griffin, M1



Photo credit: wiseGEEK.com

1. Eat a Runza ~ only found in Nebraska!
 - ✓ Make sure you try the crinkle-cut fries!
2. Attend a fall Husker football game or catch the spring game.
 - ✓ Stop at the UNL Dairy Shop for the best ice cream and see the state capital!
3. Go to Vala's Pumpkin Patch, the Disney World of pumpkin patches.
 - ✓ Best time to go is during the week. It is cheaper and a lot less crowded!
4. Spend a day at the Omaha Henry Doorly Zoo.
 - ✓ Or choose to explore the zoo at night for special 21+ after-hours events (yes, you can drink at the zoo)!
5. Wander through the quaint Old Market.
 - ✓ Make sure to stop at the Passageway and Hollywood Candy Shop.
6. Walk across the Pedestrian Bridge.
 - ✓ Stand in two states at once ~ photo-op!
7. Enjoy the rich Latinx culture on 24th street.
 - ✓ Jacobo's supermercado has the best chips and salsa in the city.
8. Scope out the booming brewery and winery scene.
 - ✓ Soaring Wings Winery has live music every Friday night.
9. Get outside and explore!
 - ✓ Bike the Wabash or Keystone Trails or hike at Fontenelle Forest or Mahoney State Park.
10. Buy Nebraska sweet corn at the Sat/Sun farmer's market.
 - ✓ Are you a true Nebraska resident if you don't eat corn?

Can You Bike in Omaha?

Andrew Bodlak, M1

At first glance, Omaha doesn't look bike-friendly. Besides finding people to bike with, are there any places to bike? When I moved here for undergrad, I got connected to the Community Bike Project (right by the Cardiac Center), where I was able to get answers to both of these questions. If you're interested in service or have a passion for cycling, I would highly recommend checking out their website at communitybikeproject.org. I used to ride with the old manager of the shop, who pointed me in the direction of some GREAT (Did he say great? Yes, GREAT!) trails in Omaha.



Photo credit: communitybikeproject.org

Bob Kerrey Pedestrian Bridge

Ease: A walk in the park



Photo credit: common.wikimedia.org

The Pedestrian Bridge is a staple of Omaha. It crosses over the Missouri River into Iowa, where it connects to the "River Road" trail. This paved trail goes on forever. It passes the Dodge Riverside Golf Club (which is **\$25** /18 holes + kart after 5 PM), a few casinos, and if you go far enough, will loop around Lake Manawa. An added benefit: you'll find a B-Cycle bike rental station on the Iowa side of the bridge, where you can rent a bike for the day if you don't have one of your own.

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Wabash Trail

Ease: A walk in the park

The theme of the Wabash Trail is **trees**. Almost every part of the dusty trail is shaded by trees, giving you the feeling that you're biking through some backwoods in Virginia. This trail is absolutely gorgeous in the fall. The only downside is that you'll have to drive into Council Bluffs to get to the trailhead, which is right by Lewis Central High School (just across the interstate from Lake Manawa).



Photo credit: common.wikimedia.org

Missouri River Trail

Ease: Medium

This is a ride that's popular with a lot of Creighton students. As the name suggests, this trail follows the Missouri River northward. It passes by the Shoreline Golf Course, which isn't as affordable as Dodge Riverside because it's ~lakeside~ 🎩. As the trail



Photo credit: common.wikimedia.org

continues, it passes NP Dodge Park and Neale Woods. What I like about this trail are the rolling hills and dense forestry by NP Dodge Park. Going along the river is also very peaceful, not something I was used to in Colorado. To get to the trailhead, start at the Pedestrian Bridge, go North, and briefly hop onto Abbot Drive until you reach the intersection of Abbot and Locust St. The sidewalk that parallels Abbot is the start of the trail.

Single Track / Trail Riding

Ease: Medium to Very Hard

If you have a trail bike, I highly recommend checking out Omaha's single-track trails.

Swanson Park is one of the easiest ones. It's a 4.8-mile long loop with minimal elevation variation. The fun and unique part of Swanson: it has a skill section in the middle that's surprisingly intense, and it's actually built on top of an old garbage dump (you may find some random pieces of junk jutting out of the ground). You'll likely be the only one of your friends who has shredded in an old landfill!

Jewel Park is a couple of miles away from Swanson Park, and is a lot more challenging. You'll find yourself flying down a 45-degree slope, only to immediately hit a 60-degree turn that exits onto a jump that sends you careening into a steep ascent for another round of fun. Jewel Park is busy, technical, and very rewarding. I recommend going when conditions are dry, because you'll want all the traction you can get.

Lewis and Clark Park is my favorite park in the area. Cross over Ye Ole' Missouri once again, and head north to reach the park. You'll be rewarded with a scenic overview of Eppley Airfield and downtown Omaha at the trail head. Lewis and Clark Park is organized like a ski resort, with blue and black diamond trail sections. It guarantees a fun ride for every skill set, but if you like a good challenge, get ready for legit jumps and technical ramps!

An Exaltation of the Alpine Inn

Rachel Pham, M3

“What’s in Nebraska?”

You’re going to get this question a lot (if you haven’t already). Sure, you can try to talk up the College World Series (“Unpaid athletes!”), the buzz of summer cicadas (“Fun bugs everywhere!”), and the gift of witnessing four seasons (“Concentrated California!”). However, as a seasoned Omaha inhabitant that will forever love Nebraska, I propose a simple, three-worded solution to this query: the Alpine Inn.

What is the Alpine Inn? Why is it referencing Europe?

A quick Google search reveals a glimpse into the intrigue of this local gem.

Gross - I was disgusted - Review of Alpine Inn, Omaha, NE ...

Alpine Inn: Gross - I was disgusted - See 75 traveler reviews, 19 candid photos, and great deals for **Omaha, NE**, at Tripadvisor.

★☆☆☆☆ Rating: 1 - Review by a Tripadvisor user

A little more digging will divulge its status as an iconic dive bar, known to be equipped with fried chicken this author would rate a 3/10 at best. However, spoiler: I absolutely love the Alpine Inn.

Some say it’s not the destination, it’s the journey. In the case of the Alpine Inn, rest assured, it’s both.

The trek sends you northward, toward the outskirts of Omaha. Civilization dwindles until you find yourself on a lone dirt road entering a shadowed forest. Traveling into the depths, awe of the trees quickly turn to thoughts of “*How many people have been murdered here?*” A few twists, turns, and crime scenes later, you happen upon an uncanny semblance of the Bates Motel pinned where Siri is telling you you’ve arrived at your destination.

Upon entering, the weary traveler is greeted by a charming sight: an almost-familiar bar scene, adorned with cheerful Christmas lights year-round. You, however, aren’t fooled. You head straight to the back, where the magic happens.

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A more industrial room is enclosed in wood on all sides, save one: large windows reveal scenery that would choke up Bob Ross himself. You sit, order, and wait.

After a very okay meal, a caring service person punctually collects your dishware. However, instead of entering a neatly sealed container with the disposables, you note table scraps are communally separated.

Dusk settles. As you marvel out the window and consider leaving it all to become one with the forest, you catch a familiar face: your waitress with a bin heaped with partially chewed chicken bones. With the ease of an artist, she wields the bin and deftly casts its contents. Chicken bones form an arch through the air and land before the *awaiting raccoons below*.

Masses of raccoons swarm from the deepening shadows. A mosh pit of teeth, claws, and striped tails rocket occasional chicken carcasses ravaged in the brawl. In the chaos, there is order. Before your eyes, the hierarchy forms. The strongest eat first. The others learn their place. You lock eyes with the alpha. You look down.

You learned as well.

Welcome to Nebraska. Cash only, please.



Photo credit: visitomaha.com

Alpine Inn
10405 Calhoun Rd.
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