Benjamin Branigan, M3

As I listened to the weekly announcements, I began quizzing myself on medications commonly used to treat hypertension. In the midst of recalling lisinopril, an ACE inhibitor, I heard the pastor make his final request: no use of drugs, alcohol, or tobacco while in the confines of the church and free clinic. As a second-year medical student, I had secured a position to volunteer several months ago. I was thrilled to be able to translate my medical knowledge into clinical practice. After meeting several premed, nursing, and pharmacy students, I sensed the camaraderie among this group.

The crowded waiting area was filled with over sixty homeless and underserved patients, waiting fervently for the chance to be seen. Hearing the pastor’s closing words, I eagerly walked over to the attending physician to receive my room assignment for the evening. I then grabbed a duffel bag of medical supplies, picked up a chart from the intake table, and turned to the large crowd.

“Phil*!” I called, as I briefly gazed across the room of eager-looking faces. A middle-aged gentleman rose from his seat. As he approached, I opened his chart and scanned the list of medications—metformin, NovoLog, lisinopril—and quickly associated them with diabetes and hypertension. After introducing myself in the exam room, I took Phil’s vitals as we conversed. Upon recording his blood pressure, I noticed a faxed copy of the lab results attached to his chart. A bolded number in red ink jumped out at me: Hemoglobin A1c 15%. Initially, I read the value and began thinking about glycosylated hemoglobin and its normal range, things I had recently learned in lecture. I knew 15% was over double the acceptable level for diabetic patients and began searching through Phil’s chart to compare previous results. His most recent labs were 9 months prior and revealed a Hemoglobin A1c of 6%.

I looked up from Phil’s chart and, meeting his eyes, searched for an explanation. “How has your blood sugar been at home, Phil?” I asked.

“Okay, pretty normal,” he replied while avoiding eye contact. Anticipating my next question, he added, “Won’t do any good to check them now, I had a soda on my way over here.”

I disclosed the startling lab value to Phil while explaining that the test reflected his average blood sugar over the past three months. I paused in anticipation of a response but instead was met with silence. Phil’s face was expressionless, his focus elsewhere, and it became clear to me that he was noncompliant with his treatment. I paused, closed the chart, and we sat in silence.

That night, I realized that not all aspects of medicine are taught in lectures or read in textbooks. Upon further conversation, Phil revealed that he was severely depressed in his struggle to cope with the recent death of his daughter. He neglected treatment of his diabetes as a result. Lowering Phil’s Hemoglobin A1c first required addressing his mental health.

Reflecting on this experience reminded me of Cura Personalis, the hallmark of Ignatian spirituality meaning “care for the entire person.” Pressing mental health ailments can be overlooked in busy clinical settings. The challenge of diagnosing and managing them increases when patients have concurring high morbidity medical illnesses that also require attention. From visiting with Phil, I learned that excellent patient care must center around addressing the human condition in its entirety.

As students, medical education tasks us with balancing a rigorous academic curriculum with equally demanding professional responsibilities. During this process, it can be easy to forget that humanity lies at the core of medicine.

Thank you Phil.
Revisiting Intention: Maybe it’s Time to Dig Up that Personal Statement

Katie Bring, M2

If you’ve taken a yoga class, you know that inevitable moment where your sweaty hands are sliding on the mat and you’re wondering how long to hold this pose before it’s socially acceptable to go to child’s pose. And then, the teacher will say something along the lines of “revisit your intention for the day and for this class.”

Oh yeah… intentions. You know, the reason you signed up for the class in the first place. Why was that again…? Seems kind of distant at this point, doesn’t it?

Well, here we are. It’s May. The hustle has begun. Hands are sliding, and intentions are in short supply.

I’m sure you catch the analogy. The point is, when the going gets tough, the tough gets… introspective? Yup (I know, not the typical dogma). But what will really drive you at the end of the day? Will it be a score, a grade, a number? It could be. If it is, that’s wonderful. But for me, I’ve always found that finding my heart behind actions supplies a much deeper well to draw from.

My primary reason for writing this is really simple — encouragement.

This time of the year, I feel like it’s easy to fall into mental traps, including getting caught up in the nitty gritty of the day and becoming sidelined by thoughts of comparison (which, remember, is the thief of joy!).

Your intention, your reason, and your purpose for being here today are uniquely yours.

You were selected from thousands of applicants to be here today.

I fortunately stumbled upon old pieces of writing that reminded me of my original intention to come to medical school. It was so refreshing. I know we’re all busy, but if you have even just five extra minutes in the day, maybe take a walk down memory lane to rediscover your intention and your drive for this amazing opportunity.

I’ll close by saying that your story is yours. I’m constantly inspired by my classmates. We’re surrounded by some pretty incredible people! And sometimes, it can be easy to look around and wonder if you should be chasing something more (hello inner critic). However, there is nothing more noble than pursuing your own story. Hone in on your intention.

Let the noise fade away.

There is no need to run someone else’s race.
Michele Millard  
PhD, Academic Success Consultant

A recent book entitled “Mindset: The New Psychology of Success” by Carol Dweck, PhD, speaks to the power of a person’s mindset in determining an approach to life. A mindset is a set of attitudes and assumptions that creates a framework for viewing ourselves and the world. Dweck has identified two mindsets that impact success in all areas of our lives. The first is a fixed mindset, where we believe that qualities are carved in stone and can’t be changed (e.g. “I am a failure” or “The world is out to get me”). In contrast, the growth mindset is characterized by viewing ourselves and the world as changeable; our abilities and qualities can be changed with effort (e.g. “I’m going to study harder for my next test”).

Fixed mindsets, on one hand, represent rigid thinking, fear of judgment and failure, as well as an identification with static qualities that allow no room for growth or learning. Malcolm Gladwell, author of several bestselling books, including “The Outliers,” suggested that we tend to value natural, effortless accomplishment over achievement as a result of effort. He says, “It’s as if Midori popped out of the womb fiddling, Michael Jordan dribbling and Picasso doodling.” This attitude discounts the countless hours of hard work invested in nurturing their abilities to the point where they look natural and effortless.

Growth mindsets, on the other hand, are the bases for real learning and accomplishment, putting the learner into the creator role with the ability to create change with effort. Jackson Pollack, one of the greatest American painters of the twentieth century, had no intrinsic artistic talent. He fell in love with art and just started doing it, finding others to mentor him and working until he found his style. A growth mindset is the belief that the brain is like a muscle that can grow stronger through hard work and determination. However, growth is not just a product of trying, but trying in a way that integrates a strategy for improving. Obstacles and failures do not provide proof that you cannot do something, but opportunities to figure out what you need to do in order to be successful.

Those with a fixed mindset might think, “I’m successful because I am smart.” The problem arises, then, when something comes along that creates failure or an obstacle that derails feeling successful. The “fixed mindset” brain then thinks, “I am not smart enough to be successful in this task.” There may also be a concern with keeping up the image of “looking smart” that may keep them afraid of making mistakes, taking risks, or asking for help. Those with a growth mindset will realize that failure is not proof of their inability to do something, but that through effort to problem-solve, learn, and grow, they can be resilient and come back to overcome the obstacle before them.

This journey to become a physician is not an easy one; the academic and professional challenges may either become obstacles or they may be opportunities for growth that happens through effort and experience. The approach you choose can make a difference. What will it be... a fixed mindset or a growth mindset?
Workout Classes Around Omaha

Emily Dyer, M2 & Sasha Yovanovich, M2

STEP studying and need endorphins? Want to get your BALANCE on? Try some awesome classes around Omaha!

ClassPass is an app that allows members to try different fitness classes around town for credits.

Members can purchase plans from 15 credits for $30 to 45 credits for $79. The best part? The first month is FREE for new members. Just ask any current ClassPass member for their referral link.

Once you’ve downloaded the app, you can create your own fitness schedule, which can include yoga, barre, kickboxing, and more!

Whether you want to just lay on the floor for an hour or sweat through the hardest workout of your life, there is a class for you. Grab some friends and try a few fun and new workout classes!

We looked at pricing as of 5/16/19 and ranked intensity 1-5 (based on how much you will sweat during the class and how sore you will be the next day).

Here are just a few of our favorite studios:

**Lotus Hot Power Yoga/Spin**
Price: 2-4 credits or $88 -$108/month
Intensity: 3/5

Do you want a fun, upbeat class with enthusiastic teachers? Lotus has cycling classes, yoga classes, and occasional strength classes. The hot yoga classes can get up to 95 °F -- remember to bring water! Many Creighton physicians and residents have been spotted here too.

**Barre Code**
Price: 3-5 credits or $99/month

Intensity: 4/5

Want to work muscles you forgot you even had and feel like a ballerina at the same time? Barre Code offers classes that target specific muscles to build strength while incorporating ballet movements in fun group fitness classes. Choose from the classic Barre Code class, a cardio dance workout, or a kickboxing style class.

**Yoga Now**
Price: 2-4 credits or $108/month
Intensity: 1/5

This class is great for days when you need to lie down and be told how to relax. They have mats, pillows, blankets and lavender eye pillows that smell amazing.

15 minutes of the class involves lying on your back and focusing on your breath while your instructor plays singing bowls. Highly encourage this on evenings before practice NBME/UWorld exams.

**TKO Fitness**
Price: 1-2 credits or $40/month
Intensity: 4/5

Looking for a place to work through med school stress? TKO fitness offers group kickboxing classes with individual instruction for your first few sessions. No experience required! Expect a challenging cardio workout and a lot of encouragement from the instructors.

(continued on page 5)
Workout Classes

Here are some other studios not on ClassPass but still worth checking out:

**Orange Theory**

Price (insane and not available on class pass): $140 unlimited/month plus a heart rate monitor for $70. $28 for a drop in class.

Intensity: 5/5

Do you want a hardcore, hour-long workout that will make you sweat buckets? Orange Theory classes involve sprint workouts on treadmills, rowers and HIIT exercises using everything from TRX straps to bosu balls. Each class has a coach who will guide you and encourage you based on your heart rate.

**My Studio: Anahata Yoga**

Price: $90/month, $15/class

Intensity: 2/5

Want to relax in a peaceful studio that's filled with plants? Anahata yoga focuses on the heart chakra, opening your heart and mind to peace and joy during a relaxing yoga practice. The instructor sometimes brings her dog too!

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**Finding Perspective**

**Alex Arne, M2**

In January, I learned about a volunteer opportunity to be a ski instructor for local youth with vision disabilities. This is something that my dad always wanted to do, but never got the chance. As an avid skier myself, I pounced at the opportunity. The experience was incredible, and I was able to see the kids' resilience and willingness to persevere. Through this experience, I ended up meeting Mike Messerole, a professor at UNO involved in many of Nebraska’s Special Olympics programs. He told me about the opportunity to be a para-Olympic swim coach. I am a former swimmer and enjoyed being involved with people with special needs in undergrad. I told him I would give it a try, but didn’t promise a long commitment as the semester was becoming busier and the prospect of Step seemed ever so closer.

The group has swimmers with various disabilities, such as Down syndrome and Autism Spectrum Disorder. These swimmers are at different levels—some working their hardest to swim a length of the pool without a break, while others could compete at a local university. However, they all had a desire to be better. One girl could swim faster than most, but she had always been scared of jumping off the block and would instead jump off the side. As we kept practicing, she finally summoned the courage to jump off the block and has become more confident each week. Another swimmer didn’t know how to turn quickly and would always be down on himself for it. Through practice, he has improved and likes to show what he learned to other swimmers. These swimmers don’t look down on themselves for having different skill sets and mind sets from others—they embrace their differences and act like a community.

After a few weeks, I decided that I would help coach until the state meet, which is May 23rd. The commitment worried me at times, as I would be coaching every week of dedicated with a full-day swim meet just eight days before I took the test. However, I have realized something: swim practice is something I need. It helps me maintain perspective that medical school is more than just a test. I am actually more efficient knowing I have a break in the week and have something to look forward to. I’ve learned from this experience that while the swimmers appreciate having coaches, I think we appreciate the opportunity just as much. Most of all, it makes me appreciative for what I have. While sometimes the $300K debt, the prospect of not matching, or “just being average” take up my mind, I also remember how good I have it, the opportunities we have been given, and how far we have all come.

I wish everyone the best with the end of the year and this stressful time. Whether it is preparing for Step 1, Step 2 and externships, getting ready for that monumental step of starting a residency, or just enjoying a summer off after M1 year, we are all here for a reason. Remember to focus on the positives—the experiences we are able to have, the people we are able to interact with, and the things we are able to learn.
Discover Plant Oils

Celena Derderian, M3

As we saunter through the warm days of spring, let us pause for a moment to remember winter. This winter bore some of the snowiest days Omaha has experienced in years, along with the familiar Midwest dryness and salt-laden air. Harsh winds had an astringent effect on the skin—stripping away the supple texture of it. Label me as dramatic, but I’m sure many people can relate when I say that I fear the way winter in Omaha negatively affects my skin. The first two winters I experienced here, I changed nothing about my skin routine and was punished for it. My face became too tight, scaly in areas, and even cracked in sensitive spots around my nose and mouth. My skin felt irritated, angry, and its natural consistency was off balance. Approaching this winter, I knew I had to make a change, and through some research, found natural oils.

“Why not try it?” I thought after reading that certain plant oils helped skin issues such as dryness, acne, and hyperpigmentation. Importantly, I found that many of these oils such as avocado oil, coconut oil, and grapeseed oil were inexpensive.

I decided to first experiment with avocado oil for my face and coconut oil for my body. Apparently, avocado oil is rich in a host of compounds found to promote faster re-epithelization, increase collagen synthesis, and decrease the number of inflammatory cells in rats. These compounds include β-carotene, lecithin, minerals, and vitamins A, C, D, and E. After only a week of applying a few drops of avocado oil on my face over my facial moisturizer, I found that my skin was less dry and more elastic. This oil does have a more viscous consistency to it, meaning it can feel thicker than other oils. My skin responded well to applying it during the day to shield against the brutal wind. However, it might leave a sheen on the face or interfere with makeup. In that case, I recommend applying it at night to nourish the skin. Fortunately, it also did not cause any break-outs on my face.

Coconut oil was also key to helping the rest of my body combat dryness this winter. I found it to be most effective when I applied it liberally on my body immediately after a warm shower. My skin has been less flaky and softer since. However, I found that coconut oil alone was not enough to supply moisture and a body cream would still be beneficial. The free fatty acids in coconut oil have been found to make it effective for moderate xerosis. In pediatric patients, it has been found to decrease the severity of atopic dermatitis. Additionally, it has been shown to promote wound healing and faster skin repair; cellular studies also show that it displays antifungal properties.¹

I wanted to find a “thinner” oil for my face than the avocado oil, one that I could more readily use during the day and warmer months. I learned that grapeseed oil has such a consistency. On the face, it feels like it absorbs more effectively, leaving less residue. This oil has most recently been my favorite to use, as it still leaves my face soft with less shine. Like the previous oils, it has many benefits for the skin including studied antimicrobial and antioxidant activity; in mice, it has been found to promote wound contracture and increase vascular endothelial growth factor synthesis.¹

This winter has been the best yet for my skin, thanks to utilizing natural oils. I would encourage others to give them a try if they have simple skin issues such as dryness. Of course, each person is unique, so I recommend taking my positive experience as anecdotal advice. Nevertheless, I am overjoyed that I ventured into the realms of plant oils!

¹. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5796020/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5796020/)

Picture from [www.projectbodysmart.com](http://www.projectbodysmart.com)

No Time Like the Present

Tyler Woodworth, M3

How many times over the last year have you thought, “it will be better when ___?” Or maybe, “only ___ days until ___?” As we progress through our training, it is easy to fall into the trap of wishing away our current place and desiring the next step. As an M1, you are excited to finish anatomy and are looking forward to beginning systems-based classes. As an M2, you are rushing to get through the throes of USMLE Step 1. As an M3, you are trudging through rotations which you may not find interesting. Finally, as an M4, you are ready to move on from medical school and begin residency. As important as it is to set goals and plan ahead, this mentality of always looking towards the next step may ultimately leave us unsatisfied. Medical school is a time of overwhelming stress, long hours, and feelings of inadequacy which can be exhausting after four years. It’s important to note that each step of medical school exists for a reason, and there is always some lesson to be learned to help us become exceptional physicians.

If we continue wishing our days away, we may feel like we missed out on a large portion of our young adult lives when we look back in the future.

What I ask from you is to take a step back and enjoy the process. Reflect on the present moment and take something away from it. Every night you spend studying in the library is teaching you discipline, each UWorld question teaches you something you can take with you when treating patients, and each patient interaction forms you into the physician you will become. Medical school can be emotionally and physically exhausting, but these tough times teach us to become better physicians in the future. If we live in the present moment, we can find enjoyment in the beautiful, everyday serendipities life has to offer.

The next time you begin wishing you were somewhere else in the process, ground yourself in the now and remember there is fulfillment to be found every step of the way.
Planning a Wedding While in Medical School

Tim Evans, M3

Wedding planning while in medical school may seem like a challenge, but it can actually be a nice break from studying or rounding. My fiancé and I knew we wanted to get married at St. John’s on campus around my graduation, so that decision was easy. However, we learned from upperclassmen that the church books out two years in advance, so we found ourselves booking the church very, very early (heads-up to any M1s or M2s interested in St. John’s). This gave us the good fortune of having plenty of time to plan the wedding, and we wanted our first pick of whatever we were looking at, especially regarding the date-driven items like venue and entertainment. Despite the luxury of time, we knew things could book shockingly fast.

Friends of ours who are professional photographers said they already had bookings more than 18 months out in the same month we were getting married, so we decided to keep planning early. I don’t intend to scare the soon-to-be-engaged or current wedding planners into thinking all their favorite places are already taken, but rather offer some helpful tips we’ve found in planning.

1. **Start small.** The wedding planning process can be overwhelming — even the small parts. After we had St. John’s picked out, we began looking at reception venues. I was shocked to find how no two reception venues were similar in what they offered or at what price. Some venues do the catering, others provide only the venue and recommend caterers. Some caterers have an up-charge for actual plates and cutlery. Perhaps a separate company provides linen. Yeesh! Instead, we started with something simpler: the photographer. Rather than drowning in a dozen different venue spaces, we figured we would find two to three photographers through friend recommendations and The Knot. It was so much easier to check out their website, view their work, schedule a meeting, and determine our best fit.

   This really led to a snow-ball effect that made venue searching seem more doable.

2. **Divide responsibilities.** My fiancé tackled finding a photographer and meeting them. I searched reception venues, contacted them, and arranged tours. She was in charge of booking the DJ while I looked for a performer during our actual ceremony. Having clearly defined responsibilities helps us stay focused and not feel like the other is doing all the work.

3. **Stay organized.** First, find a neat way to organize everything. My fiancé is a data analyst and Excel wizard, which made pricing out different venues and caterers very easy. Even a basic spreadsheet really helps you compare apples to apples. Second, I recommend having a shared electronic calendar. Import your iCalendar, Google calendar, etc. into your significant other’s calendar (or have one account), and if you don’t have one yet, start one! It made scheduling meetings much easier especially around each of our busy schedules.

4. **Make a tentative guest list early-on.** We were aware the guest list may change, some people may or may not come, etc., but it was the foundation for picking our venue, whether we wanted a DJ or band, food and beverage costs, and beyond.

5. **Don’t be afraid to ask for help.** Parents, grandparents, aunts and uncles. Family can be very supportive, and most don’t mind helping. Just ask!

6. **Enjoy the process.** Not every detail may be enjoyable, but I found the process surprisingly fun. It’s nice seeing the event slowly come together.
Creighton Medical School Talent Show 2019: A Critical Review

Nick Braukmann, M2

On Monday, April 29th, I had the pleasure of attending the Creighton Medical School Talent Show at Flight Deck Tap and Grill. The Creighton Medical School Talent Show used to be an exciting annual tradition, but has fallen to the wayside in recent years. After its brief absence in Creighton history, the 2019 edition proved to be a fervent revival of the long-standing tradition. As 7 p.m. approached, medical students flooded in all entrances, quickly overwhelming the available seating capacity and wide-eyed waiters. Students from all four classes and faculty members gathered together to celebrate the soon-to-be discovered talent of their colleagues.

The four celebrity judges entered like rock stars — each with a thirst for talent (and also the pitcher of beer sitting before them) - and took their place at the judge’s panel. Dr. Laura Bruce was anxious to spot some talented cerebella, while Dr. Terry Zach shouted, “Go Jays!” Dr. Michael Kavan sat back with a pleased expression knowing that his life mission for balance was being achieved. Dr. Eric Peters reminisced about his own days as a Creighton medical student at talent shows and couldn’t help himself from grabbing a microphone during the final sound check. After his impromptu Tom Petty prelude, the crowd forgot all worries of studying and were ready for a night of fun and quality entertainment. The charismatic and colorfully-clad show host, Larry Hoerr, took the stage and kicked off the show in true Seacrest fashion.

First to the stage was Flight of the Blue Jays, featuring the duo of Clayton Korson and Harrison VanDolah, performing the Flight of the Conchords staple, “The Most Beautiful Girl in the Room.” This humorous but catchy song highlighted the performers’ dexterity on their guitars, as well as their vocal range. The bar was set quite high by this first performance, but they were matched by the second act of Tenacious MD, a guitar and violin duo of Mitch Waters and Braden Olsen. With mouth agape in awe, the judge’s table was completely and Braden Olsen. With mouth agape in awe, the judge’s table was completely

Taking a break from the musical acts, Laura Tarantino stepped up next and amazed us all with her juggling. Who knew that you could eat an apple while you are juggling it? Up next was a musical solo by Abby Laudi as she gave us a jaw-dropping Queen medley. Audience participation reached its zenith as the stomp, stomp, clap of “We Will Rock You” shook the tables of the bar. Dr. Bruce’s eyes got wide as Brittany Dymmm stepped up to the plate next as she ambitiously sang a Jason Mraz classic while playing ukulele and hula hooping simultaneously. Dr. Bruce was at a loss for words when she realized how great Brittany’s cerebellum was. The dancing trend continued in the next act with the Bollywood Baddiez featuring a traditional dance by Vinny Sompalli, Apoorva Sharma, Ayushi Sharma, Swathi Somisetty, Ashnaa Rao, Pooja Varman, and Shrvaya Dindu. The entire crowd was on their feet clapping as these seven beautiful ladies dressed in their colorful garb stunned us all with their choreography.

Up next, we had a special appearance by our M4 elders, The Patch and The Stache, featuring Zach Meyer on keyboard and Mike Hagan on guitar. With the look of rock stars, they jammed out on the stage and certainly impressed the judges. Following was another solo musical performance by Ralph Mendez and his guitar. Ralph surprised everyone with his angelic voice that caused the entire crowd to swoon. Following many talented acts, Josh Strauss took the stage and recited “Some Things I’ve Noticed,” a poetic interpretation of life as a Creighton medical student that Dr. Zach could only describe as “beautiful.” Up next was the only magician for the night, Gavin Brion, who wowed us all by not letting Dr. Bruce chop his hand off in addition to reading Dr. Zach’s mind.

As the night grew on, the audience remained just as excited for the last four acts as they had been for all the others. Everyone was amazed at the talent that their classmates were boasting. Up next was Shrvaya Dindu and John Gossen both returning to the stage, but this time as a musical duet. Shrvaya’s melodic voice sailed smoothly over John’s reliable six-stringed mastery. Mip Schulte followed with a John Denver favorite “Take Me Home, Country Roads” that got the entire audience singing along. The penultimate act was the Cura Musicalis Barbershop Octet featuring Ted Deitz, Olivia Ochuba, Josh Samec, Jon Zeitler, Mitch Waters, Nick Braukmann, Braden Olsen, and Harrison VanDolah, which serenaded the crowd with a few four-part barbershop classics. To round out the night, Zach “DJ ZJ” Beavis entered with his turn table and mixed some beats for his dancers Emily “Young Sip” Sippel and Stephen “Dr. Arowsing” Rowse, who were eventually joined by many members of the crowd onto the dance floor.

The judges deliberated with the impossible task of designating a winner. Before the winner was announced, rumors suggested that a challenge was administered to Drs. Peters and Kavan for a chugging contest. And rumors cannot confirm whether or not Dr. Peters may have won… At the end of the night, Larry was handed the final result. The winner of this year’s medical school Talent Show and rightful recipient of bragging rights was Tenacious MD, featuring Mitch Waters and Braden Olsen! Congratulations to the tenacious duo.

Due recognition is owed to the planning committee that made this night a resounding success. The show host, Larry Hoerr, with his eloquent and comedic commentary was the reason the show flowed so well. The committee executive, Braden Olsen, oversaw the event and ensured that every act had quality sound. The logistics manager, Vinny Eaton, who was spotted roaming the venue with a headset and a clipboard, coordinated all of the performers and was another key behind-the-scenes player to the flow of the show. The social media queen and treasurer, Pooja Varman, made the eye-catching flyers that lined every hallway, classroom, and bathroom stall, and sold many raffle tickets that raised a large sum of money which was all donated to the Siena/ Francis House. The success of this show hinged on the hard work of these dedicated individuals.

Sixteen top quality acts. One unforgettable night. You won’t want to miss next year’s talent show. See you there!