



THE BRYAN HIGH ORATOR

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PROM ROYALTY

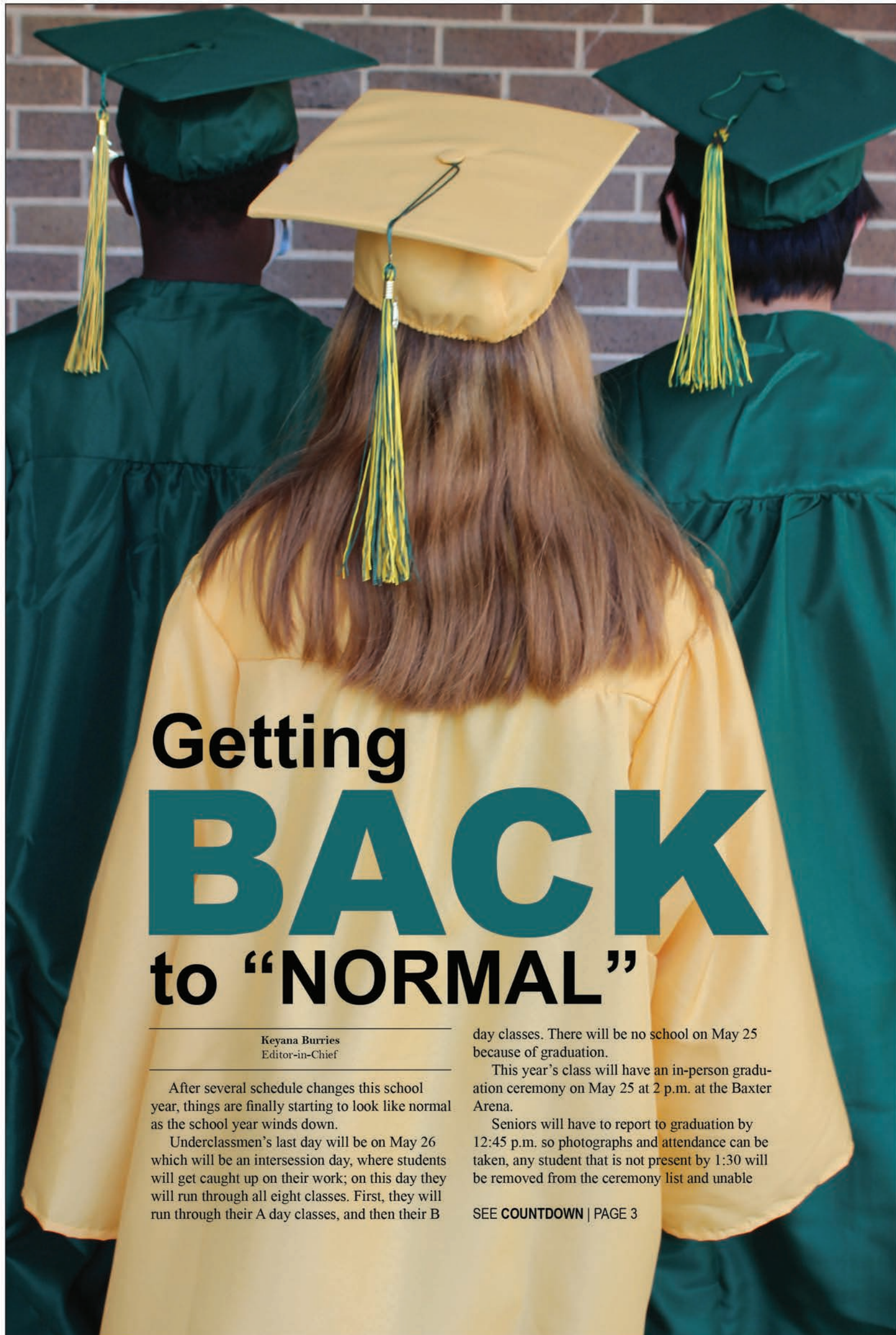
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GOING LOCO

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Getting BACK to "NORMAL"

Keyana Burries
Editor-in-Chief

After several schedule changes this school year, things are finally starting to look like normal as the school year winds down.

Underclassmen's last day will be on May 26 which will be an intersession day, where students will get caught up on their work; on this day they will run through all eight classes. First, they will run through their A day classes, and then their B

day classes. There will be no school on May 25 because of graduation.

This year's class will have an in-person graduation ceremony on May 25 at 2 p.m. at the Baxter Arena.

Seniors will have to report to graduation by 12:45 p.m. so photographs and attendance can be taken, any student that is not present by 1:30 will be removed from the ceremony list and unable

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Career academy roll out delayed

Justin Diep
Copy Editor

Omaha Public Schools (OPS) has put their proposed high school academies on pause after a number of parents raised concerns about it.

The original plan would implement career academies in all OPS high schools, including the two new ones for Bryan High, by fall 2024. District parents, alumni and even former principal Robert Aranda spoke before the school board to stop the quick implantation of the proposed academies.

Most parents pushed back against the proposed academies, because they said they were not informed earlier.

Aranda, who helped create the Urban Agriculture and Transportation Distribution and Logistics Academies, asked the school board to put the wall-to-wall academies on pause.

"I share this not to gloat but to simply ask, do you all know what you're getting yourselves into," Aranda said. "I need you to really think about that. I ask this because it involves a lot of time, resources, money, commitment, communication, failure, success, building and maintaining partnerships."

Academies are small learning communities with a career focus and pathways are a series of four or more classes focused on a group of related careers.

OPS Superintendent Cheryl Logan spoke at the board meeting assuring families had their concerns heard.

"As we have heard from our families ... we have fallen short on where we would like to be and the standard that we hold ourselves to in terms of letting families know our plans moving forward," Logan said.

The school board voted on the Freshman Academy to be implemented in the next school year, which passed 6-3.

PROM

2021 Prom candidates

Amber Roth
Copy Editor

After missing out on prom last year, juniors and seniors will be able to attend this year's prom, which will be held on May 8 from 7-11 p.m. at the River City Star in downtown Omaha.

Seniors had the opportunity to nominate their peers for Prom King and Queen April 7-8. The top five candidates for each position created the 2021 Prom court, however, one king candidate dropped out of the race. Voting for King and Queen will take place at prom from 7-8:15 p.m. Only Bryan High seniors will be allowed to vote and the winners will be announced at an 8:30 p.m. coronation. The duo with the second most votes will be crowned Prom Prince and Princess.

King Candidates



Gabriel Kula

"I want to be Prom King to represent all the hard working student athletes of Bryan High, shaping the path for new freshmen."



Richard O'Connor

"I think this would be a great opportunity to conclude my whole high school experience."



Odol Odol

"I don't want to be king, but if the crown fits, might as well wear it."



Fabian Reid

"I think it would be cool to have [Prom King]."



Queen Candidates



Lizbeth Campuzano
"Being Prom Queen would just fulfill my childhood dreams and complete my high school years."



Joanna Castillo
"As a well rounded, educated and motivated individual, I know I am a perfect fit for Prom Queen."



Madeline Gates
"Being Prom Queen would be a great way to end an amazing four years I've had at Bryan High."



Kanaje Grissett
"I like the excitement of competing. Plus, this is my last year, and I want to end it off with a bang."



Mariam Zahid
"I want to be Queen, because I want to increase diversity, but also because I possess the qualities needed."

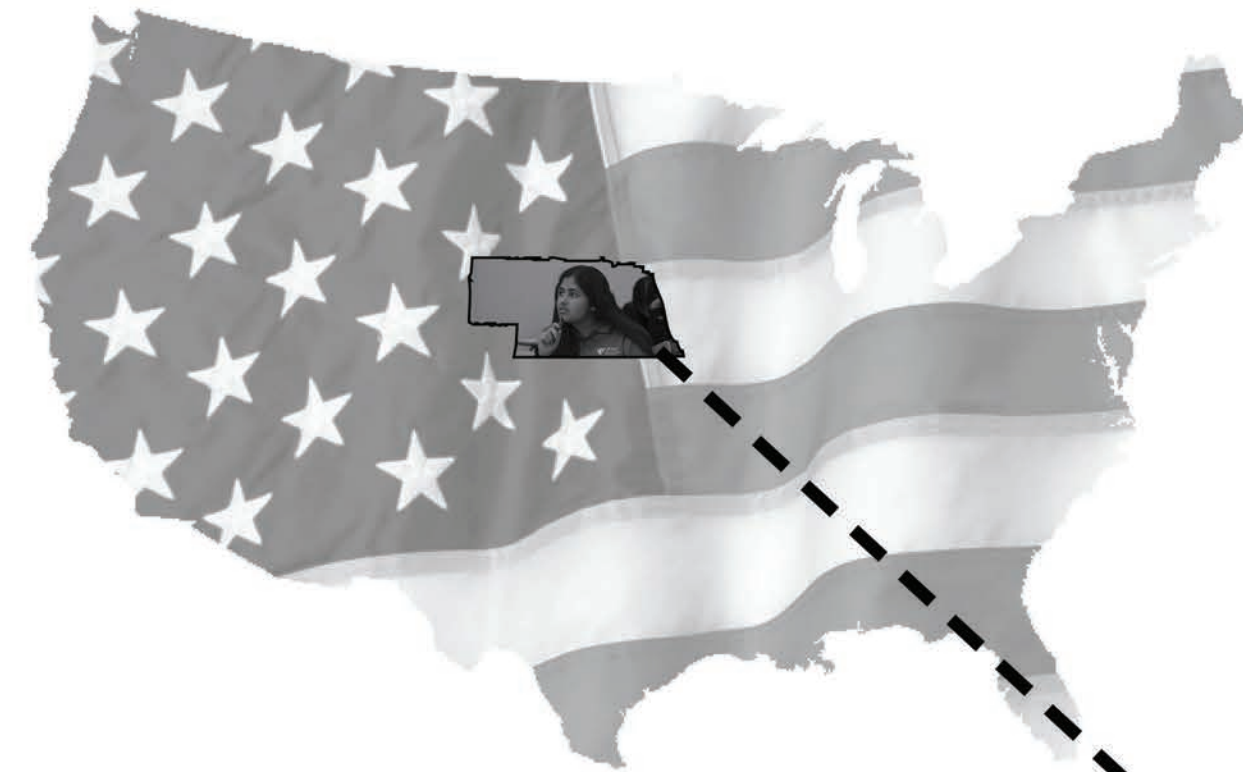


ACCESS TO EXCEPTIONAL VALUE

"I truly think UNO is the **best college** in the state of Nebraska. There are so many **one-on-one experiences**, a **rich curriculum**, and you always **see someone you know** on campus."

GISELLE BERGMEIER

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Photos courtesy of Mariam Zahid
Nebraska Photo: Staring at the question on the board during her junior year AP World History class, Mariam Zahid thinks about the answer.
Pakistan Photo: The day senior valedictorian Mariam Zahid was born, her father holds her in his arms.

CONTINUED FROM FRONT PAGE

COUNTDOWN: Bears prepare for end of school year

to participate in the ceremony.

Masks will be required for all graduates and attendees in order to help keep everyone safe. The graduates will be receiving four tickets for graduation, and no additional tickets will be sold for the ceremony. Graduation will also be live streamed online to accommodate friends and family who cannot attend graduation.

"You [Class of 2021] have been challenged like no group before you," counselor Jeanne Simmons said. "Congratulations on your ability to rise above."

Seniors will have to attend a mandatory graduation rehearsal at the Holland Practice Rink, Baxter Arena, on May 24, at 2:45 p.m. If the seniors do not attend the practice, they will not be allowed to participate in the graduation ceremony.

Graduates will also be getting their caps and gowns and their tickets at this rehearsal.

"I am so excited to be able to celebrate this big milestone with our class," senior Mariam Zahid said. "We have had to fight hard through all the weirdness of this year to prevail and achieve greatness, I am so proud of us."

In addition to Zahid, many students are looking forward to the celebration of their success.

"I can't wait to just put that gold gown on and kind of have the realization sink in that we did it, we graduated," senior Alondra Bravo said. "The whole event is going to be so surreal and amazing. It is such a huge milestone for us seniors, and I never thought that we would get here, especially with everything that happened this year."

Seniors' last day will be May 14 with May 6 and 7 being intersession days for all students, not just seniors. The intersession days are catch-up days for students who are missing homework, need to redo work or makeup tests, etc. Finals will be held on May 13 and May 14 for seniors. Freshman, sophomores and juniors will have their finals on May 21 and May 24. The last day of school May 26 will also be an intersession day.

The school will hold a virtual Honors Night for all grades at 6:30 p.m. May 19. It will be streamed online for people to watch.

Zahid named 2021 Valedictorian

Valedictorian pushes through hardships, succeeds

Keyana Burries
Editor-in-Chief

Ending her senior year with a 4.58 grade point average, Mariam Zahid is the class of 2021 valedictorian, however the road to success wasn't always smooth.

A week after her fifth birthday, she moved from Pakistan to the United States. Her family lived in Iowa for a year when they initially moved here and then moved to Omaha.

Everything went well from there until the morning of May 24, 2017. Zahid had woke up and done her usual morning routine. She prayed with her dad and they talked over a cup of coffee and then she got ready for school. It was the last day of eighth grade and she was going on a big field trip that day.

"It was truly the perfect day scenario," Zahid said. "Everyone knows that field trip morning type of day, you wake up and the grass is greener, the sun shines a little brighter and everything just feels so perfect it's unexplainable."

Everything was going as planned. Zahid was going on her field trip when she saw her mom pick up her sister, but her mom didn't get her.

"Something inside me knew that this field trip was going to be my last token of happiness," Zahid said. "So, I told myself I was going to make the best of it and try to think

positive." She tried calling her mom and her dad throughout the day, but no one answered. She thought something was wrong with her grandma when her mom picked her up with bloodshot eyes and tears filling them.

"I knew it had to be something really bad if my mother was crying to this extent and wasn't telling me what was going on," Zahid said. "I never could have imagined it would have been what it was though."

When she got home there were 20 police officers and they raided her home. Mattresses were thrown off, and all Zahid's awards were on the floor and misplaced. Her whole family was there, and they just kept telling her that her dad was in California.

"I knew it had to be more than what they were leading on and they weren't going to tell me more than that so I would hide in the stairs to hear what they were talking about," Zahid said.

She eventually found out that her dad was detained and that the police were there looking for evidence against her dad.

"He was literally the most kind and perfect person," Zahid said. "All the judges and lawyers would point out that he didn't even have a speeding ticket but because of one mistake he made in the 1990's he was going to be taken

away from us." Zahid knew it was time to put her big girl pants on and grow up to be there for her mom and siblings. The summer after he was taken was rough for her, she had to hide her emotions and be a strong figure when inside she was hurting and breaking down because she had lost her best friend.

"From the moment I found out I knew I was in for years of sadness and craziness," Zahid said. "I vividly remember running to hide the robot call you would get at the beginning from all my siblings. I never wanted them to think of my dad any differently because of some government policies that weren't in our favor."

They had her dad in holding until Zahid's last day of freshman year. That morning she got the news that her dad was no longer in the country, yet she still had to put a smile on and go take her finals like her dad would have wanted her too.

"My dad had loved hearing my name and being there for every special moment," Zahid said. "The last thing he was there for was my eighth grade graduation and he had gotten to hear me speak since I was co-president of National Junior Honors Society. It kills me that he wasn't able to be here for my younger sibling's kindergarten graduation because I knew how important these things were to him."



Top: Hanging out with family members while visiting Pakistan, Mariam Zahid poses in a photo with some family members.
Bottom: While visiting family in Pakistan, Mariam Zahid and her family posed on the steps of the Badshahi Mosque in Lahore, Pakistan. "The architecture was cool, because we had just learned about it in AP World," Zahid said.

Zahid was finally able to see her dad's face on FaceTime around a year after he was deported, and she eventually got to go to Pakistan to see her dad and spend time with him midway through her sophomore year.

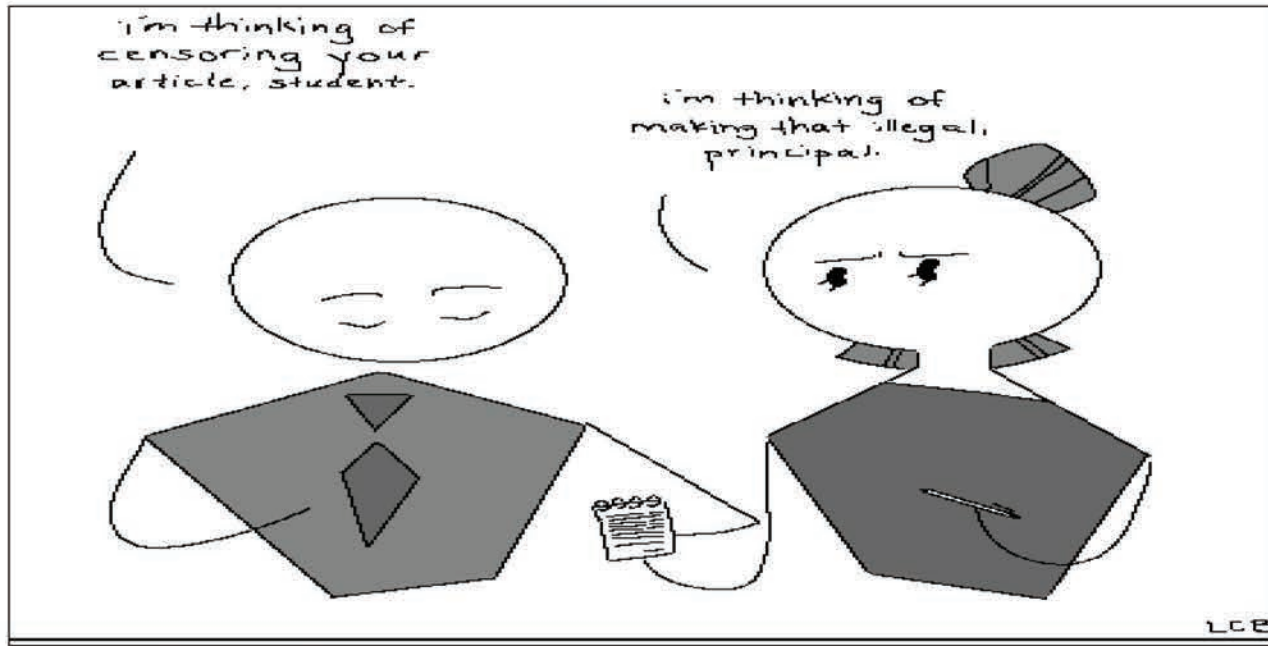
"I felt bad cause I was leaving mid school year and for a long time at that, especially because my education is so important to me and our family," Zahid said. "But there was no way I was passing up

this chance to be able to see and hug my dad."

Zahid wishes her dad could be here to see her graduate high school, but her dad has a watch party planned and can't wait to watch her on the live stream.

"Everything goes on eventually is the biggest thing that has taught me," Zahid said. "Everything might suck right now but it's temporary and you will come out stronger, so you just have to keep going."

EDITORIAL



Fight for student journalist rights continues in Nebraska

Three votes, that is all we needed to have Legislative bill (LB) 88 passed, and to have First Amendment rights protected for student journalist across the state.

People may look at our work and think that we are just kids who want to write, that this isn't a professional paper so we shouldn't be worried about our First Amendment rights being protected.

Well, they would be wrong. There is so much more to scholastic publication life than writing stories and trying to glamorize everything to make people happy. We are not public relations like administrators throughout the state would like us to be. Our job is to tell the truth.

We constantly worry if this is going to be the story that gets us censored and live with knowing this story could be amazing but administrators have to the power to never let the article see the light of day if they choose.

We follow the Society

of Professional Journalists Code of Ethics which includes: seek truth and report it, minimize harm, act independently and be accountable and transparent. We don't take whatever we hear and run with it. We do research and conduct multiple thorough interviews. Just because we are 'kids' doesn't mean we don't hold ourselves accountable and responsible for our articles.

Some people think we want this bill passed so we can get away with writing anything in our school paper. Sorry, old white men in congress, no one is trying to publish the gossip we heard in the hallways. Student journalists are trying to publish stories about how administrators have let racist things slide, or if a school isn't following COVID-19 restrictions.

This happened in North Platte, Neb., where a student tried to write an article about a student at their school who stole a confederate flag off a car. Administration there said it was non factual informa-

tion but wouldn't tell the student what to fix. The student took the article to the local paper which had it published. The school supported the student who was displaying a confederate flag's First Amendment rights, but failed to protect the student journalist's.

Senator Mike Groene, who was against the bill, said that passing a student press freedom bill would mean students would decide what goes into the paper. That's what we do. We make this paper. We decide what is newsworthy and report on it and be as professional as we can. How can this man who clearly doesn't know what we do vote against something that would protect us and help us?

Senator Ben Hansen was also against LB88. He said, "I don't feel like students are journalists. We're treating them as journalists. We're giving them the same guidelines as journalists in national media."

So, by that argument, are those students who

play football or basketball not athletes? Are students on the dance team not dancers? We are journalists and we deserve to be treated like journalists, not children who still need babysitters.

Writing even this article was very difficult because we didn't want to offend anyone and open ourselves up to someone striking down the censorship hammer since the OPS School Board was against this bill.

In the end, we lost the battle, but we will not and should not give up on LB 88. Student journalist's should not have to live in fear that one day it will be them getting censored. We need justice for all the articles that were never published and the truth that was never exposed because of fear of getting censored or in trouble.

States around Nebraska, such as Kansas, Iowa, and Colorado all have the New Voices Bill and have had no issues. If they can have this bill with no issues, then so can we.

Taking time for self is key to high school

Keyana Burries
Editor-in-Chief



There is no guide to high school. There isn't a great know-all that will tell students what decisions to make to have the best experience and there isn't a redo button. Unfortunately for us Ned's declassified school survival guide ended in middle school.

When going through high school we think of the deadlines, the pile of homework sitting in our backpacks and all the people we will have to face tomorrow morning that sometimes can be annoying.

This isn't what high school is about, and if I could go back and change one thing, I would have laughed a little harder and stressed a lot less.

High school, to me, was decision time. I had a future ahead of me that I had to create and shape to be something fantastic and that terrified me. How could I not let the deadlines swallow me whole and consume all of me, when this is what represented me to colleges a few years later?

There are a few simple things that can help students make time to laugh a little harder. Keep an accurate resume throughout all high school, whether it is for jobs, trade school or college this will save students so much time in the application process, make

sure to keep awards and honors on the resume too.

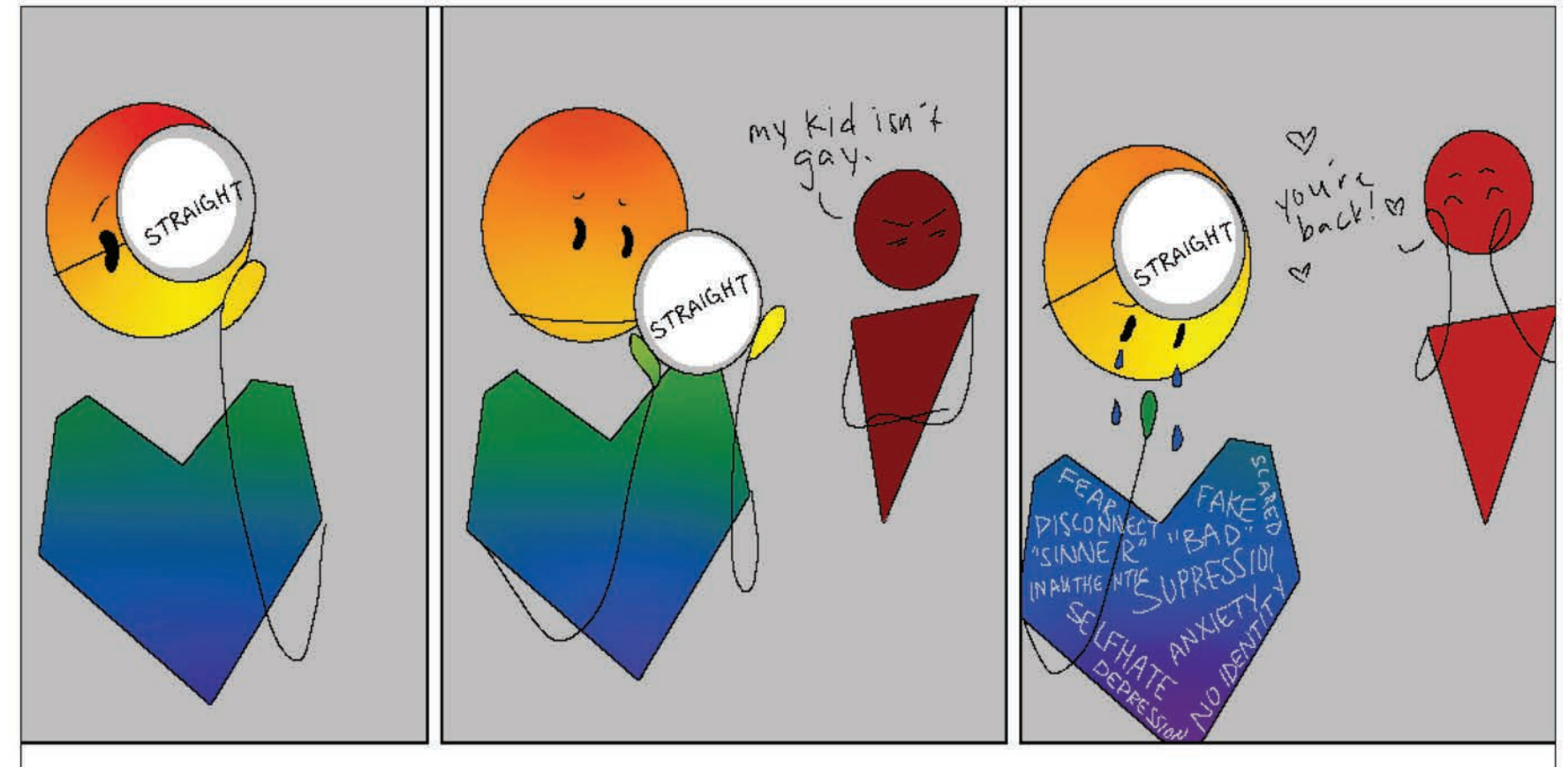
For those applying to college look into Common App. I discovered this useful tool way too late in the college application process. It is a generalized application that can be sent to thousands of colleges.

It is never too early to start thinking about the next steps into one's future. I kept telling myself I had four years and then three years and so on. Before I knew it, I was logging on to my first day of senior year.

I can go on and on about all the tips I heard yet ignored about high school, but I know they will be forgotten. If anyone takes any piece of advice, I hope it will be this, schedule in fun.

Go to that football game, go to homecoming, join that club and try something new. High school is the time to explore and have fun. That is what we will remember, we will remember the Friday night lights, and the night we danced till we couldn't stand anymore at prom. If we just get lost in deadlines and stress, none of it will ever seem worth it.

Having fun is an important balance in life. So go on that 3 A.M. Walmart trip with friends, ignore homework for the night. I can promise it will still be there tomorrow morning, just don't forget about it completely. High school needs to be the perfect combination of hard work and having fun, to truly experience it all.



Banning conversion therapy is a much needed relief to the LGBTQ+ community

Lia Becker
Reporter



In middle school I came out to my parents as bisexual. It was the most painful moment in my life, and I spent the rest of my night crying. It was a difficult situation for everybody involved. Dad was accepting, but I don't think Mom knew how to handle it.

Later that week, Dad and I had a talk. About halfway through, he said something along the lines of "don't worry we won't send you to conversion therapy," and my heart dropped. He said it to comfort me, but it was a bombshell. How could that have been a thought in their minds?

I fear the thought of conversion therapy. I don't want to imagine how it feels for people going through it, whether they feel the need to be "fixed" or they don't have a choice. Therefore, I was excited to hear that Lincoln is the first city in Nebraska to ban conversion therapy; the ban only being opposed 5-1. While a city is a good start, I'd be ecstatic if it was banned nationally. The practices used in conversion therapy are dehumanizing, inhumane and violate human rights.

Conversion therapy can be limited to conversational

sessions or extend to far more harmful practices such as electroshock therapy, ritualistic "cleansings," forced isolation and more.

Whether physical or conversational, it stands as repeated trauma since they are constantly confronted with their own deviancy, according to the Independent Forensics Expert Group (IFEG), a group of health specialists who give advice and expertise on allegations of torture.

There are people who oppose banning these cruel practices saying it attacks religious beliefs and preys on the free speech of therapists and clients. The man who casts the no vote, Roy Christensen, asked if they should be bothering a practice governed by state licensing boards.

Not all practices should be licensed. The long-term effects of conversion therapy are sexual and eating disorders, depression, decreased self-esteem, increased self-hatred and more. This practice is outdated and based on the idea that homosexuality is an illness, according to The Trevor Project.

Youth who have been traumatized by conversion therapy are twice as likely to report suicide attempts. Everybody can say and do whatever they think is right, but what do you do if your notion of what's right leaves someone lying on the bathroom floor? It's awful, but people don't understand it until their kid is six feet under.

Vaping trend disappointing anti-end to nicotine addiction

Dallanara Sibirian
Reporter



It's just harmless water vapor, you will be ok if you only do it once, using vapes is "safer" than cigarettes. These are the lies that are told to us. According to True

Initiative, 63 percent of JUUL users did not know that it contained nicotine. It does have nicotine in fact "the nicotine content is 0.7mL (or 59 mg/mL) per pod, which is equivalent to one pack of cigarettes, or 200 puffs" according to martinhealth.org.

Between 2011 and 2019, the number of high school students using e-

cigarettes grew from 1.5 percent to 27.5 percent, and the rate of cigarette smoking rates went down from 15.8 percent in 2011 to 5.8 percent of high school students smoked in 2019 according to the 2019 National Youth Tobacco Survey.

So, most teenagers in this generation would not have smoked; we could

have been the first generation to not be addicted to nicotine, but since vapes came out we continue this cycle of death and addiction to nicotine.

These nicotine products are so dangerous, in fact, according to drugfree.org "a new government study finds that 70 percent of American smokers want to quit, and more than half

tried last year, but only 6 percent succeeded." That is an exceedingly small number considering how many wanted to quit.

A JUUL delivers five times more nicotine to the blood, per puff, than a Marlboro cigarette according to a 2020 study published by researchers at University California San Francisco.

We were so close to being the generation who ended nicotine addiction, but a new trap was created for us and it's working. I encourage you to stop. Get out of the trap if you're in it and stay away if you have been considering it. There are so many negative life-long effects it can have on you and your craving for it will only grow.

BEAR PULSE: Senior researches Chlamydia during COVID-19

Elisha Mufungizi
Contributor



It's undeniable that the COVID-19 pandemic has had a tremendous impact on all aspects of daily human interactions.

Personally, I have faced the brunt of the pandemic in a variety of ways, especially my academic setting. I am a Stellar/Research Senior student in the UNMC High School Alliance program.

At the onset of the pandemic, schools were closed and in-person classes were halted. All teaching and learning was moved to online virtual platforms. I was confused about what would become of the High

School Alliance program.

Then I was placed into Dr. Scot Ouellette's lab which primarily investigated various aspects of the bacterium, Chlamydia. I had basic knowledge of Chlamydia from my high school studies, but I really did not know much except it was a sexually transmitted disease.

The only challenge was all learning was virtual thus I was a little bit skeptical about how research can be done virtually.

My mentor was Dr. Emmanuel Blay, a post-doctoral scientist in Dr. Ouellette's lab and during our first virtual meeting, we agreed on the set objectives and goals for the semester and our time schedules.

My mentor found in-

novative ways to engage me and keep me focused on the set objectives. His catch phrase was "we learn from the known to the unknown" as such the little I knew about Chlamydia formed the bedrock in the subsequent knowledge I acquired.

Our primary objective was to study how Dr. Ouellette's lab was using a cutting-edge technique, CRISPR/i to study Chlamydia genes. It was fascinating to me because I had no idea what CRISPR/i was and had little knowledge in Chlamydia biology.

I realized from my readings and discussions with my peers that they have little education on this disease, as such the majority of my peers

tend to ignore this topic. Throughout this, I will be sharing the knowledge that I have gained in the last four months and also introduce some of the wonderful facts that I have found quite interesting about Chlamydia.

Chlamydia is an obligate intracellular pathogen with a highly reduced genome. It has to be within the host cell for its survival. Although largely asymptomatic, it can lead to long-term health conditions including infertility, pelvic inflammatory disease, and community acquired pneumonia (for specific species).

Chlamydia undergoes biphasic development, which means there are two distinct forms of the bacterium.

Ouellette and his team have been able to use CRISPR interference to study selected genes in Chlamydia to characterize their functions. This gene modification tool has allowed them to repress and understand the function of certain genes in the overall developmental cycle.

Investigating gene function within bacteria that possess highly reduced genomes can be difficult because these genes are potentially essential to their growth and development. Therefore, completely deleting such genes may ultimately result in the death of the bacteria.

This new knowledge I acquired has really shaped my perspective towards microbiology research and I am truly grateful to have

had such an opportunity. Overall, it has been a wonderful semester for me although I had some challenges including zoom meeting failures and internet connectivity issues.

Undoubtedly, there is still much more to be studied and researched about Chlamydia. I have developed a clear understanding of Chlamydia and I improved my skills.

Thank the UNMC High School Alliance for providing these amazing opportunities. I would also like to thank Scot P. Ouellette and Emmanuel Blay for giving me the opportunity I have had. Also Gulick and all members of UNMC High School Alliance program. Thank the Sherwood Foundation for their support in funding this project.

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Crystals made Crystal Clear

Infographic by Justin Diep

Blue Lace Agate

This crystal is associated with stress relief. It can calm overactive minds and nerves because of its sky blue color. Its properties can heal by opening energy channels to unconditional love.

Aventurine

This stone is known to bring luck and prosperity. Aventurine can also bring wealth and success. It can guide people to be open-minded and open-hearted to attract more opportunities.

Clear Quartz

This crystal is known for its high vibrations. It can clear ones mind and body. It is often used to help oneself manifestations because of its clearing properties. Some say clear quartz can amplify the affects of other crystals.

Black Tourmaline

Also known as the bodyguard crystal, black tourmaline can block off negative energies. The stone can absorb negative energies from the environment. Black tourmaline can also add a sense of security.

Fluorite

The green and purple color of this crystal gives it an energy that heals and rejuvenates the aura around it. The green purifies the heart chakra by aligning the mind with the heart. The purple stimulates the third eye chakra allowing people to find the way for spiritual expansion and inner peace and allow for deeper focus on things such as studies.

Amethyst

The purple color allows a strong connection to the third eye. Its healing properties can bring peace, relaxation and spiritual awareness which makes it one of the most sought after crystals in the world.

Carnelian

The warm, vibrant stone can boost self confidence and the power of true expression giving it the name of the artists stone. It is associated with self-confidence and taking bold action.

Jade

This stone is highly sought out for its luck and wisdom. The shade of green makes this crystal stand for growth, wealth and longevity. Its youth and anti-ageing properties can also be attributed to its special shade of green.

Local crystal shop owner gives insight on benefits of crystals

Lia Becker
Reporter

Stones and crystals have grown in popularity this last year for their collectability and transcendent properties.

Crystals are believed to be able to change the flow of energy in one's body to heal the mind, body and soul. There are many different kinds of crystals that have an array of different healing abilities.

From stones that relieve stress and anxiety of assignments and the fear of ACT results that impacts juniors' lives, or stones that restore energy, giving students the motivation to finally do their schoolwork, or tiny rocks to shake in one's hand to grant them

the tiniest crumb of serotonin, there is something for just about everybody.

"Even if someone just buys something because they think it's pretty and brings them joy, to me that's a benefit," owner of Hearthside Candles & Curios, Alex Fernandez said. "The only downside I can think of is running out of room to store them all."

Before buying crystals for any reason, the best thing to do is to research about the pros and cons of every crystal, and the history and ideas tied to them. Many who follow along with crystals are versed in chakras, various points of the body explained as nodes of psychic energy, seen in Hinduism, Buddhism and many

other cultures.

"I have seen people using stones and actually changing their lives and achieving their goals," Fernandez said.

Another set of topics to research is what and where is being bought. Just like any other products, there are bound to be fakes. Some places sell dyed and shaped resin under the guise of crystals.

"Working with the stones, people should do their research and that includes traditional information, reading lots of books, trusting their own intuition and being very careful of what is talked about online because there isn't always good information in places that aren't regulated," Fernandez said.

It's best to purchase stones in person rather than online if one is worried about fakes. Two places to purchase stones and crystals is Custom Gems at 8487 Frederick St in Omaha and Hearthside Candles and Curios at 6619 S 77th Street in Ralston.

"Our stones have a very wide range of prices, starting at 99 cents, so we try and make things affordable to everybody at every income level," Fernandez said.

When choosing crystals, there are many ways to pick. One way is intuition, which can be cultivated through meditation, an activity recommended by Trust Admin of Premier Trust Lu Hug, who managed a metaphysical shop for twelve years. Meditation is not only sitting cross legged

and close eyed but also takes form of singing and dancing and many other activities.

"Learning to listen to and trust your vibrations is a powerful tool that will help with literally everything else," Hug said.

For those aiming to focus, fluorite is notable for having earned the name 'the student's stone.' For those aiming to have some motivation and energy, carnelians are popular. For all that the community is going through in these trying times, black tourmaline, aventurine and amethysts are advised.

"Remember that everything you read is a broad generalization of the observation of others," Hug said, "Let it inform but not control your experiences."

Subantarctic temperatures relieve pain

Justin Diep
Copy Editor

Freezing someone's pain away is something humans have been doing for centuries. Some athletes may jump into an ice bath to jump start their recovery after their workout, while others may partake in a form of freezing therapy called cryotherapy.

Cryotherapy uses freezing temperatures to treat pain for everyone, not just athletes. It has been around since the 1980's. It is more popularly taken as whole-body cryotherapy.

"It's a type of cold therapy that used nitrogen gas to cool the surface of the skin, which results in changes within the body that helps fight pain and inflammation from the inside out," general manager of West Omaha Cryotherapy Brianna Huddle said.

Patients are required to wear protective clothing like socks, gloves and undergarments before entering the sauna to prevent the possibility of frostbite. Temperatures range from -225°F to -260°F. Sessions can last two to five minutes, depending on the spa.

"The risks involved with cryotherapy are generally related to specific health contraindications, (reasons not to take medical treatment) to the physiological responses cryotherapy induces," Matthew Carney, President and CEO of West Omaha Cryotherapy said. "We have a detailed list of these contraindications that each client is required to review prior to their first session."

Advocates of cryotherapy often cite benefits such as pain relief, muscle recovery, weight loss, improved mood and reduced anxiety.

"The result is a system-wide response by the body where its natural cold defenses are activated," Carney said. "The systemic reactions that take place when the body engages its 'survival mode' are how each benefit is achieved."

Many West Omaha Cryotherapy patients reported relief of pain and inflammation. Some even reported gaining increased mobility in their limbs. Mary Z. took daily cryotherapy sessions in preparation for knee surgery.

"Cryo has diminished inflammation and swelling so successfully that I am not taking any pain medication or anti-inflammatory medications," Mary said. "I will continue daily therapy after my surgery."

It is important to note that the Food and Drug Administration (FDA) hasn't approved any whole-body cryotherapy devices, nor has it verified the claimed health benefits. They also recommend consulting with a doctor before booking a session.

"Given a growing interest from consumers in whole body cryotherapy, the FDA has informally reviewed the medical literature available on this subject," Aron Yustein, medical officer in the FDA's Center for Devices and Radiological Health said. "We found very little evidence about its safety or effectiveness in treating the conditions for which it is being promoted."



A patient putting on gloves before entering the cryotherapy chamber at West Omaha Cryotherapy is overseen by a trained professional. Liquid nitrogen allows the chamber to be as cold as -260°F to treat pain. "Safe, non-toxic nitrogen vapor flows into the chamber reducing the temperature below -225°F," President and CEO of West Omaha Cryotherapy Matt Carney said. The dry nature of the vapor and the absence of moisture and wind results in a cold, but tolerable treatment."

Cupping therapy offers stress, pain relief

Victoria Besta
Reporter



A patient receives fire cupping therapy. Glass cups are heated with fire to create a vacuum on the skin to make a suction generally used on the back. Other forms of cupping can include wet cupping, cupping with a pump and the use of cups made of many different materials.

Balancing and relaxing the body tends to be difficult with stress of everyday activities and fitness. Using some nonstandard practices can help deal with the daily stresses of life. One of these is cupping therapy.

Cupping therapy is done with cups made up of bamboo, clay, silicone or glass. The cups are placed on the skin, usually on the legs or back. They are then left on the skin for three minutes per cup. The cup creates a vacuum suction on the skin that opens up the blood vessels to draw blood to those areas.

Rehab Guru Physical Therapy Clinic Omaha offers numerous treatments including cupping. Diana Schwahn has been a physical therapist and certified athletic trainer for over 25 years.

"There is multiple articles and research about the science

behind cupping therapy and the benefits" Schwahn said.

Some of the health benefits of cupping include helping with pain relief, treating acne that is caused by stress, muscle tension relief and collectively repairing tissue within the body.

"I recommend patients with muscle issues to consider cupping because chemical healing is a great way to recover," Schwahn said.

Cupping has shown to be relaxing, removes toxins and has rapid results. Results can be affected by a person's appetite or skin type. It is recommended to eat lightly or not at all before a cupping session.

Some patients have reported they have been burned or injured after taking cupping. Cupping has not been approved by the Food and Drug Administration. It's recommended to consult with a doctor before taking cupping if there are any concerns.

Photo courtesy of Ted Kirk/Lincoln Journal Star
Galen Gullie (32) brings the ball upcourt during the second quarter of a Class A state tournament semifinal at the Devaney Sports Center on Friday, March 11, 2011.

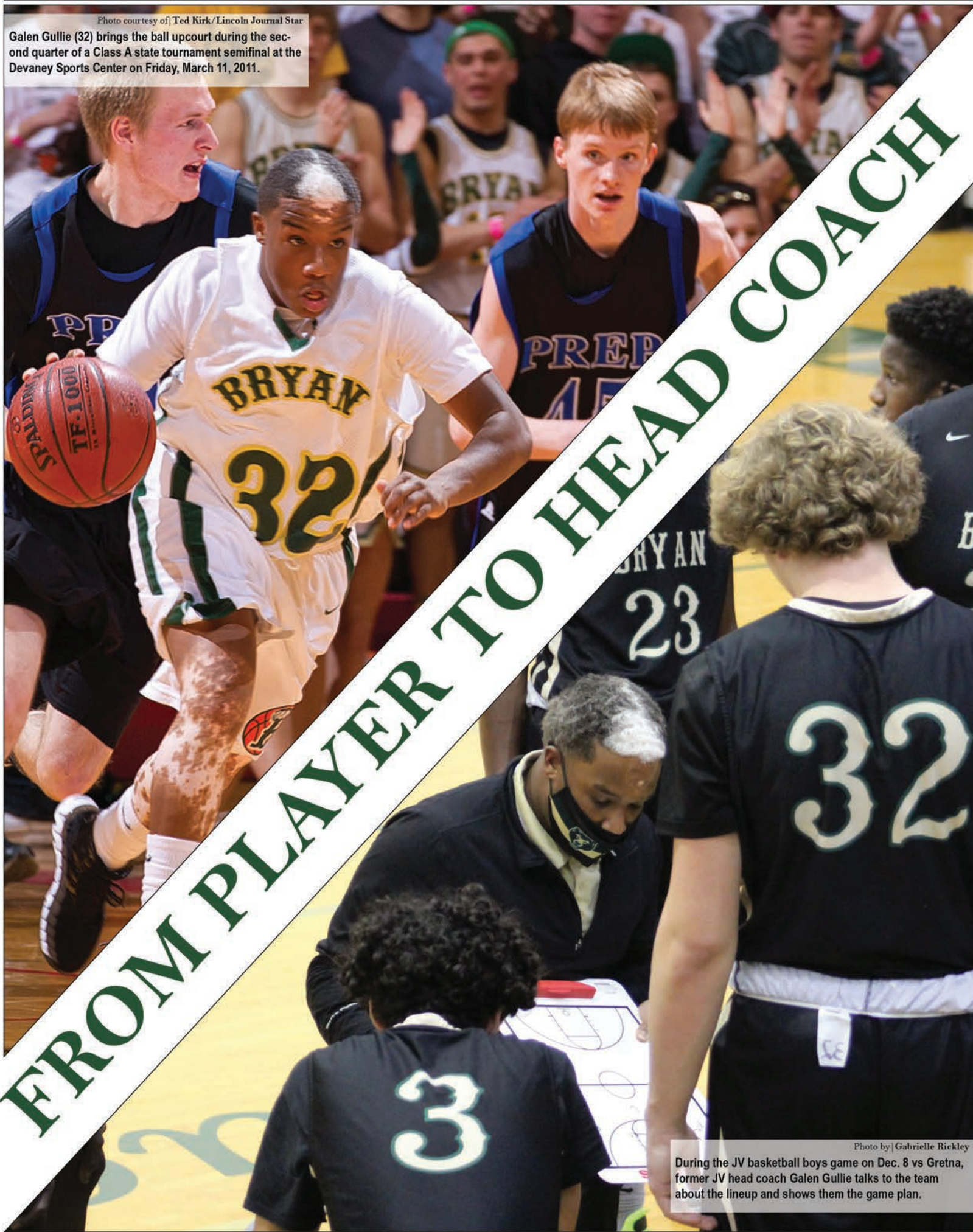


Photo by Gabrielle Rickley
During the JV basketball boys game on Dec. 8 vs Gretna, former JV head coach Galen Gullie talks to the team about the lineup and shows them the game plan.

Gullie to take over boy basketball program

Angel Garcia
Reporter

After nine years of coaching the boys' varsity basketball team and having led the boys to the state tournament during the 2018 basketball season, head coach Terrence O'Donnell has resigned. Stepping up to fill the spot is former basketball player Galen Gullie.

Gullie is a class of 2011 alumni who played for the Bears and led them to the State championship final, where they played against Omaha Central. Since then, he has gained experience by playing for the Midland Warriors for four years, and by coaching the Bears JV team, freshman team and assisting on the varsity team for six years.

"I am very humbled and blessed for this opportunity," Gullie said. "I know there is going to be a lot of work to get done, but just the fact of me being an alumni, already knowing some of the ropes and especially from a different point of view but as being the head coach not a player."

Gullie also has coached for Team Factory, an Amateur Athletic Union (AAU) team for two years. All of these things were able to make Gullie stand out and earn his spot as head coach for varsity.

"There were a lot of things that stood out with Coach Gullie," athletic director Ryan Murtaugh said. "Number one he is a Bryan grad, so he absolutely wants to be here. He

wants to wear the green and the gold and he's proud he came from here. In addition, he's been a coach for the past couple years, so coach has some really high basketball IQ, but what I really like about him is he does a great job motivating young people. I'm really excited about the future of the program."

Based off his background at Bryan, Murtaugh knew that he would be a good fit with all the other coaches. He says it's important that the coaches are working together. Even with a winning background as a player, Gullie has a different mind set to bring to the table than the rest of the competition when it comes to what he wants to achieve as a head coach. It starts in the classroom by

making sure the players are maintaining passing grades and being good students in school.

"In my opinion, it's a little bit more than wins and losses," Gullie said. "I want to first direct them just as much on the court than off the court. Getting them ready if they want to play at the next level but also how to get things done in the classroom and how to carry yourself off the court. Then I want to talk about basketball and getting characteristics in it and those championship intangibles, but right away I definitely want to create an identity and once we get that taken care of I think wins and losses will take care of itself."

During the off season Gullie plans to work a lot

with the team to build closer relationships with each athlete because he saw the impact it had on him while he was playing at Midland. He knows the importance of a good relationship between coach and player, but also the importance of a team bond. It can affect the way a player will play during each of the games and even the practices.

"I think it has a big role just because once you go out there, and you trust your teammates and you have that chemistry it can boost your confidence and take you so far," Gullie said. "If I know who ever is along side of me with the same jersey, that I can trust that person is going to make me work ten times harder."

Athletes sound off on new hire



Darwin Loftin (12)
Point Guard
"It's amazing. Coach Gullie is a good coach, and they should be happy that it's him out of anyone else."



Jared Newman (11)
Guard
"It's good for our basketball program. He's an alumni, knows how the program works and knows the keys to win."



Cole Rickley (10)
Power Forward
"It was definitely well deserved and I'm excited to see how far he can take his teams this upcoming year."



Abbas Bashir (9th)
Point Guard
"I'm excited for Coach Gullie. Even though coach T.O. was a good coach, I'm excited to play under Gullie."

Reid selected to play in Blue Grey All-American Bowl



Photo by Alyssa Williams
During the 2019 football season, senior Fabian Reid (#52) pushes action in towards the linebackers. He went in for the tackle on the opponent.

Wrestling coach organizes spaghetti feed for Reid

Sophie Bacon
Reporter

The Blue Grey All American high school football bowl is a game high school football players strive to get an invitation to, and senior Fabian Reid was one of the few chosen athletes who will participate in the bowl on May 17, at the Dallas Cowboy's AT&T stadium.

Reid was selected to play for the West team after being chosen to attend and compete in the Blue and Grey combine last summer.

"Fabian is an outstanding example of the type of football player we are building the Omaha Bryan football program around," head football coach Ryan Hanson said. "He is a great representation of a true student-athlete that treats others with respect."

Playing in the Blue Grey All American bowl brings attention to the player. Scouts from colleges pay attention to these games to see potential prospects.

"I was very happy and excited that I was selected since only three people in Nebraska were selected," Reid said. "It feels really good and it is a blessing for real."

The cost of attending and playing in the game, in addition to travel expenses, was an obstacle for Reid as it was projected to cost over \$2,000. His wrestling coach, Jason Susnjar, came to the rescue and hosted a spaghetti feed fundraiser on March 20 to help out.

"It was very successful, we had a lot of people there and a lot of people donated," Susnjar said. The fundraiser was successful in raising enough money to cover the costs associated with the game and trip.

"I was a little bit anxious about it with setting everything up since we couldn't do it at the school because of COVID-19 protocols," Reid said. "I was very grateful, everything turned out really well."

In addition to the Blue and Grey game, with the assistance of head football coach Ryan Hanson, Reid has also been invited to play in the Shrine Bowl on June 5.

"We are all very excited for the opportunity for Fabian to represent Omaha Bryan Football in the Blue-Grey game held in Florida; as well as another honor of being selected to represent Bryan Football as a player in the Nebraska Shrine Bowl," Hanson said.



Photo by Ranae Duncan
Fielding the ball during the varsity game against Bellevue East, senior Jake Schoenauer is able to get a bigger step towards his cut-off man, junior Tobin Wingender, so that Wingender can make it to second and get an out. "I feel like we started off not very good," senior Jacob Schoenauer said. "We are trying to improve every single day. The people that are there want to get better, I guess we just didn't have that experience."



Photo by Michaela Painter
Throwing the ball back into play, girls varsity soccer team captain, number 16, Ximena Morales sends it to one of her teammates, fielder Jocelyn Rodriguez, so that she can pass the ball up to the wings on the side, before the defense or mid fielders on the other team try to intercept it.

Girls get first real season with Townsend as coach

Olouwatobi Noukpozounkou
Sports Editor

After being forced to miss their first official season with head coach Thomas Townsend during the 2019-2020 school year, the girls' varsity soccer team was finally given the green light to play this year, after COVID-19 shutting everything down the previous season.

Townsend's goals for the team was to make sure the girls had good experience and get them together to create that team feeling. So far, the team has played every girl achieve, in my opinion, their full potential this season," senior Nayzeth Macias said. "He somehow always has the right thing to say. He changes up practices so we improve and he gives all players equal opportunity."

growth that has happened, several girls have improved dramatically and drastically over the year and I think overall I would count it as a success this far," Townsend said. He has been adapting his coaching to players and has overall changed the way the players feel. According to the players, things have changed quite a bit compared to previous years. "Townsend has been an extremely great coach, him always telling us to have the right mindset and the right heart has helped every girl achieve, in my opinion, their full potential this season," senior Nayzeth Macias said. "He somehow always has the right thing to say. He changes up practices so we improve and he gives all players equal opportunity."

According to Macias, the team has been open minded all season, coaches talking to them and asking them what they need to do to improve. "There were some opportunities that we've left on the field in a couple of games, but at the same time we've had issues working against us," Townsend said. "A couple of starters have been out for two weeks because of COVID-19 situations and anytime you take starters out of the picture it has impact, that's just reality."

On one of the days of practice it snowed, the girls and boys soccer teams got together and shoveled the field before practice started. It was a fun and light spirited way for the teams to bond together. "This year's team has been one of the best," Macias said. "You wouldn't expect it, but we have created a bond with every single one of these girls and after playing for many teams, this team is different. These girls are literally my happy place."

Young team has success on field

Olouwatobi Noukpozounkou
Sports Editor

Although they have only one returning player that was on the school's varsity team in the past, the boys varsity soccer team still has a relatively successful season. The boys varsity team has won six of their 13 games this season. For

all the games that they lost except one, it was by a max of one point, and their farthest point gap was 10-zero, when they won against Omaha North. "There's been a lot of growth and developing players," head varsity coach Daniel Vasquez Gutierrez said. "We only had one guy that played varsity so everyone else is pretty new."

Their next game will be a district home game against Benson high. They've played a lot of top ten schools, and still were able to dominate possession in almost all of those games. "They've responded well to adversity and they've gotten a lot better than the first week,"

Vasquez Gutierrez said. "They've definitely learned a lot and we've become a stronger team." According to Vasquez, the team just needed to work on their communication and starting with 100 percent from the beginning of the game, so that there's not as much pressure in the second half, if things don't go well in the first.

Low numbers affects team

Sophie Bacon
Reporter

With the spring season, the baseball team struggled to build a team since some of the players from last year were full remote this year. The team had to switch players around to different positions to fill in. Some athletes like seniors Alex Foster, or Gabriel Kula had to come in and play in-field positions, after playing out-field positions most of their baseball careers.

"We are missing a couple kids because of COVID-19 and had other things come up and just don't want to play and they would've been integral parts in our line up," head coach Brian (Cody) Kottich said. Along with having to switch players around, the team also struggled having returning players and people who knew how to play. "We have a lot of new

kids that have never played baseball before, so kind of showing them the ropes and the rules of baseball has been a challenge but they're really good kids," Kottich said. "For varsity, if we could just get out of our own way, we would be very successful and competitive." The team sits at 0-10, and has lost nearly every game by eight runs or more. The team hopes to gain experience and build back up after COVID-19.

Local food delivery service launches, helps local restaurants



Photo courtesy of Omaha LoCo

Preparing meals as part of Omaha LoCo's meal program on Jan. 9 Gladys Harrison owner of Big Mama's does her part in delivering the 7,000 meals they delivered to families.

Olouwatobi Nonkpozounkou
Sports editor

Tired of paying large order fees and high delivery fees to have food delivered by a chain food delivery service that doesn't promote Omaha's economy much? Well, there is a new option for Omahans. Omaha LoCo is a locally owned food delivery service that works to promote local businesses. OmahaLoCo is a food delivery business that was founded in February of 2021.

"It gives the restaurants a competitive advantage to own their own service," Seaman said. "We have a lot of restaurants that are

now able to try out this delivery service and generate more income so it's pretty cool."

There are around ten people working together to get things done. They currently deliver for around 26 places including: 402 BBQ, Hook & Lime, Noli's Pizzeria and more. They could've had around 100 places by the end of March if it wasn't for the way COVID-19 changed things with onboarding, which is the process of adding a restaurant into the delivery service.

Customers have been reacting positively to this new business. DoorDash, GrubHub, and the other big name delivery busi-

nesses don't always deliver for those small local businesses, and even if they do, the commissions are often high and that makes things difficult for the local businesses. They also do not charge high commissions on each purchase to the local restaurants.

"(Customers) love it," Seaman said. "They know it's going to a good cause in regard to supporting local, and that's what everyone likes doing, it's been going really well. There's such a buzz and people are enjoying this whole process of being a part of something that's making a huge impact."

The people working at Omaha LoCo were

introduced to a restaurant owner John Sewell in Iowa City, who came up with the idea for the local restaurants near him to make a delivery service. Three years later, there's around 150 restaurants involved and doing about 1000 deliveries a day.

They decided to start it up after the pandemic started, they've been working on it since last March, and weren't supposed to launch until February 8, 2021. The Douglas County commissioners reached out to them and said they (Omaha LoCo) could team up with 40 restaurants and come up with a meal program that would be for a family of four or more and

work with pantries in town and deliver those meals. They got \$500,000 dollars to go towards meals.

"From December to January, those two months are really key to a restaurant, because of parties (Christmas parties for example) but it didn't happen so this was a really good help to some restaurants," general manager and partner Clay Seaman said.

People can order food from them in multiple ways including their website: omahaloco.delivery. They also have an app available on App Store and Google Play store called Get LoCo.

Arts Calendar

Here is a look at Arts and Entertainment events and releases coming up.

MUSIC

Girl in Red, "If I Could Make It Go Quiet"

Releases: April 30
Delayed due to COVID-19 the Norwegian artist is releasing her debut album independently through AWAL and her own label "World in Red." The album is said to be described as more ambitious, mature and developed than her previous style that was more of a bedroom pop and indie rock musical style.

Birdy, "Young Heart"

Releases: April 30
Releasing her fourth upcoming studio album, British artist Birdy announced her album on Jan. 22 along with the release of the first single of the album titled "Surrender." She wanted this album to be stripped with no extra decoration any song that didn't need to be there was cut. The album will be made of 100% recycled plastics.

BOOKS

"That Summer" by Jennifer Weiner

Releases: May 11
This fun and alluring mystery novel tells the story of Daisy Shoemaker who has the "perfect life" by definition. She has a good job and a good family but is still dissatisfied. This is when she is starting to get emails that are meant for someone else, when these two women meet they realize this isn't an accident.

MOVIES

"Tom Clancy's Without Remorse"

Releases: April 30
Based off the 1993 novel, the thrilling John Clark introduction will be played by Michael B Jordan. The film is about a US navy seal as he is searching for revenge for his murdered wife. Along the way for revenge he discovers an international conspiracy along the way which gives him a new teammate.

"Mortal Kombat"

Releases: Today
For the people who enjoy the bloody action packed films this will be the one for them. It is about a young MMA fighter Cole Young who seeks out Earth's greatest champion in order to stand against the enemies of Outworld in a high stakes battle for the universe. People can either watch this movie on HBOmax or go to the movie theaters.

"We broke up"

Releases: Today
The classic romantic comedy scenario, where the couple breaks up but a wedding is coming up. This is exactly what this movie is Lori and Doug were a couple and then break up. But they continue to act like they are together for Lori's sisters wedding to not disrupt the fun.

Read through this issue of The Orator to find the answers to this crossword puzzle.

Down:

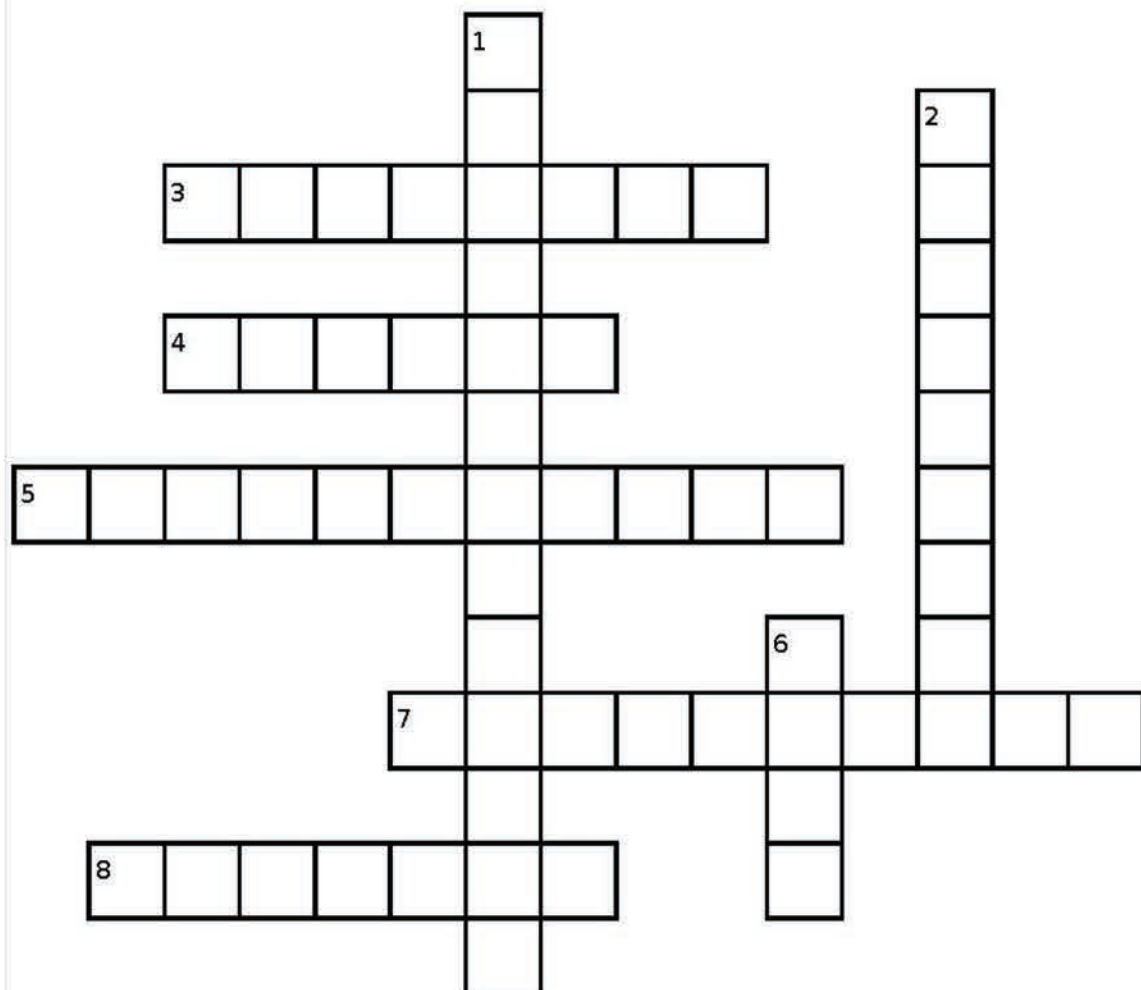
- This business closed down during the pandemic and belonged to the athletic secretary.
- This restaurant was created to give back and help refugees.
- This is used for luck and wisdom.

Across:

- The school's valedictorian immigrated from this country.
- This person is a former Bear basketball player who played in the NSAA Basketball championship game in 2011.
- This type of therapy given in a different type of sauna is popular among athletes.
- This event is May 25.
- This is the most common effect of conversion therapy

The answer key will be posted online at www.bhsorator.com in the Entertainment section on April 24.

CROSSWORD



Lighter than air sensory deprivation spa experience allows for relaxation, meditation

REVIEW

Keyana Burries
Editor in Chief

Floating on cloud nine. That is what I experienced when I was at True Rest Float Spa doing their flotation therapy.

Flotation therapy is a zero-gravity environment that is supposed to make the mind and body completely relax and reset. They use 1,000 pounds of Epsom Salts to make floating feel like floating on air.

I did a decent amount of research about flotation therapy before I went into my appointment. I learned about the do's and don'ts to make sure I was getting the most out of the experience such as not drinking caffeine, eating a few hours before and to not shave a few days before one's appointment.

From the second I walked into the door, I felt like I was at home. The staff they had at the front desk were so kind and offered me tea and even talked about her personal experience with flotation therapy which really put me at ease.

She explained every-

thing multiple times so it was truly clear I knew what would be happening. I felt very at peace when I was there because the staff was so welcoming.

When it comes to flotation therapy itself, I have conflicting feelings about the experience. I would suggest it to everyone that is curious about it because it was fun to try. The biggest issue was how hard it was to just let everything go; I could not stop thinking about how I could be using this time to be more productive.

By the time I actually felt myself relaxing my float was almost over, but this is a problem I had personally just because I have time anxiety.

The flotation tank itself was beautifully spaced out, everything I looked up about them said they looked and felt too much like coffins, but they are spacious even when the lid on them is closed.

A big tip is to not move too much because I got the water in my eye and it was the worst thing to ever happen to me in my life, it would not stop burning and



Photo courtesy of True Rest Floatation Spa

Lid open to welcome a customer, a float tank at True Rest Floatation Spa sits in a private room. There are lights and music to soothe the user and the water contains 1,000 pounds of salt in it which allows users to float and meditate.

being irritated.

The best part about flotation therapy at True Rest is how customizable it is, people can pick the color of the light on in the tank, or if they even want the light on and how long they want the music on for.

They even have an

oxygen bar which was my favorite. The scented oxygen bar was the best way to chill my nerves. I tried the citrus oxygen and it smelled so delicious and the perfect amount of citrus, so it was not overwhelming.

For people interested

in flotation therapy at True Rest float spa, for someone's first float it is \$65 for an hour, after this it will be \$89 every float. They only offer the hour time slot for their floats, which is disappointing. I wish there was a half hour option for a quick relaxation option.

Overall, I would love to try this again someday, but it will not be something I do every month. I would suggest it to people who are curious but this just isn't my preferred self care.

LOCAL BUSINESS

Athletic secretary closes dress shop amid COVID-19, gives back to school, students in need

School gets dresses at discounted rate, opens pop up shop for students

Olouwatobi Nonkpozounkou
Sports editor

The heartfelt ending of Inspired Bride, which was many people's resort for a dress for prom, or for a stunning bridal gown, closed due to the COVID-19 pandemic. Two and a half years of a successful business for athletic secretary Lori Winkleman has come to a bittersweet ending.

Inspired Bride was a consignment clothing store for bridal and special occasion dresses that was located in Papillon.

"I bought it from a lady two and a half years ago," Lori Winkleman said. "She opened it because she saw all these girls trying to sell their bridal gowns, bridesmaid dresses, prom dresses and homecoming dresses online."

They had to close last year, all of April and part of May. With school no longer being in session they lost out on last year's prom and this year's,

homecoming. Since Offutt Air Force Base was nearby, they would also get business from the military balls, but due to COVID-19 they missed out on that, too. People couldn't buy wedding dresses, because they didn't know if they were going to be able to get married.

"Our business just never stabilized again," Winkleman said. "In January we just decided that we couldn't make profit anymore and decided just to close the doors. The things that people still owned that was there, we told them that they had a certain time to come pick it up and most of them came and picked their things up."

Although the store closing was a terrible thing for her, Winkleman was able to turn around to make some good come out of it. Counselors Gabrielle Rickley and Allison Kaipust went to the store and got to pick some of the dresses and bought them at a highly discounted price.

Rickley has been giving away the dresses to students at Bryan for prom.

"The Bryan High School Pop-Up Dress Shop is now open," Rickley said. "We have over 100 dresses in a variety of sizes and styles to choose from."

Juniors and seniors are able to make appointments by using a QR code that is in the bulletin. Rickley worked hard to make sure that there is a variety of styles, colors and sizes. She even has some shoes and accessories available. She's hoping to expand it in the future to have some stuff for the guys.

"I really think students do their best when they feel connected and have a sense of community and going to prom is one of those activities that creates communities," Rickley said. "Whether it's participating in a sport or a activity, being a part of drama, being in a club, all those things create a sense of belonging."



Photo by Olouwatobi Nonkpozounkou

Taking a dress off the rack, counselor Gabrielle Rickley shows girls who signed up for the "Say Yes to the dress" event on April. 12, that they can get shoes with their dress.

COMMUNITY

Former refugees work together, buy restaurant to help other refugees

Justin Diep
Copy Editor

To help displaced families in Nepal seven Bhutanese-Nepali, former refugees came together to buy Mercy Thai Restaurant to send the proceeds back to Nepal.

Bhutan and Nepal are countries in South Asia between India and China. The growing ethnic Nepalese population who lived in Bhutan were subject to ethnic cleansing ordered by the Bhutanese elites starting in the 1980's, according to the Human Rights Watch. More than 100,000 ethnic Nepalese people living in Bhutan were forced to flee and move into refugee camps in Nepal, including the new owners of Mercy Thai Restaurant on 96th and L. The owners are just a few of the roughly 1,500-3,000 refugees who have resettled in Omaha according to the Omaha Refugee Task Force.

"Even though they're ethnically Nepalese, they don't have Nepalese citizenship or statehood," Senior Manager of Community Initiatives at Refugee Empowerment Center Alana Schriver said. "So, they were forced into these refugee camp situations which are essentially living prisons."

The new owners understand the struggles of living in refugee camps. One of the owners Bijoi Tamanz spent 20 years living in one.

"It's kind of hard over there," Tamanz said. "We don't have good opportunities over there. We have education but not really."

The group wanted to find a business which they could spend their free time on so they could raise money for these Bhutanese-Nepali families still living in those refugee camps. Originally, they were planning on opening a Nepalese Indian style restaurant, but when the

opportunity to buy Mercy Thai opened up they went for it.

"We met with one of our Burmese friends, the previous owner, and we talked to them," one of the owners, Bijoi Tamanz, said. "He was trying to sell this restaurant and we bought it."

All the owners have other jobs that allow them to send the profits from the restaurant to a missionary fund run by the New-Life Nepalese Church, which sends the money to Nepal.

The church was not available for comment.

As of now, the owners of Mercy Thai are planning on keeping the same menu with Thai classics such as pad Thai but in the near future, they hope to add Nepalese food.

Mercy Thai Restaurant is open for dine-in, takeout and delivery on Monday-Saturday from 11 a.m.-2:30 a.m. and from 5-9 p.m. They are closed Sunday.



Photo by Justin Diep

Mercy Thai located at 96th and L St was recently bought by seven former refugees from Bhutan. The proceeds are going towards a missionary fund to assist in refugee camps in Nepal for Bhutanese refugees. It continues to serve Thai food but in the near future may add Nepalese food.

Art for Conservation



BRYAN
HIGH SCHOOL

PURCHASE ADMISSION TICKETS AT ZOO MAIN ENTRANCE

JOIN US IN SUPPORT OF THE ARTS AND CONSERVATION
SATURDAY, APRIL 24TH, 2021
9:30 AM-3:30 PM AT THE HARPER EVENT CENTER
AT THE OMAHA'S HENRY DOORLY ZOO AND AQUARIUM

