Duquesne program put on probation

ZACHARY LANDAU

On Oct. 11, students in Duquesne’s Physician Assistant Studies Program learned that the school’s standing with the Accreditation Review Commission on Education for the Physician Assistant (ARC-PA) may be in trouble.

In a meeting with students of Duquesne’s Physician Assistant program, Department Chair and Professor Bridget Calhoun and Interim Dean Paula Turocy explained that the ARC-PA has put the school on probation for two years.

Probation, as explained on the ARC-PA's website, is a temporary status for programs that either fail to meet the board’s standards or "the capability of the program to provide...

see PROBATION — page 2

Veterans Week returns to Duquesne Nov. 7

HALLIE LAUER

For the second year, Duquesne will be honoring service members on campus for Veteran’s Day.

Veterans Week is a celebration honoring the approximately 250 veterans and active duty members of the armed forces who attend Duquesne. The week runs Nov. 7 through Nov. 11 and will be filled with events to educate the public and recognize the service these men and women have given, according to Director of Duquesne’s Office of Military and Veteran Students, Don Accamando.

"For me, [Veteran’s Day] is always a day of extreme pride," Accamando said. "To be part of the fraternity of those who have served, it’s an extreme honor."

The week will begin Monday with a prayer service followed by Roger Brooke, a Duquesne psychology professor and Director of the Military Psychological services, as a guest speaker. He will give a lecture titled “The Warrior’s Path” in Rockwell Lecture Hall One beginning at 7:30 p.m.

On Tuesday Nov. 8 there will be no events, as it is Election Day and the Office of Military and Veteran encourages everyone to get out there and support their nation by voting," Accamando said.

On Nov. 9 there will be a ribbon cutting for a new lounge in Lubmann Hall. The ribbon cutting begins at 11:30 a.m. and goes until 12:30 p.m.Last year, the Student Veterans Association received a $7,000 grant to remodel this lounge into a place where veteran students can spend their time.

"This is where the military and veteran students have a place, this is their home [on campus]," Accamando said.

On Nov. 10 there will be a screening of "Project 22," a documentary that is a compilation of stories from different veterans across the country. The screening will be in Rockwell Lecture Hall Three at 7:00 p.m. In the past year, roughly 8,000 veterans have committed suicide, according to the Combat Stress Coalition.

see VETERANS — page 11

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DU law clinic to help clear records

CAROLYN CONTE

Duquesne’s Juvenile Defender Clinic won a $200,000 grant to help current or potential public housing residents with juvenile records to attain or keep their homes.

The Department of Housing and Urban Development and the U.S. Department of Justice awarded the money in September to Duquesne law professor Tiffany Sizemore-Thompson’s Juvenile Defender Clinic. Ten law students from the clinic will visit Pittsburgh public housing sites in November to interview and give legal advice to residents.

To expunge — or remove — residents’ juvenile records, the clinic will go through a multistep process with potential clients. First, the clinic must establish that the person qualifies for the services and is “actually eligible to have their juvenile record expunged,” according to Sizemore-Thompson.

The grant requires clients be under 24 years old and at risk of losing their public housing or denied a job. It also prohibits clients who have been found guilty of “certain sex offenses, domestic violence offenses and drug offenses related to methamphetamine,” according to Sizemore-Thompson.

Then, students in the clinic will file the motion for expungement. Legally, a 30 day notice is required for the district attorney, and after that notice is accepted the Court of Common Pleas will convene a hearing.

“Either myself or a certified student attorney will present the motion to the judge for decision,” Sizemore-Thompson said. “Our students do much of the work on those cases from beginning to end.”

According to Sizemore-Thompson, a juvenile record can exclude one from driving privileges, employment, military service, education, public housing and private housing if person, like a landlord or potential employer, is able to access that information.” A person’s juvenile record see RECORDS — page 11
Private student loans predatory, experts say

The cause of Duquesne’s probation is over-enrollment, according to Duquesne’s physician assistant program’s accreditation FAQ page. During the admission process, the department estimates the percentage of accepted students who choose to enroll in the program. In other words, more acceptance letters are sent out than the department expects to enroll under the assumption that some students will choose not to come to Duquesne. In recent years, Duquesne overestimated how many potentially qualified physician assistant students would refuse their acceptance letters. Therefore, Calhoun and Turocy self-reported that the program exceeded its 40 student allotment in both the 4th year and 5th year classes. This allotment is set by the ARC-PA.

According to the National Center for Education Statistics, Duquesne conferred 55 Bachelor’s degrees and 50 Master’s Degrees in the Physician Assistant program in 2014. According to Calhoun and Turocy, students are currently enrolled in the freshman class.

As listed on the ARC-PA’s website, if a program “fails to comply with accreditation requirements in a timely manner,” they risk having a “focussed site visit and or risk having its accreditation withdrawn.” Calhoun assured students in the email that the program that probation will not a be a problem for them currently.

In an email sent out to Duquesne physician assistant students, Calhoun said the program is still accredited and that probation will not “affect your ability to proceed through the clinical year and will [not] affect your ability to sit for the initial certification examination following your graduation in August.”

Calhoun also assured students that probation would not change the program in a tangible way. “Your education will proceed as planned, and you will not notice any changes in the quality and rigor of our program,” she wrote.

Current students were paraphrased by the change in the accreditation status. Kaitlyn Eagle, a fourth year physician assistant student and president of the Physician Assistant Student Association, is not worried. “In my opinion,” Eagle said, “the probation of our program does not and will not affect the students negatively at all. This probation status does not reflect the excellence of Duquesne Physical Assistant Studies.”

Some students, however, express doubts over the image projection casts over the program. Shelby Wasił, a fourth year physician assistant student and a member of the Physician Assistant Student Association, is primarily worried about the effect on incoming students. “I’m a little concerned that prospective students may only see our probation at surface level and not look into the reason behind it,” Wasił said. “Obviously, if a program is on probation for something negative...then that could deter incoming students. But our program isn’t on probation for a negative reason.”

The department reinforces that they are already coordinating with the ARC-PA to rectify the situation. “There are two more reports that we must submit, one in December 2016 and one in January 2017,” Calhoun and Turcich said in a written document sent to The Duke.

Calhoun and Turcich, in the same document, also said that the department has already increased their staff and equipment to accommodate large classes.

In the meantime, students like Wasił are still confident in their program. “I know that all students of the program are receiving an education of the highest quality, and nothing about this probationary status is changing that fact.”

Raymond Arke
assist. news editor

The words “student loans” can strike fear in any college student’s heart. While they help many students afford college, sometimes the loaning system can hurt the people it is supposedly to help.

Financial aid and loans can often appear confusing to many college students, according to Elizabeth Baylor, Director of Postsecondary Education at the Center for American Progress, a Washington D.C.-based public policy organization.

“It’s a big, looming thing when you’re in college,” Baylor said. However, it is important to pay attention to one’s loans because some can be classified as “predatory.” This type of lending occurs when “the borrower is not fully informed of the transaction fee and not what they expected,” according to the Washington State Department of Financial Institution’s website.

Antony Davies, associate professor of economics at Duquesne, described predatory lending as “simply a loan with a high interest rate.”

Often, predatory student loans come from private companies. “Families end up in trouble when they go to private loans,” Baylor said. She suggested sticking with loans from the federal government.

“Generally, borrowing from the Department of Education is a better bet than private loans,” she said.

This is because private companies often present a good deal on paper, but the fine-print on the loans often will raise the rates substantially, Baylor added.

According to John Falleroni, associate director of financial aid at Duquesne, in the 2015-16 school year, private student loans at Duquesne accounted for $289.9 million.

On the other hand, one of the federal government’s student loan programs has come under fire for being predatory. This program, called Parent PLUS, is not geared toward students.

Michael Grunwald, a senior staff writer for Politico, an online political journalism site, wrote a lengthy article on the PLUS program in 2015. From his experiences looking at Parent PLUS, he said that while student loans are often quite helpful, these loans can be “a predatory racket.”

Rachel Fishman, a senior policy analyst specializing in education policy at New America, a nonpartisan think tank, explained how this type of loan is different.

“Unlike student loans … parents must apply for the loan and must undergo a credit check ... If they have no adverse credit history, the parent can borrow up to the full cost of attendance for college,” she said.

Fishman said Parent PLUS loans are generally beneficial. However, they can hurt those who don’t have a detailed understanding of the system, and in the limited financial aid staff have an inadequate background check to look at. Low-income families may take out more than they can repay.

“Because Parent PLUS loans only look at a parent’s credit history, and they are not ‘allowed’ legally to look at their ability to repay currently, the federal government can extend low-income parents thousands upon thousands of dollars in debt,” she said.

Also, Fishman said that colleges and universities often “load up financial aid packages with these loans, making it seem like the bill is $0 even though the student is taking on debt via student loans, and the parent is taking on debt via Parent PLUS.”

Davies warned of the unintended consequences of all government loans.

“One unintended consequence is that the low rates encourage people who would actually do better in life with a technical education to go to college instead,” he said. This leads to students being stuck in debt because “they have attempted to develop skills that they don’t have, while allowing skills that they do have to atrophy.”

Falleroni said $25 million worth of Parent PLUS loans were used at Duquesne during the 2015-16 school year.

The damages of not paying back the loans are harsh. “Where it gets even more problematic is the federal government can collect that loan if a parent defaults by paying wages, social security and seizing tax refunds,” Fishman said.

Baylor added that since parents of college students are aging, they are saddled with an unexpected financial burden as they near retirement. This BLUFF BRIEFS

Duquesne debating society hosts iDebate Rwanda

For the third consecutive year, the Duquesne University Debating Society will host iDebate Rwanda. As a part of their U.S. debate tour, iDebate Rwanda brings a group of young adult Rwandan students to college campuses across the U.S. The tour provides an opportunity to create dialogue about living in a post-genocide world and how debate has helped change their lives.

The entire Duquesne University community is invited to attend the Fr. Sean M. Ho Student Union and will feature the Africa Room in the University’s Wednesday, Nov. 9 at 6 p.m.

AP Pitarro
In this May 15, 2016 file photo, students embrace as they arrive for the Rutgers Calhoun versus Turocy, N.J. Those graduating might find themselves struggling with private student loans.

POLICE BRIEFS

Cousin PB has been noticing the leaves starting to change colors; the fall season is really starting to kick off now. However, several students have been partaking in a different type of leaf this past week.

Last Tuesday, marijuana and paraphernalia were found in a St. Ann’s room. One student was referred to the Office of Student Conduct. Later that day in St. Martin’s, three residents were referred to the Office of Student Conduct after Residence Life found marijuana and paraphernalia in the room.

Last Wednesday, Duquesne Computing and Technical Services reported that one of their vehicles parked on Boyd Street was damaged sometime between Oct. 21 and Oct. 26.

Last Thursday, another student in St. Ann’s was caught with marijuana and paraphernalia and referred to the Office of Student Conduct.

Also that day, a student in Brother Berties was referred to the Office of Student Conduct for smoking the ganja in their room.

On Friday, marijuana and paraphernalia were found in an Assumption room. One student was referred to the Office of Student Conduct.

On Saturday, a student in Towers received a state citation for possession of marijuana and paraphernalia. Also that day, an intoxicated student was referred to the Office of Student Conduct for underage drinking.

Early Tuesday morning, a Duquesne commuter student was physically assaulted by a Duquesne commuter student in a South Side bar. The case was referred to the Office of Student Conduct.
Duquesne’s class ring statue, installed near Rockwell Hall at the beginning of the Fall 2015 semester, is a familiar sight on campus. However, recently the ring began to fall apart. On Oct. 24th, the ring statue started having its gold letter “D” fall off in multiple pieces, according to Duquesne Facilities Management’s Assistant Vice President and Chief Facilities Officer Rob Dobish. Dobish said this resulted from a failure of the ring’s adhesive material. The ring is now only a little over a year old, but other than the gold D outline, the statue does not appear to be damaged in any other way. According to Dobish, it will not be a costly fix and they are currently working with the artist who made the ring to find a different adhesive to solve the problem. The ring has been broken for over a week now, but according to Dobish, they plan on fixing it within the next seven days. “It is just a matter of finding the best way to affix the ‘D’ permanently,” Dobish said. Extended caption by Liza Zulkic/Staff Writer.
Leadership is not about the next election; it’s about the next generation.

Simon Sinek

You just read | Now tweet our thoughts. | us yours.

@TheDuquesneDuke

EDITORIAL

OPINIONS

The Duquesne Duke is the student-written, student-managed newspaper of Duquesne University. It is published every Thursday during the academic year except during semester breaks and holidays, and prior to final exams. The Staff Editorial is based upon the opinions of the editors of The Duke and does not necessarily reflect the views of the students, faculty, administration, students’ government or the University publications board. Op-ed columns do not reflect the opinions of The Duke, but rather are the sole opinions of the columnists themselves.

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Corrections/clarifications

Readers should report any story or photo error to The Duke. All legitimate errors will be corrected in print the following edition.

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THE DUQUESNE DUKE

North Dakota pipeline exploits American Indians

“Take our land away and we die.” These words were spoken in the 1970s by Mary Brave Bird, a Nakota Indian activist. She was echoing words spoken by American Indians since 1492 that are still spoken today. The Standing Rock protesters opposing the Dakota Access pipeline in North Dakota are the newest example of how exploited this group is, and by we believe American Indians deserve our support.

According to the U.S. Census, American Indians are the poorest minority in the country. Nearly 30 percent live below the poverty line. The people who occupied this land first have been left behind, subjected to forced reservations and generations of broken promises.

Protests, which started in September, have grown in Standing Rock Reservoir that lies on a nearby reservation, along with environmentalists and other supporters, have continued to oppose a massive pipeline that was to run through sacred spots and the reservation’s source of drinking water. The pipeline’s proposed route was initially supposed to run by the wealthy, white suburbs of Bismarck, but public outcry had it moved last to the Indian reservation. No Indian was consulted during any part of the planning process.

These protests have been peaceful prayer circles and chanting, but that hasn’t stopped a massive law enforcement effort to shut it down. The New York Times reported police in Hunkpapa to be thrown off of the pipeline, according to NPR. One must wonder where this strong response was when a few dozen, heavily-armed, white males seized a wildlife refuge in Oregon. (Looking at you, Mr. Ammon “Recently Acquitted” Bundy.)

This is by no means the only occurrence of the disregard of America’s native peoples. One local example was the construction of the Kinzua Dam in northwestern PA, which forced Seneca Indians off their land in the 1960s and flooded what had been their home for centuries.

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In other words, if you drink these things often, your brain will start to show signs of chronic cocaine use, the study says.

The long-term effects of these drink mixes remain largely unknown, but according to The Scientific American, a science magazine, one major concern is that the prefrontal cortex, which is the part of the brain utilized for decision making and impulse control, isn’t fully developed until around age 25. That’s probably why teens and young adults often make these borderline questionable choices in the name of a fun night, but it might be those choices that prevent the brain from reaching maturity in due time.

In addition to that, there’s a rising concern about blood-alcohol concentration and how mixing caffeine and alcohol can lead to lethal levels. Since you’re less likely to feel the effects of the drink when it’s mixed as such, it’s easy to consume too much. The legal limit of blood-alcohol concentration is .08, but The Scientific American reports an instance in which nine Central Washington University students were hospitalized following a party in 2010 at which Red Bull and vodka was consumed, and their levels ranged from .123 to .35. The article further clarifies that anything nearing or exceeding .3 can be deadly.

It’s important to note that this isn’t the first time that we’ve seen the mass popularization of these somewhat-unhealthy drinks. Four Loko, a well-known alcohol/coffee combination, has been the debate of health concerns since its inception over a decade ago. The main issue was whether the drink produced a drug-like high, but rather that the caffeine interfered with the sensory cues one might rely on to determine their levels of intoxication. Thus, the drinker would find themselves drunker, faster.

According to studies done at Purdue University, drinking alcohol with coffee — namely vodka — with things such as Red Bull will produce the same effect on the brain as taking cocaine.

Not only that, but the effects could be long-term. The experiment, which included giving both the alcohol/coffee mixture and cocaine to different sets of adolescent mice, brought researchers to conclude that repeated exposure to the mixture during adolescence (which ranges from ages 10 to 19) could pose a threat to future development.

Sometimes, though, experimenting can be taken to the next level, and some dabblers are more dangerous than others. Among the risks taken in the name of a good time is drinking unique and inventive combinations of alcohol, a depressant, and caffeine, a stimulant. If you’re one of those thrill seekers, you might want to think twice next time you reach for an energy drink as a mixer.

We’ve all heard it: College is the time to let loose. In most contexts, that just means figuring yourself out and discovering what you want to dedicate your life to for the next forty-ish years.

But what if one of those times is when you reach college? According to Purdue University, mixing Red Bull with vodka, pictured above, can have effects on the brain that are equal to prolonged cocaine use.

The Purdue University study, the same thing applies to the infamous Red Bull and vodka mixed drink that’s quickly becoming a favorite among teens and young, often underage, adults.

Duquesne students are skeptical, though. Asking around, it became apparent that those who have mixed the two reported nothing more than a slightly stronger buzz, if even that. In most cases, the students, who wish to remain anonymous, place the study and its findings in the realm of paranoid conspiracy theories and idealistic cures for boredom.

At this age, however, it isn’t uncommon to feel invulnerable and invincible to the dangers of the world. Life is just beginning to open up and unfold into a curious rush of newness and independence. There’s a level of desperation to experience all that there is to feel and to experience it at a level that transcends depth. For most college freshmen, moving into dorms marks the first step in moving away from our parents.

The traditional my-roof-my-rules condition no longer applies, and we as young adults are free to set our own regulations, test our limits and explore what it means to be human. For that reason, this is a phase of our lives that is dual parts unique and dangerous.

We aren’t wired to think in terms of future consequence right now, finding instead that it’s easier — and often more fun — to live for the here and now.

There’s still the question lingering of whether or not these drinks produce the same effects on the brain as prolonged cocaine exposure. The Purdue University study set a strong foreground for future exploration into the topic, but as of now, the true effects still remain somewhat enigmatic. There’s no question that the drinks do, however, have the potential to cause great harm and health risks, so next time you find yourself on the South Side searching for a good time, consider reaching for something else to drink.

According to a study by Purdue University, mixing Red Bull with vodka, pictured above, can have effects on the brain that are equal to prolonged cocaine use.
FEATURES

Bikes and Bridges: Getting to Class the Hard Way

Seth Culp-Ressler
features editor

Welcome to the Continuing Misadventures of a Displaced Duquesne Student, a series in which Features Editor Seth Culp-Ressler grapples with his newfound life off campus. For the veterans of apartment life, feel free to laugh at his incompetence. For non-veterans, perhaps the mistakes he chronicles are valuable lessons.

Chapter Three: The Commute

It’s been a good while since I last had to subject my body to this much exercise. As in — if I had to guess — junior year of high school. So, what’s that, four and a half years? My legs would certainly believe that number. Alas, such is the life of commuting to Duquesne’s campus.

Living up on the Bluff, while limiting in terms of flexibility of lifestyle, is undoubt- edly superior when it comes to getting your butt to class. Students take that for granted, of course. I used to bemoan my trek up the Seitz Street hill between Des Places and College Hall. Today, I’d give up Halloween candy for, like, two or three days to get that walk back.

Now my commute is a hop, skip, jump, riv er and bridge away. And, as one soon learns when living on the South Side, getting to campus day-in and day-out isn’t exactly the most straightforward proposition. Fortunately, once across the Monongahela, you’re left standing on the wrong side of the cliff. As in, the one without elevators.

As most Duquesne students know, you have two options: the South Side steps (formally known as the City Steps) or the Armstrong Tunnel sidewalk. Neither are ideal. For the first few weeks of class I was committed to biking. After all, travelling on wheels has to be faster than by foot, right? Well... yes and no.

See, the route from South Side to campus isn’t exactly easy for bikers. There aren’t dedicated bike lanes, and the majority of the trip is comprised of the Tenth Street Bridge and the Armstrong Tunnel. I don’t know about you, but for the majority of the day I don’t have much interest in riding on the road in either case. If something goes wrong, you’ve got nowhere to escape to — no shoulder, no runoff area. Not my jam.

Naturally, then, that leaves you riding on the sidewalk, which brings its own set of problems. There are other pedestrians walking there, for one. Now, I should be clear: I do everything in my power to be as respectful of others as I can when I ride on the sidewalk. I know this is a shared space, and I’m not trying to be That Biker™ who rolls up on people, screaming for them to move over. If I have to wait behind somebody, I have to wait. It’s all good — I leave plenty of buffer time to get to class on schedule.

Of course, that clearly diminishes the speed advantage of riding, meaning that in most cases it would be just as slow as walking. So, with that, I’ve whittled down my seat time to Tuesdays and Wednesdays, when my commute home is late at night with little to no traffic, allowing me to ride on the road and truly cut down my travel time.

All other days I walk. That means I have to conquer the big, bad South Side Steps. Hence the increased exercise. Now, I hear you: I could take the Armstrong Tunnel sidewalk. Trust me, though, having a dump truck blow by you at full tilt just a single time — coating your lungs in diesel exhaust and blowing out your eardrums — is enough of a deterrent.

Up and down the steps it is, then. Admit- tedly, it does get easier the more you do it. I guess that’s how exercise works, huh? Also, the relative silence of the steps (in comparison to the tunnel) means I can better listen to my podcasts, and I love me some good podcasts. I’ve been able to rip through a huge catalog of the things so far, and it’s pure bliss. Highly recommended for boring commutes.

For now, that’s where I’m at: a nice balance between walking and riding. I’ve totally got this whole commuting thing figured out! Wait, what’s that you say? Winter is on its way?

Yeah, yeah, I know. Adapting to the weather change will be a whole new challenge, one that will probably have its own installment of this series early next year. At this point, I know I need some nice gloves and sturdy boots, but I’m sure more deficiencies in my attire will rise up as quickly as temperatures drop.

But, hey, I’ll cross that (windy, cold, “May Be icy”) bridge when I get there.

Stretch your body and open your mind with local yoga

Brady Collins
contributor

When you think of yoga, a variety of perceptions probably come to mind. You might think of an Instagram friend who’s constantly posting the exotic places they’ve done a headstand or the video you did in high school gym class that everyone complained about.

Chances are, if you’ve never tried it, you aren’t aware of the benefits it can bring. You may even be intimidated by the practice. Students and teachers of yoga are here to set the record straight.

Linda Menacci, a teacher at Schoolhouse Yoga in Squirrel Hill, explained that, “yoga is a way to be with yourself. There aren’t any expectations in yoga.”

Yoga can bring students a variety of physical and mental benefits. Allie Stewart, a junior occupational therapy student at Duquesne, said yoga has profoundly impacted her life.

Stewart was going through some rough times in high school and when she decided to try yoga using a Groupon she found.

“I was lying on the mat at the end of class, sweating like crazy, and I said, ‘Maybe it’s okay to love myself,’” Stewart said. “I just kept going back every day after that. I couldn’t get enough of it.”

Understanding mindfulness is paramount in anyone’s practice, Stewart said.

“You’re observing your thoughts and with each exhale just let- ting it go,” Stewart said. “You’re saying to yourself, ‘This is where I’m at right now, this is what I’m feeling, all of me is okay.’

Now it’s going through the process of teacher training with Schoolhouse Yoga.

College students are under a lot of pressure. Sometimes the weight of studying, extra-curriculars and relationships can make it impossible to care for yourself. Fortunately, yoga offers a way to do that, and there are over 100 studios in the Pittsburgh area. The options are almost endless, so where do you start?

Inhale Pittsburgh

If you’re an early riser, you can take a quiet walk or T-ride downtown to Inhale Pittsburgh on Seventh Street. Morning classes are from 6:30-7:30 a.m. Monday through Friday. Breathing and moving that early may not feel like a chore once you step into Inhale’s studio. The studio faces the city street, and students are able to feel the morning light flood in as the sun rises.

Allison Cong, a teacher at Inhale Yoga, said her goal is to allow all students to feel as if they are “reconnecting with their inner selves.” She said she loves when beginners come to the studio. She has even had newbies “observe classes” just to see what it’s all about. Once students begin classes, the first thing Cong recommends is to “start by focusing their mind, knowing that their practice is their own and not everyone else’s. It’s go-
## SPORTS

### XC teams battle through Atlantic 10 Championships

**Adam Lindner**
staff writer

This past weekend, Duquesne’s men’s and women’s Cross Country teams both competed in their respective Atlantic 10 Conference Championships and continued their recent run of success. Held in Mechanicsville, Virginia at Pole Green Park on Saturday, both teams finished in the top five of their fields of 14 with a second place finish for the men’s team and a third place finish on the women’s side.

The men’s team, led by Rico Galassi, finished second with 77 points right behind Dayton, who finished with 57. Saint Louis was a close third with 85 points, and George Mason and Saint Joseph’s rounded out the top five with 102 and 130 points, respectively.

Galassi, a redshirt junior, finished the five mile run with a time of 24:32.3 and a first place finish out of 123 runners overall, placing him 10.1 seconds ahead of the second place finisher, Hunter Johnson of Dayton.

Duquesne head coach Jim Lear was pleased with the performance of his top athletes.

“Rico had an exceptional race,” Lear said. “I’d actually say all six people at the front, the three women and the three guys, had great races. Rico, obviously, a win’s a great thing.”

A great thing indeed. While Duquesne certainly benefited from Galassi’s strong outing, Christian Kazanjian and Gordon Luoco both ran exceptionally as well. Kazanjian finished fifth with a time of 24:49.3, while Luoco finished eighth at 24:59.2.

Dino Andrade (No. 31 overall, 25:30.2) and Joseph DiPietrantonio (No. 32, 25:40.0) rounded out the top five for the Duquesne men.

Duquesne’s women’s team was also represented very well, finishing third out of a field of 14 behind Richmond, who finished first with 77 points, and Dayton, who finished second with 88 points.

Though Duquesne finished with 88 points as well, Dayton was awarded second place through the tiebreaker policy. Davidson (109 points, fourth place) and UMAs (150, fifth) rounded out the top five teams.

Running a distance of a 5k (3.12 miles), the women’s team was boosted heavily by top runners recording very impressive times. Valerie Palermo finished third out of 131 runners and posted a commendable time of 17:20.4. Soon after Palermo were fellow Dukes Autumn Greba (17:29.2) in sixth and Jenny DeSilvignore (17:30.4) in seventh.

While coaches and runners alike were hoping to win the championship, there’s still incredible solace to be taken in how both teams performed, according to Palermo.

“I’m very proud of our team’s overall performance,” Palermo said. “I think we all [did] our absolute best and left it all on the course. It’s obviously disappointing to come in [third], but I think that we all did everything we could and put in the work all season in order to do our best.”

Although neither team may have won the championship, both teams have a major chance to redeem themselves in the upcoming NCAA Mid-Atlantic Regionals, held at Penn State on Nov. 11.

“I think everyone is excited to compete with some of the best ranked schools in the area,” Palermo said. Lear said that Duquesne should be in “good shape” heading into Regionals, just as long as the team’s top three runners on each side have strong outings.

He emphasized that because the Regional meet will have a much larger number of runners.

“Lower counting sticks would help a lot,” Lear said. “Run similar to what they ran in the conference meet, yeah, I think we should be in pretty good shape.”

### WR Roberts shines in Dukes 35-31 win over Bryant

**David Borne**
staff writer

Trailing 24-7 with 6:37 remaining in the first half, it appeared that Duquesne was about to suffer their second consecutive loss in NEC Conference play to the Bryant Bulldogs. The loss would have likely crushed their NEC title hopes. However, the Dukes were able to outscore Bryant 21-7 in the second half and pull out a 35-31 victory.

The win came in the ninth ever meeting between the two teams, and it brought Duquesne’s three game losing streak against Bryant to an end. Additionally, it set the stage for receiver Blair Roberts to showcase his talents on Rooney Field.

The Red & Blue saw a breakout performance from the graduate transfer who played undergraduate football for the Old Dominion Monarchs.

However, Roberts was not the only receiver who had a career day on Saturday afternoon.

Bryant receiver Keenan Thompson also had a stat-stuffing night for the Bulldogs. He opened the game’s scoring with a 32 yard reception from quarterback Dalton Easton, but Roberts immediately made his mark and evened the score four minutes later. This was just the start of a back-and-forth affair between the two all night long.

The two stole the show on Saturday, as both managed to find the endzone four times and they totaled a combined 242 yards receiving in the contest.

However it was Roberts for Duquesne who was able to come out on top of the receiver dual and in turn help his team come away with the win. Roberts sealed the deal for the Dukes with 9:15 remaining in the 4th quarter, when he caught a 13-yard pass from redshirt senior quarterback Dillon Buechel and scored his fourth and final touchdown of the afternoon.

Roberts ended the day with a season high 8 receptions for 153 yards. Roberts’ performance on Saturday tied the school record for most touchdowns in a single game. He now shares the record with teammate Wayne Capers Jr., who recorded four touchdowns in a game against Richmond earlier this season.

Blair Roberts has usually been more of a secondary target for Buechel behind Wayne Capers Jr., but he stepped up when the Dukes needed him to on Saturday. Bryant was able to limit Capers to only one reception in the contest, and Buechel needed someone to fill the role of the number one receiver, which is exactly what Roberts did. Roberts and Capers both share the team lead with six touchdowns on the season and have done a nice job of giving Buechel weapons to replace Chris King, who had been Buechel’s favorite target over the past few seasons before graduating last Spring.

In his four seasons at Old Dominion, Roberts appeared in 25 games and had 13 touchdowns during that time. He only appeared in one game in his final season at Old Dominion but missed the remainder of the season due to injury. The transition to Duquesne and a new offense hasn’t seemed to impact Roberts this season, as he is one of the team’s two leaders in nearly every receiving category.

If Roberts and Capers can continue to step up, Duquesne’s passing attack will become very dangerous on the shoulders of their leader Buechel.

The Dukes head to Long Island to take on Wagner this upcoming Saturday. Wagner enters the matchup allowing 221.1 passing yards per game, so Roberts and Capers Jr. should be able to find success again this weekend.

With the win over Bryant, the Dukes improved their record to 5-3 on the season, and 2-1 in conference play. The upcoming games are must-wins for the Dukes in order to preserve hope of defending their NEC Championship, as they currently sit behind Saint Francis in the standings, who is 6-3 on the season and has a perfect 4-0 record in conference play.

Graduate student and wide receiver Blair Roberts celebrates with his offensive lineman Matt Fitzpatrick after scoring one of his school-record four touchdowns in the 35-31 win over Bryant on Saturday.
In bitter battle to end drought, Chicago prevails 8-7

Andrew Holman
sports editor

The Cleveland Indians and the Chicago Cubs, as well as their fan bases, have been waiting for a combined 176 years to bring a World Series title back to their respective cities. For Chicago, it has been a brutal 108 years. For Cleveland it has been a heart-wrenching 68. In 2016, these two teams collided in the Fall Classic setting the scene for a historic series. But only one of these droughts could come to a conclusion.

In a series with so much at stake, it was no surprise that it took a full seven games to decide a winner. With two cities set to hold their breaths for each pitch of the final game, it didn’t take long for Chicagoans to exhale and for Clevelanders to start praying. A leadoff home run from Dexter Fowler set the tone and the Cubs kept the bats rocking all night long on their way to Game 5 victory. The Indians, led by their ace Corey Kluber locked the game up early but the bats never piled on enough runs to sell, Rizzo and Contreras. It finally put an end to the Indians' home run drought, ultimately lifting the Cubs to the crown.

For Cleveland, it was heartbreak. As the series went along, things began to feel like destiny for the Tribe after they sailed to the AL pennant with a 7-1 record in the ALDS and ALCS combined events without their second and third starters. Needing just one win in the final three games, another title in Cleveland in 2016 didn’t seem so much about if, but rather a matter of when. A team that overcame so much and got so close will have to regroup and look to next year where under the direction of Terry Francona they could very well be back in the Fall Classic.

But as history has proven, it isn’t easy to get back. Nothing is ever promised. For the Indians the 68-year drought has flipped to 69 and the Indians now own the longest title drought in the MLB. They will be hoping to put a halt to that just as the Cubs did. From a die-hard Cleveland fan – congratulations, Chicago. Thanks for a memorable series and a thrilling Game 7. We hope to see you again next year. I guess the old Cleveland adage is back. “Maybe next year, Cleveland. Maybe next year.” We will be back. Just keep on believing.

Cydney Staton sends soccer senior class off in style

Bri Schmidt
staff writer

The Duquesne Dukes women's soccer team propelled itself into the playoffs as the No. 3 seed when it finished off the regular season strong with a hard fought battle against the La Salle Explorers.

The Dukes hosted the Explorers on Oct. 30 in what became a very wet and chilly fall game shortly after the beginning of the game. With this being the final game of the regular season, stakes were already high. Throw in the fact that this was also Duquesne’s Senior Day, and it’s safe to say emotions were flying. And in her final game on Rooney Field, senior forward Cydney Staton had a game to remember recording two goals in Duquesne’s 2-1 victory – the second coming with just four seconds left in double overtime to record a last-minute win for her team.

"I don’t even know, I’m like speechless,” Staton said. “I have been waiting for a goal all season... I don’t think I could have felt any better about it.”

Staton and her eight fellow seniors – Maddie Layman, Haley Yow, Jorden Thornton, Maggie Mayo, A.J. Baroffio, Ashley Gaul, Dani Wenger and Elyssa Anderson – were honored before the game and were given the majority of the playing time by their head coach Al Alvine.

The first half started rather evenly matched as neither team seemed to really dominate the other and there were limited scoring chances for either side. With 30 minutes left in the first half, the sky opened and it began to pour. The turning point in the weather brought a turning point in the game, and things began to heat up. La Salle took control of the ball and the field, managing to keep the play down on the Dukes’ end for a solid five minutes with aggressive attempts to score. But on a counterattack, sophomore forward Katie O’Connor was taking the ball down an open field to score what seemed to be a sure goal until Explorer Paige McDowell came in with an aggressive slide tackle, was red carded and forced to leave the pitch.

A missed penalty kick by Malea Fabean left the score 0-0 where it remained for the remainder of the half as Duquesne failed to capitalize with the Explorers forced to play the remainder of the game with only 10 players.

Needing a win to keep their playoff aspirations alive, La Salle came out much more aggressively in the second half with serious intentions of putting the game away as they continued to outshoot Duquesne at a staggering pace.

However, on a breakaway, Staton split the Explorers’ defense and drove to the goal, sending the ball soaring into the back of the net, scoring the first goal of the game and her first of the season.

The remainder of the second half would consist of numerous corner kicks that would not be converted into goals, a yellow card and even more rain. With seven minutes left in regulation, it seemed the Dukes would walk away with the win as they were in full control. But in a stunning turn of events, the Explorers sent a soaring corner kick into the center where sophomore forward Maci Bower redirected it into the net, tying up the game and keeping the Explorers’ season alive as the game headed for extra time.

And overtime it was; two total. After 90 minutes of regulation and a 10 minute overtime period, Duquesne and La Salle were still knotted at 1-1, meaning that a second overtime was in store.

For virtually the entire of the second overtime, it looked like a tie would be the final result that the nine seniors would record on Rooney Field.

But as the clock wound down, both teams began to scramble. Staton received a pass and began to race toward goal. With just four seconds remaining, the senior became a hero as she sent one past the keeper and scored the virtual buzzer beater. The goal secured Duquesne’s 2-1 win and sent her to the bottom of the pile of her conference teammates as they picked up momentum heading into the conference tournament with their eyes set on a repeat performance of 2015 and the program’s first ever NCAA tournament win.

"To win another A10 championship with my team? I mean last year winning it was amazing,” said Staton. “The feeling is unreal, so I can only hope we can do it again this year.”

The Red & Blue will begin their quest to repeat as Atlantic 10 Champions when they take on the No. 6 George Washington Colonials in the tournament’s opening round.
Craig Taylor
staff writer

Short-form video sharing app “Vine” will be discontinued “in the coming months,” according to Vine’s development team via a statement made with the online publishing platform Medium last Thursday.

Team Vine assured creators that their videos will not be going anywhere just yet and that they can still view and download their creations for the time being. The developers also said that the Vine website will be kept online, and that they will notify users whenever changes are made.

“We’ll be working closely with creators to make sure your questions are answered and will work hard to do this the right way,” Team Vine said in their statement.

The official date for the shut down has not been announced yet, but Vine said in its press release that it would be occurring in the coming months.

Team Vine didn’t specify a reason for shutting down the service though the announcement comes at a time when content creators can take advantage of a multitude of less restrictive video-sharing formats.

The creators get an opportunity to post 60-second videos this summer, and even Twitter (which purchased Vine in 2013) increased their video length limit to 140 seconds.

Along with the implementation of live video with Twitter’s Periscope and Facebook’s live video feature, creators now have more options than ever to produce content.

Vine also struggled with satisfying advertisers. Whereas platforms like Twitter and YouTube have ways to promote branded content, Vine never implemented such a service, and many major companies abandoned it.

In a study conducted in 2015 by video analytics firm Tubular Labs, Vines made up just 4 percent of all branded videos when compared to YouTube, Facebook and Instagram.

Out of 2,500 videos posted by 40 major brands, only a handful of those companies utilized Vine for their viral marketing, and many of them hadn’t posted a Vine in months.

Vine’s six-second video clips were a staple on Twitter, as they complemented the social media platform’s bite-sized nature. Vine was a hotbed for physical and black comedy, and some of the more popular Vine stars garnered millions of followers on the service.

Jay Versace, a user with over 3 million followers on Vine, commented on how the app impacted his life.

“Vine was [sic] getting shut down. I will never forget how many opportunities that app bruised [sic] into my life,” he posted on Twitter.

“Even tho [sic] I haven’t Vined in forever I always go on there and remember how me making one decision changed my life forever.”

Twitter users honored the service by tweeting “#RIPVine” along with some of their favorite vines from the app’s four-year history.

Ty Sweeney, a senior integrated marketing communications and political science major, says that the death of one of the major social media sites was inevitable.

“It was a fine platform… but I think we can’t go on having as many social media sites as we used to have,” he said.

In their statement, Team Vine thanked the creators and users who made the service into what it had become.

“To all the creators out there—thank you for taking a chance on this app back in the day. To the many team members over the years who made this what it was—thank you for your contributions. And of course, of all to those who came to watch and laugh every day,” Team Vine said in their statement.

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Unfortunately, though, what many might not realize is that the entertainment industry will be under threat. And in a rare example of bi-partisanship, both candidates represent dangers to different parts of the industry.

In a speech given in February, Donald Trump promised to “open up” libel laws in order to make journalists who write negative articles about him easier to sue. While Trump may have only specified journalists in the speech, their comments could have wide-reaching implications.

Libel laws are important to journalists, but they don’t only protect journalists. Comedians rely on them to keep themselves protected from people angrily about being made fun of in their jokes and stand-ups.

If journalists are easier to sue for saying bad things, what’s to stop Trump from suing “Saturday Night Live” the next time Alec Baldwin mocks him? Will we have to look forward to the day President Trump enters an ongoing court battle with Trevor Noah over his latest joke?

This isn’t the first time a politician has turned out to be thin-skinned against criticism. As a matter of fact, the second President of the United States, John Adams, passed similar laws known as the Alien and Sedition Acts, which banned speech that was critical of the government. However, the sedition part of those laws have not been a part of U.S. law for more than 100 years.

On the Clinton side of things, the former New York Senator as had a very negative history with the video game industry.

According to an article by the Washington Post, she once gave a speech calling for violent video games to be regulated just has harshly as tobacco or alcohol. The speech was in support of the Family Entertainment Protection Act, a law which would have fined the selling of violent video games to minor. Clinton introduced the law, though it never passed.

While the jury is still out on the psychological effects violent video games can have on children, this increased scrutiny is unprecedented for an entertainment medium. Is it illegal for a kid to watch a violent TV show? Minors may not be allowed into rated R movies at most theaters, but that is not due to a law. That’s just a commonly accepted practice of theaters and is entirely voluntary. Movies don’t even need to send in their films to be rated in the first place.

Thankfully, laws against video games are going to be a little harder to pass today than in the past. In 2011, the U.S. Supreme Court struck down a Californian law that was very similar to Clinton’s FEPA. Now judicial precedent is in the favor of video game companies and against future laws like that.

Obviously the effects of politicians on the entertainment industry are not the most important things to look at this election. There are facacies, immigration stances and experience to consider. But entertainment is ingrained in our everyday lives and affects many of us more often than a decision on how much the wealthy will be taxed or whether our southern border will have a wall.

Take into consideration how your favorite form of relaxation might be affected this coming election day.
Cumberbatch brings Frankenstein’s monster to life on stage

Nicole Proto
staff writer

Starring Benedict Cumberbatch and Jonny Lee Miller, “Frankenstein” took the proverbial stage in Pittsburgh to round out its run over Halloween weekend. The 2011 play is directed by Danny Boyle and written by Nick Dear; it was broadcast in area theaters last week as part of the National Theatre Live’s Encore Series. The broadcast shown on Oct. 29 at Southside Works Cinerama featured Cumberbatch as the Creature and Miller as Victor Frankenstein. The specificity is warranted, as the original live run had a unique twist: Cumberbatch and Miller would alternate roles as the Creature and Frankenstein on consecutive nights of the show, emphasizing the theme of duality from Mary Shelley’s novel.

Before the play begins, the audience is given a brief, behind-the-scenes look at interviews with the director, writer and actors. This is interspersed with scenes from the 1931 “Frankenstein” movie that has dominated popular culture renditions of the Creature. The irony, the creators state, is how the infamous film robbed Frankenstein’s Creature of his voice entirely. Where the 1931 adaptation plays upon his violent nature, his narrative in Shelley’s novel displays a loquacious being who gravitates toward John Milton’s “Paradise Lost.”

This, too, is our first scene with Frankenstein, who enters briefly before recouling in disgust. He only bothers to throw a blanket over his creation as he runs offstage. The Creature is then left alone to the chaos of an industrial world drenched in alien sounds and cruel people. His immediate introduction allows us to sympathize with him first, which helps blunt the atrocities he later commits.

Boyle’s rendition gives the Creature his voice back in a unique way. He is almost a compromise between the boorish Boris Karloff version and Shelley’s original. His speech is largely true to the dialogue in Shelley’s novel, but the lines are spoken almost in farce. His words are loud and drawn-out, interspersed with actions such as leaping on chairs or clawing at the air — perhaps mocking the conventions of the Romanic and Victorian England eras. The Creature embodies, undoubtedly, Frankenstein’s monstrous, half-fulfilled experiment without sacrificing all the passion of Shelley’s wronged being.

After abandoning the Creature, Frankenstein is first truly introduced when his family creates a search party to find his younger brother, William (Hayden Downey, William Nye and Jared Richardson). The boy had gone missing after a game of hide-and-seek, abducted by the Creature earlier that day.

Frankenstein’s character is a departure from the sentimental young scholar stricken by grief after his mother’s death in Shelley’s book. We do not witness his transformation into the wayward student who becomes obsessed with death. That information is instead relegated to a few feverish and harried speeches. Dear presents us with the man determined to force nature to bear its secrets to him — and who vacillates between disgust and pride in his abilities.

His fiancée, Elizabeth (Naomie Harris), is the only person who seems to humanize him for the audience without any urgency. They regard one another with a playful, mutual respect. Her kindness and humor foil his severity; if someone like this finds Frankenstein appealing, perhaps it is because it is as atrocious as the audience is being led to believe.

The set itself is a technological feat, with parts of scenes rising from the floor in a circular platform and shadows expertly cast on paper-like screens. A track runs along the center paper-like screens. A track runs along the center.

Tove Lo creates seamless, flowing album in “Lady Wood”

Nicola Jozefczyk
staff writer

Swedish electropop singer Tove Lo is back with a stellar and tantalizing new album that takes the listener through an emotional rollercoaster ride. “Lady Wood,” which came out on Oct. 28, is a perfect combination of crafted beats and vocals that make a flawless pop album.

Coming out only a short two years after her debut album “Queen of the Clouds,” “Lady Wood” has left many hungering for more of Tove Lo’s unique, melodic musical talent.

The first song on the record is not a song with vocals, but an instrumental intro. “Fairy Dust - Chapter I” is a 57 second track that sets up the whole album and flows seamlessly into the second number, “Imaginary Friends.” Usually I am not a fan of music intros or interludes, but “Fairy Dust - Chapter I” is done in such a way that it makes it impossible to know that it and “Influence” are two different melodies without looking at the track list.

“Influence” is aided with a feature from Wiz Khalifa. His short rap only adds the message of the melody, which is being intoxicated by love and not having control, a message commonly found in Tove Lo’s music. “Lady Wood,” the next song and namesake of the album, follows what was set up by the previous track talking about how tantalizing love is. The ending of this tune is mysterious and creepy, allowing for a whole new feeling to be created in time for the next song.

“True Disaster” and the fifth piece, “Cool Girl,” create a questioning and heartbreak feeling. With both songs debuting long-term love, it is a nice break from the theme that originated from the beginning of the album.

The next melody, “Vibes,” is minimalist compared to Tove Lo’s usual electronic and synth music. Although that electronic sound is not taken out completely, the verses of both Tove Lo and Joe Janiak, who is featured on this track, are accompanied by mainly guitar. This allows “Vibes” to sound more intimate and stripped down, creating an emotive rawness.

“Vibes” is then followed by an interlude named “Fire Fade - Chapter II.” This instrumental arrangement with slight vocals gives a very unsettling feeling. While listening to it, “Fire Fade - Chapter II” creates an imagery of waking up from a drug induced high. With lyrics like “I’m lost” and “I don’t know where I am” accompanied by an echo, the sound is fearful. Just like the intro, “Fire Fade” flows into the next song seamlessly.

“Don’t Talk About It” and the ninth tune, “Imaginary Friends,” produce the feeling of regret. “Don’t Talk About It” uses the line “sweep it under the rug like we do” to show the love is not talked about anymore. This is followed up by “Imaginary Friends” which mainly talks about how her imaginary friends will always be there for her, since her lover could not provide it.

The tenth and thirteenth tracks in the setlist, “Keep it Simple” and “Flashes,” are call backs to Tove Lo’s past love, with the former talking about keeping the relationship physical in order to try to convince the guy to stay with her, while the latter incorporates how her public life interferes with relationships and how she is not perfect.

Finally, the last melody on the album, “WTF Love Is,” mixes together a fast tempo with lyrics regarding love clichés and what love actually is to create a meaningful song that is also good to dance to.

“WTF Love Is” ends with the lyrics “Ah, f--- / Ugh, I need another” which is actually very topical for how “Lady Wood” is planned out. In this case, those lyrics can be preserved by the listener as he or she needs more music from Tove Lo, as if he or she is addicted to it. Luckily, Tove Lo’s album is actually a double-album, meaning there is a second one coming out sometime next year.

Tove Lo was able to create an album that evoked just as much emotion as her last one, “Queen of the Clouds,” did. She uses the musical medium to tell a story, which allows listeners to follow along with us through all of these different events. All of the songs, other than the intro and interludes, mesh many synth sounds, cool and tantalizing vocals and beats a person cannot help but to dance to. That being said, “Fairy Dust - Chapter I” and “Fire Fade - Chapter II” are used to allow the album to have a seamless flow into the next song.

“Lady Wood” is a storytelling masterpiece that any fan of any genre should pick up and listen to. It creates perfect anticipation for the second part of her album, which is set to release in the early months of 2017. Let’s hope it manages to be even better than its predecessor.
VETERANS — from page 1
to The Military Times website, and this documentary was made to raise awareness of those high suicide rates in the veteran community.

Lee Wagner, an academic coach for the Veteran’s Bachelor of Science in Nursing (VBSN), said the week will bring the campus closer together. ‘Veterans Week at Duquesne is thought of as a celebration of sacrifice and service for the nation.’ Wagner said. ‘It’s a way of recognizing the service given by those who have dedicated themselves to their country and communities.’

The Housing Authority of Pittsburgh would like for residents to continue to visit the housing locations in their efforts to help those with past criminal records. ‘The goal is to have [housing residents] be independent,’ Roberts said.

Clinic expunges records

“thought it would be a great way to raise awareness about one of the services that the clinic provides,” she said. “Thankfully, the Housing Authority was completely on board with the idea and so we co-wrote the application.”

Chief Urban Affairs Officer of the Pittsburgh Housing Authority Valerie McDonald-Roberts said that the grant “really came out of a conversation with the chief community affairs liaison about employment.” Roberts would like for residents to not be prevented from work because of these records.

Sulenski shared this concern. ‘They are hard working and have families to support, but they are held back from work — even if they are educated — because of old records,’ she said.

Roberts said the Housing Authority was eager to work with Duquesne in their efforts to help those with past criminal records.

“Veterans Week at Duquesne is a time to honor and thank our military and veteran students,” Wagner said. ‘It’s a way of recognizing the service given by those who have dedicated themselves to their country and communities.’

In Pittsburgh’s most interesting neighborhoods, consider visiting Schoolhouse Yoga in Squirrel Hill. Schoolhouse offers basic and advanced alignment, meditation and flow classes. Each teacher is different at Schoolhouse and brings their own experiences to the practice.

Linda Meacci, who teaches most Friday and Sunday mornings, said she came to yoga when she was living in NYC, studying theater and dealing with a lot of internal anxiety. ‘Yoga brought Linda a sense of calm she had yet to experience in other physical activities. Linda then went on to blend yoga with her theater and dance background, and her classes reflect that fusion.’

Meacci advises all beginners with the mantra that ‘all you need is yourself and the mat.’ She offers modifications to everyone in the class and gives special attention to individuals that want it.

The benefits of yoga are numerous, and at the end of the day, being in touch with our own emotions, thoughts and bodies is of the utmost importance. ‘Getting in touch with yourself, you may be better at connecting with others as well.’

So get out there and try it. Mats are relatively inexpensive and one class can change your outlook for the entire week ahead of you. And wouldn’t the possibility of feeling even a little less stressed be worth a shot?

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PGH yoga studios offer stress relief

YOGA — from page 6
the practice. Despite being on Carson Street, the atmosphere is peaceful, and the studio is full of natural light.

BY5 has a variety of classes available, including Hatha/Vinyasa classes — which focus on alignment and breathing with the body — and even a YogaRhythms class. Kristi Rogers, the owner of BYS Yoga, said YogaRhythms is typically offered at the Friday Benefit Classes from 6:30-8:30 p.m. At the Friday Benefit Classes, students pay what they wish, and students from the previous Friday choose the charity that the proceeds will benefit.

Schoolhouse Yoga Squirrel Hill
If you’re looking to escape to one of Pittsburgh’s most interesting neighborhoods, consider visiting Schoolhouse Yoga in Squirrel Hill. Schoolhouse offers basic and advanced alignment, meditation and flow classes. Each teacher is different at Schoolhouse and brings their own experiences to the practice.

Linda Meacci, who teaches most Friday and Sunday mornings, said she came to yoga when she was living in NYC, studying theater and dealing with a lot of internal anxiety. ‘Yoga brought Linda a sense of calm she had yet to experience in other physical activities. Linda then went on to blend yoga with her theater and dance background, and her classes reflect that fusion.’

Meacci advises all beginners with the mantra that ‘all you need is yourself and the mat.’ She offers modifications to everyone in the class and gives special attention to individuals that want it.

The benefits of yoga are numerous, and at the end of the day, being in touch with our own emotions, thoughts and bodies is of the utmost importance. ‘Getting in touch with yourself, you may be better at connecting with others as well.’

So get out there and try it. Mats are relatively inexpensive and one class can change your outlook for the entire week ahead of you. And wouldn’t the possibility of feeling even a little less stressed be worth a shot?

Vets Week back at DU

VETERANS — from page 1

Clinic expunges records

RECORDS — from page 1

becomes public after age 14 in Pennsylvania.

One of the students, second year law student Brianna Sudenski, said the class is currently working on expungement cases for several clients in the Juvenile Defender clinic.

“I’m excited to help them, also because they are [around my age],” she said. “There is no need for these [records] to hold them back.”

Sudenski said she enjoys being able to work ‘hands-on’ with real clients. The students go to court with Szemere-Thompson, but next semester will play a more active role.

After Szemere-Thompson found the grant opportunity in an email, she applied in December of 2015. As this was a national grant, Szemere-Thompson and her clinic competed with other housing authority and legal service teams throughout the country for the grant. When she first applied for the grant, the Juvenile Defender Clinic was brand new.

“I thought it would be a great way to increase visibility about one of the services that the clinic provides,” she said. “Thankfully, the Housing Authority was completely on board with the idea and so we co-wrote the application.”

Chief Urban Affairs Officer of the Pittsburgh Housing Authority Valerie McDonald-Roberts said that the grant “really came out of a conversation with the chief community affairs liaison about employment.” Roberts would like for residents to not be prevented from work because of these records.

Sulenski shared this concern. ‘They are hard working and have families to support, but they are held back from work — even if they are educated — because of old records,’ she said.

Roberts said the Housing Authority was eager to work with Duquesne in their efforts to help those with past criminal records.

“The goal is to have [housing residents] be independent,” Roberts said.
upon which a train-like device roars through, emitting sparks and noise while carrying people swinging hammers. In the scene where the Creature immerses himself in nature, real water falls on stage to imitate rain.

The play makes interesting departures from its source material, the most significant being the scenes where the Creature becomes literate through the De Lacey family. Old man De Lacey takes an active role in developing the Creature’s literacy for a year, which contrasts his self-tutelage in the novel. De Lacey, a blind scholar, takes pains to reign in the Creature’s impulsiveness. They take walks together, quoting literature and contemplating the Creature’s existence. If anything, this added senti-

mentality makes his separation from the De Laceys all the crueler.

The play offers unique take on classic horror story

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The mother of science fiction had borne a creation myth with disastrous consequences, and playwright Dear avoids buying into the interpretation that her story is simply a warning against man usurping God. Rather, the production gives heavy emphasis to Frankenstein’s irresponsibility. His desire to create life stems from pride alone. His action in abandoning the person he brings into the world transforms him into the author of his own suffering. Both he and the Creature become locked in an Ouroboros of destruction as both men waste away in their mutual hatred of one another.

Boyle’s production was a sold-out success in its original run, and it remains powerful on-screen years later.

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Fundraiser to benefit the victims of the recent earthquake in Central Italy
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For more information, contact italyconsulpgh@gmail.com

ITEN——from page 10

ITEN — from page 10

Loans possibly predatory

leaves them “to make choices between retirement and student loans,” she said.

This is not to say all student loans are bad — they can help make college affordable to many Americans, according to Grunwald, who praised the practice.

“Student loans, in general, are a really good deal,” he said.

Baylor also said how helpful the programs, even Parent PLUS, can be.

“Parent PLUS loans help fill in gaps that are left after the student loans reach their cap,” she said.

Yet, there is little oversight when it comes to predatory student loan practices.

“It’s kind of the wild, wild West,” Baylor said.

There is essentially only one watchdog, the relatively new Consumer Financial Protection Bureau. Founded in 2008, their power is limited.

“They do some good oversight on student lending, but they don’t have regulatory control … they can give great advice,” Baylor said.

Protecting yourself falls into your own hands, she said.

Loans — from page 2

Loans possibly predatory

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