



## O Tannen(don't)baum these finals



KAILEY LOVE/PHOTO EDITOR

Campus is decorated for the holidays on Dec. 6 as students prepare for finals in Gumberg Library. Finals run from Dec. 7 through Dec. 13. As the semester comes to an end, *The Duke* would like to wish everyone happy holidays and a happy New Year! We will resume print with our next issue on Jan. 11. Keep up to date at duqsm.com

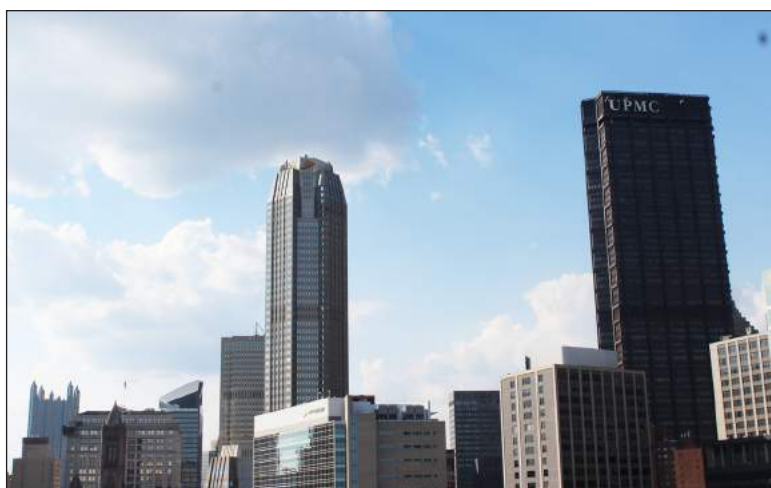
## DU grad announced as new director for CETR

MICHAEL MARAFINO  
staff writer

Duquesne University is welcoming back an accomplished alumna as the new director for the Center of Community-Engaged Teaching and Research, Jessica Mann.

Mann is returning to Duquesne to aid in the development of CETR. According to Duquesne University's website, CETR, supports and networks faculty, students, and community partners. CETR works on supporting education and research that will benefit the community and overall civic development.

The focus of the Center is accomplished through encouraging faculty members to network with each other, members of the community and organizations;



DUKE ARCHIVE PHOTO

CETR works to connect Duquesne students with the greater Pittsburgh community. They are located in the Murphy Building on Chatham Square, near Forbes.

creating more opportunities for students to gain leadership experience; developing incentives for students, faculty and local citi-

zens to work together to better the society they live in and several other activities that benefit both the area and the education-

al system.

"In this role, I will assist faculty in creating and maintaining relationships with community partners, equip faculty with the tools they need to practice innovative teaching and research techniques and create opportunities for students to gain leadership experience while recognizing their role as agents of change both on campus and in the world at large," Mann said.

Mann's educational background includes her attendance as an undergraduate student at the University of Pittsburgh, where she graduated with a Bachelor of Arts degree in media and Professional Communication, along with a certificate in digital media and a minor in

see MANN — page 2

## Many DU ties in House primary

RAYMOND ARKE  
news editor

As the calendar gets closer to the 2018 midterm elections, a variety of candidates continue to emerge. In the nearby 12th Congressional District, two Duquesne alumni are part of a five-person race for the Democratic nomination to oppose Keith Rothfus (R-PA).

One of the candidates, Beth Tarasi, graduated from Duquesne School of Law in 1991. She described the experience as "tough, but rewarding," especially because she had more to worry about than just her studies.

Her first son was born during finals in her third year.

"To have a baby in the middle of law school was a shocker ... [and] a blessing," she said.

Tarasi credited Duquesne and her professors for helping her as she juggled being a student and a new mom. She remembered being able to bring her son to class with her, as he slept in the back.

"[Duquesne] ... really went out of their way to help me," Tarasi said.

Before attending Duquesne, Tarasi grew up in Western Pennsylvania and attended the University of Pittsburgh on a basketball scholarship. Since then, she has stayed local, living in Sewickly and running a litigation firm as a trial attorney for 27 years.

She described herself as "deeply involved in the community" and "politically aware and active," participating in local Democratic Party work.

Tarasi believes that living in the region so long and representing a variety of clients through her law firm has given her an understanding of the 12th District.

"I have a pulse of ... not just my neighborhood, but the region," she said. "I've represented clients from all over the area and that gives me visibility of the challenges people face."

Her decision to run for the U.S. House seat was fueled by a dissatisfaction of the current political scene.

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## BLUFF BRIEFS

## Penguins CEO/President to receive honorary degree

David Morehouse, CEO and President of the Pittsburgh Penguins, will be awarded an honorary degree as part of Winter Commencement.

Morehouse began working for the Penguins in 2004 and was named president in 2007. The title of CEO was added in 2010.

Under Morehouse's reign, the Penguins have won three Stanley Cups and are recognized as one of the premier teams in the National Hockey League.

Winter Commencement will be held on Dec. 15 at 11 a.m. in the A.J. Palumbo Center.

A livestream of the event will be available at [www.duq.edu/commencement](http://www.duq.edu/commencement)

## POLICE BRIEFS

Ho! Ho! Ho! Bah Humbug! Christmas is supposed to be full of goodwill and cheer, but some of you are trying to be Scrooges. The only crime this Christmas should be not having enough cookies. Remember this Dec. 25 that breaking and entering is legalized for one elderly elf, so watch out.

On Nov. 28, a student's vehicle was damaged when it was struck parked in the Locust Garage. Sounds like Santa, coming down the chimney to me.

Also on Nov. 28, a commuter student reported that his bicycle had been stolen. At Christmas, you're supposed to GIVE, not TAKE.

On Nov. 30, a commuter student found damage on her vehicle, while it was parked on Seitz Street.

Someone was cracking open the eggnog early. On Dec. 2, a male student in Towers was found intoxicated. He was referred to the Office of Student Conduct.

On Dec. 4, a student reported a stolen bicycle from the Duquesne Square area.

Also on Monday, a residence director in Towers found a student who was in possession of medication that was not prescribed to her. She was referred to the Office of Student Conduct.

On Dec. 4, Duquesne Police emergency hotline received a harassing call.

## EMAIL TIPS

## We want your input!

The Duke's news section would love to hear from you about stories that you want to see in print. Know a talented professor or accomplished student? See something on campus that just doesn't make sense? You can send your tips and story ideas to News Editor Raymond Arke at [arker@duq.edu](mailto:arker@duq.edu).

## Two DU grads running for a shot at U.S. House

HOUSE — from page 1

"I'm increasingly frustrated by what is going on in politics," she said.

Specifically, she mentioned the growing divide between the two parties and lack of compromise. Tarasi said the continued support of Roy Moore's Senate campaign in Alabama, even in the face of multiple accusations of sexual harassment of teenage girls, is an example of extreme partisanship.

"In Alabama, people are going to vote for [Moore] just because he has an 'R' behind his name. I think that's morally wrong," she said.

Another issue she discussed was the current Republican tax plan, which has been passed separately by the House and the Senate.

"The 12th [District] is not a bunch of wealthy people. They're not going to be benefiting from the plans Washington has right now. This is not fair and not right," Tarasi said.

The other Duquesne graduate running in the primary is Ray Linsenmayer. Linsenmayer is currently a finance and investor relations consultant to Pittsburgh-based energy and technology businesses.

Linsenmayer graduated in 1991 with a degree in political science. He fondly remembered his time on the Bluff.

"I really enjoyed my time at Duquesne. It was the first time I lived away from home, and it took me a lit-



COURTESY OF BETH TARASI

Tarasi, shown at graduation from Duquesne School of Law, carried her young son across the stage. She is now running in a primary for a local US House seat.

tle while to find my footing. However, I met an exceptional group of people — many of whom I am still friends with today," Linsenmayer said. "I was a founding member of the Duquesne Crew [men's rowing team] ... and I learned a tremendous amount."

After graduating, Linsenmayer eventually found work for the Department of Defense.

"Working at the Pentagon was a great experience. I was able to help the government cut its costs and build energy security by working with private-sector companies to put large solar, wind and biomass projects on Army land," he said.

He believes that the work he did there had benefits for everyone.

"Renewable energy groups loved the project for obvious reasons, but

the generals did, too, because they got both power at a lower cost and enhanced energy security for our troops," Linsenmayer said. "Coming up with win-win solutions is a major campaign issue for me."

Linsenmayer was also very involved with local Democratic politics before joining the race.

"I was previously the head of the North Pittsburgh Democratic Volunteer Corps, a grassroots organization that trained and deployed over 150 active campaign volunteers to get more than 25 Democrats elected in northern Allegheny County," he said.

This has allowed him to enter with over 100 campaign-ready volunteers, and he has received four endorsements from local elected officials, he added.

He received another endorsement

yesterday, when Duquesne environmental science professor, John Stolz, dropped out of the primary race and gave his backing to Linsenmayer, according to a Linsenmayer press release.

One of the other challengers is Tom Prigg. Prigg was a recon sniper in the 82nd Airborne and then a brain researcher.

Prigg's campaign is focused on getting voters engaged, according to Cate Axtman, campaign manager.

"The 12[th] District is the result of some very specific gerrymandering ... There are also large sections that do not have easy access to the Internet," she said. "This makes a voter outreach strategy challenging. We have done a great deal to date, but there is still much to do."

Prigg styled his campaign after a famous example from the 2016 election.

"A key component of our campaign, like that of Bernie Sanders ... is to receive as many small donations as possible," Axtman said.

Axtman said that Prigg, if elected, would want to break through gridlock in Washington.

"Tom is adamant that we worry less about 'Democrat' or 'Republican' and spend our time focused on the best way to solve a problem," she said.

The Aaron Anthony campaign could not be reached for comment.

Contact information for the Adam Campbell campaign could not be found.

Keith Rothfus' office did not return a request for comment by press time.

## CETR welcomes a new director

MANN — from page 1

religious studies. Then, she attended Duquesne University, where she acquired a master of arts degree in integrated marketing communication. Finally, she attended the University of Pittsburgh's School of Education and attained her PhD in administrative and policy studies with a focus on higher education management.

Mann has a significant amount of experience in the field of higher education administration, being that she has worked for almost 10 years in Student and Academic Affairs. Her experience includes working at Seton Hill University in Greensburg, Pennsylvania, where she served as the associate dean for student engagement, along with being the deputy Title IX coordinator.

Her job included managing Seton Hill University's Office of Student Engagement, where she played an important role in developing programs with partners in the community within the Greensburg area in order to have students expand upon their education through aiding the Greensburg region and gaining experience as a vital member of the neighborhood.

Mann's focus on developing



COURTESY OF JESSICA MANN

Mann was hired as the director of the Center for Community Engaged Teaching and Research. Mann, a graduate of Duquesne, has since had an extensive background in higher education administration. She previously worked for Seton Hill University in Greensburg, PA. At Seton Hill, she worked on student engagement.

better community engagement in order to benefit local societies has been a positive influence in helping students learn more about their surroundings and how they can help based on what they have learned. Mann expanded upon her position in the area and the educational system.

"Specifically, I have spent my

career developing and enacting strategic plans, assessing and evaluating institutional programs and initiatives and creating and implementing programming which enhances the educational experience of students and supplements the research of faculty and staff, while simultaneously serving the local community," she said.

## Towers dining awarded

HALLIE LAUER  
layout editor

The Hogan Dining Center, better known to most Duquesne students as simply "Towers," has earned the Live Well Allegheny Restaurant Distinction.

This distinction is not just an award for colleges but for any restaurant in the county, as part of an initiative to make Allegheny County the "healthiest county in the nation," according to the Live Well Allegheny Campaign website.

The Live Well Allegheny Campaign heavily emphasizes on their website that creating the healthiest county takes collective action. The campaign started in 2014 and originally focused on obesity prevention and physical activity promotion, according to its website. In the future, however, they hope to add involvement from all over the county, including the 43 school districts within the borders of Allegheny County.

"Live Well Allegheny in particular shows a commitment to health and

see TOWERS — page 8



## THE DUKESNE DUKE

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“There is no  
real ending,  
it’s just the  
place where  
you stop the  
story”

FRANK HERBERT

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

@TheDuquesneDuke

EDITORIAL  
POLICY

*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, student 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.

## Letters policy

Letters to the editor must be typed, double-spaced and include the writer’s name, school/department and phone number for verification. Letters should be no longer than 300 words and should be delivered to *The Duke* office at 113 College Hall or e-mailed to theduquduke@gmail.com by 5 p.m. Tuesday. The editors reserve the right to edit any and all submitted copies. All letters must be verified before being published.

## Corrections/clarifications

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

## Contact

email theduquduke@gmail.com



CARTOON BY JORDAN CALLAHAN

## the viewpoint

*The ongoing battle between the White House and the press*

Unfortunately, the problem with the Trump administration and the press continues.

Justin Sink, news journalist for Bloomberg, reported a strange incident with deputy White House Press secretary Hogan Gidley on Twitter.

The exchange happened on a flight from Utah to D.C., where Gidley firmly denied to answer any questions on record. If information is found off the record, it can not be reported on in any way.

As reported by the LA Times, Gidley read the reporters who were present a brief series of statements on Trump’s endorsement of Alabama Senate candidate Roy Moore and a Supreme Court decision to allow his travel ban. After the short announcement, Gidley stated he would not be taking any questions. Here are some of the exchanges between reporters and Gidley recorded by Sink:

“Reporter: ‘We have to ask the questions --’

Gidley: ‘I understand that, you have a job to do and so do I.’

Reporter: ‘You’re not doing your job. Your job is literally to take questions from us. That’s the whole point of this. We can release paper statements if you want.’

Gidley: ‘Please tell me more

about my job if I get to tell you more about yours ...’

Why was Gidley refusing to take questions? He declined to answer that as well.

This is not the first time the President’s administration has limited the press’s ability to do its job, such as the time it prohibited doing on-camera daily briefings. Routinely, Trump has called the news media “the enemy” and claimed he is the victim of “fake news.” As a journalist, nothing angers me more than watching our government refuse to be held account-

able for its actions. In no way does this reflect the democracy we claim to pride ourselves on. If anything, this is an authoritarian way of hiding information from the public.

This is not only embarrassing but terrifying as well. What does the administration need to hide from us? I do not believe that this was an accident. No matter what your politics are, or whether you dislike the media, this should scare you. News media is the crucial liaison between the White House and the public. It is our job to inform you what our

President is doing and his opinions on important matters. If that is taken away, then what are we left with? Surely not a democracy that works for the citizens.

What really blows my mind is that answering questions from reporters is quite literally Gidley’s job. His title is the deputy White House press secretary; it has the word “press” in it. The American people are paying his salary, and for what? For him to refuse to do his job? The average person can’t get information from the White House, but reporters can. And that is why Gidley’s job is imperative for everyone.

What Trump is doing is controlling what information the public can and cannot have about him and his decisions, and this is not the first time it has happened. I refuse to be fed information and then be told that I cannot question it. If we are to allow the President and his staff to choose when to answer questions, or if they will even answer questions at all, then we are risking getting further and further away from a democracy.

It’s painful to watch the White House try to slowly destroy the press. Everyone should be outraged by Gidley’s refusal to answer any questions. Clearly he has been misguided by who he actually works for, which is all American citizens.

Shivani Gosai is a senior journalism major and can be reached at gosais@duq.edu.

STAFF  
EDITORIAL*Fights may occur during  
the holidays; be nice*

With the semester winding down and break just around the corner, a reprieve from the stresses of the world is tantalizingly within reach. A few weeks to relax, recoup and restart is just what winter break calls for.

That is, until your relatives show up.

Because let’s be real: Not every one of them is perfect. Whether it’s the casual sexism of grandpa or the overt racism of Uncle Phil, something almost always comes up to remind you of why you keep your interactions with the extended family to a minimum.

We’re here to tell you, however, that no matter how uncomfortable that conversation might be, it may be worth having. It may seem like conventional wisdom to avoid any and all political discourse, but that is not always true.

Sometimes, you need to call someone out on their bigotry because they may end up harming themselves or others over it. Their ignorance may lead them to support dangerous politicians or to believe in policies that don’t work or put people at risk. So you shouldn’t always turn away when your cousin spouts off the latest thing they heard from the far-right blogosphere. Sometimes, you need to say, “Actually, Jimmy, can you prove what you said with verifiable facts?”

Having these conversations is never easy, so to help sooth the pain of confronting the ignorance of your relatives, *The Duke* would like to suggest two things: Be patient, and be curious.

Sometimes, your relatives are just going to say some outright hateful things, and as much as that is not OK, getting angry back is not the best option. More often than not, that will only convince the other side that they are right to say and believe what they do, so instead, try to politely question them. The Socratic method of whittling down bigoted arguments is a fantastic way to not only get your ideological opponent to question what they believe but to do so safely and without any blame.

But we are not ignorant to the reality a lot of students face. Arguing politics is a privilege; there are simply those who cannot, for whatever reason, risk getting into major fights with their families because of their personal safety. We understand that, so we by no means encourage those who would be risking abuse or neglect to pick fights with their families.

Of course, there are less important reasons not to get into a fight with your relatives. You know your family better than anyone, and if they are not going to be convinced by facts and what is true, then don’t bother.

So for those cases, here are some suggestions to help steer your relatives away from politics and into a safer, much more manageable space:

*Animal Crossing* — Did you know that a new *Animal Crossing* game

see STAFF ED— page 8



# OPINIONS

## ‘Duke’ Editor-in-Chief Devorak wishes staff good luck

LEAH DEVORAK  
editor-in-chief

For 20 minutes, I unsuccessfully wracked my brain for a quote from the first moment I walked into *The Duke* newsroom, the whole time wondering why I could think of nothing.

But then I remembered the actual moment I first arrived, and the reason for the blank was clear: When I first opened that decrepit, creaking white door and crossed the creepy threshold into 113 College Hall, nothing was said to me at all.

Nope. In a jam-packed room of about 20 kids, I didn’t even get a “hello.” I was simply ignored, the peasant freshman that I was, left to find my way to the weird table in the dark corner where my fellow new writers — as well as older sister, who had begged me to come save her — were congregated, copy editing as fast as they could in order to get out of there before their souls started to rot.

Yes, it was as cold and dead in there as the bitter January weather I had just escaped. But, as I was blindsided with the chance to take on the layout editor position a measly two weeks later — an offer I hesitatingly accepted — it was an atmosphere that I was forced to endure. Never love, oh no; just endure. And I was so happy when it changed.

Since that change, for which we

can all thank former Editor-in-Chief Julian Routh, as well as the rest of the editors that year, *The Duke* has become my little home away from home, something I probably would have cried in horror over if I knew that walking in.

But now that thought brings utter joy to my heart. With an editor position, my time at Duquesne very quickly changed from simple classes followed by a brief battle in traffic to ridiculously hard classes bookended by publication days and endless hours in the newsroom, tightly bound with the constant fight to stay awake behind the wheel at 1 a.m., 2 a.m., 3 a.m. or 4 a.m. as I drove home after all the madness.

But as crazy, ridiculous and tough as spending college like that sounds, I can wholeheartedly say it was one of the best decisions of my life.

Both fellow and former *Duke* editors and writers have become some of the best friends I will ever have. I mean, it’s not too often you get to spend almost every waking hour with people who also love office chair races, weird political videos, end of the year roasting sessions, mini basketball trick shot tournaments, TV studio séances and eating literally everything in sight. When you’re cooped up with folks like that, an unbreakable bond is bound to occur.

This paper has also led me on



COURTESY OF STONE FENK

Devorak plans on working for an organization in either Pittsburgh or New York after graduation. As she moves on, she will miss her current staff greatly.

a journey to my future. Granted, I’m not heading off to some world-renowned publication thanks to always being on the more technical side of production, but I am heading off to an industry in which my heart and soul are fully invested. Journalism is now one of my only loves; it’s always been there for me, through the good and bad, the heartbreak and happiness, the

sickness and health. My goodness, I’m practically married to it!

And that’s how I know it’s right for me. I also know it’s right for me thanks to the constant support and encouragement I’ve always had from the great staff members I’ve worked with, especially my sister, former Opinions Editor Rebekah Devorak. She’s the one who got me into writing in the first place, and I

owe her my life for that.

Speaking of great, I also have to give a huge congratulations — as well as thank you — to this year’s editorial staff. Almost every single one of them was brand new to their position, yet they still somehow managed to put out clean, accurate issues bursting with content every single week. Readership was increased and more national news was made, and it was all due to their hard work and dedication to their jobs, despite the tougher times we so frequently faced.

Looking back at it all from start to now, *The Duke* has given me everything. From the thousands of jokes about me snorting coke (which I *do not* do!) to all those hot potatoes (no, not potatoes), I have about a billion and one memories from my time as an editor here that have made me the person I am today. I cherish every single one of them — even the award I received with nothing but a picture of my sister on it — and I know that, long after I graduate, a huge part of my heart will always be in that once-gray, now-blue newsroom.

I also know that, as I clean off the four years of clutter piled on my desk and step back through that slightly less creepy threshold of 113 College Hall, out the still decrepit, creaking white door, there will, once again, be no words said at all.

## Time for ‘Duke’ assistant photo editor to say “good-Bry”



COURTESY OF BRYANNA McDERMONT

After graduating, Bryanna hopes to work in sports media as a team reporter or in a communications department.

BRYANNA McDERMONT  
asst. photo editor

I walked into *The Duke* newsroom my freshman year at Duquesne, wrote a few opinion columns and left. I didn’t feel the sense of family and belonging that the staff that particular year preached about having at their Fall Open House. I loved to write but simply didn’t enjoy it in that environment.

See, ever since I was a kid, I’ve wanted a voice; to be heard. As the youngest of six children in my family, my opinion wasn’t always the loudest, most important or even the wisest.

That’s why I wanted to become a journalist in the first place — particularly a sports journalist because, with four older brothers, I wasn’t exactly the first person people came to for fantasy advice, no matter how many stats I memorized.

I wanted to share my passion for

sports with other people, and that’s why I walked back into the newsroom the spring semester of my sophomore year (with a little convincing from my now-roommate Natalie Fiorilli). I began taking sports photos for former Photo Editor Joe Guzy and writing columns for then-Sports Editor Joey Sykes.

Those two helped me way more than I think they’ll ever know. They gave me my first shot at covering sports for a paper, but they also

opened doors for me outside of *The Duke*. Both Guzy and Sykes were former staff writer interns for the Pittsburgh Penguins, which became one of the biggest topics discussed in my interview for the same position.

Thank you again, Joe, for thinking of me when you were asked for recommendations for future interns. If it wasn’t for you, I don’t know if I would have had the courage to turn in my resume.

Despite being the assistant photo editor, I didn’t get to spend as much time as I would have liked to in the newsroom last year due to my Pens internship. I never got to bond with the staff that year and became the butt of a lot of attendance jokes, which made it even harder to convince myself to go to the newsroom on off days.

I think that’s why I enjoyed this last semester so much. This year’s staff members are genuinely some of the smartest, kindest and funniest people I have ever had the privilege of meeting.

Between absurd conversations during publishing nights that dragged until 2 a.m. and an amount of Milano’s pizza and Halloween candy that will forever be kept a secret, a family was formed in College Hall 113 — a very odd, dysfunctional family, but a family. And, I wish nothing but the best for

each and every person on staff. If you’re thinking about joining *The Duke*, do it. I promise you won’t regret the decision. I know I didn’t.

Before I go, I’d like to thank those who helped me throughout my three-and-a-half years at Duquesne.

Prof. Healy, your breaking news assignment freshman year scarred me for life, but all of your classes gave me the fundamentals to become a better, more efficient journalist. Thank you for your endless AP style quizzes.

To Sam Kasan and Michelle Crechiolo of the Penguins, thank you for being the coolest bosses ever, teaching me the ways of the sports industry and confirming what I want to do for the rest of my life.

And, to my boyfriend Matt, thank you for dealing with my constant stress, being my in-house editor since junior year of high school and being my biggest fan for the last five years.

Finally, thank you to my family for always making me feel like I have an army of support behind me. A special shout-out goes to my pappy Greg for having the ultimate trust in me to ensure I got to chase my dreams.

Well, that’s it for me, Duquesne. It’s time to trade late nights in the newsroom for late nights at the arena.



## Study tips: Acing final exams and keeping stress levels low

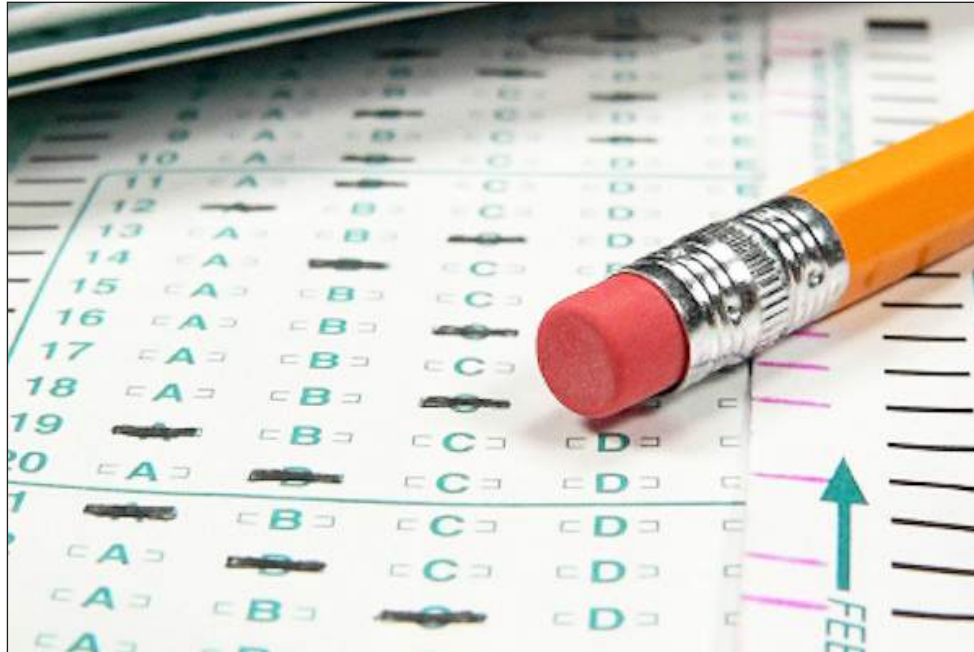
KRYSTINA PRIMACK  
staff writer

I know it might be hard to believe, since sometimes it feels like the semester just started yesterday, but make no mistake that final exams are upon us once again. With that in mind, I think we can all agree that this time of the semester can get very chaotic and can inspire a lot of stress. And so, in an effort to try to assist in handling that stress, here are some study tips, resources for wellness and bits of advice to make final exam time move a little more smoothly.

Let's start with some study tips.

The first is simply spending time with the information. However, you need to avoid burn-out, as well, so doing it efficiently, effectively and responsibly is key. For example, studying for 15 minutes then stepping away for five minutes can help break up the stress and keep your energy up. Also, do not study for more than two hours at a time without taking an extended (30-minute to one-hour) break in between.

Another way to study effectively is by practicing probability and categorization. Multiple choice tests often have questions where at least two, if not all incorrect answers, can be removed from consideration immediately. If you do not know the answer, you can try to determine what the answer is not, thereby increasing the probability that you could find what the correct answer would be. Likewise, you can categorize information into areas or common topics and concentrate on one at a time. This will help you make stronger associations between pieces of information.



COURTESY OF MILITARY.COM

Final exams are a source of stress for students everywhere, but staying calm can improve scores.

And, of course, something we're all familiar with: flashcards. When studying information for memorization purposes, the key is to recall the information in a "like" manner, as you will need to on an exam. Use flashcards where one side has a question and the other side has the answer and related information. If you have been taking practice tests, try to write the question in a similar style. Pairing this with the categorization method is also very useful. Run through flashcards of one section once and then shuffle and repeat, then the next section twice, shuffling and repeating between the first and second review, and so on.

Now this one is my personal favor-

ite: Review by hand-writing notes. Doing so helps with memorizing and internalizing information. It's as simple as writing down every key concept and explanation, every key term and definition, etc., in a list, and then do it again a few times per day, trying to complete more of the notes from memory each time.

Finally, just do what works for you, and avoid things that don't work to your benefit. If one of these strategies works the best, focus on that. If none work but you have another method that does, then be sure to implement that one.

And the most important thing to remember is to keep calm. Don't psych

yourself out. Not everyone is a natural test taker, but stressing out during study sessions will make retaining information more difficult. Just immerse yourself in the process rather than the result.

While you're studying, remember that Duquesne has resources available to students who might feel overwhelmed, such as the Counseling and Wellbeing Center located in 636 Fisher Hall.

Ashley James, the mental health case manager/intake coordinator of the center, notes that preparing for finals is a semester-long process wherein problems are best solved if identified and dealt with early. That preparedness, in turn, plays a crucial role in managing the anxiety that these exams cause.

But even so, stress can still occur even under the best circumstances, so to aid in combating this, the center provides services such as individual counseling by appointment, group therapy sessions, a mindfulness and meditation group, an interfaith meditation room and mindfulness exercises "to help you learn how to breathe and control your anxiety."

I was also referred to the handout available at the center entitled "Handle Your Fear of Finals," written by Marla Somova, the center's former Associate Director. This handout guides readers in managing their stress by differentiating between realistic and unrealistic fears, determining exact fears, identifying what we tell ourselves that might be stressful,

see **FINALS**—page 8

## Merante Brothers Market back as a Pittsburgh community staple

ELSA BUEHLER  
staff writer

It's that time of year when the question of whether or not you're sick of campus dining is needless. Finals are approaching, FLEX is low and you find yourself trudging to Market for one of those delicious cold-cut sandwiches that we all so dearly love.

Off-campus options are limited to China Wok and Milano's, whose monopolies reign over our great school, or the very pricey Postmates and UberEats delivery services. Now there's one more choice to add to the list: Merante Brothers Italian American Market, which celebrated its reopening this past October.

From fresh deli options to baked goods to groceries and Italian specialties items, Merante Brothers, located at 6 Marion St., offers a tempting spread of homemade authentic Italian food, as well as many other essentials. No business within a substantial proximity to campus can compete with the quality, variety and service that Merante Brothers offers. And at just a couple of blocks from campus, the location really is ideal.

Visit Merante Brothers for yourself, and you'll likely be greeted by Vincenzo and Marco Merante, or their father, Pasquale. Part of the appeal of the old-school market is the deep connec-

tion that the family has with the community. The Merantes seem to know everyone milling around their store, and they're friendly and accessible to anyone else who may be shopping.

Merante Brothers first opened its doors in 1962 and was originally owned by brothers Italo and Salvatore Merante. Always a fully family-owned business, the market has been well-known to the Uptown Pittsburgh community since its original opening.

Though they specialize in all kinds of Italian food, Merante Brothers is particularly known for its homemade Italian hot sausage. The store remained fully operational until the 90s, when the Merantes sold only sausage. In 2000, Merante Brothers officially closed.

According to Marco Merante, before the reopening, his father Pasquale was a plumber by trade, so the renovations for the market were just another family project. Lots of hard work transformed a couple of storefronts already owned by the family into one big market space, completely unrecognizable to many as the same Merante Brothers Market.

The Merantes have designed a brand new full menu, which they are excited to showcase. Some items are offered on a daily basis, but they recommend checking in on their daily



PHOTO BY ELSA BUEHLER/STAFF WRITER

Family-run from the start, Merante Brothers Market offers a variety of Italian imports for any taste.

specials, which are sure to impress.

Two and a half months after the reopening, the market is bustling with new customers, as well as ones who have known the Merante family for more than 40 years.

Marco Merante says that "everything sells," but lists eggplant parmesan, pepperoni bread, soup, chili, pasta salad, meatballs and fresh baked goods as just

a few favorites to look out for as daily specials. Marco also makes specialty breakfast sandwiches as part of his "secret menu." (The Merantes have a sign that reads, "If you don't see it, ask for it. It's gotta be here — somewhere," next to a row of old family photographs). In addition, Merante Brothers offers

see **MARKET**—page 8



# MBB frosh Williams Jr. continues to impress

DAVID BORNE  
staff writer

Since the 1978-79 season, there have only been two Duquesne freshmen to post three double-doubles in their first six NCAA games: Dukes all-time great Bruce Atkins and freshman Eric Williams Jr.

Coming into the season, Williams wasn't a name that many Atlantic 10 basketball fans were too familiar with. It's more than fair to say that they should be now.

Despite an accomplished high school career, the Michigan native flew under the radar as a recruit. He averaged 20.9 points and 6.5 rebounds per game during his senior year and led New Haven High School to a 27-1 season that ended with the hoisting of a MHSAA Class B state championship trophy.

Not discouraged by a lack of offers from bigger programs as his senior season continued to progress, Williams continued to work on his game, remaining focused on his final season of high school basketball.

"I realized that I didn't really play for a big AAU team, so going into my senior season I realized I would have to do well," Williams said. "It started coming around by the end of my senior season, but nobody wanted to be the first ones

to offer me."

One of the coaches that did take notice was then-Akron assistant coach Charles Thomas. Following Williams' state championship game performance, Thomas reached out to Williams. After Thomas followed Keith Dambrot to Duquesne, Williams got the offer he was waiting for.

"I first spoke with Coach Thomas; this was before he was at Duquesne, he was at Akron. He kept talking to me," Williams said. "He was telling me he might come to Duquesne so I chose to wait it out. Then it all ended up working out when I came on a visit.

"I just kept waiting around, and finally Duquesne came and offered me," he continued.

Through his first six games at Duquesne, the freshman is second on his team in scoring, averaging 16.0 points per game, putting up a career-high 24 points in Duquesne's 86-61 win over Maryland Eastern Shore on Dec. 4. Williams trails only sophomore Mike Lewis II, who leads Duquesne in averaging 16.2 ppg through the team's first six contests.

On top of his impressive knack for putting the ball in the basket, the 6-foot-5 Williams has proven to be Duquesne's strongest rebounder.

Williams really started to focus

on hitting the glass consistently during his senior year of high school, and found success that has carried over to the collegiate level. He is currently pulling down 9.67 rebounds per game and has at least eight rebounds in every game this season.

His defensive rebounding percentage (23.9), which is an estimated percentage of missed shots rebounded while on the floor, ranks fourth-best amongst A-10 players to date.

Additionally, Williams' ability to crash the boards on the offensive side of the ball has created a number of second-chance scoring opportunities for himself and for his teammates, as well.

"It creates opportunities for me offensively," Williams said of rebounding so well as a guard. "I'm working on kicking it out after I get the offensive rebound so it creates opportunities for others, as well."

Keith Dambrot and his staff are known for finding unrecognized recruits and developing them into top talent. Williams' early play makes it seem as though he is yet another testament to that.

Coming into the season, many questions about Duquesne's team were centered around who would help Mike Lewis II carry the load offensively, and how the team



COURTESY OF DUQUESNE ATHLETICS

Williams, 6-foot-5, has provided a beautiful blend of perimeter scoring and rebounding for Dambrot in his first year.

would manage to rebound and play in the paint with such a limited inside presence.

So far, Williams has answered both of those questions emphatically, and is another important piece of the future for coach Dambrot and his staff. While many Dukes fans are really just focused

**see WILLIAMS — page 8**

## Soph. Yankello eager as indoor T&F season begins

ADAM LINDNER  
sports editor

On Dec. 1 at the Watson and Tressel Training Site in Youngstown, Ohio, the Duquesne women's track & field team began its 2017-18 indoor season at the Youngstown State Icebreaker.

In the team's only competition versus another Division I opponent before Christmas break, the Dukes notched five first-place finishes, including three by Bethany Evankovich and two by fellow sophomore Maiah Yankello, who is Evankovich's great friend and roommate on campus.

Evankovich won the 200-yard (25.17) and the 400-yard dashes (56.35) while also contributing to a victorious Duquesne 4x400 meter

relay team also consisting of Yankello, Gabby Holmberg and Kel-Lisa Sebwe. The relay team won the race with a time of 3:51.64.

On top of her contributions to the 4x400 meter relay squad, Yankello, of Center Township, Pennsylvania, posted a winning time of 2:14.54 in the 800-meter run, an event that Yankello said her coaches have started to feature her increasingly more in lately.

"Recently, [the coaches] have me moving up to 800 indoors, which is a little different, but just running it [this] past [weekend at Youngstown State], it wasn't that bad," Yankello said. "It was kind of fun, it was kind of exciting, so we'll see. But it hurts a lot," she laughed.

The 4x400 meter relay, on the other hand, is probably one of Yankello's most cherished events.

"I really like the 4x4 relay. That's always really fun — it kind of sucks, because it's at the end, but it's always the most exciting one," Yankello remarked. "I've always liked the 400 hurdles too, because in high school, ... [hurdles were] like my main thing."

Only in her second year as a student at Duquesne, Yankello has been able to adjust to life as a collegiate athlete seemingly prosperously. A marketing and information systems double major, Yankello sees herself continuing to pursue running for as long as it will take her.

"Every runner always has a slight hope that one day they'll go professional and be in the Olympics or something, but realistically I think ... I don't know.

"My one teacher talks to me, and she's done [analytical] research for Twitter and stuff like

that, so something [of that nature] interests me, as well," the former WPIAL stand out remarked.

Whether or not it's running that is paying the bills for Yankello in the future, one thing's for sure: the expectations of Maiah's parents have already been surpassed.

"At first, I was really big into softball [when I was younger], so I thought I was going to go to school for that, and then I ended up running and I liked it a lot better," Yankello said. "I kind of dropped [softball] and started running. I think I gave my parents a heart attack, because we didn't really think that a whole lot would come out of [running]."

"Then, after my junior year, I really wanted to go to school for track, and I ended up tearing my ACL," Yankello said. "After I tore it, I just worked really, really hard, and I came back my senior year and just had some really good times."

Duquesne track & field coach Jim Lear took notice, recruiting Yankello to her future home on the Bluff.

"Duquesne is a Division I program, so them looking at me was really big for me. It was in the city, which I also really liked, because I like city life," Yankello said of her thought process before committing to the Dukes.

"I looked over how well [the] program did in the conference and their records and stuff, and I thought that it was definitely challenging enough, but it was something I could work toward, so that was where it was appealing," Yankello continued.

"And, when I first met coach Lear, I really liked him."

Now, after switching sports, overcoming doubts and fully recovering from a torn ACL, the sophomore is eager to return for the spring semester, when the women's track & field indoor season will kick into full gear.

Coming off of a second-place finish at the 2017 A-10 women's track & field outdoor championship this past spring, Yankello is confident that her team is prepared to begin the indoor season strong with the potential to compete within the conference, just like it did last season.

"We are a really, really young team, but we're also very, very talented ... I think there's really big things to come, and if everybody stays healthy, I think we can definitely compete," she said.

Yankello and roommate Bethany Evankovich will undoubtedly play a vital role in how Duquesne's indoor season plays out. Whether or not Duquesne is able to capture its first A-10 conference title in either indoor or outdoor competition this season, one much less quantifiable thing is for certain: The bond shared amongst the team will only continue to grow tighter and tighter as time goes on, which Yankello described as a key benefit.

She described the relationships that she has been able to form at Duquesne through track & field as the best thing about her experience.

"Eventually, you form a super tight bond, because you go through hell and back together," she said.

"So you really get to know everybody, and they become your best friends."



COURTESY OF MAIAH YANKELLO

Yankello, left, pictured as a freshman, stands to take on a much bigger role within the T&F program this year.

### Duquesne News

— After defeating Maryland Eastern Shore 86-61 on Dec. 4, **men's basketball** (3-3 at press time) faces a quick turnaround in welcoming both Stetson (Dec. 6) and Delaware State (Dec. 9 at 12:30 p.m.) to the A.J. Palumbo Center for non-conference games. Sophomore *Mike Lewis II* accounted for 49 points between games versus both Pitt on Dec. 1 and UM-ES on Dec. 4, with freshman *Eric Williams Jr.* combining for 42 points during the same span. Duquesne will play five games at the Palumbo Center from Dec. 6 to Dec. 19 before facing San Francisco and Southern Illinois in Las Vegas on Dec. 22 and Dec. 23. The Dec. 6 game versus Stetson at 8 p.m. is prelude by a **women's basketball** (7-2 at press time) game versus Toledo at 5:30 p.m. The women's team is coming off of an 83-58 victory over Central Connecticut St. on Dec. 2, and will face Akron on Dec. 9 at 3 p.m. before taking a seven-day break between contests. On Dec. 17, Dan Burt's squad will return to face Central Michigan ahead of a Dec. 22 marquee matchup versus No. 1 UConn in Toronto.

— No. 25 **bowling** went 3-3 this past weekend at its first NEC meet of the season, boasting wins over No. 16 Long Island Brooklyn and No. 9 Sacred Heart.

— On Nov. 30, it was announced that Duquesne **women's soccer** senior midfielder *Linnea Faccenda* has been selected to the United Soccer Coaches NCAA All-East Region Third-Team. Named the A-10 Midfield of the Year at the end of the season, Faccenda also made the NSCAA All-Mid-Atlantic Region Third-Team last season. The Dukes finished this season 11-6-3 and advanced to the semifinals of the Atlantic 10 Championship, where they lost to eventual A-10 champion La Salle 2-1 in overtime on Nov. 3.

— Following the Youngstown State Icebreaker on Dec. 1, the **women's track & field** will continue its indoor season on Jan. 13 at the Marshall Thundering Herd Invitational in Huntington, West Virginia. Last year, Duquesne finished 7th of eleven teams in the event that took place on Jan. 27/28.

### On This Day...

— On **Dec. 7, 1963**, CBS introduced instant replay during the Army-Navy football game for the first time in the history of live television.

— On **Dec. 9, 1929**, the Duquesne men's basketball team played its first-ever game west of the Mississippi River, losing 35-26 to Iowa at Iowa City.



# Cinematic classics that kindle the holiday spirit

SALENA MORAN &  
EVAN PENROD  
staff writers

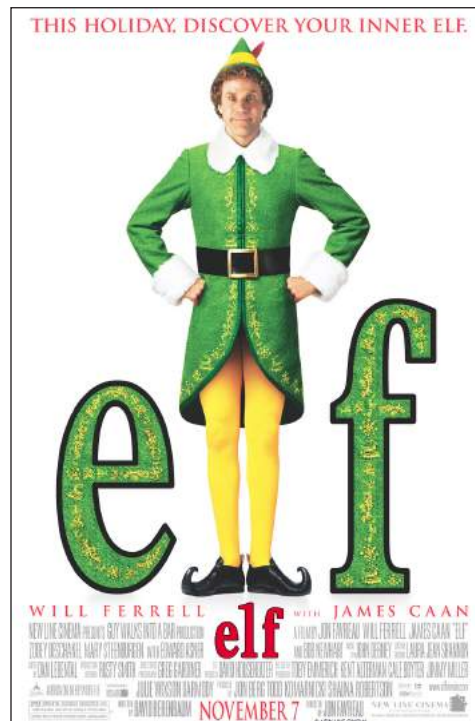
Come Dec. 1, binge-watching holiday movies never fails to get one into the holiday spirit. Among the countless movies in existence, five have stood out to us as hallmarks with their underlying feel-good lessons, cinematic aesthetic and lovable characters. No matter what style of Christmas movie you enjoy, there is something for everyone to enjoy during the most wonderful time of the year.

## *It's a Wonderful Life*

Deemed a cinematic flop upon its release, *It's a Wonderful Life* (1946) has since become a classic household staple of the holiday season. The movie follows the life of George Bailey (James Stewart) who falls into financial troubles during the height of the Great Depression. After wishing he never was born, George witnesses a world in which he never existed and sees what his town and those he loves would be like without him. In a tear-jerking ending, George realizes that he, indeed, lives a wonderful life, and he drastically improves the quality of the lives around him. This film's message extends beyond the Christmas season with its themes of love, self-happiness and generosity. With its heartfelt and melancholic ups and downs, settle in for this two-hour, black-and-white flick that reexamines what it means to live a fulfilling life.

## *Elf*

In the beloved film that kickstarted his movie career, Will Ferrell stars in *Elf* (2003) as Buddy,



Despite a modest budget of \$33 million, *Elf* netted \$220.4 million, \$173.4 million of which was from the U.S.

a blissfully unaware, gullible and Christmas-spirited human raised in the North Pole. When he realizes he does not quite fit in among Santa's helpers, he ventures to New York City to find his biological father and uncover who he really is. Over the course of the film, Buddy grows closer to his dad and family, finds love, eats the most ridiculous food concoctions and, most importantly, saves Christmas. *Elf*'s incorporation of

cartoonish elements from beloved Christmas classics and modern effects and sensibilities delivers the ultimate holiday movie. Moreover, Buddy's character is relatable to viewers in different ways, whether through his humor, his journey of self-discovery, or his contagious excitement and frustrations. Perhaps the most quotable Christmas movie in existence, *Elf* is definitely a must-watch every year.

## *The Santa Clause*

After becoming a household name through Home Improvement, Tim Allen stars as a reluctant Santa who struggles with his new identity as the famous gift-giver in *The Santa Clause* (1994). When divorced father Scott Calvin puts on the big man's suit, he fails to realize what responsibilities would ensue. He must adapt to his changing physical status and job status while juggling custody of his son, Charlie. This movie delivers a lot of laughs while exhibiting greater lessons in love and the value of family. Even though the computer-generated reindeer show the film's age, the cheesiness of this entire movie still delights in a nostalgic and heartwarming way. Ultimately, the bright costumes and sets for this film just scream Christmas time. *The Santa Clause* went on to create two subpar sequels, but the original will always be a memorable Christmas classic.

## *Santa Claus Is Comin' to Town/ The Year Without a Santa Claus*

When ranking holiday films, a "Best of" list would not be complete without at least one Rankin/Bass film. Both *Santa Claus Is Comin' to Town* (1970) and *The Year Without a Santa*

*Claus* (1974) are very similar and feature similar casts. In two short stories about the old Saint Nick, *Santa Claus Is Comin' to Town* answers the frequently asked questions about Father Christmas, including his penchant for toy making and the origins of his signature red suit. In *The Year Without a Santa Claus*, an ill Claus feels that the Christmas spirit is waning and decides to take a year off. In their efforts to prove Santa is still loved and needed, his elves Jingle and Jangle, with the help of Mrs. Claus, set out to find people who believe in Santa Claus and the Christmas spirit. With the outpouring of love, Santa ultimately makes his famous journey to deliver gifts and joy. Filled with songs from the iconic *Heat Miser* and *Snow Miser*, this movie remains an undisputed cult classic.

## *A Christmas Carol*

In one of Charles Dickens' most famous tales, *A Christmas Carol* (1843) reveals a more serious and grim plot in the realm of holiday movies. Since its release, *A Christmas Carol* has garnered multiple film adaptations, including a Muppet version and a musical. Set in Victorian England, cold-hearted Ebenezer Scrooge is visited by three ghosts detailing his past, present and future of Christmas to remind him of the importance of holding the values of the holiday season the entire year. The concept that kindness and generosity are always in demand is still a very prevalent theme. Perhaps the best rendition is either the George C. Scott version from 1984 or the much older Scrooge from 1951. Regardless of the adaptation, the feelings of both fear and joy keep audiences on the edges of their seats as they follow the story to discover Scrooge's fate.

# A&E's *Who Killed Tupac?* important but uninteresting

SEAN ARMSTRONG  
staff writer

Two decades after his shocking and violent death, Tupac has still yet to see a resolution to his murder. A new mini-documentary series, titled *Who Killed Tupac?*, explores the lead-up and mystery surrounding the rapper's death.

What sets this documentary apart from others aiming to answer the age-old question is that the investigation is led by Benjamin Crump, a civil rights attorney whose career involves the cases of Trayvon Martin, Martin Lee Anderson and Michael Brown.

The documentary begins with an analysis of Shakur's final moments. He assaults a man who he had a previous altercation with months earlier in a Las Vegas casino, and then Shakur flees the scene, only to be gunned down at a traffic light later that night.

While there are numerous — and often ridiculous — rumors out there surrounding Tupac's death, there are a few that carry more weight than others.

One is the idea that Orlando Anderson, the man Tupac assaulted earlier that night, may have killed him. Another is that the Crips, who were known associates of Anderson, killed him and the third is that Suge Knight, the man who signed Tupac to his label, Death Row Records, shot Tupac after he got out of jail.

*Who Killed Tupac?*, perhaps as a result of focusing on the more grounded of the rumors, can be rather uninteresting. Anyone who has advanced beyond grade school can discern who the murderer is because his name is brought up at least once a minute for the first two hours of the documentary.

Now, if the answer to the documentary's question is so clear, one can only wonder two things: Why should I watch this if it's so obvious from the get go? And why is



COURTESY OF A&E

*Who Killed Tupac?* follows Civil Rights Attorney Benjamin Crump as he conducts a full-scale investigation into key theories behind Tupac's murder. Crump is known for his involvement in the Trayvon Martin case and representing the family of Michael Brown.

this murder a mystery?

To address the first question in short: There is no reason to watch *Who Killed Tupac?* for its content. The first 15 minutes of this documentary are sufficient for any casual viewer.

However, worth considering is just how simple and obvious this case seems. Again, why Tupac's murder remains open is the fundamental question that the existence of this documentary poses.

There is no point to watching this documentary after it first mentions Anderson if it were to be judged on content alone. However, there is more to it than that. If people do not look beyond the redundant nature of the documentary, they risk losing sight of the injustice that permeates this case into today.

# Pocket Camp cute, simple

SHIVANI GOSAI  
opinions editor

Bells, bells, bells, all I want are bells in *Animal Crossing: Pocket Camp*.

The game takes place on an island where you can create and design your own camp getaway. Animal friends abound, and they are as cute as they are funny.

The idea of the game is straightforward: The animals will give you necessary items to build furniture for your camp if you complete requests for them. You have to build the furniture to attract animals to your camp. In between managing your grounds, you can also participate in recreational activities such as fishing, collecting fruit or catching butterflies.

One of the best parts of this game is the freedom of creativity. You can personalize your character and your camp however you'd like and change it as many times as you want. However, the game hits a snag when you want to invite animals to your camp,

requiring you to purchase or order specific furniture to attract new friends. This process can be boring, let alone a major drain on resources and money.

Fortunately, completing requests is easy, so replenishing material is a relatively painless process. You don't have to spend hours fishing for a squid or collecting butterflies. Requests are also entirely optional, but considering there isn't much else to do in the game, you might as well complete them.

Another downside to the game is that it takes animals an annoyingly long time to give you your reward. At first, it's fun to listen to their quirky dialogue, but it becomes irritating when you are trying to get multiple requests done.

The game also allows you to add your IRL friends and visit their campsites. There are few benefits in doing so, but it's still a fun feature.

*Pocket Camp* is very easy to play, so I'd recommend it to people of all ages. Fun, addictive and cute as all heck, this *Animal Crossing* game is definitely worth at least a look.



## Italian alternative to on-campus dining

**MARKET—**from page 5

selection of fresh deli, grab-and-go foods, Italian specialty items, grocery staples, candy bars and other necessities, making it a highly in-demand resource for students, just a short distance away.

Merante Brothers may be well-known to resident com-

munity members, but expansion is just as important to the market as is customer loyalty. Pasquale and his sons anticipate the opening of the new Vision and Rehabilitation Hospital on UPMC Mercy's campus in 2020 for more customers, as well as business from Duquesne students who are desperate for a taste of home.



**For Hire**  
Accepting Applications for New General Manager  
Are you interested in music? Talk radio? Media management? A more connected campus at Duquesne? WDSR Student Radio is now accepting applications for the position of General Manager! We are seeking qualified and driven individuals who are enthusiastic for the opportunity to lead the student radio station here at Duquesne starting next semester. If interested, email your resume to faculty advisor Jordan Mroziak at [jordanmroziak@gmail.com](mailto:jordanmroziak@gmail.com) to get a chance at this great opportunity!

## Allegheny County recognizes Towers

**TOWERS—**from page 2

wellness, which our dining team continually strives to enhance. Whether it's through collaborative programs with the University's recreation and intramurals department, nutritional education or feedback from any of our food committees, we are always looking for ways to engage with our campus population and positively impact the student experience," Scott Richards, vice president of auxiliary services said. "Being recognized for a commitment to providing healthy dining options further supports our efforts for the campus community."

Duquesne's dining hall has achieved this distinction due to "[Duquesne's] ongoing commitment to scratch cooking, using trans-fat free cooking oils, and our vegan and vegetarian menu program. Additionally, this year Hogan Dining Center proudly added a new Fresh Fruit and Yogurt bar to our everyday service," Dave Manz, resident district manager for Parkhurst Dining, said.

Manz added that the Fresh Fruit and Yogurt bar was actually an idea requested by a student.

The project for Duquesne to considered a partner with the Live Well Allegheny Campaign was headed by Dr. Karen Hacker, who is the director of the Allegheny County Health Department. She contacted Manz, who then completed a survey outlining the dining program and daily features of the Hogan Dining Center, according to Manz.

In the last year, Hogan Dining Center has also earned a place in the Top 75 Best Colleges for Food from The Daily Menu for the third consecutive year, a Gold Certificate from Sustainable Pittsburgh and a Dean's List A+ rating for Vegan Dining.

"Awards and designations like these confirm our commitment to providing a quality program with a daily focus on healthy dining to positively impact the student and campus experience at Duquesne," Manz said.

*Gabriella DiPietro contributed reporting.*

**The Model European Union Club**  
In collaboration with  
**Campus Ministry**

And  
**Order of Malta/American Association**

Cordially invites you to the annual

**Spanish Mass in Honor of the Immaculate Conception**

**Thursday, Dec. 7, 2017**  
**4:30 p.m.**  
**University Chapel**

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## How to ward off final exam anxiety

**FINALS—**from page 5

exact fears, identifying what we tell ourselves that might be stressful, visualizing a positive outcome and, finally, being able to relax through mindfulness and meditation.

This handout can be obtained by request through the Counseling and Wellbeing Center, or via email at [jamesa3@duq.edu](mailto:jamesa3@duq.edu).

So if finals week or any preparation for it gets to be too much, there are people on campus trained to support and assist students.

Managing stress can certainly take some of the pressure off final exams, and many students find that having a plan of study and an outlet for their anxiety works well.

For example, Max Belger, a junior integrated marketing and communications major, describes a method that assists him in organizing and de-stressing.

"I have so much stuff I know is due but never know where to

start," he said. "So for me, making check-lists and goal-lists helps get me through. When I see the actual amount of homework I have to do and I am able to quantify it, I find that I am much more relieved. Also, remembering that it will be over soon helps get me through those harder weeks."

Similarly, Jamie Palmieri, a freshman physical therapy major, has found an effective stress-relieving method that works for her.

"Something that helps me get through finals week is going to the gym and running. It relieves a lot of my stress and makes me feel better."

Most importantly, remember that you're not alone, and don't worry: We'll have a well-earned break very soon. Until then, be safe and responsible as you prepare for and take your tests. And above all, remember that each final exam takes you one step closer to success in your future.

## Williams the one to watch

**WILLIAMS—**from page 6

on the years to come for the program, Williams and his team are still looking to make as much noise as they can in the present.

"I'm just glad to start here and keep building from where we are. We're going to have a lot of depth next year and then years to continue," he said.

One of the biggest keys to becoming a successful mid-major is a program's ability to spot and bring in unrecognized talent that can arrive and make an impact over a prolonged period of time. Duquesne had a similar story last season following the emergence of Mike Lewis II, and now Williams seems to be following Lewis' path in a similar manner.

With the two impressive underclassmen leading the way, the future is bright for Duquesne.

## For Hire

Join KEYS Service Corps, AmeriCorps this January. Mentor, tutor, and inspire local youth. Full and part-time paid positions with Education Award. Perfect for December grads! Possible internship credit. Apply at [www.keys-servicecorps.org](http://www.keys-servicecorps.org) or call 412-350-2739.

## Talking politics over the holidays

**STAFF ED—**from page 3

came out for mobile? No? Well look it up and share that fact with everyone at your holiday get-togethers.

Nap it off — Nothing beats escaping uncomfortable conversation like peacing out and falling into a brief food coma.

Compliments — Things getting heated? Try shifting everyone's thoughts to the present by talking about how delicious the food is.

Duquesne — Your relatives love to hear about what you're up to, so if you need a quick out, bring up an interesting class you took or a book they should read — so long as it's not political.

### DUQUESNE NEWS AT YOUR FINGERTIPS

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