

THE DUQUESNE DUKE

Health & Wellness Issue 2021



October 14, 2021
Volume 105
Number 9
www.duqsm.com

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Welcome to *The Duke's* 2021 *Health & Wellness Guide*

FRONT PAGE ART BY ANDREW CUMMINGS AND JOSEPH PHILLIPPI

Navigating this issue

This special edition of *The Duke* is filled to the brim with exciting and compelling stories about physical, mental and nutritional health. We recognize that combined health in all three of these areas is essential to maintaining a general sense of wellbeing.

If you find while reading this issue that you may need some professional assistance in any of these areas, please consult our back cover for a list of resources available to students, faculty, staff and the Duquesne community at large.

In addition, while reading this issue, you will notice that all of the pages are covered in bright designs in purple, blue and green. This color-coding system should help you navigate which type of story is covered on each page.

Blue is our color for stories pertaining to physical health. Purple is our color about nutrition. And lastly green — as the color associated with global mental health awareness — is the color we have chosen to demark stories about mental health. Any stories with more than one color contain more than one theme area.



PHOTO BY JOSEPH PHILLIPPI

About this issue: Why *The Duke* chose health & wellness

THE DUQUESNE DUKE
editorial staff

When faced with a topic as broad and expansive as health and wellness, we knew there were so many areas we wanted to touch on.

As a staff, we wanted to speak about our experiences with the struggles of healthy eating during college, how rewarding it can be to find a fulfilling, creative hobby, how important it is to seek professional help — for both mental and physical ailments. Our experiences with our own health and wellbeing varied so greatly that we initially struggled to come up with a cohesive theme that we felt encapsulated all of these different areas. We couldn't seem to place all our experiences into one homogenous idea.

Then came Opinions Editor Zoe Stratos. After pitching a story about the effects of media romanticizing self-harm (page 10), Stratos thought that displaying a variety of images of what we thought when we hear "health and wellness" would be a great way to tie everything together.

As it turned out, the cover touched on every aspect of physical, mental and nutritional health — concerns that were heightened during the Covid-19 pandemic.

The pandemic has challenged us in ways we could have never imagined. In a year marked by loss and grief, our health and wellbeing have never been more important to maintain.

The loneliness many of us felt during the pandemic has taken a drastic toll on how we interact with and talk about our bodies and minds.

While some of us, like Multimedia Editor Andrew Cummings, took this time to get in shape and take up running (page 11), others, like Arts & Entertainment Editor Capri Scarcelli took to the world of music to boost her mental health (page 9).

So instead of our annual fall fashion edition, this year we wanted to help engage in a meaningful dialogue about the issues our community has been facing head-on for the past 18 months.

While we still have coverage of the newly reported 94% of students who have either been vaccinated or

properly documented their exemption from the policy (page 4), we also covered the not-so-typical health and wellbeing stories.

From music, to yoga to webinars, we've covered it all, but really only scratched the surface.

We feel that this issue puts the conversations we've all been having with our friends and loved ones to the forefront.

Despite the pain many of us have endured recently, we also wanted to take time in this special edition to remember the good in humanity and the resilience of our community.

We hope to continue this dialogue in the weeks and months to come as we decide what it means to be well.

Editor's note:

Pictured on the cover of our health and wellness edition is Amaya Hamilton.

Hamilton is a junior in the Physician's Assistant program in the Rangos School of Health Sciences, as well as a member of the Duquesne women's basketball team.

NEWS

Duquesne CHAARG takes charge in womens health

BAYLEE MARTIN
staff writer

Duquesne CHAARG is building a better you and a brighter tomorrow by “changing health attitudes and actions to help recreate girls.”

According to Claire Shipley, an ambassador for Duquesne CHAARG. Women across Duquesne’s campus are one of over 90 chapters on college campuses across the country showing women that fitness, mental health, and maintaining a healthy lifestyle beyond picking up a weight at the gym.

“It’s a really great way to help girls, you know, get out of their comfort zone to learn a little bit more about

the fitness world,” Claire said.

Duquesne CHAARG holds social events, guest speakers and even networking opportunities to explicitly show just how intertwined mental and physical health truly are. Shipley believes this organization can help women across campus find their light.

“I joined recently,” Shipley said, “because before CHAARG was at Duquesne, I had a very low point in my life and my best friend encouraged me to join. I thank her, like every day for having me join and ever since then I gained a support system that I didn’t really know that I needed at that time.”

CHAARG has survived Covid-19 as a new organization on campus and is thriving this semester by becoming active in face-to-face, group workouts as opposed to the virtual sessions they participated in last year.

Their most recent workout was a hot yoga session, a style of yoga performed in humid conditions, with Aither Yoga, a yoga studio in Downtown Pittsburgh. According to the Aither Yoga online site, their motto is “building for a better you and a brighter tomorrow,” which encompasses what CHAARG stands for.

The meaning behind this motto is what drives many of the members to join CHAARG in the first place. Morgan Voithofer, a fifth-year pharmacy major at Duquesne, said on CHAARG’s Instagram page that she joined CHAARG to “become the best version of herself,” and to find what workouts make her most comfortable with girls she shares a bond with.

Shipley has felt this same comfort in the group of girls she has found in CHAARG that she had not had before when going to the gym.

“For women, it’s so hard for us to step into the gym and feel comfortable with doing other things other than stepping on the treadmill or stepping on the bike,” Shipley said. “And I know personally for me I’ve been super intimidated by going to the gym and CHAARG



CURTOSY OF DUQUESNE CHAARG

CHAARG members pose with Aither Yoga after a successful yoga session. CHAARG teams up with local sources in order to have a variety in their physical fitness



COURTESY OF DUQUESNE CHAARG

CHAARG members get active with doing a hot yoga session, a style of yoga performed in a humid room that increases the amount of sweat produced. Students interested can participate in all kinds of activities, like yoga.

has helped me learn about other things that the gym, can offer and help me and feel confident in doing those things and learning the basics of doing it, so I kind of look like I know what I’m doing.”

Another member of CHAARG, Peri Dimitriou, posted to the Duquesne CHAARG Instagram that she joined CHAARG to “meet other girls at Duquesne who are just as passionate about fitness and healthy living” as she is. She also said that she loves the support system she gained from joining.

CHAARG is holding a “tie-dye t-shirt social” on Nov. 2 to relax and from the stressful midterm period. Anyone interested in be-

coming a member of CHAARG can email duquesnechaarg@gmail.com and can follow the Duquesne CHAARG Instagram page, @duquesne_inchaarg.

Shipley believes that everyone should have a healthy and balanced lifestyle, which is what CHAARG gave her.

“I think that, you know, working out and maintaining a healthy lifestyle is really important for mental health, and I think once you start getting comfortable with working out and with having a good relationship with your body, it is great for setting for up positive mental health,” Shipley said.

Webinar sheds light on mental health during the pandemic

CHRISTIANA CATES
staff writer

The Global Public Health Speaker Series hosted by The Center for African Studies held a virtual webinar on Wed. Oct. 13, featuring Clinical Assistant professor and director of the psychiatric-mental health nurse practitioner program at Duquesne University, Dr. Marie Smith-East.

The webinar titled “Global Mental Health and the Covid-19 Pandemic” featured endowed chair and director at the center for african studies, Dr. Gerald Boodoo, as well as outreach coordinator and staff counselor, Sara Kyles-Roysterm, to discuss our current state of global mental health particularly in young adults.

The presentation began with an introductory poll for students and attendees to assess their knowledge of the current state of mental health affairs. It highlighted key statistics: that over 90% of mental health services have been on hold or disbanded in the midst of the Covid-19 pandemic. Furthermore, that of the adult category, young adults are more likely to report mental health issues.

“Just personally from my own

practice, loved ones are concerned about [students inclination toward] substance abuse during the pandemic,” said Dr. Smith-East.

Recently in the United States, a college institution made headlines for mental health in relation to the pandemic. Just yesterday, UNC Chapel Hill cancelled classes for a Wellness Day in the midst of two students [allegedly] dying by suicide in the last month.

The chancellor of UNC Chapel Hill stated in a message to the community on October 10: “Today, on World Mental Health Day, we are taking a moment to acknowledge and reflect on the seriousness of mental health illness and the challenges we face as we wrestle with the stress and pressures of our world today. We are in the middle of a mental health crisis, both on our campus and across our nation, and we are aware that college-aged students carry an increased risk of suicide. This crisis has directly impacted members of our community – especially with the passing of two students on campus in the past month.”

This highlights some of what the webinar host Dr. Smith-East discussed in relation to stress, anxiety and mental health. She

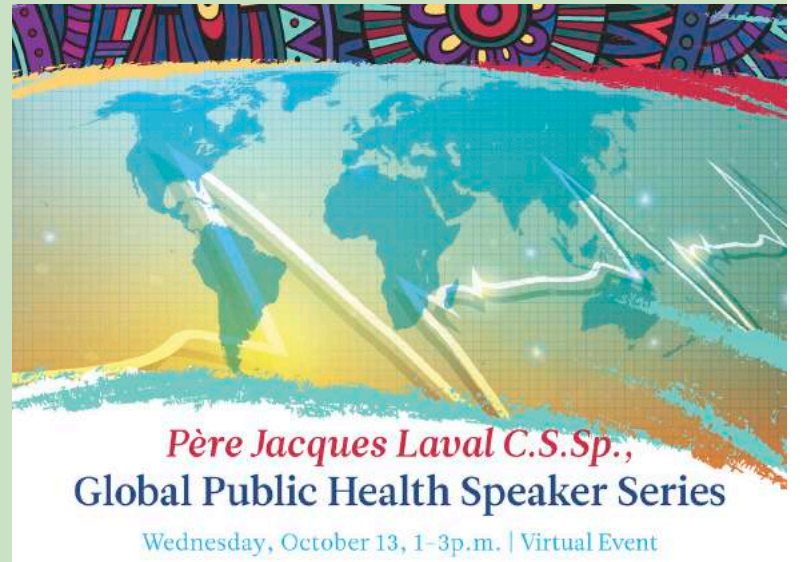
presented a framework diagram that discussed conditions in which excellence in mental health are achieved.

Included are the categories of Vital Community Conditions which listed criteria of: belonging, lifelong learning, basics needs for health and safety and humane housing. The engagement category listed sub-categories of: Health Systems, workplace and unemployment, [a] whole community, judicial system and education system. One of the outcomes to some of the categories mentioned was improved community conditions.

The webinar featured resources available to Duquesne University students, including a crisis hotline at: 1-800-273-TALK.

Dr. Smith-East reiterated that our campus has multiple resources for students in need including Duquesne’s Counseling Services in which she mentioned has seen increased numbers of visits during the pandemic.

“One of the reasons why we wanted to focus on mental health even prior to Covid-19, was simply because of the rise of the amount of students that were complaining of a lot of anxiety and depression. Part of this session was really to help our university community to understand some of these issues



COURTESY OF MARA McDONOUGH

The webinar held by the Center for African Studies spoke about global public health as well as how Covid-19 has affected mental health in the United States.

and also to perhaps hear some suggestions as to how we may be able to manage or handle it,” Dr. Boodoo said.

Dr. Smith-East presented a case scenario that could help students recognize others mental health issues. In the example scenario, your friend may be missing more often in terms of communication and may have voiced frustrations about how they are having a tough time

during the pandemic, they also could be having trouble getting out of bed or sleeping. This scenario used these indicators as a way to show suggestions on how to help that friend. Dr. Smith-East says you can check on them, and suggest programs and services for them to use without being intrusive. Showing that you cared for that person can comfort them and can possibly help them seek assistance that they may need.

COVID-19 NUMBERS

SCAN HERE FOR
COVID-19 DATA



FLU

SHOTS

Monday
Wednesday
Friday

Through Nov. 12

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Volleyball has their mind on mental health

MARY LIZ FLAVIN
news editor

Duquesne women's volleyball put a new spin on 'get your head in the game'. Students excitedly watched as Duquesne versed Davidson in a very special match.

On Sunday Oct 10, the women's volleyball team hosted a Mental Health Awareness Volleyball Game in the Cooper Fieldhouse with the help of student organizations Active Minds and Unpack U. In this game students could learn more about mental health via the information tables held by both groups along with an additional table where Counselling Services was set up.

Maura Fleming, president of Active Minds, spoke about how they



Maura Fleming, president of Active Minds sits at her station during the Duquesne women's volleyball game. Students can fill out forms on mental health, pick up cards and brochures on Active Minds, and learn more about what they are all about.

mental health," Poling said.

Mckenna Johnson, former Duquesne student, attended the



Duquesne women's volleyball played Davidson in a mental health awareness match. The girls gave it their all as they took on the opposing team. In between sets students learned facts about mental health over the sound system.

are centered around raising mental health awareness on campus and making sure students have access to resources both on campus and out in the community.

"Today we are doing a self-care check-in to gauge where you're at today and then based on what you answer, we can send resource guides to people maybe if they are struggling and feel like [they] don't have someone to talk to," Fleming said.

Students can get involved by looking up Active Minds on CampusLink, emailing Fleming directly or getting in touch via Instagram @activemindduquesne.

"I'm just really happy the Duquesne athletics reached out to us, I think that speaks about where they are trying to go and how they are trying to help and make it more of a conversation for student athletes," Fleming said.

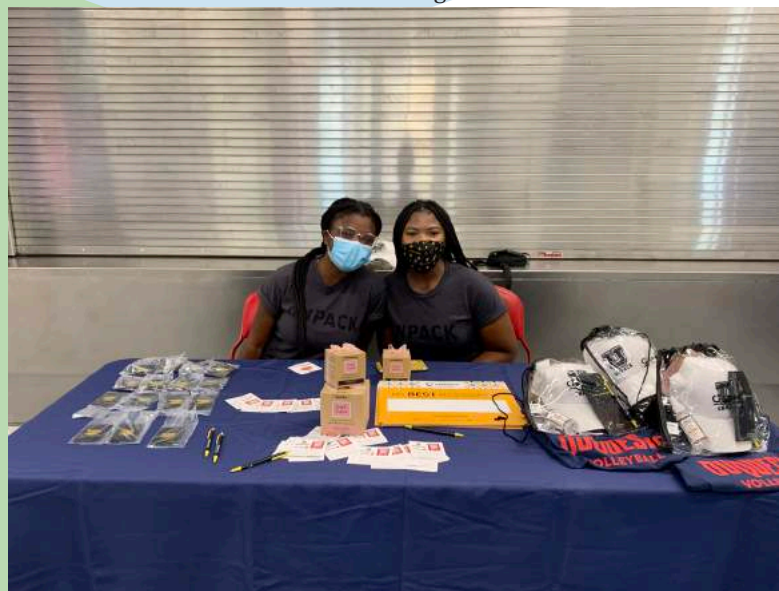
Haley Poling, a junior on Duquesne women's volleyball, thinks the game was a great way to bring awareness to a recurring problem amongst students. In addition this game meant a lot to her because she felt she was playing for something more.

"I think it was different than most games because we got to play for something that meant a lot to us as a team. We care for each other so much and being able to play for a cause felt as if we were playing for everyone struggling with their personal

volleyball game and was excited that mental health was being discussed during the match.

"I knew it was mental health awareness week. I work at UPMC so we are doing stuff like that and it's really big to me. I'm a huge supporter of those things, I wasn't aware that Duquesne was doing it but I'm so proud," Johnson said.

Unpack U, a nonprofit organization, fosters connections between mental health resources on campus and students according to ambassador Hervinah Celestin.



Hervinah Celestin and Rosie Donatien, ambassadors for Unpack U passed out note cards that students can write a mindful message on. Students could also pick up a facial scrub, hand sanitizer, and an Unpack U hat.

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Covid-19 Update

ZOE STRATOS
opinions editor

As of Oct. 11, 94% of full-time students who come to campus have either been vaccinated or has been declared from the university's Covid-19 policy.

The university sent out a press release to share the news and thank students for "contributing to the goal of creating a safe environment in which you can pursue your educational goals."

The email also included information regarding the remaining 6% who have not either submitted their vaccination status or provided proper documentation necessary for exemption, and in an interview with *The Duke*, vice president of marketing and communications, Gabe Welsch expanded upon it.

"The remaining 6% still need to upload their vaccination card to the confidential student portal or request and then provide the required documentation for an exemption," said Welsch. "A lack of action from these students has the potential to jeopardize the health and safety of our community, so it's essential that they step up and take immediate steps to provide proof of vaccination or documentation for an exemption."

According to the email, as well as Welsch, the university is currently contacting these students.

"The university is getting in touch with these students and is happy to provide assistance — if needed — to help them become compliant. Also, as a reminder, free COVID-19 vaccines are available on campus," Welsch said.

If students still are noncompliant after a final warning, the university may issue a policy violation and begin taking action against students. Welsch did not specify when these actions will begin, but said that the university has begun initial contact with the 6%.

Actions that may be taken include holds on the ability to register for classes, MultiPass restriction and denial of access to campus facilities such as the Power Center and Gumberg Library — along with other unlisted measures.

As for Duquesne's masking policy, the university has shown no sign of changing it even with the high level of vaccination and compliance on campus.

"The university stated in early September that the Allegheny County Health Department had concerns about the spread of cases as a result of the Delta variant — and their concerns were well founded, as we have seen. The county, as well as Duquesne's own COVID-19 Health and Safety Committee, still recommend use of indoor masking to ensure continued protection," Welsch said.

Music colloquium educates on autism spectrum, music

RIO SCARCELLI
staff writer

With or without a diagnosis, neurodivergent people process sociability, attention, learning, mood and other mental abilities unlike the average person. An idea that is less often sought out is the amount of strength and originality that can be inspired from neurodiversity. This concept was the foundation that created Divergent Musicalities, a two-day workshop encouraging the inclusion of individuals on the autism spectrum within

speeches and workshops led by creative minds on the autism spectrum, hoping to communicate their own experiences surrounding music.

Divergent Musicalities is an event that's been three years in the making. The event attempted to debut in March -- one week before the Covid-19 lockdown occurred -- and event organizers had to reschedule. However, this gave Miller and Fein the ability to plan more speakers and events as well as heavily flesh out their vision for the colloquium.

"This is the kind of thing that

Miller said that he's taught violin lessons to people who he later found out were on the autism spectrum. This experience gave him insight on the way that their abilities can be showcased. He said that many people on the autism spectrum have "astonishing abilities to memorize large amounts of information, and recite it back with incredible accuracy."

Both Miller and Fein's careers have allowed them to meet creators, musicians and scholars who have done work to advocate for their talents and passions. Through this, they were able to

and I hope other people can use it as an outlet more commonly."

Divergent Musicalities attempts to open up communities and conversations, so that people with autism can advocate for themselves and make their needs clearer, Miller said.

"Folks on other parts of the spectrum can do a better job listening carefully and finding ways to accommodate a wider range of collaborators, so I do hope that this colloquium will lead to more music-making among more people," Miller said.

Both Miller and Fein agreed that music can be communicated in so many different ways, and the way that people process concepts like learning a song or understanding music can be best told by those who experience it.

Msumba's brain does not process music the way most people do, she said. She feels she has a lot of trouble reading music but if she hears a song, she's able to play it without music.

"It is something inside of me. I breathe the music and take breaths to the rhythm," she said. "My eyes would go back and forth like a conductor. I would see the spaces between the notes and make a map of the music. It is almost three-dimensional to me."

Organizers hope to make the event recurring, and Fein said she hopes people leave the event "feeling more confident and comfortable to create creative communities that can include people on the spectrum."

"What I would like to do with this event is to inspire people to learn what they need to learn and open some of those doors to normalize the strengths of people who are neurodivergent, as opposed to isolating their differences," Fein said.

"I think that art can be used to depict to people on the spectrum that we have other dimensions besides being on the spectrum," Msumba said.

Msumba wanted to emphasize that many people with autism have so many facets that can shape them.

"We have goals, we have a potential for our lives and we have a place where we belong," she said.

IF YOU GO

What: Divergent Musicalities
When: Oct. 16 from 7 - 8:30 p.m. in PNC Recital Hall; Oct. 17 from 1 - 3 p.m. in the Thomas D. Pappert Center for Performance and Innovation.

POLICE BRIEFS

Wed. Oct. 6 - A student reported to DUPS that her vehicle was hit on the 10th level of the Locust Garage on Sept. 5. The case was closed shortly after.

Thurs. Oct. 7 - A student reported that their wallet had been taken from their room in St. Ann Hall LLC. The case was closed shortly after.

Sun. Oct. 10 - An underage, female resident student was referred to the Office of Student Conduct after being found intoxicated in St. Ann Hall LLC. The student was transported to UPMC Mercy hospital for further evaluation.

Sun Oct. 10 - Two resident students were referred to the Office of Student Conduct after admitting to underage drinking in Duquesne Towers LLC. The one student was transported to UPMC Mercy hospital for medical evaluation. The other admitted to underage drinking, but not intoxicated. Both are first time offenses.

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 Editor-in-Chief Colleen Hammond at hammond@c@duq.edu

FLUSHOTS

Appointments are available on campus from 9 a.m. to 4 p.m., Monday-Thursday, and from 9 a.m. to 12 p.m. on Fridays in the Muldoon Building at the corner of Chatham Place and Fifth Avenue. Call the Center for Pharmacy Care at 412.396.2155 or email cpc@duq.edu to schedule an appointment.



COURTESY OF ELIZABETH FEIN

Divergent Musicalities consists of a range of guests delivering performances, workshops and speakers.

music and art.

The event is scheduled for Oct. 16 from 7 to 8:30 p.m. in the PNC Recital Hall at the Mary Pappert School of Music and Oct. 17 from 1 to 3 p.m. in the Thomas D. Pappert Center for Performance and Innovation. The concept was co-created by Musicianship professor Paul Miller and Psychology Department Chair Elizabeth Fein.

"The first day is about making music together, and it will feature performances. The second day digs deeper into more intellectual questions, and is meant to help us all gain a better understanding of what autistic folks need, how they perceive the world and how to better meet their needs," Miller said.

To bridge the gap between psychology and music, the two collaborated to make a colloquium that would include concerts,

would be incredibly helpful for anyone looking to go into education, as inevitably you will meet people on the spectrum," Miller said. "Learning how to recognize autism quickly and knowing how to accommodate a wider, more diverse array of learners is one of those skills that any educator needs to have."

The colloquium invites people who are on the autism spectrum and those who wish to learn more about the unique ways that they process music.

"I feel that people on the spectrum can become very passionate about music, and be a really important form of expression for those who struggle with finding a way to communicate themselves," Fein said. "To be seen and recognized by other people with the intensity and passion of their interests can allow them to make creative contributions."

gather a group of diverse speakers both on and off the Spectrum to be able to educate people on a topic they feel should be more discussed. One of the people invited to the event, musician Jennifer Msumba, intends to share her experience finding acceptance with her diagnosis through music.

"Having a way to guide my physical and emotional feelings has been so important to me. For me, it is music," Msumba said.

From the time Msumba wakes up, she is always thinking about music be it listening to Spotify or writing a song. She said that music gives her focus and helps her "process and regulate herself."

"If I did not have music, I would be anxious, have meltdowns and reactions," Msumba said. "I am so thankful for music

DU football edges Bryant in NEC thriller

ADAM LINDNER
staff writer

Clichés get a bad rap. Oftentimes, deservedly so.

“Cliché,” after all, is defined as ‘a phrase or opinion that ... betrays a lack of original thought.’ Regardless, they endure.

And hey, as the old cliché goes: Some of ‘em exist for a reason.

‘It’s a game of inches’ is one of sports’ oldest tropes. It’s a tired and stale quip, but one that persists today.

On Saturday, though — during Duquesne’s thrilling 39-34 win over Bryant — it was less about actual inches and more about the referees’ judgments regarding several too-close-to-call plays.

A highly disputed Duquesne extra-point attempt and a breathtaking finish at the goal line as time expired provided players and fans alike with an unforgettable afternoon of football at Rooney Field.

On the game’s final play, Bryant quarterback Zevi Eckhaus completed a half-field heave to wide receiver David Zorrilla inside the Duquesne 1-yard line. Zorrilla was initially ruled down just outside the end zone, and a lengthy replay review authenticated a wild Duquesne victory.

The Duquesne sideline roared jubilantly following the referees’ decision as a dejected group of Bulldogs trudged off the field.

“I really thought I was in,” a despondent Zorrilla said as he walked to the locker room.

Even with the help of replay review, it was, and still is, truly too close to call.

Duquesne wide receiver Wykeen Gill could offer only one memory to rival Saturday’s nutty ending. A former Kansas State Wildcat, Gill watched from the sidelines in 2016 as K-State stifled a Patrick

Mahomes-led comeback effort, giving the ‘Cats a riveting 44-38 win over Mahomes’ Texas Tech Red Raiders.

“It was literally a parallel universe. I was a true freshman redshirt,” Gill said, recalling the ‘16 thriller. In that game, Texas Tech mounted a fierce comeback in the game’s waning seconds, only for Mahomes to be hit by a K-State defender before launching an errant Hail Mary on the game’s final play.

The heightened emotions Gill experienced Saturday afternoon, though?

“Never been to that level. That felt a little bit more important to me.”

Gill played an integral role in Saturday’s game, contributing 179 all-purpose yards for the Dukes, including a 50-yard punt return to the Bryant 6-yard line in the game’s second quarter. Quarterback Darius Perrantes parlayed Gill’s punt return into a rushing touchdown on the Dukes’ ensuing possession, knotting the game at 14-14.

Perrantes would connect with wide receiver Cyrus Holder in the back-left corner of the end zone prior to halftime, giving the Dukes a touchdown-sized lead at the break.

All hell broke loose following halftime. Bryant tied the game with a 47-yard rushing touchdown three minutes into the half before Duquesne answered to regain the lead.

It appeared as though Duquesne kicker Brian Bruzdewicz connected on his extra-point attempt following the Dukes’ touchdown with roughly three minutes remaining in the third quarter. The kick was high, but it seemed to align itself within the goal post’s left upright.

Players from both Duquesne and Bryant proceeded to jog off the field before the referees signaled that the attempt was no good.

“All our kids felt it was good. I thought it was good, but I had a (tough) angle,”

Duquesne Head Coach Jerry Schmitt said postgame. “Our team didn’t show any reaction (following the kick). They were shocked.

“There’s not a review for that. Nothing you can do with that.”

Minutes later, Duquesne’s offense found itself in the red zone. Following three fruitless attempts to punch the ball into the end zone, Schmitt settled for a field goal, which put his team up by nine with a little more than 10 minutes remaining.

“There (were) a lot of things going through my head,” Schmitt said regarding the decision to take the three points. “Sometimes it (comes down to the) flow of the game. I just felt we had to get some points to give our defense a cushion. Could have gone either way - I angled back and forth.

“I think I had the offense out there to go for it, but called it off.”

Perrantes said Duquesne’s coaches value the offense’s input when it comes to decisions like the one the Dukes faced on fourth-and-goal. Ultimately, though, this one was the coaching staff’s call.

“The coaches definitely listen to me,” Duquesne’s signal-caller said. “But that’s why they’re coaches — they know what they’re calling.”

Bryant, as Schmitt’s luck would have it, would then proceed to score two touchdowns, the second of which came with 1:54 remaining in the game. Bryant’s score with just under two minutes to go gave the Bulldogs a 34-33 lead, but they’d fail to convert on their ensuing two-point conversion try.

Duquesne then executed its two-minute offense to near perfection as it marched the length of the field, culminating with a Davie Henderson touchdown catch with 31 seconds remaining.

The game’s outcome came down to the aforementioned final play, with Duquesne

eventually prevailing with its fourth-straight victory.

With the win, Duquesne (4-1, 2-0) remained undefeated in Northeast Conference play. Bryant fell to 1-1 in NEC competition following the loss.

Duquesne will enjoy a bye this Saturday before returning to action at Sacred Heart (3-3, 1-1 NEC) Oct. 23.

Interestingly enough, the Dukes and Pioneers have already played twice in 2021. Duquesne was victorious March 7 before falling to Sacred Heart in the title game of the NEC’s truncated spring season.

Gill was happy with the close conference win, but stressed the importance of continued improvement for his team. He’s particularly concerned with the offense’s continued attention to detail.

“I feel like we left a lot of points on the board today, maybe even put the defense in some high-and-tight situations,” Gill said. “Timing, taking things one step at a time.

“I know it sounds cliché, but those are the keys to football.”



COURTESY OF MELISSA TRIEBWASSER
Quarterback Darius Perrantes at TCU Sept. 4.

DU cross-country teams lead way in CMU Invitational

LUKE HENNE
sports editor

The Duquesne men’s and women’s cross-country teams each earned a first-place finish at Saturday’s Carnegie Mellon Invitational in Pittsburgh’s Schenley Park.

The women’s team had a combined score of 43, which was the best among the field of 14 teams. The next closest teams were Clarion and Carnegie Mellon, who finished with respective scores of 84 and 102.

Five of the top 15 runners in the five-kilometer race hailed from Duquesne. Tessa Franchi (19:42.1) and Laura Ehrenberger (19:44.1) finished in fourth and fifth place, respectively.

Kiki Thornton, who finished eighth overall with a time of 19:51.0, views the win as a source of motivation moving forward.

“It was a great morale boost for our team,” Thornton said. “We all had a collective plan to get out hard and fast and to stay up in the top of the pack. I think, as a team, we worked well to get the win.”

Angela Valotta (20:12.4) and Kierra Shrefler (20:34.4) also earned top-15 finishes.

Thornton is proud of her teammates, not only for their success this past weekend, but

for the work they’ve put in all season long.

“It takes a lot of hard work to push yourself the way this team does every day,” Thornton said. “We all respect each other and want each other to reach our own goals. We hold each other accountable and I think that because we work together, it definitely shows in our races.”

Thornton feels that the hard work her and her teammates put in on a daily basis serves as the foundation of a strong program.

“We do a great job of encouraging each other when we work out or race,” Thornton said. “Being in a positive environment, when you know you have a solid support system that wants you to do well, helps a lot in becoming successful.”

On the men’s side, the Dukes combined for an overall score of 20. Carnegie Mellon and Indiana (Pa.) finished in second and third, respectively, with scores of 64 and 83.

Five of the top seven runners were from Duquesne. Mark Provenzo (26:07.9) and Sam Lenze (26:26.6) earned the top two spots in the entire field.

Zack Toth (26:34.6), Nick Fetzer (26:37.3) and Anthony Litrenta (26:37.4) finished in fourth, sixth and seventh place, respectively.

Both teams will be back in action on Fri-



COURTESY OF DUQUESNE ATHLETICS
Members of the Duquesne women’s cross-country team run during the Yinzer Cross Country Classic at Youthtowne in Clinton, Pa., on Sept. 3. The women earned a first-place finish during this event.

day when they travel to University Park, Pa., for the Penn State National Open.

Following a week off, both squads will head to Cedarville, Ohio, on Oct. 30, where

they’ll each compete in the Atlantic 10 Conference Championship. Thornton described winning the conference title as “an ultimate team goal.”

Kalin credits strong support staff in road to recovery

BRENTARO YAMANE
staff writer

Amanda Kalin, a member of the Duquesne women's basketball team, tore her ACL after her knee buckled during a game against Dayton on Jan. 3. Despite an instant realization that her season was over, she remained surprisingly positive.

"I told myself I would focus on what I can do with the injury rather than what I can't do," Kalin told *The Duke*. "There were a lot of ups and downs with it."

The injury ultimately resulted in surgery. It was the first time in Kalin's career that she endured a surgical procedure, but she remained calm throughout the process.

"That stuff doesn't freak me out. I have a pretty strong faith," Kalin said. "Obviously you get a little nervous naturally, but I was in a good headspace to handle this injury."

Since sustaining the injury, Kalin has been going to physical therapy on a daily basis and is steadily progressing. While an exact return date has not been announced, Head Coach Dan Burt is excited to have her back.

"We are focused on getting her back to being healthy," Burt said. "When she comes back, then we'll focus more on perfecting her craft and making her a better player."

Kalin's coaches and training staff have helped expedite the recovery process. Their consistent positive attitudes have helped her become more eager to get back on the court.

"I have created a relationship with every single one of them [athletic trainers], and they have all helped me," Kalin said. "Steve [Labate] would help bend my leg every single day. Everybody in there is positive and willing to help. I would not be where I am at all without my strength coach and trainers."

Chris Tarullo was the assistant strength

and conditioning coach at Duquesne for five years before accepting a position as head strength and conditioning coach at the St. Albans School earlier this month. While he is no longer at Duquesne, athletes like Kalin will still feel his presence.

"He was a major part of me coming back," Kalin said. "He genuinely cares about each and every one of us. When anyone on the team gets injured, he feels it, too, and I can tell it takes a toll on him too. He has been there with me since Day One."

Besides the coaches and training staff, Kalin also cited her family and friends as being a strong source of assistance.

"My family and siblings text me all the time to see how I'm doing," Kalin said. "They told me to have faith in God and that my sport doesn't define me. My older sister cooked me breakfast while I was student-teaching last semester. When I came back to school, I had my boyfriend there to cook for me and do my laundry."

Although Kalin has not been lifting the same weights as the rest of her teammates, she feels that she's in a good physical state. She believes that being able to do her own lifting exercises is a good thing.

She is also in one of the best mental states that she has ever been in. Anyone that plays sports has challenges to overcome, and Kalin is no exception.

"When you play a sport in college, it feels like people tend to think that athletes are spoiled and that they have it really easy," Kalin said. "You put so much time in, and it drains you, mentally and physically. It's easy to get negative and be down on yourself, but I would say I worked through that."

Kalin has been regarded as a player that provides great leadership. While she is known by the team as the leader on the

basketball court, her injury and subsequent setback allowed her to become a leader on the bench by providing advice and support.

"I try to lead by example. Doing the work, being the first one done, being the hardest worker out of everyone," Kalin said. "I see younger girls who are really stepping up and being great leaders. Everybody is eager to get back to it."

When Kalin is finally able to get back on the court, she will be playing in the UPMC Cooper Fieldhouse for the first time since its reopening. By the time it opened during last season, Kalin was already injured. It's been over two years since she has played in a true home game filled with fans.

"It will be really exciting because I have not played in the brand-new gym. We have not had a real home game in over two years," Kalin said. "It's going to be a crazy feeling, but I've never really thought in-depth about that because I try to take things one day at a time."

Burt echoed Kalin's sentiment about finally having a home-court advantage after two arduous seasons.

"Having a home to play in filled with fans makes an impact on a team," Burt said. "We haven't had that experience in over two years. I'm excited to see the arena filled with fans, and I think it will provide good energy to our team."

With players like Kalin still recovering from her injury and the team trying to rebound from a season littered with Covid-19 hiccups, it'll take a good attitude and strong mental health to be able to achieve goals. Burt is keenly aware of that.

"I always advise our players to take care of themselves. If our players ever have any problems, our coaching staff will always be there for them," Burt said. "That's part

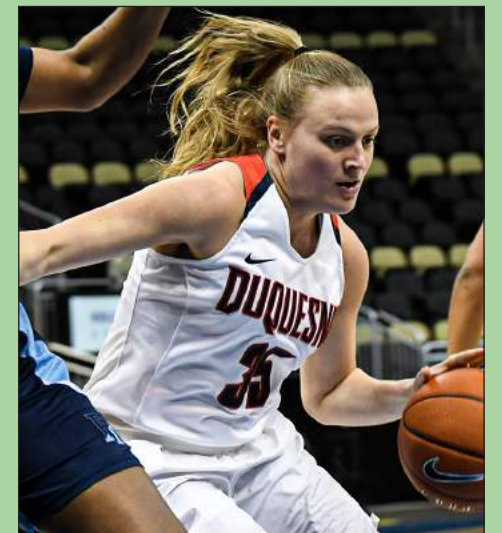
of the culture we create. We look after one another."

Despite having been dealt one of the most-devastating injuries an athlete can suffer, Kalin doesn't feel sorry for herself.

"Everybody is battling their own things. Life is not meant to be easy," Kalin said. "Nobody promised that you would have an easy life. There are going to be things that are thrown at you. And while it gets really hard at times, you're going to feel depressed and have those feelings of anxiety."

As Kalin is well aware, a strong surrounding cast can make all the difference.

"You need to lean on the support system around you and eventually you have to power through," Kalin said. "It is important to look after yourself. If you can't take care of yourself, then you cannot take care of those around you."



COURTESY OF DUQUESNE ATHLETICS

Amanda Kalin dribbles during a clash with Rhode Island at PPG Paints Arena on Feb. 19, 2020.

Student-athletes don't have to fight their battles alone

GRACE HEIDINGER
staff writer

While there is often still a stigma around seeking counseling for mental health concerns, anybody can benefit from having such a beneficial source of support.

Individuals like Tim Winbush and Snezhana Serafimoska are keenly aware of this reality.

Winbush is a licensed clinical social worker in Pennsylvania. He provides outpatient counseling for student-athletes who request the service.

"Student-athletes are under a lot of pressure with academics and performing at a high level in their sport," Winbush said. "They know themselves better than anybody else, so I ask them how I can help."

Serafimoska is a member of the Duquesne women's basketball team. During her freshman year, she was struggling to find a strong balance between the classroom and the basketball court.

Serafimoska was studying biology and chemistry and felt that there was not enough time in the day to keep up and to be successful in both aspects of her life.

The work she was putting in on the court abruptly came to a pause when doctors found

that she had benign cancer in her hip.

"My trainer thought that I wouldn't be able to play again," Serafimoska said. "It was like everything I worked for my whole life and all the sacrifices I've made went to waste."

Serafimoska initially felt that attending counseling would be a sign of weakness.

Winbush explained that student-athletes often believe that they can't go to many people without being judged.

He creates a confidential space for these athletes so that they can guide the session and feel comfortable in talking about whatever they want to discuss.

"I talk with student-athletes about issue relating to the sport they are playing," Winbush said. "But there's other real-life issues too."

While deciding whether to begin counseling, Serafimoska heard that some of her teammates had been attending and that it was working, so she decided to try it.

She turned to counseling offered in Duquesne's Fisher Hall to help with the heart-breaking emotions she was experiencing.

Watching her teammates do what she loved while she had to sit out was challenging, but not a day passed where she didn't look forward to getting back on the court.

"The mental part and trusting my leg again

were the hardest parts of recovering for me," Serafimoska said. "My therapist really helped me get through that the best way he could."

Counseling taught her to avoid situations that would bother her and not let what people say affect her as much as it had in the past.

"I learned how to do what I do best and was able to give it my all because I was letting things go that helped me improve both on and off the court," Serafimoska said.

Counseling for student-athletes helps aspects of life that aren't related to athletic performance. Winbush often discusses issues related to academics, relationships and family life.

"Talking about non-sport-related issues helps them manage stress better," Winbush said. "When this happens, they naturally increase the chances of performing at a level they are expected to perform at."

Seeking help not only helped Serafimoska through her recovery, but also in her academic life. Attending counseling opened her eyes and allowed her to change her major to business management.

"Other people wanted me to study biology, but that wasn't what I wanted to do," she said.

Serafimoska thinks that student-athletes are often expected to be perfect in everything they do.

When things go wrong, they tend to be hard on themselves and are left with the impression that they've failed those who care about them.

"My therapist was there to remind me that we can't be perfect and that all I can do is give my best in everything I do," Serafimoska said. "It was a reminder I didn't know I needed."

Serafimoska and Winbush advise student-athletes who are considering counseling to give it a try, even if they don't think they need it.

"Athletes should realize they don't have to go through this alone," Serafimoska said. "You are not the only ones going through this and you will not be seen as weak."



COURTESY OF DUQUESNE ATHLETICS

Snezhana Serafimoska huddles with her Duquesne teammates prior to a game on Dec. 11.

Duquesne students create positive environments in art

MOLLY CHAPMAN
staff writer

The creative arts can be experienced in various ways. Some may sing, some may dance, some may write, draw, paint or act. Whichever way students express their talents, these extracurriculars also stand as a foundation for positive self-care in terms of mental health. The Duke interviewed five Duquesne students who use their hobbies as a creative outlet for their health and well-being.

Caelyn Kim — voice performance

Playing and listening to music is a very popular way to relax after a long day, and for freshman phar-



COURTESY OF PAULA SCARCELLI

The choir performs at their first concert of the 2021 year. Kim sings in the choir, and says music makes all of the stressors in life disappear.

macy major Caelyn Kim, music is an escape.

Kim has been singing since she was young, and “it always had this profound ability to make me feel so much lighter,” she said.

A member of Duquesne's Pappert Mixed ensemble, Kim enjoys her time rehearsing in choir and on her own.

According to Kim, there are many factors that can lead to stress — schoolwork, jobs, social encounters — but with music, the stressor “suddenly doesn't matter.”

“It has a big influence on how I feel,” Kim said.

In addition to affecting her mood, she feels that music can help determine her efficiency.

“I get more work done when I'm listening to the right kind of music,” she said.

But in her life, music has had an impact on more than just a single moment's mentality.

“I used to have difficulty socializing, and never understood other kids,” Kim said. “When I got into the arts, though, suddenly I was surrounded by people who had a lot of the same interests as me and were willing to help me become the person I am now.”

Kim describes herself now as a person willing to take risks, and says her life is “far better than it would have been [without music].”

For Kim, music is the way to wind down after a long day, the way to get herself into the right state of mind for whatever the next task is and to make all the problems in the world disappear.

Hannah Clark — ballroom dancer

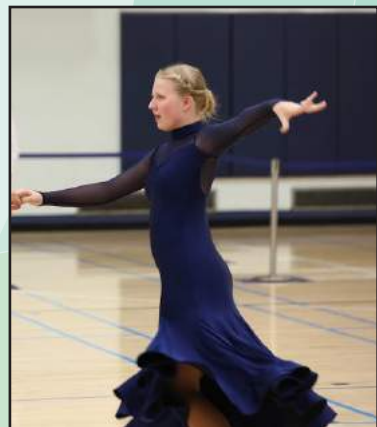
“My relationship with ballroom dancing is very positive. It has given me some of the best and worst experiences, and every single one has helped me get through my life and meet some of the best people in it.”

Sophomore Duquesne Ballroom Association President Hannah Clark's relationship with ballroom dancing may be, as she described, “complicated,” but it has given her the highest of highs and gotten her out of her lowest of lows.

“It's always there when I'm feeling down or need to get things off my mind,” Clark said.

She also opened up about some of her struggles with anxiety, and how dancing helps her overcome it.

“It gives me a time to take a break or just relax my body from stress and anxiety that I face daily,” Clark said. “Being able to dance and perform with a positive group of people sup-



COURTESY OF HANNAH CLARK

Clark performing one of her ballroom dances. She has been using dancing as a way to relax her body after long days of work.

porting you is the best feeling.”

Another impact that dance has made on her life is improving her connection with other people.

“It strengthened many of my relationships, since I tend to dance with my friends, family and boyfriend,” Clark said.

According to Clark, she knows that her mental health has been affected greatly by the influence of dancing.

“It gives me things to destress with, people I do not feel anxious around and it helps me gain confidence in myself.”

Kaitlin Dodd & Natalie Jepsky — Painter Society Co-Presidents

Many people's first thought when given the term “creative outlet” may be painting, as it is a type of art we see and hear of nearly every day.

Painter's Society Co-President Kaitlin Dodd harnesses the canvas, brushes and paints to ease her mind and take care of her mental health.



COURTESY OF KAITLIN DODD

Dodd poses with a picture she painted during a Painter's Society meeting. She paints to de-stress and to enjoy the relaxing effects of painting.

“Painting is a great stress reliever,” Dodd said. “I love that I'm free to create whatever I want and it doesn't matter if it's ‘good’ or not.”

Many people's biggest worries about joining creative activities is not being good at it, whether it is acting, drawing, playing music, dancing, writing, or painting, but Dodd explains that a person's perception of the art as good or bad doesn't matter as long as the artist is happy with the piece they created, and that everyone's work is uniquely beautiful.

“Knowing this takes a lot of pressure off trying to be good at something and allows everyone to just simply enjoy the relaxing effects of painting,” she said.

To Dodd, having a Painters' Society meeting on Thursday nights is “the perfect end to a long, stressful week.”

Painter's Society Co-President senior Natalie Jepsky's first encounter with art was scribbling and drawing when she was younger.

Through elementary and middle school, art classes were still a staple in the curriculum, but in high school, she had to give up art classes for other



COURTESY OF NATALIE JEPSKY
Jepsky finds her sense of calm through painting, leading the Painter's Society to offer students the same opportunity.

required courses.

“When I heard about the Painter's Society at the expo [my] freshman year, I immediately joined because I thought it would be good to have a creative outlet again,” Jepsky said.

“What I like most about painting is that nothing has to be perfect when

you create it,” she said. “It's your own and uniquely yours.”

In regard to her mental health, she explained that being in the club allows her to relax.

“Painting has reduced my stress and improved my mood even after a rough week,” she said.

For Jepsky, painting forged new connections, gave her a new creative outlet and helped her relieve the stress of day-to-day life.

Becca Liddle — Poetry writer

When junior education major Becca Liddle's mental health hit one



COURTESY OF BECCA LIDDLE

Liddle sits at her desk writing a poem. She has been writing for over a year, and uses poetry to get away from negative feelings.

of its lowest points about a year ago, she said she turned to poetry to bring her back up and has been writing ever since.

“I signed up for a poetry workshop and really enjoyed it,” she said, explaining her beginnings in poetry. “I found myself writing more and more for fun and as a means of de-stressing.”

“I never thought I had any passions until I started writing,” Liddle said. “I used to think you had to be good at something to like it, but any poetry is good poetry and that's one of the most beautiful things about it; there's no wrong way to do it. It just has to make you feel something.”

When Liddle began writing, she felt like no one understood what she was experiencing, or no one could put it into words.

“Finding new ways to put into words what I'm feeling helps center me and allows my mind to go back to a place of productivity and positivity and continue on with my day,” she explained.

Liddle said that writing allows her to disconnect from reality for a while. “It takes me away from whatever bad feelings I'm experiencing at the time, even if I'm writing about those bad feelings.”

“It's humbling to have other people read what you write and say ‘I resonate with that and completely understand what you mean,’” she said.

Liddle, who a year ago couldn't find anyone with the right words, used poetry to find the words herself.

WEEK'S EVENTS

Pet Therapy
Oct. 14 @ 12:30 p.m. & 3 p.m.

Go to the 5th floor of Gumberg Library to relax with some precious pups!

Leukemia & Lymphoma Society's Light the Night
Oct. 14 @ 4:30 p.m.

To bring a hopeful light to the conversation of cancer, Heinz Field is hosting a night of lanterns for all of the fighters, survivors and loved ones lost. To volunteer to help “Light the Night,” email angelina.shilcosky@lls.org.

DPC DUNite: Succulents
Oct. 14 @ 9 p.m.

Stop by the Union Nite Spot for this week's DPC DUNite, and get free succulents and refreshments. Supplies are limited!

Red Masquers Psycho Beach Party
Oct. 14-17 @ 8 p.m. & 12 a.m. & 2 p.m.

Support the Red Masquers with a fun night at Genesius! For more info, go to www.dugredmasquers.com.

CAPRI'S KIND WORDS

Positive Mentality: How to wire yourself for healthy self-care

As college students, we are constantly over-stimulated and over-worked. And what do we do to combat that? ... over-compensate.

The truth is, you can only give so much of your time and energy to the environments around you. If you spread yourself too thin, unfortunately, you are bound to crash hard.

My friend said to me the other day: you can't pour from an empty cup. If you've already given your all, you need to build yourself back up before you jump back in.

So what does that entail?

Take some time to get to know yourself and get to the root of it. How can you create positive self-talk to allow yourself the time to recoup?

Create a new little routine. Talk to yourself to run through the clouded thoughts. Do what you would like to see of yourself, without hesitation.

You can take a pause, at any time you need. Ground yourself, breathe through it, and start anew.

— Capri Scarcelli

Feel-good tunes: How to practice mindfulness through your music

CAPRI SCARCELLI
a&e editor

As an avid Spotify user, I find joy in making playlists catered to my current moods and mindfulness, fitted with a niche photo cover and a hyper-specific title. Now, 77 playlists in, I still continuously find a new theme for each and every set of songs.

Whether organized by month, season, or a shower song, road trip song, sitting in the sunlight and feeling like everything is going to be alright or walking around in your hometown where the flowers are budding and you know you've grown, too: there is something for everything, and that is the magic of grounding yourself with the music you listen to.

Why do I do this, though?

As a person with an anxiety disorder, music has been one of my greatest outlets for positive mental health. According to the American Music Therapy Association, making your own therapeutic playlist can quickly ease you out of an anxiety/panic attack, bringing you to a more relaxed state of mind depending on what you are playing. This is not only done through classical and acoustics, either: music is a matter of familiarity to the mind, which, in turn, helps bring clarity.

That being said, you have to start off with the mood you are feeling. If you are feeling a little off, you

don't want to make a "happy playlist," for it will feel inauthentic in comparison to your mental state. Instead, aim for a playlist that feels like you're on the uphill battle, growing into what you are meant to become.

A great place to start is with music that is similar-sounding to what you already listen to within the genre, but feels like a fresh start. When dealing with anxiety, it is best to give your attention to what feels most comfortable, or what you typically gravitate toward. Giving your mind this space of familiarity through music helps bring that heightened emotion back to a relaxed level.

On Spotify, there are six "Daily Mixes" that are made based off of your recently listened-to, organized by genre. Additionally, there is a "Discover Weekly," "Daily Drive," "Daily Wellness" and "Release Radar" to give you brand new music each and every day.

The mixes are curated every 24 hours, rotating your favorite artists and including artists of similar nature for a unique listening experience that broadens your horizons and inspires story-telling on your own profile. Similarly, the weekly mix gives entirely new artists and genres for you to select, while drive, wellness and radar focus on up-and-coming artists with positive, uplifting pieces. With different genres and moods in these

playlists, it is easy to get a gauge of what you want your own playlist to look like.

To do this on your own, you can filter through those playlists, or the "Playlist Radio" that follows it, to get a gauge of what you want to listen to in order to match your mood. It's also important that this is music you enjoy — and not something you feel as though will cheer you up just because it's popular, has peppy vocals and a strong backbeat. If it speaks to you, then it is worth categorizing.

But how do you know a song is good enough to add to your playlist? Simple enough, pay attention to the tempo of the song, its volume, dynamic and its instrumentation. Typically speaking, you don't listen to a somber ballad when going on a run, and you don't listen to heavy metal when going to bed. This in mind, think of what the purpose of the playlist is, and where you want to take it from there so you have plenty of options to fit where you're at mentally.

This technique not only benefits you in the long-run with great music for a multitude of moods, but it also sets you up for self-care in the present moment. By giving yourself a creative outlet to focus your energy toward, you are doing inner-healing that you otherwise wouldn't make the time for — especially with social media being a catalyst for ignoring mental health.



CAPRI SCARCELLI | A&E EDITOR
By scanning the link, you can scroll through Capri's public playlists inspired by all aspects of mental health, approved by *The Duke*.

It is accessible to all; you can share with friends, family and peers for a pick-me-up, or to show yourself that you have control. It is a great way to thank yourself for all of your hard work, and thank your loved ones for inspiring the memories that music has brought you.

For inspiration, my Spotify is cscarcelli20.

HOROSCOPES

Scorpio
(October 23- November 22)

Spread the love beyond the mirror, you sly dog ;)

Sagittarius
(November 23- December 22)

We didn't start the fire! (But maybe take a step back you don't wanna ruin your new shoes).

Capricorn
(December 22- January 19)

Dinner is good. Make some. Or get an Incline salad. Do not re-heat pierogies.

Aquarius
(January 20- February 18)

Hello, my little petunia! Keep growing :)

Pisces
(February 19-March 20)

YOU ARE NOT ALWAYS RIGHT!!! But sometimes you are so I'll give you bonus points.

Aries
(March 21-April 19)

You're special, Aries! ... but stop talking in third person.

Taurus
(April 20-May 20)

Venmo me as an act of kindness :)

Gemini
(May 21-June 20)

Sipping on the same 12oz coffee from 9a.m.-1p.m. is not breakfast, nor lunch!

Cancer
(June 21-July 22)

Cup of tea before bed might put you to sleep, but you're going to bed anyway so it's okay.

Leo
(July 23-August 22)

"Pay attention to meeee"
No, pay attention to YOU!!

Virgo
(August 23- September 22)

This is your sign to set a "boundary." Do you know what that is?

Libra
(September 23- October 22)

It's fun to play teacher, but make sure you're learning the lesson, too!

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"I found that with depression, one of the most important things you could realize is that you're not alone. You're not the first to go through it; you're not going to be the last to go through it."

DWAYNE JOHNSON

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.

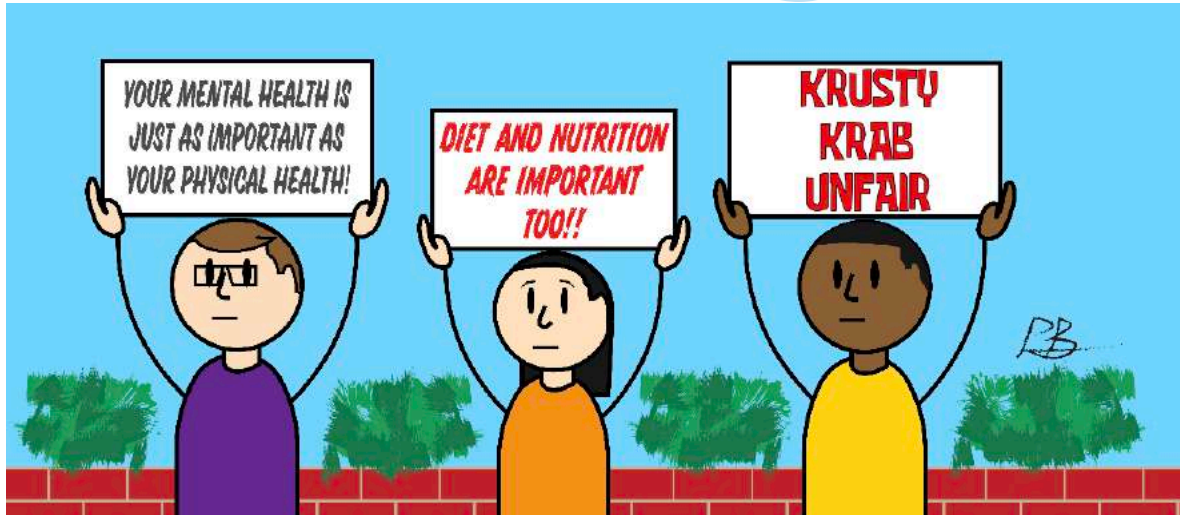
Corrections/clarifications

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

OPINIONS



PETER BOETTGER | STAFF COMIC ARTIST

Navigating mental health in media

This column contains sensitive topics such as mental health and suicide. If you or someone you know is struggling with negative thoughts or suicidal feelings, resources are available to help. Please reference the back page for resources and support groups.

Over the summer, popular rapper Kid Cudi posted to his Instagram about his long-time struggle with depression. It opened up a conversation many are hesitant to participate in, or even share about themselves.

The post read:

"Sadness eats away at me sometimes. How do I deal? A lot of you hit me and ask how I get through. Truthfully, I don't know. Some days are great, others not so great. I just try to believe God has something better for me. I try to have faith in the light. Please, believe."

After the release of his album "Man on the Moon III" in December, people across the country found solace in his music; They felt like they weren't alone — and the post only strengthened that concept.

People like Pete Davidson hailed Cudi and his messages through music. Diagnosed with Borderline Personality Disorder in 2017, the SNL comedian admitted that without the "Man on the Moon III" album, he wouldn't be here.

Most of our focus for the past two years has been on the Covid-19 pandemic, when there's been another epidemic plaguing the globe for much longer. Known as more of a taboo in our culture, it's time we put a spotlight on suicidality, especially as it becomes more prevalent on our screens.

According to the Centers for Disease Control and Prevention, suicide was the 10th leading cause of death for all ages in the United States, and the second leading cause of death for ages 10–34 in 2019.

Suicide is a major contributor to premature mortality, the CDC says. Recent reports have documented a steady increase in suicide rates over the past two decades, but thankfully so far we've seen a slight decrease from 2018 to 2019. Data for 2020 has not been released yet.

Whether it be in movies, TV, music or even just the news, suicidality is always around us. There's a right and wrong way to go about it, but these conversa-

tions are important to keep the trends heading downward.

Back in 2017, the popular Netflix series *13 Reasons Why* took the nation by storm with its graphic depictions of bullying, self harm and suicide.

Educators and psychologists warned of the chance of copycat suicides due to the show's graphic nature, and they ended up being warranted.

In the month following the show's debut in March, there was a 28.9% increase in suicide among Americans ages 10–17, according to a study done by the National Institutes of Health. The number of suicides was greater than that seen in any month over the five year period examined.

Though researchers said their study cannot prove causation, it makes you wonder about the effect of these types of shows on vulnerable youth. Coupled with pressures at home, at school and on social media, it's a recipe for disaster.



ZOE STRATOS
opinions editor

"We have to be really mindful of the messages we're sending out. And then the intended audience: Maybe somebody who's more mature can watch a show and be able to take away the message, but somebody younger, they can idealize it instead of challenge it," said Rachel Kallem Whitman, a psychology professor at Duquesne.

Knowing that these conversations and portrayals are vital, the media need to be mindful of how they display it, and us too, as we consume it.

According to Whitman, media literacy is one of the best ways to prevent receiving the wrong

message.

"We need to be able to educate people, starting at a really young age, to critically look at this stuff. Let's look at this portrayal, let's unpack it a little bit, and not necessarily take it as the solid truth. A lot of us when we watch media are like 'it's on TV, it has to be right,'" Whitman said.

Providing these tools and support groups allows for more positive responses from vulnerable kids and teens.

On the flip side of things, media organizations must do better with reporting on suicide. When Avicii died by suicide in 2018, reporters from the U.S. and other countries, including his home country of Sweden, wrote many stories regarding the DJ's life, family and death.

In Sweden, the articles focused on the family's privacy, while in the US, TMZ released a full breakdown of the graphic details of his death. Where should we draw the line?

It's important that we give a spotlight to these moments to educate and to mourn for those who have struggled, but we need to know the right language to use, and to allow for their and their family's privacy.

"For a long time the language we used was 'committed suicide,' and a lot of people have problems with that. Committed. When you say that, it kind of sounds like you're committing a crime. If you're creating the association that if you are suicidal, it's unethical, that's not helpful," Whitman said.

As a media organization, and first and foremost an ethical person, we must tread lightly around the topic, but be capable of talking about it in a way that's inclusive — whether you're white, Black, Indigenous or have a physical or mental disability.

Moving forward out of the Covid pandemic, there's so many ways to clear out the suicide epidemic. Look to nonprofit organizations, support groups and even media to garner a sense of community and belonging. Even though media perpetuates suicidality, it can also prevent it, as long as we use trigger warnings.

It's never easy to tread through the murky waters of mental health, and my column only touches the surface of it, but if we move forward treating it with care, the trends can continue downward.

STAFF EDITORIAL

Take a break with the Duke editorial staff

The topic of health and wellness has been at the forefront of everyone's lives since March 2020.

After over a year of hybrid Zoom education, students at Duquesne are now thrown back into a full gamut of in-person classes. With that, we try to balance jobs, internships, extracurricular activities, homework, social lives and our personal lives.

Not to mention — there's still a pandemic going on.

And it's hard and it's stressful.

Roger Williams University in Rhode Island claims five dimensions of personal health: physical, emotional, social, spiritual and intellectual. To be considered "well," none of these areas can be neglected.

Take time to exercise and eat healthy. Taking care of your body physically can do wonders for your mental health. Feeling good physically can help you be well emotionally, socially, spiritually and intellectually.

At Duquesne, this can include the Power Center, the numerous biking and running trails that you can closely access from campus and health dining options at Freshens, Hogan and the Incline.

Talk to a friend or family member that you trust when problems arise. Listen to some music that you enjoy. Seek professional help when needed. These techniques help to achieve positive emotional health.

Get involved! From playing chess to drawing chalk, there are many clubs and organizations that you can participate in at Duquesne. Become involved in something you're passionate about: you may make strong friendships through it.

It's OK to take a short break from schoolwork -- relax and enjoy a night with friends or family doing an activity that you enjoy. Having a healthy balance between school and academics can help you achieve this positive social health.

If you have a religion/belief system, study and practice it. Finding a quiet place for self-reflection can help boost your health spiritually. At Duquesne, this can include Spiritan Campus Ministry and the Department of Wellbeing on campus.

Intellectually, stay prioritized, organized and seek help if you need it in your classes. Go to a professor's office hours -- they are there to help, and will most likely appreciate the effort! Tutoring programs exist in almost all majors at Duquesne.

With midterm exams this week, most students are feeling overwhelmed, swamped, alone and burned out. There are people in your life that value your presence, recognize your self-worth and appreciate the qualities you bring to the table. Continue doing the best you can.

Running out of my comfort zone: my first 5K race

ANDREW CUMMINGS
multimedia editor

All I could think was: “I can’t do this,” “My legs are tired,” “I can’t catch my breath.”

These, among other complaints, are all things that I said to myself over summer as I prepared to run my first 5K race.

At the beginning of the summer, I decided that I wanted to become more physically active. I am not an athlete, and I have never been inclined to participate in physical activity — unless you count one season of middle school track — that is.

I began running as a way to warm up for other types of exercises like weightlifting, but I quickly realized that I enjoyed running much more. I decided that I would start running further distances, and see how far I could go. When I started, a half mile was enough to thoroughly wind me.

Over the summer, I gradually increased the distance of my runs: half mile, one mile, one and a half miles, etc. Eventually, I got to the point where I felt like a five kilometer (3.1 mile) run was within my reach.

I’ll never forget the first time I attempted it. I remember

about halfway through the run, my energy level completely dropped off, and I felt like the full distance would be impossible to finish.

But I kept going, putting one foot in front of the other.

I was able to complete the distance, albeit with a pretty mediocre time. The time didn’t matter to me though, because I was happy just to have done it.

This was when I knew that an official race was feasible. I researched local 5Ks, and I signed up for one that was a few weeks away.

I continued to train in the meantime, getting my body ready for the Community Chase 5K.

The day of the race, I got up between 5:30 and 6 a.m. and ate leftover Chinese food for my pre-race meal. I had experimented with different foods leading up to race day, and I found that the mix of protein and carbohydrates in chicken and rice kept me energized during runs without causing cramping.

Before the race, I would say that I felt the “right amount” of nervousness. I was nervous because this was my first official race, but I was not afraid of it. I had put in the work, and I knew that I was physically capable of completing it.

I was not concerned with getting a specific ranking. I knew that I was not going to beat some of the other racers that had been running for years prior, so I just set a time goal for myself. I wanted to complete the race in under 30 minutes.

Once the race started, the experienced runners quickly took the lead; I managed to hold out in the middle of the pack.

There were a few challenges that made this race more difficult than my training. Other than the halfway point, there were no distance markers to help track pace. I trained mostly on a track where it was easy to know how far I was.

The heat was another factor. Most of my training was done at night, so the hot sun led to faster fatigue. The last factor was the hills. The course went through a park and various neighborhoods with fairly steep hills, something else I had not accounted for in my training.

I remember the last stretch of the race, not knowing how much distance was left. My legs started to feel fatigued, I felt incredibly hot from the sun and I struggled to take full breaths.

Eventually the finish line came into view. I remember seeing the time clock at around 29 minutes and 30 seconds and



ANDREW CUMMINGS | MULTIMEDIA EDITOR

Pictured is Andy after finishing his first race at the Community Chase 5K.

thinking that I was too close to not meet my goal now.

All of the fatigue in my legs dissipated, and I suddenly felt like I was flying toward the finish line.

I sprinted through the finish line, running past the marker by about 40 feet.

After slowly walking back, I saw that I had come in with a final time of 29:41.88, about 19 seconds short of 30 minutes.

The takeaway I had from

this experience is that it is good to do things that are hard and that challenge you.

I know that at the beginning of the summer, I never would have thought I could do this. I have never been athletic, and I could barely run a half mile at the start. But through hard and consistent work, I was able to push through and accomplish something far outside of my comfort zone.

“Lettuce” talk about the price of healthy foods

EMMA POLEN
layout editor

The prices of fresh fruits and vegetables continue to rise while fast food restaurants cut down on cost whole dollars at a time.

For college students living independently, some for the first time in their lives, this can be problematic for many reasons.

First of all, fast food appears so easy and convenient, while a healthy, homemade meal requires planning and preparation.

Secondly, the price of fresh food is less appealing than a

fast drive thru meal to young people. Compare a \$2.50 head of lettuce at Giant Eagle to a \$1.69 double cheeseburger at McDonalds.

Lettuce is a more vitamin-rich option, but the cheeseburger supplies a more efficient way to reach the daily calorie count.

However, what are you really gaining from a fast food burger?

Matthew Thompson, a health blogger, compares food blog EatingWell’s recipe for the “classic burger” to a Big Mac.

Thompson found that the Big Mac is 165 more calories, and it is full of questionable ingredients.

The bun has a significant additive of high fructose corn syrup. McDonald’s “Special Sauce” contains 33 ingredients. How complicated is it to make ketchup? Furthermore, the Big Mac has 1,010 mg of sodium—about half of the FDA’s daily recommended intake for adults.

At least when making the food yourself, you have better control of what goes into your body. The homemade burger Thompson compared to the Big Mac had less than half the saturated fat and half the sodium. Unfortunately, the ingredients are definitely more expensive than a \$3 Big Mac.

Even though fast food continues to be the cheapest and easiest way to grab a quick bite, there are a few cost-effective ways that Duquesne students can add fresh produce to their dinner.

Chip District Farmers’ Market, located on the intersection of Penn Avenue and 19th Street in the Strip District, is where students can find affordable, local produce close to campus. They have a great selection of seasonal fruits and vegetables all year ‘round.

In addition, Misfit Market online offers a way to get cheap produce delivered right to your door. The merchandise might look a little



EMMA POLEN | LAYOUT EDITOR

The Strip District’s Farmers Market, Chip District, is located at the corner of Penn Avenue and 19th Street. For Pittsburgh residents, the local produce promises fresh fruit and vegetables throughout the season at great prices.

worse for wear, but it is worth it once you consider the bargain price and all the fresh food Misfit Market saves from going to waste during the food production process.

This might shock some readers, but buying frozen food is in fact another way to eat fresh on a budget. Frozen fruits and vegetables are frozen almost immediately after harvest, locking in key nutrients and extending their shelf life, says healthline.com.

In the spirit of Treat Yo’Self (see A&E) it is sometimes worth the extra dollar or two to get the best fresh foods. ‘Tis the season

for fall festivals, so keep an eye out for local farmers’ markets.

Buying locally might be more expensive, but I guarantee that Farmer Bill from Monroeville has more organic produce than anything you’ll find at Giant Eagle. Plus, supporting local farms allows them to continue growing sustainably.

I am not opposed to ordering a McDonald’s Big Mac every now and then. Nevertheless, fresh foods are more beneficial to a balanced diet. These are just a few ways to incorporate cheap, fresh produce into a college food diet while living on and off campus.



EMMA POLEN | LAYOUT EDITOR

Carving pumpkins at the Chip District are only five dollars right now.

From Brentwood to the Bluff: Duquesne Alum makes her mark working for the Pittsburgh Penguins

MICHAEL GRECCO
staff writer

A Pittsburgh local, Sydney Bauer graduated from Brentwood High School in 2014 and graduated from Duquesne University with a Bachelor of Arts degree in 2018. Now, Bauer is currently employed by the Pittsburgh Penguins, where she assists in creating and filming video packages with the team.

This interview with Sydney Bauer has been edited for brevity and clarity.

Question: What originally sparked your interest in media and video production?

Bauer: In high school, I always had a passion and an interest in all my creative classes, whether it was art, communications, wood shop, computer-aided design, etc. I knew I would enjoy working in a field that would allow me to be imaginative, innovative and bring a vision to life.

When I first visited Duquesne, I met with a professor in the media department. They told me about their Digital Media Arts major, which would allow me to take a variety of creative courses. Graphic design, web design, video production, U.X. design – I was immediately sold. At that point, I didn't know exactly what I wanted to specialize in, but I knew I would enjoy exploring these fields. After taking some of these multimedia classes throughout college, I really fell in love with the creative process of storytelling. Everyone has their own story that's worth being told. Being the one who brings that story to light is truly a privilege.

Question: What are some of the greatest or most fun moments you can remember regarding your job?

Bauer: Going to Nashville and covering the 2017 Stanley Cup Final when the Pittsburgh Penguins beat the Predators. Working that entire playoff run from the first round all the way to the Stanley Cup parade, I had some of the best experiences of my life.

Question: If you could give others one piece of advice who want to have a career similar to yours, what would it be?

Bauer: Remember that you're never going to please everyone. Never lose sight of why you do what you do. Keep working hard and if you truly put the time and work in, it will pay off.

Question: How important do you think it is to network not only in your field, but for other fields as well?

Bauer: Always give people the time of day. I can't stress how important networking is in everything that you do. You never know who you're going to meet and who's going to know who. Creating good connections can open so many doors that may have otherwise not been open. Having solid relationships can be the difference maker in why you're selected over another



COURTESY OF SYDNEY BAUER
Sydney in the Penguins' locker room, underneath Penguins captain Sidney Crosby's locker.

candidate for a job.

Question: Which project and/or video are you most proud of and why?

Bauer: It's so hard to pick a single video I'm most proud of, but I can share one of the most rewarding projects I did during my time at Duquesne.

For a video storytelling class I had with Steve Mellon, I edited and produced a video to showcase homelessness in Pittsburgh. After reaching out to a homeless shelter Downtown, they allowed me to interview one person who was staying there. Knowing this is a sensitive topic, before starting the interview, I sat down with my subject and we had a great conversation getting to know one another for about 20 minutes. When we started the interview, they opened up to me about not only their homelessness, but their gender transformation and past history of sexual, verbal and mental abuse from her father. The interview was raw, emotional, and eye-opening. The fact that I walked into the shelter that day as a complete stranger and by the time I left, they had felt comfortable enough with me to open up and share their most traumatic experiences they've endured, was one of the most gratifying feelings as a storyteller.

Question: Describe your everyday schedule. How hectic can things get, and do you have any advice on how to handle it all?

Bauer: My day-to-day schedule fluctuates heavily depending on the time of [hockey] season and game schedule. I develop and produce video content for Penguins live event presentation, broadcast, online and social media platforms. That includes long

form and short form storytelling, including TV shows, narratives, highlight reels and in-arena game opens.

Things are always changing so you have to be on your toes at all times. Working in sports requires long hours so learning how to appropriately manage and balance your time is key. A piece of advice that I once received from a mentor that I now offer to others is stop stressing about things you can't control.

Question: How much preparation goes into what you do? And what have you done in the past in order to prepare or get you to where you are today?

Bauer: When it comes to producing video, planning is essential. In my role, I execute all aspects of a shoot, pre-production through delivery. Skipping this first step affects an entire project. Preparation for me includes writing copy and scripts, brainstorming questions for interviews, storyboarding, finding shooting locations, etc. The better planning you do, the easier post-production will be. Overall, it becomes a better project and will showcase throughout your work.

Nothing can truly prepare you better for a job than real, hands-on experience. I can't emphasize enough how valuable internships, volunteer work and clubs are. Whether or not it turns out to be what you wanted it to be, it can show you what you enjoy and don't enjoy about a role. It provides a space for you to learn and grow through new opportunities. I've learned so much of what I do today through those experiences.

"Establishing a community:" a coffee shop with a cause

COLLEEN HAMMOND
editor-in-chief

For the families and employees of Br. Andre's Cafe, it's more than just a cup of coffee – it's coffee with a cause.

Located in the lower level of Epiphany Church on Washington Place, Br. Andre's Cafe is the newest – and nearest – coffee shop in the Downtown area. While their menu features scores of delicious cookies and scones, the staff is best known for serving up smiles and genuine kindness.

"They make you feel like a rockstar every time you come in here," said cafe founder Mike Fitzgerald.

Unlike any other coffee shop in the Pittsburgh area, Br. Andre's is staffed almost entirely by adults with intellectual and developmental disabilities (IDD). This groundbreaking cafe is the passion project of Fitzgerald and his wife Terri, in devotion to their youngest son, Patrick.

As a child, Patrick was diagnosed with autism, and the family learned to adapt to Patrick's abilities day by day. As he got older, the Fitzgeralds noticed Patrick's growing love for food and baking. They enrolled him in a food services program at the Community College of Allegheny County. But as Patrick aged out of that program and moved into adulthood, the Fitzgeralds noticed a recurring problem.

"We went from agency to agency," Mike said. "But we couldn't find a job (for Patrick)."

Lost at what to do, the Fitzgeralds started looking at volunteer positions for Patrick where he could work in food service while still receiving the accommodations he needed. They found Red Door Ministries.

"Patrick was working there and they loved him," Mike said.

But when the pandemic hit, things took a turn, and Patrick was no longer able to volunteer like he used to. So his parents reached out to the Rev. Chris Donley and hatched up a plan to help Patrick stay working.

They decided to start small and have Patrick and his parents serve coffee and homemade cookies to parishioners after mass.

Eventually, this idea bloomed into Br. Andre's Cafe, a permanent coffee shop designed not only to help employ Patrick, but eight other adults with IDD.

"We're establishing a community, not just a coffee shop," Mike said.

Br. Andre's Cafe is open Monday through Friday from 7 a.m. - 4 p.m. They are also open on Saturdays from 8 a.m. - 12 p.m.

Check back next week to read the full story of how Br. Andre's Cafe came to be.

“Treat Yo’Self” to Pittsburgh businesses helping the community

EMMA POLEN

layout editor

Treat Yo’Self is a holiday celebrating American consumerist society in the best way possible.

The phrase was coined in NBC’s Parks and Recreation, Season 4, Episode 4, “Pawnee Rangers.” Treat Yo’self lives on as a day honoring every individual’s need to be pampered.

The official date of Treat Yo’self was Oct. 13, but who’s to tell students they don’t deserve a satisfying splurge after midterms week?

This past Sunday, Oct. 10, was the final Neighborhood Flea of the season. The Neighborhood Flea was located at the intersection of 26th Street and Railroad Street of Pittsburgh’s South Side, and featured a large assortment of local crafters,



EMMA POLEN | LAYOUT EDITOR

Shannon Albee illustrates personalized pet portraits, which she sold at her Liffey Pop booth at the Neighborhood Flea.

bakers, vintage shops and food vendors.

The Flea will pick up again next May; meanwhile, Pittsburgh crafters will be busy making and selling their specialty products at storefronts, craft fairs and online.

Shaquala and Chasity Williams own iOra,

a handmade bath, body and skin care shop. As shop owners, the sisters’ goal is to “build a community base,” which includes getting their name out while also directing a percentage of their profit to local food banks.

All iOra products are designed to “capture your energy in raw form,” said Shaquala Williams. iOra’s catchphrase is to “illuminate your inner beginning.” Treat yourself to some natural handmade soaps that currently are themed for Halloween!

You can visit the Williams sisters at their storefront at the Steel City Craft Emporium (3121 Penn Ave.) or online at [Etsy.com/shop/ziora](https://www.etsy.com/shop/ziora).

Shannon Albee’s Liffey Pop Designs offers another unique product for college students looking for some self-care spending. Albee’s hand-painted pet portraits provide a way for students to have a piece of their pet with them while on-campus.

Liffey Pop is Albee’s cat, and was also the inspiration for her first watercolor when she moved to Pittsburgh three years ago. Since then, Albee said she has fallen in love with the neighborhood.

“I just got a good vibe,” Albee said about settling into Shadyside.

Liffey Pop Designs is a featured product at the Black Cat Market (5135 Penn Ave.), Pittsburgh’s own cat cafe. All the cats at the Black Cat Market are up for adoption, and blackcat-marketpgh.com boasts that they have found homes for over 300 felines since opening.

Albee said, “I know that college students miss their pets on campus.”

She shared that Black Cat Market offers a way to release some of the stress and anxiety that comes with living away from home.

Buy your own custom pet pieces on Albee’s website, [Etsy.com/shop/liffeypopdesigns](https://www.etsy.com/shop/liffeypopdesigns), and follow the artist on social media (@LiffeyPopDesigns).

Kiley M. Shuman and Chloe Chiovittie are



EMMA POLEN | LAYOUT EDITOR

Sisters Shaquala and Chastity Williams own iOra, a community business that sells handmade soaps.

friends who advertise their specialized talents together at craft fairs. Both businesses are donation-oriented with almost 25% of their profits going toward local charities.

Chiovitti, a licensed cosmetologist, is the owner of Pure Rose Organics. Her products consist of handmade organic body care and cosmetics. She said all her art is made from “vegan organic bases.”

Shuman creates hemp jewelry, keychains, coasters and other special custom orders for her business, Klutch Resin.

2021 was the first year the women traveled to craft fairs to sell their wares. Shuman’s and Chiovitti’s complete stores can be found online at their Etsy shops: @Klutchresin and @Pureroseorganics respectively.

Gluten Free Goat Bakery is a relatively new business, only five months old, that repre-

sents a population of the city that often feels left out of the bakery experience.

According to Selina Progar, Goat’s head baker, the goal of the bakery is to “infiltrate little areas around the city.” By doing this, Progar hopes to get other businesses around the city involved in gluten-free baking.

Right now, Goat has no storefront of their own, but they are involved in many pop-ups and events around the city. Their motivation for traveling so often and so far is, as Progar puts it, to create “an environment where people can get the ingredients that they have not always been able to get.”

You can follow Goat’s progress around Pittsburgh by following them on Instagram (@glutenfreegoat) or under the “Pop-Ups and Events” tab on their website ([gluten-freegoat.com](https://glutenfreegoat.com)).

Marching on: 5K and dog walk honors late Katie Westbrook

ANDREW CUMMINGS

multimedia editor

“What do you want to be when you grow up?”

When Katie Westbrook was 13, she knew she wanted to be a lawyer.

Westbrook had all of the characteristics of a lawyer, Duquesne law professor John Rago said — she was feisty, curious and smart — and just had “something special about her.”

But, she was diagnosed with a rare bone cancer, which took her life at age 15 — just a few hours before she was to receive an honorary degree from Duquesne’s School of Law.

After Westbrook passed away on the morning of commencement, her mother Beth Westbrook accepted the honorary degree on her behalf.

“Katie Westbrook’s presence in this law



COURTESY OF BETH BAUER

Pictured here is Katie Westbrook.



COURTESY OF BETH BAUER

Runners take off at a previous year’s 5K & dog walk. The dogs start walking after the runners begin the race.

school, I think, unmistakably is still felt today,” Rago said.

In memory of Westbrook, the Duquesne law community will be holding the 20th Annual Katie Westbrook 5K Race & Dog Walk Saturday, October 16, on Academic Walk. Check-in begins at 9 a.m., and the race will begin at 10 a.m. The dog walk begins after the runners start the race.

The event is for all runners, regardless of skill, said assistant director of student organizations and international programs Beth Bauer.

“She knew from the get go [that] she wanted to be a lawyer and she wanted to be a Duquesne lawyer,” Bauer said.

The event has been going on for 20 years, and Bauer described it as a “really nice,” relaxing, fun event.

For those not interested in running, there will be plenty of other activities to participate in. There will be yard games, a bake sale, snacks and more.

Humane Animal Rescue will be at the event with adoptable dogs. The dogs will be participating in the walk and have adoption information available for those interested.

There will also be a paw print art station. Dogs at the race will be able to dip their paws in ink and put their imprint on paper. This paper will be then be sold at the event. Steelers tickets will be raffled off as well, there will be one group of four tickets and one group of two tickets.

All of the proceeds for the event will go toward Public Interest Law Scholarships for Duquesne law students. This fund helps students pay for

various costs associated with law school.

“I like to think of us as a blue-collar law school...we love giving students an opportunity to make their lives and the lives of the communities they live better,” Rago said.

Participants are able to complete the race remotely if they send in their distance and time along with photos from their route.

Westbrook was a “good listener,” according to Rago. “She sat there like a law student, she listened...For a 14 year old...to have the focus and the drive and the energy she had under the conditions she was in was just remarkable...if you were in her presence for a little bit you’d pick that up instantly,” Rago said.

Registration is \$5 for students, \$10 for non-students, \$20 for day-of sign ups and free for dogs and children 5 years old and younger.

“It’s hard to imagine that she’d be 34. No doubt she would have been a lawyer,” Rago said.



COURTESY OF JOHN RAGO

This is a piece of art created by Katie Westbrook, gifted to Rago by Katie’s mother.

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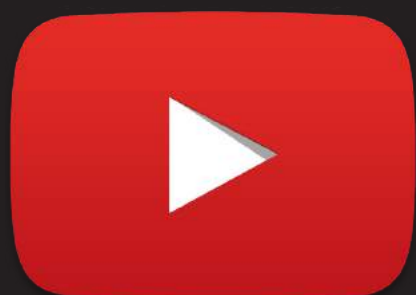
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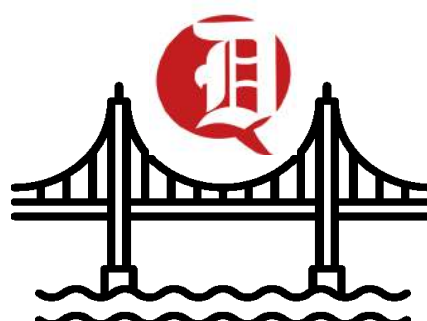


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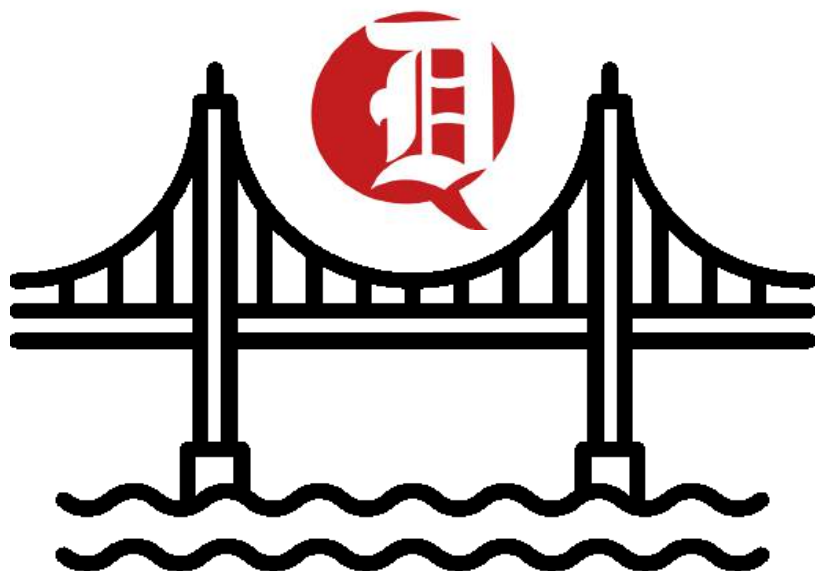
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Here to Help: Resources for students and staff

COLLEEN HAMMOND
editor-in-chief

In a time marked by illness, loss, isolation and civil unrest, it's no wonder that Duquesne's students could use a little extra support. To meet the unique and ever-changing needs of the student body, Counseling Services offers eight specialized support groups — each tailored to a specific population of students with shared experiences. These groups are free to attend, and many are held virtually.

At the Intersection of Gender and Sexuality: A Support Group for LGBTQIA+ Students - Thursdays at 6 p.m.

Every Thursday at 6 p.m., students who identify as LGBT have the opportunity to connect with their peers over Zoom in a safe, welcoming environment. According to their website, group leaders and facilitators Jesse Jack and Jayme Jenkins, both instructors at Duquesne, said their mission is to “encourage deeper connections and solidarity among Duquesne’s” students. This group is sponsored by The Solidarity Committee, a collaborative organization composed of students, faculty and staff seeking to support diversity at Duquesne.

“This support group is a space for acknowledging past suffering and to celebrate healing,” the group said on Duquesne’s website.

Those interested in attending for the first time are asked to log into the Zoom call 30 minutes early (5:30 p.m.) to meet the group facilitators. This is to protect the safety of the group.

Student Study Skills Group - Tuesdays at 3p.m.

For many, managing ADHD symptoms can take a serious toll on a student’s wellbeing. The everyday stresses of life combined with the heavy workload of students can quickly become overwhelming. To assist students in these struggles, Counseling Services offers a weekly support group geared toward study skills, organization and time management.

This group is open to all students and meets every week at 3 p.m. over video call. Those interested in joining should contact Ashley DeVito at devitoa@duq.edu. Students new to the group are asked to participate in a 30 minute orientation with the group’s facilitators to help guide their experience in the group. According to Counseling’s Services’ webpage, this group uses a HIPAA-compliant version of Zoom to ensure the privacy of all students involved.

Meditation Practice for Challenging Times: Meditation Group for Students, Faculty and Staff - Wednesdays at 12 p.m.

Meditation. It can seem like a daunting task to start, filled with sitting in silence faced with nothing but your own thoughts. Luckily, Counseling Service’s meditation group is helping students,

staff and faculty start their own practices. There is no minimum skill level or meditation experience threshold to join the group. It truly is open to all.

According to Counseling Services, meditations will be taught and practiced through mindfulness of breathing, movement and eating in hopes that this will provide attendees with “a greater sense of peace and vitality.”

The group is held every Wednesday over Zoom. Those interested should contact Amber Lasure at lasurea@duq.edu.

The Well: Student Support Group - Mondays at 3 p.m.

Students are invited to “take a pause from your routines and share your experiences, strengths, struggles and emotions connected with life in today’s world” at The Well. Meetings are held every week over Zoom at 3 p.m.. All students are welcome to join.

Like many of the other support groups discussed, newcomers to the group are asked to complete a 30 minute orientation to help answer questions and refer to other resources if the facilitators deem it necessary.

Interested students can contact Brandon Graham at grahamb1@duq.edu.

The Village: Where Duquesne African American Students Can Express Their Emotional Needs and Receive Support - Thursdays at 5 p.m.

In a year marked by civil unrest, interest in The Village saw a large resurgence among minority students at Duquesne. Tailored to support the complex experience of being Black in America, The Village operates in the philosophy that, “Healing can occur when the village comes together.” Supported by the Center for Excellence in Diversity (formerly the Office of Diversity and Inclusion), this group seeks to provide a safe space for Black students to discuss the unique struggles they face regarding racial stress.

The group meets every Thursday at 5 p.m. over Zoom, and Quincey Stephenson is the point of contact for interested students. Stephenson can be reached at stephensonq@duq.edu.

AD ASTRA PER ASPERA: Law School Support Group- Multiple Sessions Available

“Ad Astra Per Aspera,” or “Through Adversity to the Stars,” is Counseling Services’ newest support group geared toward law students. Faced with their own unique stressors and struggles, this group seeks to provide in-person support for law students as they progress through their studies. Sessions are offered both during the day and in the evening to accommodate busy schedules.

Daytime sessions will be held at 12 p.m. in Hanley Hall room 208 on Oct. 25, Nov. 8 and Nov. 11. Evening sessions will be held at 5 p.m. in Hanley Hall room 301 on Oct. 22, Nov. 5 and Nov. 9. Interested students should contact Ashley James at jamesa3@duq.edu.

Asian American and Pacific Islander (AAPI) Student Support Group - Once a month Thursdays at 3p.m.

As “Stop Asian Hate” protests erupted across the country this year, the specific challenges of Asian Americans and Pacific Islanders (AAPI) have been pushed to the forefront. The group is open to any AAPI students and meets in-person once a month, Thursday at 3 p.m. in Fisher Hall. The upcoming meetings will be held on Nov. 14 and Dec. 2. Interested students should contact Yihhsing Liu at liuy1239@duq.edu.

RISE:Support Group to Discuss the Impact Substance Use has had on our Friends, Family and Loved Ones - Offered through DU CARES- Thursdays at 8 pm

According to the Centers for Disease Control and Prevention, Pennsylvania has the third highest of overdose deaths in the country among people over age 15. Seeing substance use as a widely prevalent struggle in the community, Counseling Services has created a support group for those who might not always get the help they need — the friends, families and loved ones of those battling Substance Use Disorder. The group seeks to provide “emotional guidance and support,” as well as decrease the stigma surrounding addiction.

Participants in the group have the option to remain anonymous and it is open to all Duquesne students. The group meets every Thursday over Zoom. Meeting ID: 919 6479 3638.

Additional Resources

- **Pennsylvania Support and Referral Helpline:** (1-855-284-2494) TTY (724)-631-5600

- **National Suicide Prevention Lifeline:** (1-800-273-8255)

- **Crisis Text Line:** 741741

- **Veteran Crisis Line:** (1-800-273-8255)

- **Domestic Abuse Hotline:** (1-800-799-7233)

- **Eating Disorder Helpline:** (800-931-237)

- **Substance Abuse Helpline:** (800-662-4357)

- **Duquesne Counseling Services:** (412)-396-6204

- **Duquesne Health Services:** (412)-396-1650

- **Solve Crisis Network:** (1-888-796-8226)

- **Duquesne Psychology Clinic:** (412)-396-6562)

- **Duquesne Title IX Office:** (412)-396-2560