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Water outages cause com-motion

ZOE STRATOS
opinions editor

Over the past few days, residents and commuters noticed water disruptions all over campus: Many of the buildings such as College Hall, the Student Union and Libermann Hall experienced complete shut offs, while residents in Brottier Hall found themselves showering in cold water after outages.

The disruptions were originally part of an emergency, unexpected water main break at the intersection of Fifth Avenue and Chatham Square. In response, the Pittsburgh Water and Sewer Authority (PWSA) got right to work, but students are getting tired of the constant outages even after the main was fixed.

"It was very inconvenient because we weren't able to do dishes or wash our hands, and I was scared that the toilet tank would run out," said Alaina Stewart, a resident living in Brottier. "I had to put off my showers a lot, and when the water did come back it was freezing."

Stewart, a major in nursing, added that many of her nursing friends who also live in Brottier are "annoyed" with the shut offs, being that they need to shower after clinical rotations or healthcare related jobs.

"This was unforeseen and we gave notice [to the university] as soon as we could," said Mora McLaughlin, the construction communications project manager for PWSA. "It has been fixed. As for the cause, we cannot say exactly why. Generally speaking, the age of the pipe is a factor."

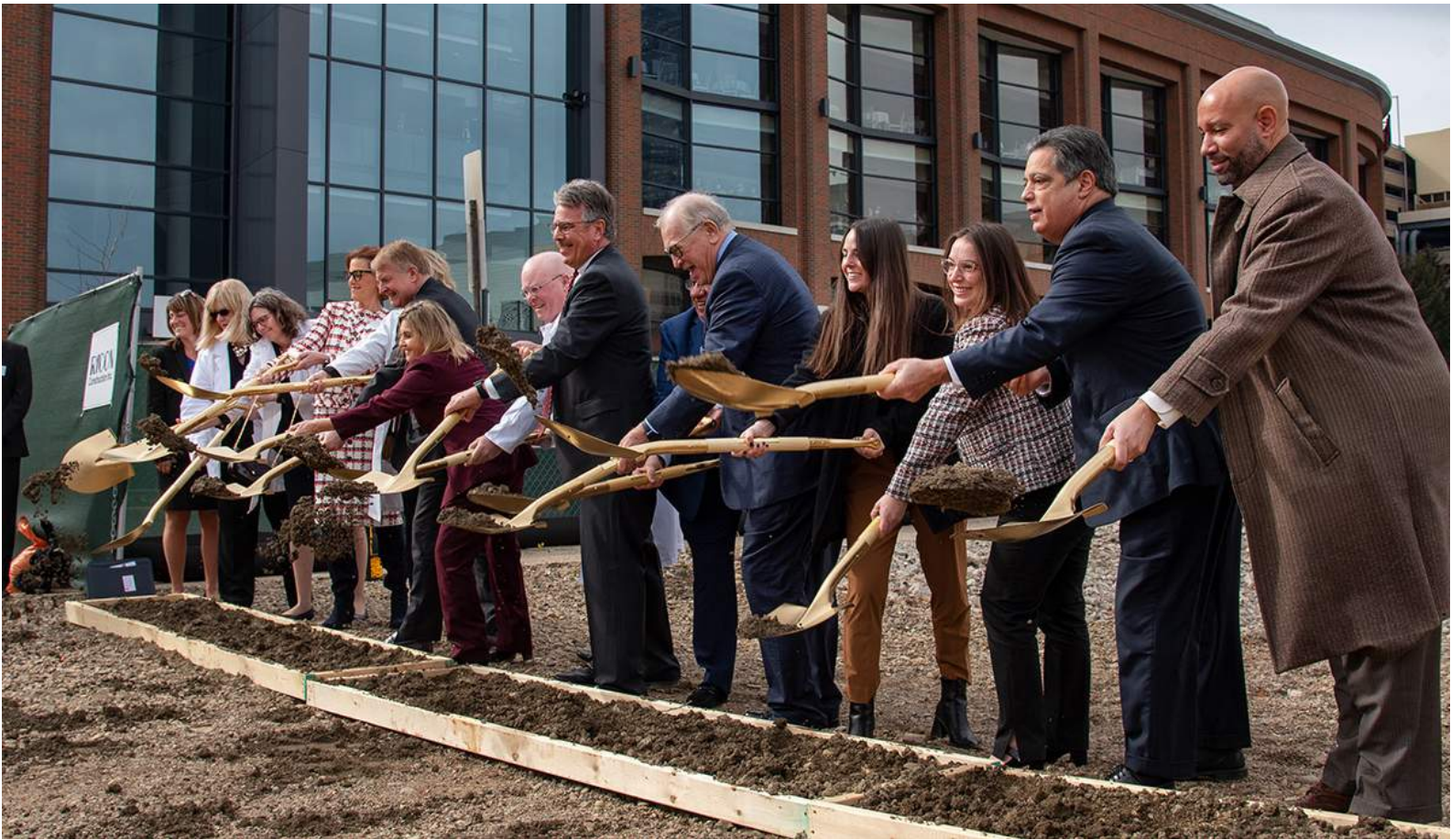
But the outages didn't end, as scheduled infrastructure work on Forbes and Fifth avenue continued on the morning of March 2, and another outage shut down water in the Union, Trinity Hall and the School of Law around 10:30 a.m.

WATER page 2

THE DUQUESNE DUKE

Proudly Serving Our Campus Since 1925

Digging into the new College of Osteopathic Medicine



COURTESY OF IAN HURLEY, DIRECTOR OF SOCIAL MEDIA FOR DUQUESNE UNIVERSITY

President Ken Gormley, board directors, sponsors and the dean for the new College of Osteopathic Medicine take their golden shovels to mark the ground breaking of the school. This college will be the fifth health-focused school at Duquesne and is expected to open in 2024 where 85 students will be enrolled.

ZOE STRATOS
opinions editor

Duquesne's proposed College of Osteopathic Medicine broke ground on the morning of March 1, advancing the mission of university founders to provide healthcare and address the needs of people in the Pittsburgh region.

The idea of "breaking ground" was literal and metaphoric during the ceremony, as sponsors, county officials, the Rev. Bill Christie, proposed dean John Kauffman and others joined President Ken Gormley in grabbing golden shovels and digging up dirt at the site on Forbes Avenue. This moment signified the start of construction.

"Today we advanced the historic mission of our university's Spiritan founders to walk with and to understand the needs of our neighbors and community members, and to do whatever it takes to make a meaningful difference in their lives," Gormley said at the site.

The College of Osteopathic Medicine (COM) will be the fifth health-focused school at the

university, training students on campus and with local health-care institutions to receive a Doctor of Osteopathic Medicine degree, or a D.O.

Expected to open in 2024, the school will enroll 85 students, planning to grow to 170 by 2026. But as of now, the university is excited to see an old mission finally take off.

After uncovering historical documents, it was discovered that the Rev. Martin Hehir, the president of the Pittsburgh Catholic College in 1910 — now known as Duquesne University — took steps to build both a law and medical school.

"The law school got off the ground in 1911, but the medical school was vetoed by a powerful entity in the city of that time, and never did take root," Gormley said at the ceremony. "I like to tell my leadership team 'it may be 110 years later folks, but we're getting the job done.'"

The \$151 million project, announced in July 2019, is projected to take two years. Many partners contributed to the school as an instrumental piece leading up

to the day, including the Allegheny Foundation, the Heinz Endowments, the Henry L. Hillman Foundation, the Richard King Mellon Foundation and more.

Although a long time dream of the university, the current goal of

the COM is to help fill the shortage of primary-care physicians locally and beyond, as the pandemic only increased the need for new physicians — and the college. Gormley emphasized this point,

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COURTESY OF IAN HURLEY, DIRECTOR OF SOCIAL MEDIA FOR DUQUESNE UNIVERSITY

President Ken Gormley spoke about the life long mission of the university to open a medical school. The goal of the school is to give back to communities.

POLICE BRIEFS

Wednesday, Feb. 23-

Police were alerted to a man sleeping in the Forbes Garage staircase, and made threats toward police when asked to leave campus property. A Disorderly Conduct citation was issued.

Friday, Feb. 25-

University police were alerted to vandalism in the Locust Garage. The victim's car was keyed while parked. The case is now closed.

Saturday, Feb. 26-

A report was made to campus police that a vehicle parked on Seitz street on Friday, Feb. 25 was struck on the front side before the victim returned to the car on Feb. 26. The case is now closed.

Sunday, Feb. 27-

A white, male Duquesne student was seen on security footage pulling the fire alarm in the elevator lobby on the 9th floor of the Duquesne Towers LLC. No sign of fire or smoke was present. This case is still ongoing.

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@duq.edu.

Water disruptions have students distraught



ZOE STRATOS | OPINIONS EDITOR

PWSA construction continues on Forbes Avenue and Chatham Square.

WATER page 1

McLaughlin said in an email that PWSA would be "coordinating closely with Duquesne Facilities Management so they are aware of the impacts on campus" though never stated that an outage would occur that morning.

In response to the surprise outage, the university sent an email at approximately 10:45 a.m. stating that PWSA "initiated an unannounced water shut off," and that Facilities Management would be in contact with them to fix the issue.

The situation was atypical, as residents in Brottier — and all students on certain occasions — have received emails each time a disruption occurs.

The first came in on Feb. 16, informing students of a water main break on Fifth Avenue and Chatham Square. The university mentioned in the email that PWSA was "actively working on the issue and hopes to have it resolved as soon as possible."

The flood of emails continued to come in on Feb. 22, stating that unexpected water outages occurred during replacement of the water main; on Feb. 23, stating that testing would result in outages; on Feb. 23 again, stating that work on the system would result in outages; and on Feb. 24, stating that there would once again be work that resulted in outages. An outage on March 1 went without an email notice.

"Duquesne's facilities services staff are in contact with PWSA to access up-to-date information, which is then shared as soon as possible from the Duquesne University Official Communications email account to faculty, staff and students," said Gabe Welsch, vice president of marketing and communication.

Welsch also said that students should be checking emails regularly for updates, though sometimes they come in at short notice.

"The university is in regular contact to help ensure that outages are short-term so as not to impact the campus too greatly," he said.

All students, faculty and staff received an email on March 1 warning of faulty in-line valves on upper McNulty Drive between the Administration Building and the School of Law, reducing traffic to one lane. No outages were expected to occur. Public Safety was on hand to direct traffic, though drivers and pedestrians were warned to use caution when passing through the area.

"The emails are nice because at least we know why the water is shutting off, but sometimes the emails come in after the water stops working. It's definitely annoying to have so many shut-offs at once, but I don't really know if they have a say over when the city starts digging up pipes," Stewart said.

Breaking ground on the new site on Forbes Avenue

SITE page 1

saying that "if there ever was a right time...it is right now."

The Richard King Mellon Foundation was one of the first philanthropic organizations to dig into the development of the COM. Sam Reiman, the director of the foundation, emphasized the need for such a school.

"In 2020, the Association of American Medical Colleges projected that the U.S. would see a shortage of more than 55,000 primary care physicians by 2023," Reiman said. "The School of Osteopathic Medicine will mean more primary care physicians in our communities that need them most, both in urban and rural settings. And it will mean more diverse primary care physicians in our communities, which data also shows will have a meaningful impact on health outcomes."

Kauffman spoke of his excitement to have the support from their donors and partners through the different stages of the school's development. The COM recently achieved "candidate status" from the Commission on Osteopathic

College Accreditation in January.

"This is indeed a great day, and a turn toward the future when everything we have worked for will begin to show up in steel and glass," Kauffman said.

Soon after the meeting, officials and administration walked across the road from the UPMC Cooper Fieldhouse. Christie offered a blessing upon the building site, and soon the 14 shovels hit the surface.

"Opening this College of Osteopathic Medicine, committed to health care equity and addressing all of the social determinants of health, is the most significant and ambitious undertaking in this university's history, and it's a tangible expression of what the Duquesne community can do today to carry out its mission while we also serve our region" Gormley said. "The curriculum will be developed not only to help them achieve excellence in the medical field, but also empower them to practice in ways that address healthcare inequity, both in urban and rural communities."



COURTESY OF IAN HURLEY, DIRECTOR OF SOCIAL MEDIA FOR DUQUESNE UNIVERSITY

After the ceremony in the UPMC Cooper Field House, the group crossed the road to the site on Forbes Avenue to break the first bit of ground.

Professor Haas takes part in Q&A pertaining to the Ukrainian crisis

THE DUKE STAFF

Duquesne's Mark Haas, a professor of political science, answered questions from Duquesne students about the crisis in Ukraine, Wednesday afternoon.

Haas is the Raymond J. Kelley Endowed Chair in International Relations and Professor of Political Science at Duquesne University. He has multiple publications discussing international security among worldly affairs.

What are the chances of Russia going beyond Ukraine, potentially in an attempt to rebuild the USSR? - Andrew C

Haas: I believe that the likelihood of attacks beyond Ukraine are extremely low. Russia will have to commit significant numbers of troops in Ukraine for the foreseeable future: to win the war, defeat a likely insurgency and then to main-

tain order. The challenges for Russian military to incorporate other states into a sphere of control will in most cases be more difficult and much more risky than Ukraine because almost all other potential targets after Ukraine are members of NATO, and NATO is orders of magnitude stronger than Russia.

Why should the U.S. care about a conflict happening overseas that doesn't directly involve us? - Zoe S

Haas: It depends on how one views the conflict. From a pure power perspective, the U.S. doesn't have much of an interest in the independence of eastern European countries. Even if Russia is able to fully incorporate Ukraine into a sphere of control, similar to the situation during the Cold War, this change does not add much to power relationships. Even with Ukraine as a vassal state, Russia remains much weaker than the U.S.

A sustained insurgency in Ukraine would weaken — not strengthen — Russia, which would benefit America's power interests. The war in Ukraine has also benefited U.S. interests by pushing European states — most notably Germany — to significantly increase military spending, which will provide the U.S. a greater ability to shift attention and capabilities to east Asia, or to come home.

U.S. interests are more jeopardized in terms of economics. The war will cause oil prices to increase and disrupt trade, both of which will harm the economic welfare of U.S. citizens as well as those of close allies. The U.S. should also care about the humanitarian catastrophe that the war is likely to become. Putin in past wars has given orders to deliberately target civilians on a large scale, both to deter insurgencies and to create a refugee crisis that would destabilize other rivals of Russia.

From an ideological point of view, the U.S. has an interest in supporting a state, Ukraine, that desires to create a liberal democratic regime that is oriented to the West. The more these types of states exist, the safer the U.S. tends to be because liberal democracies don't war with one another. To the contrary, they tend to be reliable allies.

What is the likelihood of American forces becoming directly involved in the conflict? - Lillia P

Haas: Virtually zero. US interests are not sufficiently tied to Ukrainian independence to risk war with a nuclear armed state.

How effective will economic sanctions and other types of sanctions be in deterring Russian aggression? - Zoe S

Haas: Historically speaking, sanctions rarely work in changing

enemy state's behavior, especially behavior that is considered a vital interest to the rival state's leaders. If, however, sanctions significantly reduce Russia's ability to export oil while seizing the wealth of the oligarchs that support Putin, they have a chance.

What do you see as the best possible solution to this crisis and what do you view as the U.S.' role in the solution? - Hunter B

Haas: The best solution at the moment would be a negotiated solution that allows Putin to save face and retreat gracefully — perhaps a commitment by Ukraine not to join NATO for the indefinite future. U.S. leaders should not talk about and certainly not promote regime change in Russia because such talk or actions are most likely to push Putin to behave even more aggressively and callously to preserve his power.

WLAX's Rodriguez-Shaw proving valuable

LUKE HENNE
sports editor

In the early part of the season, Delaney Rodriguez-Shaw is leading the offensive attack for the Duquesne women's lacrosse team, having already recorded 13 points (nine goals and four assists).

Through her confidence and composure, however, it'd be hard to tell that she's only played five games at the collegiate level.

"I see myself as the coach on the field," Rodriguez-Shaw told *The Duke*. "I'll cut through so someone can drive. I think I see the visual of the field very well. If someone's cutting, I can anticipate that cut. I see the field very well and I speak up on the field for everyone."

Rodriguez-Shaw, despite her instant success, remains humble and recognizes that she'll have to earn everything she wants on the field.

"I had to prove myself," Rodriguez-Shaw said. "Just working with the great team that I have, the great leaders that I have on our team, I just fit right in. [It's] just [about] continuing to prove that I'm supposed to be out there and working hard for my team."

In two games against Youngstown State (Feb. 14) and Kent State (Feb. 20), Rodriguez-Shaw recorded seven goals and two assists. For her efforts, she was named the Atlantic 10 Women's Lacrosse Rookie of the Week on Feb. 22, becoming the first Duquesne player to earn the accolade since Jill Vacanti in 2015.

"I was super happy," Rodriguez-Shaw said. "We put in the hours through the week and doing extra hours on the side. Whether it's just going to play wall ball or just shooting around, it's the extra things that help

me get to where I am.

"All the hard stuff we do in practice and the hard pressure that [Head Coach Corinne Desrosiers] puts on — in a good way — also helped me get there."

After falling 16-7 at Bucknell on Wednesday, the Dukes are 2-3 on the young season. Rodriguez-Shaw knows that upcoming games against big-name programs like Ohio State will be a good test for the team.

"We have to go in like we are as good as them," Rodriguez-Shaw said. "Whether it's [against] a great team or not, skill-wise, as great, we have to

Shaw said. "It was difficult not being with my family and doing family dinners with my whole family on Sundays, but I got used to it."

Comradery with her teammates has helped make the transition easier.

"We have a great connection on and off the field," Rodriguez-Shaw said, laughing. "Living with all of my best friends in the dorms is awesome. It's pure chaos."

Although lacrosse takes up much of her time, she said that one of her favorite aspects of Pittsburgh culture is "definitely the food festivals."

However, sports are a close second,



COURTESY OF DUQUESNE ATHLETICS

Delaney Rodriguez-Shaw, pictured here in a Feb. 14 game, was named Atlantic 10 Women's Lacrosse Rookie of the Week in just her second week of competition.

go into every game thinking we deserve to be here and this is our game."

The native of Longmeadow, Mass., has acclimated to life in Pittsburgh, but it took some time.

"I'm a big home body," Rodriguez-

even during her down time. Although she grew up a New England Patriots fan, she attended her first NFL game when the Pittsburgh Steelers hosted the Seattle Seahawks in October.

In 2019, during her pre-college

playing career, she represented the U19 Puerto Rican National Team at an event in Peterborough, Ontario, where her team won eight games in eight days.

"It was awesome. Through my team, my coaches and all the parents supporting, it was an amazing experience," Rodriguez-Shaw said. "It was just so much fun and it was a great way to tap into my culture because coming from Massachusetts and where I live, there's not many Puerto Ricans around."

Rodriguez-Shaw, who double majors in psychology and Spanish, has high hopes for what her post-athletic career entails.

"My dream job is to be in behavioral analysis in the FBI," Rodriguez-Shaw said. "My mom is high up in social work. She's worked with FBI agents and report officers."

"The crime point of view of it and the forensics point of view of it, I think is so interesting. And then I'm [also] majoring in Spanish to become bilingual because it puts me ahead of other candidates who may want to go into the FBI, but also, being bilingual is an advantage and a life skill."

She felt that Duquesne was the ideal place to hone in on her academic interests and athletic capabilities.

"There were other schools [that I considered], but the campus is just one that I loved," Rodriguez-Shaw said. "I remember when I was looking at other schools, I was like, 'No, that brick is ugly. I don't like that.' I was very specific, but when I came here, I was like, 'I can fit right in here.' I loved it."

"I knew I'd be challenged enough to put pressure on myself, so I think all around, when I came here, I knew it was going to be a good fit for me."

Dambrot returning, Williams' year ends

The head man for Duquesne's men's basketball program will be back for at least one more year.

On Friday, Duquesne athletic director Dave Harper told CBS Sports' Jon Rothstein that Head Coach Keith Dambrot will return in 2022-23 for a sixth season with the program.

Dambrot came to Duquesne prior to the 2017-18 campaign and delivered a 65-47 record in his first four years on the job.

The Dukes went 21-9 during the 2019-20 campaign and, if not for Covid-19 forcing the abrupt cancelation of the season in March 2020, were likely heading to a postseason tournament.

However, this season has been Dambrot's least successful in his 20 years as a head coach at the Division I level.

Following a 98-93, triple-overtime loss at George Washington on Wednesday, the Dukes are 6-22 and have lost 15 games in a row.

After the team's 20-point home loss against Davidson on Feb. 23, Dambrot said that he "overcorrected" things when building his current roster, while also adding that the focus has shifted toward building a "two-year reorganization business plan" for the program.

Dambrot's roster construction was impacted by the departure of last year's top-six scorers. Marcus Weathers (SMU), Tavian Dunn-Martin (Florida Gulf Coast), Chad Baker-Mazara (San Diego State), Sincere Carry (Kent State) and Lamar Norman Jr. (Western Michigan) all found new homes via the transfer portal, while Michael Hughes left to play professionally in Austria.

It was also announced Friday that Tre Williams, who came to Duquesne from Indiana State, would undergo arthroscopic meniscus surgery on his right knee this week. Williams was averaging 10.8 points/game prior to his injury in the Feb. 23 contest.

"I feel bad for Tre, because he's worked so hard all year long," Dambrot said in a news release. "Our primary concern is Tre's health. He is receiving excellent medical care, and I'm confident he'll be able to come back at 100%."

Duquesne will host La Salle at the UPMC Cooper Fieldhouse on Saturday in its final regular-season game.

The Dukes will then head to Washington's Capital One Arena for next week's Atlantic 10 Conference tournament.

Burt: "It's going to be great basketball"

GRACE HEIDINGER
staff writer

"Chaos. Chaos and madness."

That's what Head Coach Dan Burt expects as the Duquesne women's basketball team embarks on the Atlantic 10 Conference women's basketball tournament. The Dukes



BRENTARO YAMANE | LAYOUT EDITOR

Dan Burt, pictured here while speaking to Fatou Pouye on Feb. 5, is looking to guide his team to an Atlantic 10 title.

will travel to the Chase Fieldhouse in Wilmington, Del., where they'll take on seventh-seeded Saint Joseph's in the tournament's second round on Thursday.

"Everyone's really looking forward to this event because it truly is March madness this year, where every possession is going to have to be valued because it's going to be important," Burt said. "Every game should be a close game. From Wednesday through the end of the tournament, it's going to be great basketball."

The Dukes closed out their regular season with a 73-68 loss against SJU at the UPMC Cooper Fieldhouse on Saturday, but Burt feels that the familiarity of facing the Hawks for the second time in five days give his team the best draw possible.

"What they did to us on Saturday was run those sets really effectively, while being incredibly aggressive, especially trying to draw contact with driving it to the basket," Burt said. "So that has allowed us to have a better understanding of what we're going to have to do when we play

them on Thursday and some of the changes that we'll have to make."

In preparing for Thursday's matchup, Burt acknowledged that the Hawks were the aggressors on both sides of the basketball in Saturday's contest.

"We've got to understand that we're going to have to take charge on Thursday because this is a team that is just really aggressive and trying to create that contact," Burt said.

When reflecting on the season, Burt felt that the way the team lost some games was difficult, but they have made positive strides that didn't necessarily always result in wins.

"We didn't play up to our potential against Saint Joe's, and then the UMass game (an 89-59 loss on Feb. 13). If you take away those two games, we were really happy with the way that we played, dealing with what we had to go through [numerous injuries] to get to this point," Burt said.

The mentality has always been to make it to March, but a key focus as the season progressed was building

consistency and confidence with each new game. For Burt, close losses to second-seeded Rhode Island and top-seeded Dayton showed that his team can compete with the conference's elite, so long as they have the right game plan.

"I think on Thursday, we can go out and play well and get a victory. And then coming back the next day and playing, we can get through that," he said. "But then our depth is going to have to help us in that second day. We're going to have to have our depth come through for us and give us quality minutes."

With the regular season now in the rearview mirror, it's now all about surviving and advancing.

"Our record is not indicative of what Duquesne women's basketball has been during the 15 years I've been here. But this group has never given up, and their spirit is fantastic," Burt said. "We will see what happens in a very evenly matched, wide-open Atlantic 10 women's basketball tournament. It's going to be a great time and a great ride in March."

Pittsburgh Ballet Theatre announces new season

ISABELLA ABBOTT
staff writer

The Pittsburgh Ballet Theatre has released a number of new performances this year. From the Benedum Center to the August Wilson African American Cultural Center, Duquesne students can view many nearby performances this season.

The first performance on the calendar this spring is *Here + Now*, which is set for March 24-27 at the August Wilson African American Cultural Center.

During this production, students can watch the premiere of *SKIN + saltwater* by local choreographer Staycee R. Pearl and new work by internationally acclaimed choreographer Aszure Barton in support of female leadership in ballet.

Joining them will be the award-winning choreographer Helen Pickett performing a new trio, Annabelle Lopex Ochoa performing her work titled *La Pluie* and Gemma Bond with her piece titled *Depuis le Jour*.

At the Benedum Center, the extraordinary *Swan Lake* with the PBT Orchestra will be performed from May 6-15.

This well-known work of art contain-

ing romantic composer Tchaikovsky's score will be staged by Artistic Director Susan Jaffe with original choreography by Marius Petipa and Lev Ivanov.

On Oct. 6-9, renowned choreographers Nacho Duato, Helen Pickett and Goyo Montero will have their works performed during the *Storytelling In Motion* production at the August Wilson African American Cultural Center.

Duato's *Duende*, Pickett's *The Exiled* and Montero's *Alrededor No Hay Nada* will enliven audiences with athletic and thought-provoking works of art.

A holiday classic, *The Nutcracker*, will have 20 different performances between Dec. 9-28 at the Benedum Center.

This can't-miss holiday tradition will include music from Tchaikovsky during its five scenes following Marie and friends through the Land of Enchantment.

Next calendar year features well-known gothic tales and fables that audiences will know and love.

The chilling dance drama, *Dracula*, is coming to the Benedum Center with four performances from Feb. 10-12, 2023. The show, which is recommended for audiences ages 14 and older, will contain exquisite costumes and a dramatic score from British



COURTESY OF GRIFFIN SENDEK

Pittsburgh Ballet Theatre's upcoming season will take classic stories and bring them to life through dance.

composer Philip Feeney.

Dancer and choreographer Michael Pink will tell this gothic tale through different movements and dances, keeping audience members in suspense.

The performances set for April 14-16, 2023, will include works from Tony-award-winning Christopher Wheeldon, Finnish composer Jean Sibelius and father of 20th-century dance, George Balanchine.

The last show on the schedule, *The*

Sleeping Beauty, will also be performed at the Benedum Center from May 19-21, 2023.

The classic story of a beautiful princess cursed into a slumber includes music from Tchaikovsky and choreography by English choreographer Ronald Hynd. This romance tale is fun for everyone and filled with magnificent costumes and dance.

Students can view performance times and Covid-19 policies on the Pittsburgh Ballet Theatre website.

Duquesne's Iron Chef: where salsa meets science

EMMA POLEN
features editor

Students learned the chemistry behind salsa's deliciousness with the Duquesne University American Chemical Society (ACS) last Friday in the Africa Room.

ACS hosted their first ever Iron Chef event, called "Fe Chef" for iron's atomic symbol. Attendees had the opportunity to learn the chemical science behind salsa, and then try their hand at making the spicy snack themselves.

The event began with a presentation delivered by Arian Hajihassani, freshman biochemistry major.

While listening to Hajihassani explain the chemistry of salsa, participants had the chance to sample chemistry professor and ACS advisor Dr. Paul Lummis' homemade salsas. Attendees tried salsa verde, a green salsa made with roasted tomatillos instead of tomatoes and a salsa de arbol,

which is a tomato based salsa with arbol chiles.

The spicy element of salsa is called capsaicin, a molecule in peppers and other favorite spicy ingredients.

Capsaicin is a nonpolar molecule, meaning it is hydrophobic and not easily soluble in water. This is why drinking water doesn't help with the burn when eating spicy foods. Hajihassani also warned against washing hands with water after handling a pepper.

"Try hand sanitizer," he said. "The chemical compound of hand sanitizer will be more successful in removing all traces of capsaicin from hands (so as not to accidentally burn your eye)."

Capsaicin is soluble in lipids, so milk is a reliable way to relieve the burn after eating peppers. Chemical components are also what make garlic aromatic and tomatoes vibrantly red.

Food scraps are another way that chemistry comes into play when making salsa. "Composting is a chemistry about the break down of food," said Hannah Lasko, President of Duquesne ACS and a senior chemistry major.

According to Hajihassani, 1.4 billion tons of food get wasted every day in the world. Food waste is a major problem in the U.S. alone.

For this reason, ACS was sure to include composting as a component of Iron Chef.

At each table was a CarbonCompost bin in which participants could place their food scraps as they prepared their salsa.

The CarbonCompost bins were collected and delivered to their Pittsburgh location.

Under the direction of Lummis, attendees sharpened their skills with cutting tips and reminders about how to handle the most pungent of the ingredients, like putting gloves on before preparing the jalapeno pepper.

Tamara Sioui, a sophomore public health major, has made salsa before. It's been a while, though, she said.

"Being in a dorm, I don't get to cook. It was a nice change of pace," Sioui said.

Kaylyn Mackey, a sophomore occupational therapy major, was making salsa for the first time at Iron Chef. She enjoyed the experience, especially because she was the winner of a knife block raffle at the end of the event.

Lasko was satisfied with the outcome of Iron Chef. She hoped others, like her, had gained some practical skills from the experience as well.

"I learned how to actually use a knife," she said.

Lasko attributed the idea for Iron Chef to Serina Tressler, the next president of ACS.

Tressler was also happy with the results of the event in the Africa Room, and she hopes to put the event on again in the future.

In the spirit of food waste reduction, all participants were encouraged to take their leftover salsa home in reusable containers, provided by ACS. In addition, they were supplied with locally-made tortilla chips from Reyna Foods, a Central and South American food shop in the Strip District, to complement their sustainable salsa.

Pico de Gallo

Recipe by Duquesne American Chemistry Society

Ingredients

- 2-3 tomatoes, diced
- 1/2 red onion, minced
- Fresh cilantro, chopped
- 1/2 - 1 jalapeno pepper, seeded and minced
- 1-2 cloves garlic. Minced
- Lime, juiced
- Ground cumin, to taste
- Iodized salt, to taste
- Ground black pepper, to taste

Instructions

1. Prepare the tomatoes, red onion, cilantro, jalapeno pepper, and garlic and stir them together in a bowl.
2. Add lime, ground cumin, kosher salt, and ground black pepper to taste. TIP: If the lime is firm, press it into a surface and roll to make it easier to juice. Then, cut the lime in half and squeeze to juice.
3. Stir the salsa together to combine the ingredients well.
4. Refrigerate for at least 3 hours before serving for best results.



EMMA POLEN | FEATURES EDITOR

Dr. Tim Evans, lab administrator for the chemistry department, and daughter Sophia Evans, try their homemade salsa they made together at Iron Chef. "Best salsa I've ever had," Sophia said.

EVENT HIGHLIGHT

Grow Your Own Microgreens
March 3 @ 9 p.m.

At the NiteSpot, the Pure Thirst club will show you how to grow your own microgreens and inform students of the club. Students can take a growth kit home.

First Friday Fast for Peace in Ukraine
March 4

Spiritan Campus Ministry asks students to consider participating in the First Friday Fast for Peace in Ukraine.

Hamilton: An American Musical
March 11 @ 7:30 p.m.

Students can venture down to the Center for Student Involvement to purchase tickets for Hamilton on Friday March 11 at the Benedum Center in Downtown. Tickets are \$70 each and can be paid for by cash or card. The Benedum requires proof of vaccination and masking for attendees.

CAPRI'S KIND WORDS

Stick up for yourself

Sometimes, admitting to yourself that you deserve better is half the battle.

Incorporating healthy practices and speaking up for your wants and needs can seem daunting at first, but is worth it when you look back and realize how much you deserve to care for yourself as you care for others.

There's such thing as healthy conflict. Every inconvenience you experience is a lesson learned, and a will to keep going. Eventually, you'll learn that you are in control of these circumstances, and you can make the most of each moment when you are not.

There's nothing wrong with putting yourself first. There's nothing wrong with questioning it either: it's hard.

Shifting the focus to yourself does not make you a bad person. In fact, it shows your strength; it shows how you can grow.

We can't always win, but we can adjust and adapt the circumstances laid out for us. And I promise: it's worth it.

— Capri Scarcelli

THE DUKESNE DUKE

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Facing a familiar foe: America should look to avoid war with Russia

ZACHARY PETROFF
staff columnist

Russia's aggressive invasion of Ukraine highlights two very disturbing realities that display a level of woeful ignorance rooted with misguided machismo.

There are factions of this country, who also happen to land on a certain political spectrum that have expressed a certain level of affection for Vladimir Putin, likening the former Komitet Gosudarstvennoy Bezopasnosti (KGB) operative as a bare chested John-Wayne type.

Those romanticizing the dictator seem to conveniently forget the atrocities that have occurred during his tenure. As trademark signs of a ruthless authoritarian, he has murdered political dissidents, journalists and protestors; laundered illegal money, lied to the world stage about his actions, utilized repressive tactics against campaigns of free speech, murdered members of the LGBTQ+ community, among other atrocities.

There also seems to be a forgetfulness of Putin's attempts to provoke or aggressively undermine American institutions. The most relevant and recent evidence of this is the 2016 election. Often blurred by political rhetoric, what is often lost is the rudimentary fact that the Russian government — headed by Putin — made a serious attempt to disrupt and influence a free election. In every measurable way this is an affront to our democracy. The significance of these actions are often glossed over.

Because there was not a big bomb or a lot of dead bodies, Americans failed to comprehend the severity of another country's boldness to attempt to disrupt an American institution. Putin has done more to undermine American democracy than Osama Bin Laden.

He is also a billionaire, and we all know how Americans have an obnoxious fascination with billionaires.

The affection for Putin is a painful reflection that our functioning guidelines of morality are often skewed by public perception — and our poor grasp of geopolitics.

However unlikely, the second disturbing talking point is the call for American military intervention: We are not at war. Nor should we be. Military intervention should (always) be the very last resort.

Foreign policy is a slow moving wheel often layered with historical precedent and overlooked cultural subtleties and nuance. There is a complexity when it comes to geopolitics



COURTESY OF UNSPLASH

that includes, but is not limited to, factors such as language, historical context, religious values and other words and concepts that have been repeated in every upper-level history class ever.

We have a hard enough time understanding our fellow Americans. Trying to comprehend and understand parts of the world that most of us can't find on a map can be exceptionally challenging.

The United States and Russia continue to have an adversarial relationship. As the dust from the Berlin Wall begins to settle on the landscape of history, the unraveling residual consequences of the Cold War have yet to be revealed.

The relationship between Ukraine and Russia is a complicated one. Ukraine is in its infancy of democracy and is facing an obstacle often accompanied with the beginning stages of stabilizing a republic. Placing sanctions on Russia while not engaging militarily is a viable and reliable option for the American government. The application of these strategic sanctions is the most effective way to inhibit Russia's aggressive state.

From a global perspective, the decision to invade Ukraine remains unclear. On the surface, the immediate benefits of invading a democratic country

outweigh the repercussions. Putin, like any stereotypical mob boss, has let personal vendettas persuade his judgment.

Putin is an enemy of the United States. His actions and words have shown those paying attention that he believes the success of Russia is reliant on the downfall of the U.S.. The Ukraine invasion is a prime opportunity to enact a fierce and devastating coalition to cripple the power, and more importantly, the credibility of Putin.

The U.S. has a responsibility to lead the world in applying dominating sanctions that freeze assets and prevent Russia from participating in the global economy. As they did with FIFA, the U.S. should lead the charge in seizing any illegally laundered funds, a tactic that the Russian government has not only relied on but has perfected in the past decade.

Let Europe be in charge of holding Putin accountable for this unethical troop movement.

Instead of sending our children to fight another war — where the United States is posting an 0-3 record in their last three violent skirmishes — we should have those who have high stakes in the global market face some minor inconvenience as we use tactical economic sanctions to stop an overreaching and dangerous authoritarian leader.

staff editorial

Speaking up about the 'Don't Say Gay' bill

Rapidly developing in Florida's public education system, the media-coined "Don't Say Gay" bill prohibits discussion of the LGBTQ+ community and gender identity from grades K-3.

From a young age, children are pushed through a conventional, heteronormative precedent set by older generations, not giving them a chance to express themselves. By censoring the conversation within the classroom setting, children will be restricted from a safe environment to discuss their identity and viewpoints.

According to the Racial and Sexual Discrimination Bill, passed by the Florida House of Representatives, prohibits public institutions from providing "mandatory training" for culturally-responsive pedagogy, and would take effect July 1. Meaning — if a school does not find it necessary to incorporate diversity in the classroom, they don't have to.

Similarly, the Individual Freedom Bill would allow curriculum to be curated and monitored by employees and parents. If a parent thinks a lesson plan does not meet their censorship standard, then they can testify to administration or even the U.S. Department of Education. This can be done beyond primary education if a parent deems a lesson not age or developmentally appropriate for their child.

This bill would give parents — most of whom do not have degrees in education — the decision to backpedal public school curriculum into a narrowed worldview.

Already, the bill had to be changed due to harmful rhetoric toward LGBTQ+ youth. The bill has since been edited to include the proper terminology, though it goes to show the lack of understanding for the youth of today to instead cater to "parent's rights."

In a child's most vulnerable and formative years in cognitive development, this bill keeps students from the validation they need to grow. By de-normalizing conversations of identity, students may grow to become naive to the realities around them or make students feel as though they cannot confront educators about wants and needs outside of the classroom.

This is especially damaging to students who may have two moms or two dads, a nonbinary sibling or perhaps are figuring out their own preference. If students are made to feel that they or their loved ones are an inadequate fit to the system, it may lead to mental health issues down the road. These young individuals may not have a safe space in school or at home.

According to a survey done by the Human Rights Campaign, 12,000 students ages 13-17 across the U.S. identify as part of the LGBTQ+ community. In a study done by Global Human Rights, 83% of LGBTQ+ youth said they feel they have to hide their sexual orientation. If this is the case for older students who have a better grasp on their identity, what does this say for younger students who aren't given the opportunity to find out who they are?

Children deserve to feel represented and heard in the classroom setting — especially if they don't have that environment at home. If we keep censoring meaningful conversation in the classroom, future generations will have trouble finding themselves in a system that won't let them.

Center for Migrations club migrates to Duquesne

ALICIA DYE
staff writer

The Center for Migration, Displacement and Community Studies and the newly founded Migration club are all about helping migrants and upholding the human dignity and well-being of migrants in the area.

The center was created in the summer of 2021 by a group of 17 Duquesne faculty members. They were studying the fields of migration, displacement and community already and wanted a space where they could share their research and get feedback, collaborate with one another and raise awareness about important issues related to these fields on campus, according to Dr. Jennifer Schulze, the center's director.

Schulze has been interested in migration, displacement and community since before joining the faculty at Duquesne in 2010.

"It was a bottom-up initiative," Schulze said.

"The idea behind the center was to provide support and an intellectual space for students and faculty interested in these fields to come together."

The center does more than just studying migration; they also have multiple programs that help the migrant community in Pittsburgh.

One program affiliated with the center is the After School Club for high school refugee youth, which is coordinated by Schulze and directed by Alliance for Refugee Youth and Education and Jewish Family and Community Services.

At the club, students and faculty serve as

mentors to high school refugee students. The club was established in 2019 and helps refugee youth displaced from across the globe, including from Syria, Iraq and Rwanda.

Another way the center is involved in the Pittsburgh community is through the Reading to Play, Playing to Read program. The program is coordinated by Lucia Osa-Melero, an affiliated faculty member for Duquesne's Center for Migration, Displacement and Community Studies and a professor of modern languages and literature.

The goal of Reading to Play, Playing to Read is to develop a solid relationship with the Spanish-speaking community in the Beechview neighborhood.

The center also does a lot to engage with students on campus. They recently co-sponsored the human rights film series, which recently showed the film "Building the American Dream."

"We hope to establish a strong presence on campus by supporting faculty and student research, as well as by sponsoring events that are of interest to the campus community," Schulze said.

"By connecting faculty and students with community partners in our region, we hope to provide more opportunities for students and faculty to get engaged."

The center is also co-sponsoring a book reading with the Social Justice Reading Club. The book is "We Share the Same Sky: A Memoir of Memory and Migration" by Rachael Cerrotti, who will be speaking at Duquesne March 31 and April 1.

The center is the home to the newly formed Migration Club as well.

The club was formed in the spring of 2022. Migration club has goals of providing a forum for migrant students as well as those who are interested in migration studies, regardless of major, according to club treasurer Kendal Nasiadka.

"These are issues that can affect anyone," Nasiadka said. "It's a safe space for immigrants and a place where they can engage with their peers."

Nasiadka first got involved with The Center for Migration, Displacement and Community Studies last fall and is a part of the advisory board for the center as well.

"Our goal is to encourage people to be empathetic toward others," said Nasiadka. "We want people to see the humanity in others and themselves."

Nasiadka encourages all students, regardless of major, to join the club.

Interested students can email Migration Club's president Casey Lee at leec10@duq.edu and can follow the club on Instagram, @duq-migration club, for updates.

Any student or faculty member who is interested in research on migration, displacement and community studies or simply wants to get involved in the community can contact schulzej@duq.edu or sanchezg1@duq.edu.

"The center really hopes to collaborate with students, clubs and faculty across campus and to help them connect with service organizations in the region," Schulze said.



ANDREW CUMMINGS | MULTIMEDIA EDITOR

The Center for Migration, Displacement and Community Studies has a new office in College Hall.

"I really want faculty and students across campus to know that the center is here to support research, community engagement, and advocacy around these important issues on our campus."

Holistic Health Day helps students before they hit hiatus

MARY LIZ FLAVIN
news editor

On Monday, Student Life and the Division of Mission and Identity teamed up together to create Holistic Health Day, a day filled with activities meant to help students take a break from the stress of midterms as well as treat their overall mind, body and spirit.

Events such as Fill Your Spirit Tank (& Stomach): where students could swing by the third floor of the Student Union and grab a treat from Peace Love and Little Donuts, and My Brother/Sister's keeper notes: where students could write a note to a friend, faculty or staff filled with encouragement and thanks allowed students to take a break from the academic grind and participate in activities that either lended a hand to their physical or their mental health.



MARY LIZ FLAVIN | NEWS EDITOR

Students gathered in front of the Laval House on Academic walk to enjoy s'mores and lemonade.

Ashley Kane, assistant director of programming and freshman development, was a part of the committee that determined what activities would best help students achieve holistic health.

"People could pick and choose what they wanted from the Power Center, that had massage chairs, really focusing on the muscle relaxing part; to the Counseling Center, that was open from 8:30-4:30 for mental health screening," Kane said. "There was enough for them to pick and choose what their mind, body and spirit needed."

One program in particular that students enjoyed was Goodbye Worries, Hello Warmth. This particular activity had students write down their worries and burn them in the fire pit outside the Laval House on Academic Walk. Afterward they got to enjoy a tasty s'more, roast marshmallows and gather around the fire together.

Luci-Jo Dimaggio, director of mission animation, helped run the stand and represented the Division of Mission and Identity, a campus-wide collaboration that encourages students, faculty and staff to carry out the Spiritan mission and serve the common good.

"I think there is something about making a worry tangible, sometimes they can be so big and abstract that we can't really get a hold of them. Here we can offer it up to the fire, then watch it disappear which can be really helpful," Dimaggio said. "Also you get a s'more, and what a perfect night for it. Just taking a break is what this is all about."

To Dimaggio, the Holistic Health Day is figuring out what types of self care works for each student. It is about the little things that help in small ways. Whether it is seeking out counseling, or enjoying a treat, all of the little activities students do to help their health add up in a positive way.



MARY LIZ FLAVIN | NEWS EDITOR

Students wrote down their worries and burnt them in the fire as a way to release stress and anxiety.

In addition, Dimaggio said that the fire is a part of the faith experience and creates a communal environment.

Duquesne student Sarah Knox enjoyed being with her friends and taking a moment to enjoy the simple things in life such as standing around a campfire.

"I think it's a great way to remember that we're human and that we can let go of our worries every once and a while. It's a nice way to socialize and not worry about things for half an hour," Knox said.

Many campus organizations came together to cover a variety of mental and physical aspects of wellbeing with healthy activities.

The Counseling Center helped with the mental and emotional side of health, and the Power Center helped with the physical and nutritional

aspects. Mission Identity, Mission Animation, and Spirit Campus Ministry aided in the spiritual side of things. Lastly, Student Life Programming brought everything together to create an experience for students to enjoy.

According to Kane, the mental health apps UnpackU and Oasis, which are free to all Duquesne students, lent a hand to the more mental-focused activities to bring awareness to mental health.

"Self care isn't defined in one bubble, it's not always about eating healthy or constantly praying. We appreciate both of those aspects but health care is individualized, the idea of being holistic matters," Kane said. "I hope students took away that we see them for who they really are and want to provide services that care for them."

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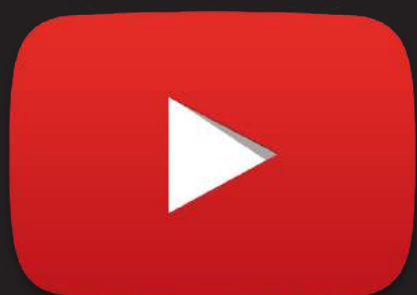
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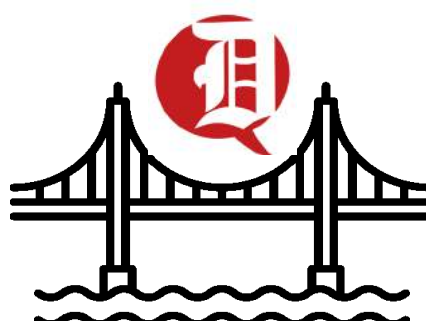


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