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Prince Edward awards DU Student

BRENTARO YAMANE
layout/multimedia editor

As a high school student, Michelle Catão was looking for a college that offered a speech language pathology program.

“In high school, I spent a lot of time volunteering with special needs kids at a local organization,” Catão said. “Watching them grow and become more confident inspired me to pursue a degree in speech language pathology.”

When she discovered Duquesne, she loved how close the campus was to Downtown, while still having a campus feel.

Fast forward three years later, and Catão is a junior with an impressive accomplishment. She was recently awarded the Duke of Edinburgh’s International Award USA by Prince Edward. It is recognized as the world’s leading youth achievement award.

The award is a global framework for non-formal education and learning, which challenges young people to dream big, celebrate their achievements and make a difference in their world.

Through developing transferable skills, increasing their fitness levels, cultivating a sense of adventure and volunteering in their community, the award helps young people to find their purpose, passion and place in the world.

“In high school I spent over 150-plus hours volunteering with special needs kids and developing meaningful relationships with them,” said Catão, who is also an athlete on Duquesne’s rowing team. “During my time at Duquesne, I [have] volunteered with Casa San Jose working as a teacher’s assistant in ESL (English as a second language) classes. I also

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THE DUQUESNE DUKE

Proudly Serving Our Campus Since 1925

New Duquesne dorm gets approval from City Planning Commission



COURTESY OF DUQUESNE UNIVERSITY

Many details regarding the new dorm building remain unknown, but the new dorm building is set to open in 2024, alongside the in-progress College of Osteopathic Medicine. The new building will hold about 550 students in 226 rooms.

ZACH PETROFF
opinions editor

There is nothing worse than walking back to the dorms in the middle of the night as the winter winds of Pittsburgh attack the exposed skin. The dreadful trudge across the bluff to get to living quarters will become a distant memory for some future students as plans to build a new dormitory are set in motion.

On Nov. 15, the City Planning commission approved plans for a 12-story dormitory for the 1000 block on Forbes Avenue, replacing the surface parking lot next to the Power Center. The new dormitory will include 226 apartment-style units and house approximately 550 Duquesne students.

While details are still being finalized, the new building will include amenity spaces, bike parking, a fitness area and outdoor courtyards, said Gabriel Welsch, Vice President of Marketing and Communications, in an email.

The plan for the opening of the new dormitory coincides with the opening of the College of Osteopathic Medicine in the fall of 2024.

Ryan Indovina of Indovina

Associates Architects, Sam Rajamanickam of Design Collective spoke and Dan McDowell of La-Quatra Bonci Associates spoke in front of the Pittsburgh City Planning Committee on behalf of the Forbes Avenue Student Housing Project.

The over hour long session covered a variety of information from layout design and zoning to the environmental impact. Included was a study on the impact of the sun on the building as part of Duquesne’s efforts to provide maximum natural daylight.

“A quick shadow study for the three distinct times of the where the sun has most impact, at equinox, at summer solstice, and winter solstice the public spaces are organized in such a manner to take advantage of the southern sun, so there is plenty of sunshine for a majority of the year and will be a welcoming space,” Rajamanickam said to the committee. “Most of the shadows cast particularly when the sun is at its lowest angles will have limited impact on buildings along Watson.”

There is also a plan for a pocket park in between the Power Center and the new dorm.

“This park allows for more of the students from the building

and the patrons of the restaurant located in the Power Center to enjoy the open space,” McDowell told the committee.

There will also be a landscape plaza to the east of the dormitory and an entry courtyard that will have both semi-private active and passive spaces.

The building will have two entry ways- one at the center of the building and one through the landscape plaza to the east. The entry level will be dedicated to the student amenities that include a game room and student spaces.

These active view spaces will be organized along Forbes Avenue to provide a vibrant and active facade Rajamanickam explained to the committee.

A courtyard is also being planned that will not be a parking lot but will be accessible to vehicles. There are no plans to make it a permanent parking space.

This is part of Duquesne’s 10 year plan to implement “a multi-faceted approach to increase multi-modal transportation options for students, faculty and staff on campus while reducing the use of single occupant vehicles for both employees and students, with an employee goal of reduction from 80.2% to 60% SOVs and a student goal of reduction from

39.9% to 30% SOVs,” according to the Duquesne Institutional Master Plan released in October 2021.

“There are some studies done on student activity. There could be farmer markets as well as food truck events or just student use,” said McDowell on the proposed courtyard.

There is also an emphasis on being compliant with the Americans with Disabilities Act (ADA).

“It’s a university priority to ensure that all members of our campus community enjoy full and equal access to our services and facilities. The new residence hall will feature ADA-compliant units and meet ADA Standards for Accessible Design, will support Duquesne’s sustainability initiatives and seek to achieve LEED (Leadership in Energy and Environmental Design) accreditation,” Welsch said.

“The project, along with the proposed College of Osteopathic Medicine (COM), will enable Duquesne to complete its presence on the Forbes Avenue corridor. While the surface lot on Forbes Avenue will close for construction, more surface permit parking will be developed nearby and upon the projected opening of both the new residence hall and the COM in 2024,” Welsch said.

POLICE BRIEFS

Tuesday, Nov. 15-

Two resident assistants found a small amount of marijuana and paraphernalia in a room while doing a health and safety inspection. The items were confiscated. The resident of the room was referred to the Office of Student Conduct.

Thursday, Nov. 17-

A theft was reported through the Duquesne University website. An amount of \$20 was stolen from a backpack in Mellon Hall.

Thursday, Nov. 17-

DUPS officers were dispatched to the Public Safety building for a walk-in report of damage to an unattended, university-owned vehicle.

Thursday, Nov. 17-

A resident director found a small amount of marijuana, paraphernalia and a firearm magazine in a student's dorm room in Brottier Hall during an administrative search. The items were confiscated. The student was referred to the Office of Student Conduct.

Friday, Nov. 18-

An employee reported a university-owned laptop was missing after lab inside 249 Mellon Hall.

Friday, Nov. 18-

A resident student called to report damage to his unattended vehicle that was parked in the Locust Garage. No actor was located.

Saturday, Nov. 19-

A resident director called DUPS to Des Places Hall for a small amount of marijuana. Two students were referred to the Office of Student Conduct.

Sunday, Nov. 27-

An unknown male attempted to sexually assault a homeless non-affiliated female in an area close to Duquesne University. The victim reported the crime to a Duquesne University employee. The Pittsburgh Police department is actively investigating the crime.

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 Luke Henne at hennel@duq.edu.

ALICIA DYE
news editor

If you asked me in 2019, my freshman year of college, if I would ever consider myself a journalist, I would say no, even though at the time I was double majoring, with my second major being multiplatform journalism. If you asked me if I planned on working for the campus newspaper, I would've laughed at the question. I always saw journalism as a backup plan, something I would do if political science didn't work out, as plenty of people who couldn't find a job in the political science field ended up doing political journalism. I even changed journalism from my second major to my minor because I didn't think of it as something that interested me a lot.

Fast-forward to now, where journalism is one of my favorite things (most weeks). I love writing profiles on different people, and I love doing a story I consider important. Being able to report things that are going on in the community, even if not many read it, warms my heart. I love being able to serve a community, no matter how I do it, and my time at *The Duke* has allowed me to do that.

Although I haven't been on staff long, my time as a staff writer and then news editor has been rewarding. I've learned a lot and

made new friends who I probably wouldn't have met otherwise.

I have to thank our advisor, Paula Reed Ward, for really sparking my interest in journalism. I took her class last fall, and it was the first journalism class I took in my college career. Although my class wasn't super enthusiastic about the things we were learning, I was. I loved learning how to write certain stories and I loved being able to get a small taste of what writing was like.

Paula was the one who encouraged me to write for *The Duke*. Actually, she told me to write for *The Duke* multiple times throughout the fall semester, so I could have experience even if I didn't want to go into that field. Every time she told me to write during the fall, I brushed it off saying I was too busy being a resident assistant, which was a way of me getting out of it because I hated meeting new people and being thrown into a new environment.

I ended up joining the next semester, as I did have plenty of time. I wrote almost every week, for every section except sports. And I loved every second of it. I was learning about what was going on around campus and got to meet so many new people, and got closer with many. From making jokes about hating dairy milk, to making silly bets on what time someone

would show up to the newsroom every week (which I take way too seriously), the time has been fun.

Although there have been stressful weeks, there have also been weeks where I can't stop laughing, to the point where my stomach hurt from laughing too much.

I think if I didn't have Paula for my newsroom class, I wouldn't like journalism as much as I do. She helped me to become the journalist I am today, and for that, I am forever thankful.

My time at Duquesne as a whole has been eventful. I was part of the last group of students to start college before Covid-19 hit. Although the pandemic affected many things, I have to thank it for helping me become friends with so many I am still friends with today. A lot of my current friends and I didn't have much to do during the pandemic when we all lived together, so we all hung out with each other, only going out to eat on occasion and keeping us in each other's bubbles.

The spring semester of my sophomore year, I became an RA. Although many are warned that the job can be lonely and isolating, I made some great friends through the job, who helped me along the way with so many things, even beyond our job together.

I'm going to miss going to Starbucks on campus and see-

ing the employees who know my name and order, specifically Melissa, who always knew what I wanted and has always talked to me, even when she isn't working.

I never really planned to graduate early. I actually expected to graduate a semester late. The time has flown by so fast, that it's really hard to believe. Everything is falling into place, but much sooner than I expected.

I've never been great at good-byes, being that I come across somewhat emotionless and cold, but I'll really miss being here most months of the year.



COURTESY OF ALICIA DYE
Alicia Dye (center), with Capri Scarcelli (left) and Isabella Abbott (right), in August.

Involved student gains recognition for work

see AWARD — page 1

have been doing research on social communication outcomes for lower-income families."

Catão registered with the Duke of Edinburgh organization, in which she completed a series of activities and writing reflections on them. They are assessed by an assessor and an award leader. After spending her time putting in the work to meet the requirements, she felt good getting the honor and recognition that she deserved.

"I technically completed the award my senior year of high school (2020), so I got an email that all

my sections had been approved," Catão said. "It finally felt good to find out that it was approved since I spent four years working toward it."

To many students, college is a period of time in which they start to learn more about themselves and what they can do to be more well-rounded people. For Catão, joining several clubs in which she learns about a variety of topics and managing the time of all those clubs has been very beneficial to her. She has no regrets about the number of clubs she's involved in.

"On campus, I am also doing research with Dr. (Abigail) Delehanty in the speech language pathology department, I am the

treasurer of DUASL (Duquesne American Sign Language Club) and one of the co-secretaries for HCSEE (Honors College Society for Engagement Excellence), in addition to being a member of some other clubs," Catão said. "It can be hard to balance all of this at times, and it makes time management really important."

While many college students do their best to do well in school and balance work and social/academic clubs, playing an NCAA sport would seem to be a lot to handle. That's why Catão juggling school and being an athlete makes her work ethic even more notable.

"I love how supportive the team is, and how everyone pushes each other to be their best. I walked onto the team my freshman year and have learned a lot in the past few years," Catão said. "I think the most important thing that I have learned is that the best way to improve is by setting attainable goals and slowly working toward them."

"(In the future) I would like to help immigrants and ESL students," Catão said. "One of my minors is Spanish and, through this, I have been able to communicate with a diverse group of people that I would have not been able to talk to otherwise."



COURTESY OF MICHELLE CATÃO

Catão traveled to Washington recently to receive the award, which she became eligible for back in high school. Catão is involved on campus with many clubs.

Versatile editor prepares for next chapter

BRENTARO YAMANE

layout/multimedia editor

Growing up, I have always loved sports. I always liked playing games, the action, the big plays and emotional excitement that sports can bring. But the things that I like most about sports are competition and the winning that accompanies it.



COURTESY OF MARY GENRICH

Brentaro Yamane (right) walks with Peter Boettger (left) during a Duquesne men's soccer game on Oct. 17. Boettger has shadowed Yamane, and will take over his spot in the spring.

When I was little, I wanted to see myself with a career somewhere in sports, specifically in sports media. And as a soon-to-be college graduate (knock on wood), I say that I still have that dream.

As a former high-school athlete and var-

sity letterman in bowling and track and field, I know what it's like to be an athlete while sacrificing and putting in countless hours to be better. While many people think of how good athletes are physically, an important aspect that not many people think about is how well an athlete can perform mentally under pressure and bright lights.

terpreted) of what athletes and coaches go through every year to try to be successful, because it can be something all people can relate to in life.

When I saw Duquesne's sports information and media program, which gives students opportunities to become announcers, writers or sports information directors, it seemed too good to be true. I simply could not pass up the opportunity, especially considering that Duquesne is only 17 minutes from my home.

I simply love Pittsburgh, the place that I can happily say that I am from. Being able to not travel far to go to a school, which can help me strengthen my aspirations, is such an awesome feeling.

I can say that I am very blessed to have had opportunities and been a part of media clubs at Duquesne that have enhanced my broadcasting, writing and game production skills. I would have never thought that being an editor and photographer for *The Duke*, a host for Duquesne Student Radio, an announcer for Duquesne Athletic Productions and an anchor for Duquesne Student Television could change my life as much as it has.

I am also blessed for all the professors and students that I have encountered and created relationships with whether the interactions were good or bad. They have made me more of a well-rounded and strong individual, as I truly adhere to the principle that, "Everyone you meet has a purpose in your life."

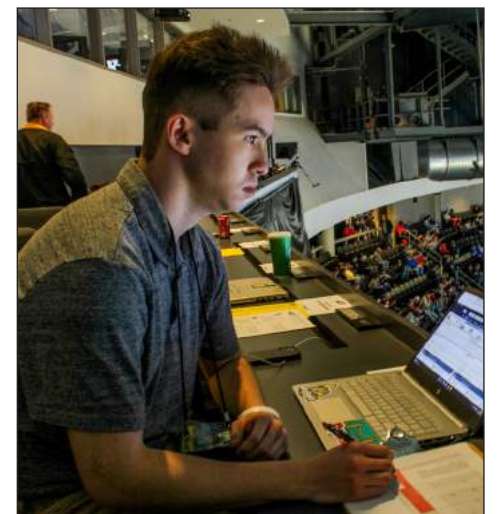
Some people have good college experiences, and some people don't. I feel that the best way to have a good college ex-

perience is to put yourself out there and meet all the people you can, because some of those people can become your best friends, and some of those people can change your life.

I love Duquesne, and I hope others that attend this university can feel the same way once their time is done here.

I'm excited to see what the next chapter of my life holds. I simply do not know yet, and that only makes it more exciting. No matter what happens next in my life, I am going to continue to work hard and trust God to put me in the position that I'm supposed to be in.

Much like I believe that everyone you meet has a purpose in your life, I also believe that everything happens for a reason.



COURTESY OF LUKE HENNE

Brentaro Yamane got the opportunity to cover the 2022 NCAA Tournament in March.

MBB continues hot start, defeats UCSB

SPENCER THOMAS

sports editor

Before the calendar turned from November to December, the Duquesne men's basketball team had already equaled its win total from all of last season. Keith Dambrot's squad has turned a 6-24 record in 2021-22 to a 6-1 start this year, with the only loss coming at the hands of nationally-ranked Kentucky.

The Dukes' final triumph of the month came over UC Santa Barbara, 72-61, at UPMC Cooper Fieldhouse on Tuesday.

In the face of numerous injuries to their frontcourt, Duquesne was able to once again lean on the hot shot of Dae Dae Grant. The junior guard led all scorers with 26 points on 9-of-14 shooting, including 6-of-9 from behind the arc.

Grant is averaging 20.1 points per game through the first seven contests of the campaign.

"Dae Dae has been really coachable," Dambrot said. "He's done whatever we asked him to do, he's been a good teammate and he's consistently put the ball in the basket ... He's been scoring at a pretty high clip, maybe the best I've ever had as far as consistency."

Grant's scoring was on display as soon as the ball tipped off, when he worked on the left side of the key by himself and scored a jump shot for Duquesne's first

points of the game.

While running the point, Tevin Brewer has also proved to be able to create his own shot. In several instances, he was able to penetrate with a bouncy stop-and-go move, and his 5-foot-8-inch frame was always one step ahead of defenders. He finished with three of Duquesne's 17 assists, second only to Kareem Rozier's four.

The two squads struggled to put up points early, but the scoring increased, as did the pace, in the backstretch of the first half. Only then could the Dukes pull away. Grant hit a three with under a minute to go, and Duquesne entered the half with a 37-27 lead.

The Gauchos brought the game within four late in the second half, but Duquesne was once again able to put some distance between the teams.

Grant made his play of the day with just five minutes left, launching an off-balance circus shot from long range that cashed in, igniting the home crowd. He also snagged three steals on defense.

"Trying to max out on the defensive end, to give all I have," Grant said, "because I know that's what it takes for us."

Brewer and David Dixon also scored in double digits, putting up 13 and 12 points, respectively.

Joe Reece and R.J. Gunn both remained sidelined by injuries for the Dukes. Gunn is still in a walking boot,

and though Reece was able to ditch his boot, he still moved with a noticeable limp. Dambrot said after the game that, while possible, it was unlikely Reece could feature in Saturday's home contest against Ball State.

Besides the injuries to Reece and Gunn, Kevin Easley Jr. remained on suspension, so Duquesne's depth would be tested, especially when Dixon had to briefly leave the game after taking a shot to the torso.

UC Santa Barbara entered as one of the stand-out squads on Duquesne's relatively weak non-conference schedule. The Gauchos were picked to win the Big West Conference, and they have a pair of players (Andre Kelly and Ajay Mitchell) on the conference's Preseason Coaches' Team. Kelly and Mitchell were shut down by Dambrot's defense, combining for just 24 points.

"We knew we were going to have to get stops to win this game, and that's what we did tonight," Tre Williams said. "We knew we were going to pull away at some point if we kept doing that."

The 6-1 record is Duquesne's best since 2019, but Dambrot didn't find much joy in meeting last season's win total so early.

"It means we sucked last year. Six wins, what the hell, you're supposed to be able to do that," Dambrot said, laughing. "I'm trying to enjoy the game and the

win, and you had to remind me of those six rotten wins last year."

Williams was one of two players to appear on Tuesday (along with Austin Rotroff) that were also featured on last year's roster. Williams feels that they've wasted no time building chemistry with the revamped roster.

"We're brothers now, we trust each other, we're always there for each other, so we know we got each other's back," Williams said. "That's why we play like how we play, and that's why you see us [dancing] in the tunnel just gelling together."



PETER BOETTGER | STAFF PHOTOGRAPHER

Dae Dae Grant (No. 3) and Tre Williams (No. 4) celebrate in the Dukes' victory on Tuesday.

The art of storytelling: A&E editor reflects

CAPRI SCARCELLI

a&e editor

Journalism is an art form.

I discovered this in 10th grade, when I was a shy student but a storyteller, a writer that held a world of ideas in a purple ballpoint pen. But like I said – I was shy. I didn't think I was capable of walking up to someone and asking them questions, or making a phone call without my voice shaking, teardrops staining inked notebooks from anxiety's chokehold. I joined though, became my high school's arts & entertainment editor, then managing editor, then editor in chief. I won two Digital Media Advertising Creative showcase awards, I bid my farewell and I started again in college, going to *The Duke*, where home has always been for me: the A&E page.

What's beautiful about A&E is its simplicity, its collaborative awareness of where others find like-minded joy. I started reviewing albums, movies, musicals, concerts and more, I then began to cover cultural festivals, local performers, sneak-peeks to new shows and even a public Q&A with former Nickelodeon star Josh Peck. At Duquesne, I was no longer that shy teenage girl – I became a passionate scribe, giving others the voice they need and the recognition they deserve.

As someone who went from covering senior prom to covering major city-wide events, I felt like I had a purpose, bringing to light what I thought would bring others joy. The rush of attending an event that you get to tell the story of and knowing every activity happening on campus and each little borough of Pittsburgh has kept me in the know. Journalism has helped me to advertise the hidden gems of this city that I've been so honored to share with those around me.

At first, I didn't think I'd find my way back to a newsroom in college, considering journalism isn't my major. I am a Secondary Education English major, a future leading teacher filled to the brim with love for teaching writing, teaching literature, teaching students the value of words and the power they hold. Then I remembered: I'm not a teacher yet, I still have time to write, to explore, to grow.

And I didn't start right away, either. As an incoming freshman, I was falling out of everything that made me feel the most myself. I was trying to fit into a box that was suffocated by this perfect image of what a college girl is



COURTESY OF GRIFFIN SENDEK

A classic 2020 portrait during our special Fashion Issue, a fond memory of mine.

supposed to do, and I waited to join the paper because I wasn't sure if the people around me would make fun of me for spending my Wednesday nights writing articles in the newsroom instead of ordering *Insomnia Cookies* and re-watching the "Bachelorette" for the 1000th time.

But I had a love for journalistic writing that I couldn't give up, so I started sitting with Josiah Martin (2019-20 A&E Editor) and Ollie Gratzinger (2019-20 Editor in Chief) on Tuesday nights, where all I did was put in my AirPods and loudly clack away at my laptop as I silently listened in on their conversations at the table. This got me into a groove though, it got me to open up and be more confident in connecting myself to this room.

Sophomore year, I became a&e editor, reuniting with the section that has influenced my love for pop culture, for Pittsburgh and for cherry-picking weekend events I just knew had potential. I developed an eye for awareness, balancing story ideas I wish I could fill pages and pages of.

I was still quiet, eavesdropping on the other editors and smiling over their comradery. I was the youngest

in the room, watching years of friendship flourish before me, and I was simply honored to sit and watch. Soon though, I started organizing "popcorn read edits," jumping into conversations more, orchestrating staff games on the white board and bringing in snacks in case someone forgot to eat dinner. I was doing well as a writer, but I was learning how to take up space, and to make that space something inviting and comfortable for myself and others. I was worthy of that, and noticing that changed everything.

Kellen Stepler became the new Editor in Chief my sophomore into junior year, and soon became one of my best friends at Duquesne. I am so thankful for our "big J journalism" moments, and all the laughter that came to follow. Even better, Kellen texts me every single week for his Aquarius horoscope, even after graduating.

I was enjoying the newsroom more and more each coming semester, becoming more in-tune with myself along the way. I realized that there didn't have to be a conventionality to my pages. My layout became filled with pastels, horoscopes filled with inside jokes between friends and a

kind words column that helped me more than I could ever imagine to process my thoughts and share those words with others. I soon found out that some faculty members cut out that column weekly.

Slowly, steadily, I was becoming my better self – more involved at Duquesne than ever. I became more excited about my Pappert Chorale concerts, Red Masquers performances, Kappa Delta Epsilon meetings and recruiting new writers for journalism every Orientation Week, where us team leaders gave Burgh Bucks left and right to students willing to put themselves out there and get out of their comfort zone, just as I did what felt like only moments before.

Senior year, I finished my music minor in Rome, added on a second degree in English and received my student teaching placement – what I've dreamed of all along. I was a featured guest speaker at a local middle school to advocate for young students interested in journalism: to grab their colored pens, take a deep breath and take the leap of faith I did, too, years before.

Though I struggled with mental health throughout my time at Duquesne, I always knew I'd find solace on those Wednesdays, surrounded by kind faces and inspiring stories that reminded me of my worth and my purpose. My anxiety has left me feeling stranded at times, but I have fought hard to work alongside it to continue to do what I love.

I've made this section as a piece of me, three years of subtle changes and edits made, every Wednesday night, to put out a layout that was catching, that intrigued readers and invited in new audiences. Even if people only picked up my pages to laugh at their horoscope for the week, I could still count on walking into class and seeing huddles of students pointing at the bottom of the page and smiling, which means the long night before of fixing the sizing, leading, widows and word count was worth it after all.

But truly, it's always been worth it. My current fellow editors are the most loving, courageous people I know, always putting the betterment of this paper before themselves. Building friendships with those only a decorated-cubicle away from me has changed my whole world here at Duquesne, and I wouldn't want to share this experience with anyone else.

Thank you, editor staff, for supporting me through and through. Everything I teach my future students, I'll take from you.

CAMPUS EVENTS

12 Days of Giving
Dec. 1 @ 12 p.m.

Join the Migration Club with a cheesecake bar! Third floor of the Union. Supplies limited.

Make Your Own Jewelry Night
Dec. 1 @ 5 p.m.

Join the Center for African Studies in Towers MPR for a DIY jewelry night!

Paint and Sip
Dec. 2 @ 6 p.m.

Go to the second floor of the Union for \$5 paint-by-number kits, free snacks and drinks! Supplies limited.

DPC Christmas Ball 2022 Dec. 2
@ 6:30 p.m.

The annual holiday formal is back! Tickets are \$25 for students. Transportation is provided to the Omni William Penn Hotel. Dinner is at 7 p.m., and dancing is at 8 p.m. Shuttles will depart between 9:30 p.m. and 11 p.m.

Gingerbread Extravaganza
Dec. 3 @ 5 p.m.

Make your own gingerbread houses! Enjoy a holiday movie and hot chocolate as well.

CAPRI'S KIND WORDS

Final Farewell

I want to thank you, from the bottom of my heart and the root of my being, for reading this little side column and taking the time to grow right along with me.

This was once a micro review, then a complaint column and now what has flourished into a meditative reflection of each week's mental health check-ins.

I've wanted to write reminders of self-care, of giving yourself grace when the world seems to be spinning faster than we could fathom. But we are here, right now, in these beautiful moments that we can write all on our own. I know I've needed the extra boost here and there, and I hope this has brought you a moment of peace, here and there, when it seems like you're losing yourself in the busy, hectic routine we've set for ourselves as college students.

Know I am rooting for you, I have always rooted for you and I will continue to cheer you on, even if I've never known your name. Every little thing you do deserves to be celebrated, even from a stranger. And that, in itself, is something so wonderful about our human existence.

Keep on keeping on; you have so much light inside of you.
-- Capri Scarcelli

Aquarius

Farewell, Kellen!

Pisces

Radio silence is boring. Let's all just yell a lot!

Aries

I think oversharing is the key to all of adult success.

Taurus

There it is again, that funny feeling! (I ate 3 pieces of Dominos with garlic sauce)

Gemini

Omg Gemini is my moon sign and this is my last time writing horoscopes.

Cancer

Normalize wearing bibs to date night.

Leo

Goes out for brunch but doesn't pay the bros back on Venmo

Virgo

You've got it little flower!

Libra

True feminine energy is never having a concrete plan ever.

Scorpio

Spotify Wrapped is my national holiday for stalking people.

Sagittarius

I owe Taylor Swift my life!

Capricorn

Cosmo and Wanda are literally just pastel Christmas.

THE DUQUESNE DUKE

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“Goodbye
always
makes my
throat hurt.”

CHARLIE BROWN

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

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ABBYGAIL TRAVIS | STAFF WRITER

On Nov. 3, Duquesne hosted an event tied to mental health awareness, one that raised some questions.

A story that they wouldn't hear

Backpacks sat ominously across the lawn in front of Fisher Hall during the Active Minds display held on Nov. 3. But these backpacks were not the only baggage accompanying this event.

What wasn't immediately clear to those passing by was the “Silence Packing” theme connected with the program. Duquesne decided to host an event that centered around severe mental health trauma and awareness, focusing specifically on the concept of grief as it relates to suicide.

Kelsey Pacetti, who helped coordinate the display, said, “The main reaction from students is gratitude.”

Yet, as I explored this claim with other students, as well as professors and teachers' assistants, I quickly realized that this assertion was not the perspective of the “main” Duquesne population.

These negative experiences, voiced by various spheres of Duquesne, are the stories that were told but not heard. It is time, in my belief, that those stories that fell on unwilling ears and unseeing eyes be acknowledged at the same level as those with only positive remarks to voice.

This installation had a high-risk potential for damaging the mental healing of those who are resolving personal struggles and those who have lost loved ones to suicide. Little sensitivity was shown, as even the trigger warnings were plastered with explicit details of suicide and related information.

Though the event was somewhat centralized in presentation, the explicit and detailed posters, as well as the flyers for the program, could be found scattered over the entire campus for days following the display. Furthermore, even if one was to use the offered alternative route, the display was still incredibly visible, effectively rendering this detour as an inadequate attempt to avoid traumatic topics.

There seemed to be a complete disregard for the accommodations and needs of those with physical disabilities. While there was an inadequately advertised alternative route offered, this identified route was in no way ac-



ABBYGAIL TRAVIS
guest columnist

cessible for those who suffer from physical disabilities. This suggested route avoided most of the triggering imagery, but still did not avoid the plastering of traumatic word choice.

Not only was the possibility of avoiding the display insufficient, but the entire detour was both significantly longer than the original path, and had a much more severe slope, rendering this path inaccessible for those who wouldn't have the energy to go about their day if forced to switch their standard path without forewarning.

How can we, as a university, justify this gross ignorance of the intersectional disparities associated with those who suffer from mental health traumas and who also require disability-related accommodations?

I had to choose between my energy supply for the day or my mental stability.

I would not be able to avoid exhaustion throughout the rest of my classes if I were to use the suggested detour, but I would also struggle to remove my past struggles from my dominating thoughts during my lectures, leaving me mentally absent during class. I, and many other students, professors and assistants were forced to choose between our physical energy and our mental energy extremely early in our day.

How can the authority figures and representatives of Duquesne University justify the advanced warning of a road closure held for a block party at the law school, but pay no mind, nor feel any moral responsibility, to using the same type of notice for this event?

This is the same type of event that will cause some students to identify an alternative route to their classes, and is no more than 100 yards away from the previously mentioned block party example.

How may we, as a student body, justify the lack of compassion and acknowledgement for those who face invisibility in the expression of their stories due to their physical and emotional accommodations, while at the same time promoting our heroic action through our displays of traumatic mental health awareness?

Though the concept of bringing awareness to the struggles endured by those who suffer with mental health strain, the university made a misstep in the hosting, collaborating and preparing of this exhibit. This event illustrates a lack of recognition for those with accommodation on our campus, by not considering all the people who are influenced by the decisions made by those responsible for events such as these.

STAFF EDITORIAL

The mixing of sports and politics

As nations gathered for one of the world's largest events, an American was fielding questions at a news conference.

“Why haven't you asked President Biden to move the naval ship from Iranian waters?”

No, that question was not asked of Vice President Kamala Harris, nor Secretary of State Antony Blinken, nor any other diplomat or government official. That was asked by an Iranian reporter to United States Men's National Team Coach Gregg Berhalter, prior to one of the teams' World Cup matches.

Unfortunately, that was not the only instance of an Iranian journalist using a news conference at the world's biggest sporting event like it was a personal Twitter feed.

U.S. captain midfielder Tyler Adams was also asked inflammatory questions, including one that questioned how he could represent America, a nation with a racially troubling past.

Adams, who is Black, handled the situation as well as one could hope for a 23-year-old with much bigger things on his mind.

Much has been made of the blurry line between politics and sports. The question of whether athletes can use their platform to raise awareness for political issues or even voice their opinion remains up for debate. Laura Ingraham telling LeBron James to “shut up and dribble” is a notable example of those on the right trying to limit such intrusions, while Colin Kaepernick's kneeling demonstrated the power of mixing politics with athletics.

Whether athletes should be able to stump for political change can be debated, but one thing that is certain is they shouldn't have to. Players like Adams have devoted their entire lives to becoming one of the best in the world at a game, and they shouldn't be expected to stand on every issue with a formulated opinion.

By asking loaded questions, journalists are trying to use athletes as pawns in a greater political game.

All of these might make anyone — let alone well-known professional athletes — hold their tongue.

The players want to play soccer. They worked their entire life to earn this platform, and it's unfair to demand activism from them, just as it is unfair to try and stop them from doing so. It's their prerogative. If you're not going to ask Ted Cruz to score a bicycle kick, don't ask Adams to opine on foreign policy.

The beautiful game should be a source of global unity, and it's a shame that some see it as a tool to pry even more division into our lives.

Surviving a semester while studying abroad

EMMA POLEN

incoming news editor

This fall, I took my studies away from the Bluff and abroad to Duquesne's campus in Rome, Italy.

While there was, of course, some "study" involved in my three-month semester in Rome, there was still plenty of time to explore the incredible Caput Mundi, or "Capital of the World."

The first thing I noticed as I deplaned in Rome was how hot the Mediterranean sun is. Me, in my three layers of jackets that refused to fit in my luggage, climbed down to the tarmac and just about melted.

However, I would never trade the 60-degree days of Roman Novembers for the rainy cold of Pittsburgh. Of all 89 days I was in Italy, I was rained on maybe twice while outside in the elements.

If it rains, the correct action is to duck inside a bar (bars are for coffee in Italy) and order an espresso.

Italians love their espresso because it is quick, potent and cheap. With all the espressos I bought, I probably only spent a week of my typical Starbucks budget.

Espressos provide the needed energy for a full day of travel, especially on-foot in a walkable city like Rome.

To put my explorations in perspective, I began the semester with a brand-new pair of New Balance sneakers that cost more than I'd like to admit. After only three months, I was left with two holey shoes that stank like the inside of Julius Caesar's tomb. They smelled so awful that, at the end of my European travels, I left them behind to decompose in an Italian dumpster.

Everyone says love is a universal language. I believe navigating public transportation is just as universal.

One of my favorite experiences was taking the public bus from Duquesne's Rome campus into the city.

No matter the traveler, everyone has the same questions: Will the bus show up today? At this point, should I just walk home?

In these situations, I did have the chance to be helpful, though, even with as little Italian as I knew.

I had my bus app on my phone open

at all times, and if the bus did not come for another 30 minutes, I was sure to let the nuns waiting with me at the bus stop know. For those who are unaware, nuns do not tend to carry their phones open to the bus app.

A simple "trenta minuti" was enough to communicate that we would all be waiting at least half an hour for the next bus to arrive.

There's nothing like finding your ideal study spot. How about if that spot is at the top of the Capitoline Hill in Rome,



PHOTOS COURTESY OF EMMA POLEN

Emma Polen said that out of all 89 days she spent in Italy, she was not rained on more than twice. When it rains, she suggests ducking inside a bar and ordering an espresso.

with a view of the entire ancient heart of the city?

Most museums in Europe, like in America, have cute cafes attached to them.

In the Louvre, in Paris, France, there are five, possibly more, cafes scattered across the entire museum.

It takes a person at least an hour to even walk from the left wing of the Louvre to the right wing without looking at a single piece of artwork. It would take a strong will to refuse to stop in at least one of the museum's cafes for a refreshment. I was guilty of a few stops during my visit to France over fall break.

The Capitoline Museum has one cafe, and it is one of the most beautiful, free views in Rome. The cafe is situated on

the roof of the museum, and it can be accessed from the street without paying an entrance fee to the museum.

Sipping my espresso and studying the history of the Temple of Saturn with a free view that included the Temple of Saturn was an experience I will not soon forget.

The food in Italy is incredible.

I learned twenty new varieties of pasta, meat pairings for every wine imaginable and an entirely new class of fresh cheese.

Stracchino is a type of cheese with a similar consistency to cottage cheese,

esting elephant-ear shape, called orecchiette, that can be served with meaty mushrooms and bacon from wild pigs.

Rome has a completely different culture of pasta. For the sake of tourists, most of Italy's regional cuisines can be found in Rome, the country's capital.

Packing to leave Rome had to be my least favorite part of the trip. Have you ever had to fit every item of clothing, fragile pottery and three pounds of pasta all in one checked bag with a 50-pound limit? It's a respectable challenge.

Even after I tossed the New Balance sneakers and a few other articles of clothing that simply unraveled by the end of the trip, I had to purchase an extra bag to check for the flight home.

I've got one pro tip for you: A pillowcase stuffed with all the clothes that didn't fit inside the checked bag is not, in fact, a free additional carry-on.

I returned home to Pittsburgh exhausted. However, if given the chance, I would jump up, re-pack my bags and do another semester abroad.

Tomorrow.



Emma Polen's ideal study spot was at the top of Capitoline Hill in Rome, where she had a view of the entire ancient heart of the city.

MORE PICTURES FROM EMMA POLEN'S STUDY ABROAD EXPERIENCE



Emma Polen is seen here eating a prosciutto, eggplant truffle sandwich from a panini shop.



Italian gelato shops are extremely common, and each has a unique way of topping its gelato.

Only sweaters should be ugly over the holidays...

Over 21? Enjoy responsibly!
Under 21? Zero tolerance!

Warning: Excessive use of this drug may cause headaches, upset stomach, vomiting, loss of coordination, dizziness, nausea, poor decision making, stumbling, changes in mood & behavior, excessive crying, anger & aggression, memory loss, increased arguments, negative peer perceptions, increased interactions with law enforcement officials or other authority figures, next day morning sickness (hangover), loss of control of bowels and bladder, passing out, accidents, and even death. It may also cause long-term problems.

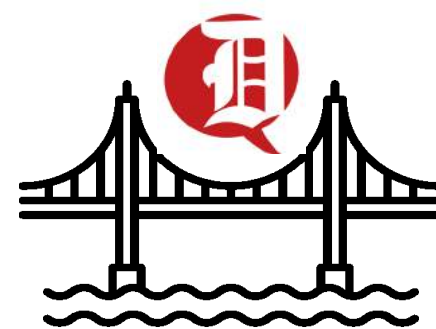
Don't let alcohol turn your celebration ugly!

This message is brought to you by DU Cares and the Office of Residence Life

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