

# DUKE

*Spring 2023*



*"But there are so many pieces  
No one ever finds them all."  
- "Happiness" by Priscilla Leonard*



# Spring Fashion



**We're bringing back the Spring Fashion issue, but we're doing it with a purpose. Throughout this paper, we will explore the different ways college students struggle with appearances and offer tips for success.**

**EMMA POLEN**  
news editor

Self-image is so important, especially for college students about to enter the professional phase of their lives. Yet, how we choose to present ourselves—that mirror image—to the world can often fall short of how we intend to be perceived.

If you're a liberal arts or business student, you might be familiar with the online networking platform LinkedIn. A student's profile might have their name, their school, maybe a link to their resume and achievements over their student career, but you probably won't find many students posting about their latest Friday night party. That distinction between what is for our employers and what is for friends just has to remain unbroken.

Ten Harvard students lost their admitted student status in 2017 over inappropriate comments made on Facebook. In a subsequent article by NPR, authors reminded readers that what is said online can be hurtful to the individual in the real world, too.

For the next example, let's turn to TikTok. When a user goes to create a video, they have four options immediately available along the side of the screen: self timer, retouch, filters and video speed. 3/4 of those options alter the way we are perceived by others.

The filtered, edited version of an individual that appears on our "for you" page might convince us that this online version is actually real.

The "retouch" filter does not even register as a filter anymore. TikTok has changed their platform so that any creator can easily erase their imperfections without any clue to the rest of the platform. Nowadays, these beauty filter can look so natural that they do not alert viewers of their presence.

In addition to creating unimaginable expectations, these creators are known for what they do for their digital platform, and not what they do in their private lives. Can we say we really know these people? Influencers might share their lives with the public, but is that distinction between their work life and their personal life still balanced? Do we really like Alix Earle or just the image she edits together and shares online with us?

In the same way, current students are learning to share what is considered "necessary" now in order to remain competitive on social media and to future employers, but all of this content sharing will never provide a complete image of that individual.

A 2017 study from the Social Psychological and Personality Science journal found that 50% of people thought swearing made a person seem more genuine (including your bosses). You might still hesitate to use that language with your boss, though, because it's considered unprofessional, regardless of how it makes you appear to others.

As we add more and more characters to our deck of personality "playing cards," the idea of who we are – who we really are – can become fractured into many pieces. That face that looks back at us through the mirror might be a disappointment without the com-

***How we choose to present ourselves—that mirror image—to the world can often fall short of how we intend to be perceived.***

fort of TikTok filters. Or the reflection might be a reminder of what we have yet to accomplish, including just taking a shower.

Turning now to Priscilla Leonard's poem titled "Happiness," the quote on the front cover explores the impossibility of ever finding every piece of beauty and goodness in the world. There are too many, and there are some that have not yet been discovered.

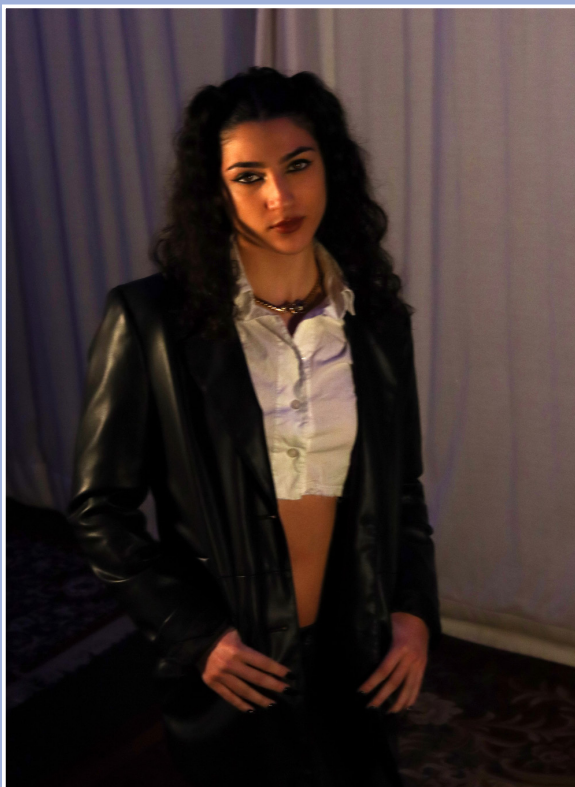
In the same way, the self-image we are building will never be complete. There will always be growth and there will always be challenges that bring us closer to who we are – or make us question that person altogether.

One of the best pieces of professional advice I ever received was from a stranger in the media field on a 13-hour plane ride. We were discussing career plans, and when I sounded unsure of what I wanted to do with the rest of my life, she stopped me. She said, "You don't need to know what you want to do with your entire career. You just need to know what you want to do right now."

Those words changed my entire perspective on my future plans. I don't need to name the thing that will keep me happy forever. I just need to find what is keeping me happy right now. And when career goals are put in that light, suddenly they become way less daunting. It becomes so much clearer what makes me who I am as a student right here in the present.

Wherever these fragments of self reflection are presented, the face we see looking back is in some way a part of us. In our lives ahead, we will continue to find who that person, the complete image, truly is. And let us never settle for the person we are right now, with the limited experience we have right now.

Let us always be driven to achieve more for the person we are right now, with their limited experience. Let us find activities that make the person we are right now happy, because in the long run that directs us toward that image we dream of presenting to others – one with greater wisdom, greater happiness and more LinkedIn



## Meet the Model Rosemarie Franjoine

Rosie is a junior majoring in psychology and theology. In her professional career, "I can't wait to become a doctor and be able to grow as a person and help as many people as possible," she said.

As a college student, Rosie has already completed an internship where she worked directly with individuals with mental and physical disabilities.

"This has helped me get real life experience on what I learned in my classes," she said.

Rosie also studied abroad in Rome during her junior year.

"I studied...for three months with my three best friends and learned so much about myself, my friends and my surroundings," she said.

When it comes to taking pictures, Rosie is comfortable both in front of and behind the camera.

"I love expressing myself through my outfits and pictures, because then I can share them with the world. I've always been so drawn to modeling because I never felt scared of the camera or fearing the awkwardness of getting my picture taken."

**Photography by Emma Polen**





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WLAX back in action	Epic gamer moment	Fast fashion	Color me impressed
Dukes fall to Pitt in opening game	Epic Bingo's back in business	Fashion trends come with consequences	Pittsburgh color analyzer shares tips
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# Club tackles sexual assault

**ZACH PETROFF**  
opinions editor

Standing in full Gi, three-degree black belt and karate instructor Cal Nelson found himself in a basic single hand-wrist grab. “When you’re dealing with a situation like this, there’s one thing that’s really important to know,” Nelson said. “There’s a weak point.”

In one smooth motion, Nelson then made his restricted hand into a fist, used his free hand to grab his fist and quickly made contact with his elbow to his captor’s elbow. The quick motion caused the would-be perpetrator’s wrist to bend, freeing Nelson.

“We’re going to work to exploit [the weak spot].”

Nelson, along with Students Against Sexual Violence (SASV), the Title IX Office, Duquesne Public Safety, the School of Nursing, Pittsburgh Action Against Rape and the Center for Women’s and Gender Studies were part of a panel and workshop on strategies for preventing sexual violence on Monday in the Africa room.

The speakers talked to students about the importance of awareness of sexual misconduct, how to prevent it and what to do if they are victims and the resources that are available.

“It’s really important that we understand for ourselves and for people around us what to do if this happens,” said Associate Professor at the Duquesne school of nursing, Alison Colbert.

see ASSAULT— page 4

# THE DUQUESNE DUKE

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## Love from the generations



DYLAN FISTER | STAFF PHOTOGRAPHER

Chloe Warham instructs students (Sydney Rouch (left) and Kayla Winicki (right) in the Rangos School of Health Sciences during a physical therapy program using artificial limbs. Funding from the Duquesne Day of Giving supports interactive, hands-on learning for students from all schools.

**JOSH DELIA**  
staff writer

Duquesne’s annual Day of Giving gave alumni a chance to give back to the university, and they came through in support of current university programs and activities.

The Day of Giving is an annual fundraising event where members of the Duquesne community are encouraged by university ambassadors to donate to the various schools and organizations around campus, as well as facilities such as Gumberg Library.

The official website for the event showed that alumni were the community group that brought in the most donations, with 858 total gifts, on Wednesday, Feb. 8 this year.

Hillary Moore, director of the annual Day of Giving, has been with Duquesne for over a year managing university donations.

Moore, in a conversation via Zoom, talked about how important the event is to the alumni community and how donors con-

sistently ask to see more students become involved, as well as to see how their donations are enhancing the student experience.

“I think that Day of Giving is a great way to engage. I think you are giving back, you are getting updates, and the social media [from Day of Giving recipients] is crazy,” she said.

Moore was surprised to see the donor population skew younger in the data accumulated from the event this year. She was delighted seeing younger alumni generously donating.

“Whenever we are sending out letters, or mail pieces, our older generations are responding that way. Younger generations, most recent alumni, are responding more to these digital appeals,” she said.

Sarah Sperry, the assistant vice president of alumni engagement, was an ambassador for the event.

As an ambassador, Sperry was responsible for reaching out to alumni in order to motivate them to donate to the areas of cam-

pus they felt passionate about. Generally, this means communicating with alumni over phone, email and social media.

The Day of Giving website showed Sperry to be the ambassador who generated the third highest number of gifts, at 31.

Sperry, in a phone conversation, talked about how much she enjoys being an ambassador and how networking over the years has made the process easier.

“It’s actually quite fun. I’ve been at the university for 11 years, so I have built up a lot of contacts and people that I’ve met throughout the years that have served on alumni boards, or have volunteered or I’ve met at different events, and become good friends with and know are big supporters of the university,” she said.

Sperry said a central interest of many alumni looking to make monetary contributions is how current students are faring at the university.

“The alumni like to hear about what the students are up to,

and what new things they can be involved in, and the research they’re doing and their opportunities to travel,” she said.

One of the main ways alumni, and donors in general, help Duquesne during the Day of Giving is by working with designated gift officers to set “challenge” gift goals.

These challenges are dollar-for-dollar matches. Donors will promise to double a certain monetary amount for a university organization if the recipients can raise that amount themselves.

Adam Viers, assistant vice president for major gifts, has been at Duquesne for 13 years, and works with his team in order to build relationships with potential donors and talk with them about gift-giving opportunities.

“My team and I, we help to secure challenge gifts and encourage donors to be supportive of the Day of Giving,” he said.

see GIVING— page 5



# Doctors Without Borders hosts night for Lebanon

## POLICE briefs

### Sunday, Feb. 5-

A St. Ann's resident was transported to Mercy ER for and alcohol-related incident.

### Friday, Feb. 10-

A Duquesne student reported her money was stolen from her dorm.

### Saturday, Feb. 11-

Two students attempted to shoplift a frozen dinner. They were identified swiping back into Towers and referred to the Office of Student Conduct.

### Saturday, Feb. 11-

The Duquesne shuttle bus side-swiped a non-affiliated vehicle on Forbes Avenue.

### Saturday, Feb. 11-

A pill bottle containing marijuana was discovered under a couch on the fourth floor of the Union ballroom. The name on the prescription pill bottle traced back to a student who was then referred to the Office of Student Conduct.

### Saturday, Feb. 11-

An intoxicated student in Towers was transported to Mercy Hospital.

### Saturday, Feb. 11-

Students in St. Ann's were referred for a conduct violation after marijuana, paraphernalia and alcohol were discovered in their room.

## EmailTips

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](mailto:hennel@duq.edu).

MAX MARCELLO  
staff writer

Members of Duquesne's Doctors Without Borders are not able to practice medicine yet, but they are still able to help others with community service and raising money.

In support of this mission, the club held an event to raise awareness about the group's ongoing efforts to fundraise for Lebanon on Monday.

Humanitarianism sometimes finds itself in the grips of red tape. It was this environment that drove French activists to coalesce in 1971 to form Doctors Without Borders.

Also referred to as Médecins Sans Frontières (MSF), Doctors Without Borders is a non-profit, international charity organization that provides medical care to neglected or impoverished areas.

As the organization grew, MSF began creating local chapters at academic institutions to provide volunteer opportunities and humanitarian outreach experience to future healthcare professionals.

At Duquesne's MSF event, the chapter gave students an opportunity to experience Lebanese culture and cuisine.

The event held in the NiteSpot was attended by over a dozen students who immersed themselves in the Lebanese festivities.

Foods such as baklava, falafel and hummus with pita chips were prepared by Parkhurst Lebanese chef, Nathaniel Kassouf.

Students also had the opportunity to enter a raffle for the chance to win a bouquet of cyclamen, the national flower of Lebanon for Valentine's Day.



PETER BOETGGER | LAYOUT/MULTIMEDIA EDITOR

The Lebanon Night menu included falafel, hummus and knafeh, a type of dough dipped in sweet syrup.

entine's Day.

Yasmine Alrefai, a health sciences major of Lebanese descent and member of the chapter, said she found the event to be a great opportunity for students to socialize and experience Lebanese culture. As a medical student, Doctors Without Borders has given her the chance to combine her passion for service with her interest in medicine.

"Our meetings are about ser-

vice and things that are going on around the world and how first responders and medical providers are helping or impacting those other countries," Alrefai said.

Mirabella Strump, a graduate student in biology, has been involved with Doctors Without Borders since her freshman year. She now serves as the chapter's president.

In years past, the chapter's activities focused on informational lec-

tures and networking. Today, the chapter is far more involved with community activism, Strump said.

Some of the organization's past initiatives include preparing peanut butter and jelly sandwiches for Light of Life and making care packages for the Ronald McDonald House.

Strump noted that Duquesne's MSF chapter has interesting limits and opportunities that come with being a student organization with a desire to make a positive impact on the community.

Additionally, the chapter is also preparing for its twice annual blood drive scheduled for April.

Doctors Without Borders seeks to facilitate student's medical education with a humanitarian focus.

Duquesne's chapter is preparing for a Doctor's Without Borders guest speaker who is set to address the chapter at the end of March.

Sophomore Jaelyn Walker has been involved since her freshman year, and she now serves as the chapter's secretary. Her desire to pursue a career in medicine led her to Doctors Without Borders.

"I think, in order to understand medicine, it's really important to understand global medicine and Doctors Without Borders is perfect for that," Walker said.

Walker took a prominent role in organizing Monday night's event for Lebanon. The event fulfilled both the organization's role as educator and in volunteer outreach.

"This is kind of our cause connection event, just so our members can get immersed in the culture a little bit, learn a little bit about the Lebanese culture and where our money is going," Walker said.

## Karate on the Bluff tackles sexual assault

from ASSAULT—page 3

"If you experience sexual assault, you have the right to good care, you are worth good care," Colbert said.

The panel addressed some of the misconceptions that surround sexual assault, including medical care. One of the major myths surrounding victims of sexual assault is that people only need to seek medical care if they are physically injured.

"The considerations vary," Colbert said. "There's trauma, there's emotional response to it. There's

a physical response to it. There is the need for sexually transmitted infection treatment. There are things related to pregnancy."

Colbert also talked about sexual assault nurse examiners that receive additional education and training to provide comprehensive health care to survivors of sexual assault.

"There is all sort of things that are required in the additional training and education of the healthcare provider to take care of somebody who has been sexually assaulted," Colbert said, "You don't want a health care provider

who doesn't know about cancer if you've got cancer right?"

The purpose of the panel was to explain the process one encounters when seeking treatment in hopes of mitigating survivor reluctance to visit healthcare providers.

"There are long- and short-term ramifications to your health related to sexual assault," Colbert said. "There's all sorts of complicated ideas about this, but the message is there is healthcare available to you and your health care considerations."

Student president of SASV Rebecca Ulinski was on the panel to explain the role of the organization on campus.

"Our key parts are activism, advocacy and awareness for students and survivors of sexual violence on campus," Ulinski said. "One of my goals is to bridge the gap between students and the Title IX office."

The Title IX office, located on the third floor of the Union, works with a multitude of Duquesne University programs and departments to provide an educational, employment and business environment free of all forms of sex discrimination including rape, domestic violence, dating violence, sexual assault, stalking and other

prohibited acts.

One Title IX function is to allow anyone on campus to file a report of sexual harassment. Their message is that every person on campus has a right to exist without the fear of any form of objectivity or violence.

"Everybody's feelings and justice look different," said Title IX coordinator Alicia Simpson.

Following the panel discussions, students were able to participate in discussions revolving around realistic scenarios and bystander intervention.

"We are not here to tell you how to think, we're not here to direct you in that way," said Title IX assistant, Ryan Sabolcki. "We're here to provide space and allow [students] to explore some of these things because when it comes to the bystander intervention, it's not black and white."

After the discussions, students participated in various self-defense moves taught by Nelson.

"It was really helpful to have the actual demonstration of the self-defense techniques," said sophomore Kylene Lewis. "When we're in a situation, even though the services are helpful, it doesn't help us in the moment."



ZACH PETROFF | OPINIONS EDITOR

Nelson leads students in a self defense session at the Title IX sexual assault panel.

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# BUILD leadership series in full swing, offers opportunity

**SOVI HERRING**

staff writer

Duquesne is helping students BUILD their resume—one leadership event at a time.

Last fall, incoming students were able to participate in the New Student Interest Survey through Campus Link. From this survey, new undergraduate and graduate students had the ability to input what they were interested in on campus and what they'd like to see developed during their time.

Since then, the Center for Student Involvement has been going through those responses and finding ways to bridge the gap between existing opportunities and crafting new ones.

One of those gaps was improving the BUILD Leadership program after its last cohort in Spring 2022 based on participant feedback and what new students are looking for in experiential leadership opportunities during their college careers.

The BUILD program itself “provides participants with a foundation for leadership and involvement within both on and off campus organizations,” said Ashley Kane, the Assistant Director of

Freshman Development and Student Programming, in an email to respondents of the New Student Interest Survey. Kane is the developer, rebrander and main facilitator of BUILD.

This semester, there were more applications to the program than seats available, which was a good sign to the team as they learn how the program should grow in the coming years, Kane said.

The goals of the program are quite expansive, and administrators aim to accomplish them through a series of workshops over the semester.

Topics for the 2023 cohort include mission statement development, keeping up with busy to-do lists, balancing mental health with responsibilities and communicating through conflicts.

The capstone to the program will occur in April as the participants complete the series through participation and collaboration within the group.

The Spring 2023 Cohort began in late January with a workshop titled “Developing your Personal Mission Statement.”

In this workshop, Dr. Luci-Jo DiMaggio went over the basic components of a mission state-

ment and then led breakouts for student leaders as they crafted new mission statements for their organizations.

The latest session that concluded was “Tackling Your To-Do List,” where Kane and graduate assistant Tiffany Kells led the discussion.

They provided strategies and tools to help leaders section off their main task areas, such as academics and personal life, and put them into categories using the Eisenhower Matrix.

This method uses a system of prioritizing to help make decisions easier.

“Who better to learn from than a president with a dire need to prioritize,” said Cheyenne Weld, one of the students participating in the BUILD series.

“I’m most looking forward to the growth this program will have on my leadership capabilities,” Weld said. “Later in the program we’ll talk about mental health as a leader, so that’s something I can’t wait to participate and learn from.”

Graduate assistant Kells said students should look to apply for the BUILD fall 2023 semester series if they are “directors, presidents, resident directors, leaders for the upcoming year and anyone looking to become more active in

their organizations.”

Student success coaches (academic advisors) nominate students to become involved in BUILD as well, Kane said. Basically, the leadership series is looking for “students that are already great leaders and know it, great leaders that don’t know it or anyone who hasn’t had the opportunity to do something like this.”

“People sometimes have the impression that leadership is cookie-cutter—that you need to be a certain way to be a leader anywhere, and that’s just not true,” Kane said.

While the Center for Student Involvement’s campus link mentions the program, it is not present on the Duquesne website. Most of the communication about it comes in the form of email blasts and social media posts from Kane.

The leadership series will continue to BUILD students’ foundations in developmental opportunities through the spring, and applications for the fall series will be announced to all students online.

Through participation in each semester’s leadership series, BUILD “aim[s] to enhance skills needed for participants to become an effective leader within any given organization,” Kane said.

**Ash Wednesday, Feb. 22**

## Chapel Mass Schedule

7:45 a.m.

12 p.m.

9 p.m. (with Bishop Zubik)

## Prayer Service Schedule

9 a.m. Fisher Hall Theology Dept.

9:30 a.m. Facilities mgt./Bushinski Building

10 a.m. Gumberg Library

11:30 a.m. Union second floor atrium

11:30 a.m. Mellon Hall basement

1:30 p.m. Towers multi-purpose room

2 p.m. Union second floor atrium

2:30 p.m. Towers Spiritan Campus Ministry Center (first floor)

3 p.m. Des Places second floor lounge

3:30 p.m. Power Center, second floor lobby

4:30 p.m. Chapel

## Duquesne community gives together

*from LOVE— page 3*

Viers recognizes the importance of events like the Day of Giving as a way of strengthening alumni relations.

“It’s helping to continue to build a foundation of support and a culture of philanthropy, and it allows us to get more of our alumni and friends involved in bettering the university,” he said.

This year’s 61 challenges alone raised the university over \$268,000, Viers said.

After Wednesday’s donation window closed, the official Day of Giving site showed that the law, business and nursing schools

received the most donations as university programs, and the athletics department had the most donations overall.

The site conveyed that the School of Law had accumulated \$70,667 from 97 gifts.

That money will be put toward the school’s Vision Fund, which involves “developing collaborative and interdisciplinary learning opportunities,” “teaching principles of leadership” and “fostering student well-being,” the site said.

The School of Business will put its gained \$66,172 toward advancing its undergraduate and graduate programs and “supporting innovative faculty research,” the

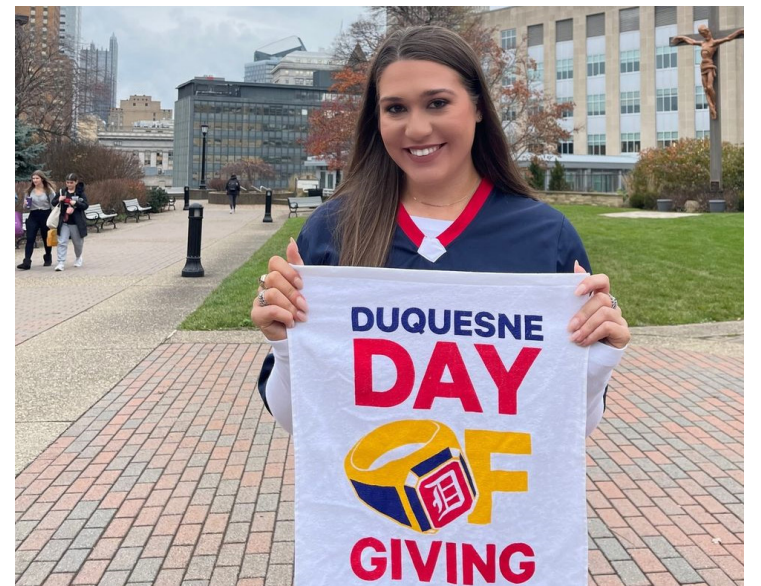
website said.

According to the site, the School of Nursing will put its \$32,339 toward advancing its unrestricted fund, student emergency fund and Alumni Association Endowed Student Scholarship, among other areas of need.

“We are very, very happy with the results,” Moore said.

Moore believes that the Day of Giving, which takes almost an entire year to plan, is a good day for people from all corners of the campus community to come together to support the school.

“It’s a good way to continue the dialogue, and to keep in touch with Duquesne,” she said.



COURTESY OF DUQUESNE SCHOOL OF BUSINESS

Isabella Porta from the School of Business poses on A-Walk in a picture that was posted to social media.

## Editor's Pittsburgh Thrift Picks

Emma Polen | News Editor  
**Treasure House Fashion**  
7607 McKnight Road, Pittsburgh, Pa 15237

Treasure House Fashion is a women’s resale shop that gives back to Pittsburgh women’s shelters. They take donations for gift cards that are given to women in crisis who can then shop at Treasure House for free. Their selection of women’s clothing is high quality and well-taken care of. Treasure House is a great place to find cheap formal wear.

Luke Henne | Editor-in-Chief  
**Goodwill**  
2700 East Carson Street, Pittsburgh, Pa 15203

Goodwill is a more mainstreamed thrift option, but is a simple place with lots of goodwill at play. Realistic and affordable options are available for everyone, and this is a place where I know I can always go to find some good sporting attire.

Isabella Abbott | Features Editor  
**Plato’s Closet**  
7219 McKnight Road, Pittsburgh, Pa 15237

Plato’s Closet is a great place to shop for any season and has very affordable options for name brand clothing. You’re also able to sell any old or forgotten clothes you have to them for some extra coffee run cash which is something I love to do at home! I love to go here with friends and pick out great outfits for any occasion.

Emily Fritz | A&E Editor  
**Poshmark, Instagram (Online)**

Poshmark is a great online platform to look for gently-used clothes or put up your own items for sale. For those that remember the thrifting side of Instagram, popular in 2020, platforms like Poshmark are a more reliable way to find the perfect piece without relying on websites like Shein that are known for fast fashion or low-quality pieces.



# WLAX falls at home to Pitt in season opener

**SEAN O'DONNELL**  
staff writer

The Duquesne women's lacrosse team dropped a 16-10 contest in their season opener against Pitt on Saturday afternoon at Rooney Field.

The game started with Pitt attackers Camdyn O'Donnell and Sydney Naylor filling up the stat sheet.

score at 1, three-consecutive scores from Naylor and O'Donnell extended Pitt's lead to 4-1, a lead that the Dukes would be chasing for the remainder of the day. The duo each ended the day with three goals.

Despite Leszczynski's offensive output, Pitt was always in control thanks in part to separate 5-0 runs in the first and second quarters that helped the Panthers see their lead balloon to a game-high nine goals (12-3).

said. "Once we figured that out, we played a really good rest of the game," Desrosiers said. "We progressed really well as a team."

Duquesne went into the locker room at halftime down 12-4, but the Dukes returned to the field for the second half looking like a completely different team.

The Dukes started the second half scoring four-straight goals to trim the deficit from eight goals to four goals, but four Pitt scores in the fourth quarter, combined with the large first-half deficit, was too much for Duquesne to overcome.

Three of Duquesne's four-straight second-half goals came from Jillian Caroselli, whose second goal of the day came off the first-career assist from freshman Chelsea Evans. Caroselli took the pass and rifled in a goal to the lower-left corner, which had made the score 12-7 Pitt.

Perhaps Caroselli's most-impressive goal was her third of the day to complete the hat trick. She received a pass from Evans, once again, and threw a missile into the goal.

"We saw they were blocking off one of our main players, Delaney [Rodriguez-Shaw]," Caroselli said. "We changed our tactics in the second half. We made a pact in the middle, so I took it out on the outside to open up space."

Leszczynski (fifth of her career) and Caroselli (third of her career) both recorded a hat trick in the defeat.

"Jill and Mackenzie got themselves in the right spots for their zone defense," Desrosiers said. "That was really, really good for us."

"Our offense as a whole really understood toward the second half how to start moving their zone slides a little bit more," Desrosiers said.

Along with two assists to Caroselli, Evans also scored her first-career goal in the contest.

"She's just very smart on the field," Caroselli said about Evans. "I feel like she's going to bring a lot of points for us this year."

"She had a really nice goal on the outside," Desrosiers said about Evans. "Chelsea will be a big player for this program in her four years. The thing I like most about her is her composure. It's tough to shake her."

With Duquesne's starting goalie Rachel O'Toole allowing 10 goals in 20:44 of game time, Desrosiers moved Mady Piersielak into the goal for the final 39:16.

Piersielak made some impressive saves, finishing the game with six of Duquesne's nine saves.

"Mady was able to step up," Desrosiers said. "We're really grateful to have multiple great goalies."

The Dukes will be back in action Thursday afternoon, when they host Kent State at Rooney Field. Duquesne and the Golden Flashes have played in each of the last two seasons, with the Dukes winning by an average margin of 13.5 goals per game (22-6 in 2021, 15-4 in 2022).



DYLAN FISTER | STAFF PHOTOGRAPHER

Members of the Duquesne women's lacrosse team gather prior to Saturday's season-opening contest against Pittsburgh at Rooney Field. The Dukes fell to the Panthers by a 16-10 score.

O'Donnell scored the game's first goal less than four minutes in, as she came sprinting from behind the goal launching a successful shot to give the Panthers an early lead.

After Duquesne's opening goal came from Mackenzie Leszczynski to even the

Duquesne Head Coach Corinne Desrosiers said that the team "got caught in [their] heels at the beginning of the game."

"Just not used to the speed at which Pitt was attacking the cage and some of the shot selections we were seeing," Desrosiers



DYLAN FISTER | STAFF PHOTOGRAPHER

Duquesne's Mackenzie Leszczynski was one of two Dukes to record a hat trick in the team's 16-10 loss at Rooney Field to Pitt on Saturday.

# Plenty of contenders for NBA title present

**BENJAMIN GOTTSCHALK**  
staff writer

After some big splashes during the National Basketball Association (NBA)'s trade deadline, the power has shifted toward some teams and shied away from others. And as the league's All-Star Weekend gets underway, the time comes to analyze what teams are serious threats and which are pretenders.

In the Eastern Conference, there are four genuine contenders for a championship. One is the Boston Celtics (42-17). After falling to the Golden State Warriors in last season's NBA Finals, the Celtics entered this season as the title favorite, and they've been living up to the hype.

Led by Jayson Tatum and Jaylen Brown, it is no surprise that the Celtics have picked up right where they left off last season. With the duo combining for an average of 57.0 points per game, there is no reason to believe that their dominance will stop any time soon.

Next come the Milwaukee Bucks (40-17), led by two-time league MVP Giannis Antetokounmpo, who's showing no sign of slowing down as the Bucks sit on an 11-game win streak. Averaging a double-double of 32.5 points per game and 12.3 rebounds per game, Antetokounmpo is making a serious case for

a third MVP this season.

Not far behind are the Philadelphia 76ers (38-19). With superstar center Joel Embiid posting a double-double of 33.2 points per game and 10.1 rebounds per game, and James Harden averaging the league's most assists per game this year with 10.8, the 76ers have a tandem that could rival just about anyone in the Eastern Conference.

One of the biggest sleepers of the season has been the Cleveland Cavaliers (38-23). With an established young core made up of 2022 All-Stars – Darius Garland and Jarrett Allen – and 2022 Rookie of the Year runner-up Evan Mobley, the Cavs were in search of a superstar in the offseason. They acquired Donovan Mitchell from the Utah Jazz in September and instantly became a contender. The Cavs recently had a seven-game win streak, yet are still flying under the radar.

The Western Conference is much more closely contested. The conference's fourth through eighth seeds are all within a game-and-a-half of each other, but there are two clear frontrunners. At 41-18, the Denver Nuggets hold the West's best record, and the two-time reigning MVP is arguably having his best season to date in Denver. Averaging a triple-double Nikola Jokic is leading his team, alongside Jamal Murray, to a

potential top seed.

The Memphis Grizzlies (35-22) are the other serious contender in the West, and it is all thanks to the emergence of Ja Morant as a superstar. Morant, averaging a team-best 27.5 points per game, is having a career year, and with a solid team around him, it has led to success so far for the Grizzlies. Morant, alongside Desmond Bane and Jaren Jackson Jr., has been dominating opposition.

The Sacramento Kings (32-25) have arguably been the league's biggest surprise this season. A team that hasn't had a winning season or made the playoffs since 2005-06 is currently the third seed in the Western Conference. De'Aaron Fox (24.8 points per game) and Domantas Sabonis (18.8 points per game, 12.3 rebounds per game) has been a lethal combination this season. The Kings are a slept-on team and have the potential to be a big surprise come playoff time.

The two teams who made the biggest splashes during the trade deadline were two that have had deep runs in the past two post-seasons, but are not living up to the hype this season. They are the Phoenix Suns (32-27) and the Dallas Mavericks (31-29), who each acquired a star from the Brooklyn Nets.

The Suns got Kevin Durant and paired him with a team that has already proven they can

go far. The quartet of Durant, Devin Booker, Chris Paul and Deandre Ayton has the potential and experience to win a championship.

The Mavericks have been seeking a superstar to pair with Luka Doncic for some time now, and at the trade deadline, they finally found their second superstar, Kyrie Irving. Doncic is also making a case in the MVP race, Putting Irving alongside an already-dominant Doncic will create a nightmare for opposing defenders.

Arriving at All-Star Weekend is a sign that the regular season is winding down. There a handful of teams who are already proving that they'll be more-than-capable threats to cut down the nets in June.



COURTESY OF WIKIMEDIA COMMONS

Jayson Tatum (left) and Darius Garland (right) have the Boston Celtics and Cleveland Cavaliers at the top of the Eastern Conference standings.



# MBB bests Saint Joseph's, wins fourth straight

LUKE HENNE  
editor-in-chief

In a dominating performance from start to finish, the Duquesne men's basketball team led for 39:05 of a possible 40 minutes in Wednesday night's 76-62 win over Saint Joseph's at UPMC Cooper Fieldhouse.



PETER BOETTGER | LAYOUT/MULTIMEDIA EDITOR  
Members of the Duquesne men's basketball team gather during a stoppage in play in Wednesday's 76-62 win over Saint Joseph's at UPMC Cooper Fieldhouse. It was the Dukes' fourth-straight victory.

The meeting was the first between the Dukes and Hawks on-campus at Duquesne since Jan. 12, 2019. Prior to Wednesday, the two teams last played in Pittsburgh on Jan. 30, 2021, at LaRoche University in what was Duquesne's final game before moving back into the fieldhouse after almost two years of renovations. Saint Joseph's hung around, trailing by as few as 7 points (19-12) near the midway point of the first half, but Duquesne

extended its lead to 14 points (39-24) and put the game out of reach by halftime. "Eventually, we kind of wore them down a little bit," said Duquesne Head Coach Keith Dambrot. "They don't have a big bench, and we played more people than them, which really helped us." The Hawks utilized just four players off the bench, with 57 of their 62 points com-

Saint Joseph's turned the ball over 15 times in the game. While high success at the offensive end is imperative, Brewer said that his head coach prioritizes strong defense. "That's his main thing," Brewer said. "If you're not playing defense, then you can't be on the court. So he just stays on us daily with working hard and being there for our teammates."

The victory was Duquesne's 18th of the season, as the Dukes have now tripled their win total from a season ago. For players like Williams, who stuck around after last season's struggles, it's been a rewarding turnaround. "Last year was definitely a tough road," Williams said. "So coming out here and getting wins on a nightly basis, it definitely feels good." The win was the Dukes' fourth in a row, and they've all come since the calendar turned to February. It's the first time since the 1970-71 season that Duquesne has started February with a 4-0 mark. With the postseason lurking, Dambrot believes that his team can still be better than where they're at right now.

"I just want this to sound right, but we can play better than that," Dambrot said. "We're better defensively. In the first half, we were really good defensively. Not very good in the second half. We couldn't keep them from getting to the rim. We made a lot of mistakes. We turned the ball over more than we usually do tonight. Just unforced [errors]."

"But we have a good team. We have capabilities of playing at a high level. And if we shoot the ball at a high level, we're capable of beating anybody. And if we don't, we're capable of losing to anybody."

For a program that hasn't made it to the NCAA Tournament since 1977, Duquesne has a legitimate possibility to make its way

into this year's field, but it will have to be done by winning the conference tournament and earning an automatic bid. "We are [built for a deep run] today," Dambrot said. "By the next game, who in the hell knows? We just have to be consistent. We've become a little more consistent than we were earlier [in the season] ... I think we're scary. I wouldn't want to be one of those top teams that play us."

Duquesne will be back in action Saturday, when it hits the road for a contest with Saint Louis.

The Billikens (17-9, 9-4) were picked second in the Atlantic 10 Conference's preseason poll, while the Dukes (18-8, 8-5) were picked to finish last. However, with just over two weeks to go in the regular season, only one game separates the team in the conference standings. "I don't have any doubt we can compete, so I don't feel any pressure that way," Dambrot said. "I just want to get one of those top-four byes [in the conference tournament], because if you want to win the tournament, that's the easiest way to get it."



PETER BOETTGER | LAYOUT/MULTIMEDIA EDITOR  
Tevin Brewer scored a team-high 16 points in Wednesday's double-digit home victory.

## Atlantic 10 Conference Power Rankings (based on games through Feb. 12)

\*Each week, in collaboration with other student newspapers across the Atlantic 10 Conference, members of The Duke's sports section will vote in a weekly conference power rankings poll.\*

Contributor	Paper	School
Peter Boettger	The Duquesne Duke	Duquesne
Andrew Gaudet	The Good 5¢ Cigar	Rhode Island
Ben Gottschalk	The Duquesne Duke	Duquesne
Luke Henne	The Duquesne Duke	Duquesne
Natalie Nevins	The Hawk	Saint Joseph's
Aaron Tully	The Hawk	Saint Joseph's
Arrick Wilson	Commonwealth Times	VCU

MBB	WBB
(1) VCU	(1) Rhode Island
(2) Dayton	(2) Fordham
(3) Fordham	(3) UMass
(4) Saint Louis	(4) Saint Joseph's
(5) Duquesne	(5) G. Washington
(6) St. Bonaventure	(6) Saint Louis
(7) Saint Joseph's	(7) La Salle
(8) G. Washington	(8) Duquesne
(9) La Salle	(T9) Davidson
(10) George Mason	(T9) Richmond
(11) Richmond	(11) George Mason
(12) UMass	(12) VCU
(13) Rhode Island	(13) Dayton
(14) Davidson	(14) St. Bonaventure
(15) Loyola Chicago	(15) Loyola Chicago



PETER BOETTGER | LAYOUT/MULTIMEDIA EDITOR





The most Epic Bingo since the pandemic

EMILY FRITZ  
a&e editor

Although Duquesne Program Council (DPC) hosts events almost every Friday night, a line began to form around 7:30 p.m. outside of the Union Ballroom on the evening of Feb. 10 in anticipation of their semi-annual flagship event: Epic Bingo.

More than 500 students came out for their chance to win table prizes, door prizes and rock-paper-scissor duels for even bigger Bingo prizes. Though snacks were provided, the selection of chips and lemonade were gone within minutes of the 9 p.m. start-time.

For each of the 10 rounds, a special Bingo pattern was announced, among them were designs that resembled a coffee mug, a football, different brand and team logos, an apple and an old-fashioned television complete with antennae. Corresponding to each of the patterns were unique prizes. For example, the prize for a completed Bingo pattern that resembled a burger during the “food lovers” round was over \$200 in restaurant gift cards.

During the break between rounds, two random table numbers were called and the lucky few seated there were given smaller group prizes like Sponge-

Bob-themed LEGO sets, blankets or ceiling lightshow projectors. Door prizes were also drawn for individual students.

With so many students playing, there were many duplicate winners. To raise the stakes, these individuals had to face-off via rock-paper-scissors. The contender who won the best of three walked away with grand prizes.

In a three-way tie, the announcer recorded a number and had each of the rivals select a number that they believed was closest. The winner of the number-guessing was given the bye while the other two participants completed the best of three rock-paper-scissors matches.

Joseph Fish, one of the three winners in round seven, did not win the bye but managed to dominate both of his opponents in rock-paper-scissors.

“I was definitely feeling the underdog woes on RPS when I lost the number guessing game. I was thinking, ‘Man, now I gotta beat two people.’ Luckily I’ve theory crafted about RPS strategy as much as the next bored college student, so I figured I definitely had a shot at winning,” Fish said.

“Honestly, the television round felt like any other; I was looking around the table cheering on my friends until suddenly I realized I was three away, then two

away. At [that] point I’m literally standing up praying. One number gets called, and it’s not mine; I’m sweating and then BAM! [the] last number gets called and I go absolutely wild,” he said. “Everyone at the table was going absolutely bonkers that I’d won.”

Fish walked away with one of the largest and most coveted grand prizes: a 43-inch Roku TV, Samsung soundbar and a Roku device.

“I feel really good when I see how happy people get [after] they receive their prizes, are surprised by their prizes or the overall intensity and happiness while getting really close to almost winning. Being able to put on an event that can bring people joy when they may have had a really terrible week is why I joined DPC,” said recreation co-director Parker Grisanti.

Grisanti worked closely with his co-director Elizabeth Solenday, Tiffany Kells and faculty supervisor Ashley Kane to organize this semester’s event.

“For each Epic Bingo, it takes months of planning, on top of classes, to prepare,” he said. “The Epic Bingo slides were around 70 slides [long] and took over five hours to fully complete. After we got all of the materials and prizes up to the ballroom to be organized on the night of, then we could start the show!”



EMILY FRITZ | A&E EDITOR  
Members of the Duquesne Program Council plan and prepare for Epic Bingo over the course of several months.

Ethan Delp, executive director of DPC, explained that this year’s turnout outpaced recent years due to the pandemic.

“During Covid, we had it virtually. We weren’t even in this ballroom space. We did it over Zoom, and we were just in a classroom in College Hall with the numbers on a shared screen...so just seeing it in person, the energy, the fact that we ran out of food in like, the first minute, goes to show how excited people were,” he said.



EMILY FRITZ | A&E EDITOR  
Between rounds, two lucky table numbers were selected to receive group prizes including mini table drum kits and Squishmallows.



EMILY FRITZ | A&E EDITOR  
Underdog Joseph Fish celebrated after unexpectedly dominating multiple rounds of rock-paper-scissors.

campus events

- Beauty Bar  
Feb. 17 @ 6:30 p.m.
- Join Ebony Women for Social Change in the Africa Room for refreshments, lip scrubs, facial masks, eyebrow waxing and a free lash giveaway!
- Duquesne Chopped!  
Feb. 18 @ 6:30 p.m.
- Residence Life is hosting their 8th annual Chopped competition in Hogan. Show off your culinary skills or cheer on your favorite chef!
- Midterms Mardi Gras Pop-Up  
Feb. 20 @ 12 p.m.
- To celebrate midterms, the Center for Career Development is giving out Mardi Gras treats on the second floor of the Union.
- Open Mic Night  
Feb. 21 @ 9 p.m.
- Join the Comedy Club in College Hall 104 for a night of stand-up acts. All students and faculty are welcome to participate.

emily's epiphanies

Check-In With Yourself

We’re almost officially halfway through the semester, which means midterms are almost upon us, but so is Spring Break.

As we’re approaching this short season of stress, take a few moments during your day to evaluate what you need to be successful, not only academically but also mentally, emotionally or spiritually if that’s your cup of tea.

It is easy to become burned out or lose sight of ourselves when we ignore what our body and minds are telling us. If you jeopardize your health and wellness, you may find that come Spring Break, you’re too exhausted to really enjoy it.

Perhaps this extra dose of mindfulness for you is an extra glass of water, your favorite study snack or chatting with a family member or friend when you’re feeling down.

School is hard. Navigating early adulthood is hard. You are seen. You are appreciated. You deserve kindness from yourself.

— Emily Fritz

<p><b>Aquarius</b> ♒</p> <p>33.3% angel numbers &lt;3</p>	<p><b>Pisces</b> ♓</p> <p>Be my valentine babe</p>	<p><b>Aries</b> ♈</p> <p>The Amish adjacent life is not for everyone</p>	<p><b>Taurus</b> ♉</p> <p>the p in orca stands for peaceful</p>
<p><b>Gemini</b> ♊</p> <p>Take a cheeky gander at all this cereal</p>	<p><b>Cancer</b> ♋</p> <p>The urge to do the Scooby Doo walk from Spooky Island</p>	<p><b>Leo</b> ♌</p> <p>Hey im on dummy hours rn</p>	<p><b>Virgo</b> ♍</p> <p>Thank you, I thought it added ☆ drama ☆</p>
<p><b>Libra</b> ♎</p> <p>Horses can make art, but not baked goods</p>	<p><b>Scorpio</b> ♏</p> <p>that very thin chinchilla is eating a blueberry ...that's a squirrel</p>	<p><b>Sagittarius</b> ♐</p> <p>I'd be a sinner depending on how much they pay</p>	<p><b>Capricorn</b> ♑</p> <p>so I guess until someone corrects me, then yes</p>



# 'This Is Why' Paramore took a six-year break

ANDY KAMIS  
staff writer

Famous pop-punk trio Paramore recently resurfaced after a six-year hiatus with the release of their new album, "This Is Why," on Feb. 10. Lead singer Hayley Williams presents meaningful lyrics on each of the 10 tracks, while guitarist Taylor York and drummer Zac Farro provide just the right amount of musical accompaniment to remind the world of Paramore's brilliance.

In an Apple Music interview with Zane Lowe, Williams commented on the band's inactivity by describing how they felt overworked in their careers.

"Being in a band and doing all the things we do, you have to plan out years in advance and that's not how life works," she said. As it turned out, the time off helped contribute to the new album. "As soon as we started working again, I just felt like I was insatiable. I was greedy, like inwardly...Sometimes I think that's such a good propeller," she said.

"This Is Why" focuses a lot on the trio's mental health, but it also dives into the worldwide challenges that people have faced in recent years like divisiveness, exploitation and the effects of Covid-19.

In the interview, Lowe talked about how the album can relate to people from all walks of life.

"If there's one theme on this album...to me it is quite a serious take on the human condition. And not in a sort of 'I understand it' way [but] in an 'I don't [understand it] way' and I'm entirely a part of it."

Perhaps most importantly, the album gives reason to Paramore's absence: All of the tracks emphasize their tiredness from the ongoing conflict in the world. This is especially evident in the album's titular track where Williams sings: "This is why I don't leave the house / You say the coast is clear / but you won't catch me out." Throughout this track, the band references their inactivity, citing recent and overwhelming societal demands. To put it simply, "this is why" Paramore has been away for so long.

The next track, "The News," adds a new layer of understanding for Paramore's fatigue from the events of the past six years. Williams' lyrics explain the weariness and repressive pain from an increasingly dark world: "A war, a war, right behind my eyes...Every second our collective heart breaks. All together every single head shakes. Shut your eyes but it won't go away. Turn on, turn off the news."

The lyrics in this song — and most of the others too — indicate that she is fed up with the consistent flow of horrors displayed by the media. She sings about her

frustration with the media for continuing to exploit and separate people, instead of bringing people together.

"Liar" gives more insight into the emotional toll the last couple of years have had on the band, specifically Williams' challenges with mental health. After finding herself in a healthier romantic relationship with band member Taylor York, Williams wrote this song as a reminder that it is okay to feel love again. This messaging in the music brings closure to her previous marriage to Chad Gilbert, which ended in 2017.

The track that finished off the

album is "Thick Skull" and tells a hypothetical story where all of the negative presumptions or attacks on Williams' reputation became true.

"I've always been so afraid of what people said about me in the context of Paramore, like truly terrified of it, and to be indulgent in that and say 'what if' was so freeing...Like it was healing to a younger version of myself," Williams said.

Williams' embraces the deprecation and ends the album with the lines: "Come on, give it to me, give it to me...I pick 'em up and now my fingers are bleedin' / And it looks like I'm caught red-

handed."

Overall, "This Is Why" introduces many new hit songs from the band and really showcases their talent. It also is a huge accomplishment for Paramore as it demonstrates their growth from all of the hardships they had to overcome during their hiatus.

In the end, Paramore came back for their fans. They are ready to be heard again, and they have a lot to tell their beloved community. Listening to Williams' thought-provoking lyrics, alongside York and Farro's musical genius, is proof of how much the band has progressed in six years.



COURTESY OF WIKIMEDIA COMMONS

Prior to their 2023 album release, the musical talents of Paramore have been dormant since 2017.

## Netflix's newest film sets sail with Jessica Watson

MARIA WERNER  
staff writer

Where there's a will, there's a way. For 16-year-old Australian Jessica Watson, resilience and dedication were only a fraction of what she needed to accomplish her solo sailing voyage around the globe in October 2009.

On Jan. 26, Netflix released "True Spirit," a powerful and emotional film based on the true story of Jessica Watson (Teagan Croft), who was the youngest person to successfully sail solo and unassisted non-stop around the globe.

The run time for this film was just under two hours, which felt drawn out at times, but didn't take away too heavily from the film overall.

Jessica's journey was littered with challenges as she fought against criticism from the Australian government and media. Because she was a minor, her parents also received backlash for supporting her dreams.

Jessica also faced numerous hardships while at sea, fighting

harsh storms and unforgiving waters. Through the support of her family, her mentor and the sailing community, she was able to push forward and complete her journey.

One of the biggest strengths of this film was the cast. Croft played the role of Watson exceptionally well, focusing on her humility in the face of an incredible achievement.

To prepare for her role, Croft had the opportunity to meet with Watson before filming began and was able to accompany her on a brief sail. During their time together, Jessica described to Croft how she felt while sailing solo and the challenges that she faced.

"[I am] just an ordinary person, who had a dream, worked hard at it and proved that anything really is possible," Watson said on her website, <https://www.jessicawatson.com.au/>.

There was a wide range of emotions that Croft had to master for this role. Due to the nature of Jessica's journey, she was given the challenge of carrying most of



COURTESY OF WIKIMEDIA COMMONS

Watson's boat, Ella's Pink Lady, has been retired to an exhibition in the Queensland Maritime Museum.

the film as an isolated character.

When Jessica was faced with a treacherous storm, Croft had to display both fear and vulnerability in order to immerse the audience into the gravity of the

dangerous and risky situation that she was experiencing.

The supporting cast, which included Cliff Curtis, Anna Paquin and Josh Lawson, was charming and endearing. These actors and actresses gave the film a strong foundation for audiences to engage with and immerse themselves in.

Julie Watson (Anna Paquin) flawlessly portrayed the anxiety and anticipation of a parent waiting for her child to safely return home.

There was a scene in which Jessica encountered a giant storm and the fear portrayed by her family was convincing and heart wrenching as they anxiously awaited her phone call to indicate she was safe. The audience could feel the love they have for their daughter through the screen.

Although the ending is clear from the beginning, audiences are kept on edge while watching the movie. The sailing sequences, consisting of both green screen and location footage, are breathtaking and poetic. Jessica's love

for the sea radiates through the visual aspects of the film and Croft's performance.

The hardships she faced at sea reflected her own emotional journey. The sailing sequences were shot primarily at Gold Coast, Queensland and Sydney, New South Wales. The majority of the oceanic sequences, including the storms, were filmed in a studio at Oxenford, Queensland in giant water tanks.

Knowing that some of the ocean scenes were filmed off the coast of Australia makes the film feel even more authentic, while the clever use of visual effects and green screens did not distract or take away from the cinematography.

Overall, I found this movie to be emotional and heart wrenching. As a family-appropriate movie, there were instances when it felt like a movie directed towards younger audiences, which could be distracting to more mature viewers. Nonetheless, I found this film enthralling, and I'd rate it a seven out of 10. "True Spirit" is worth the watch.



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“Style is about the choices you make to create the aspects of civilization that you wish to uphold.”

DAVID BOWIE

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

@TheDuquesneDuke

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

## Corrections/clarifications

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

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COURTESY OF WIKIMEDIA COMMONS

Fast Fashion companies, such as H&M, Zara and Victoria's Secret use unethical methods such as sweat shops to churn out clothes to meet the newest trends. These practices have raised concern across the globe.

## The underlying cost of keeping up with fashion trends

Shockingly, the average U.S. consumer throws away about 80 pounds of clothing every year.

That's right, Americans toss the equivalent of a baby rhino away every year in clothing.

On the heels of the glamorous New York Fashion Week, there is a dark industry hidden in the underbelly of exploitation fueled by this attempt to mimic the trends we see on the runways.

According to the Environmental Protection Agency (EPA), 85% of United States' textile waste is either taken to the landfill or burned.

Shopping to follow the latest fashion or buy as many cheap options as possible often leads to excess clothing that goes to waste rather than Goodwill. The EPA also estimates that nearly 5% of U.S. landfill space is taken up by textile waste while the World Wildlife Fund estimates that 20% of global waste water is created through fast fashion.

It is important to keep in mind that waste is occurring when following the newest trends.

Everyone has a choice to either shop responsibly or fuel the darker method of clothes making.

When we open up our phones and begin searching for the cheapest option of the sparkly purse that one of the models is using, we often choose fast fashion brands without even knowing it.

So what is fast fashion?

Fast fashion is a non-sustainable and immoral labor practice to make trendy clothing at the lowest possible price.

Most brands that emit large volumes of clothes throughout the year cheaply are participating in the fast fashion method.

Constantly updating clothes to reflect the most recent fast fashion trends offers consumers the opportunity to constantly revamp their wardrobe for a fraction of a sustainable cost.

The low price tag sounds like a positive, but it leads to huge environmental waste. Numerous updates to trendy clothing means a huge amount of textiles are wasted and natural resources are depleted in this process of clothes making.

These clothes are often made poorly and only last about six months.

The way companies turn a profit and still offer low prices is by using immoral means of creating clothing. There is an ethical dilemma with buying clothes made through fast fashion because someone is being exploited. Often underpaying, using child labor and keeping employees in dangerous sweatshop environments, fast fashion brands



MIA LUBRANI

staff writer

import their clothing from locations with less regulations.

Many concrete examples of unethical practices stem from some of the top brands.

The Independent reported in 2018 that H&M failed to pay 850,000 garment workers a living wage in 2018. Also, many of the female workers in these garment factories are physically and sexually abused.

According to the Business & Human Rights Resource Centre, Zara, another worldwide clothes retailer, sources its clothing from sweatshops in Turkey, Bangladesh and Brazil where women and children are often underpaid and sexually abused. Zara customers have also found alarming messages in clothing that indicate forced labor.

A Bloomberg report verified Victo-

ria's Secret uses sweatshops in Bangladesh, Jordan and Sri Lanka.

In the majority these inhumane garment factories, women and children experience physical and sexual assault while receiving far below the minimum wage as set by labor laws.

There are endless examples of horrible fast fashion experiences that often confirm the exploitation and abuse of underpaid workers.

Buyers disregard the exploitation when they buy from these companies.

The more profit fast fashion brands make, the longer this problem will continue to increase.

As companies continue to turn a profit through the use of unethical garment creation methods, they will be more reluctant to ever change their ways.

In the face of the horrible impact fast fashion has on the Earth, consumers can and should do something about it.

When shopping online, do research about which brands use immoral methods of clothes creation. Oftentimes, the expensive places we want to shop, like Urban Outfitters, are just as expensive as ordering off a small business or website that ensures no fast fashion affiliation.

It is a lot more intriguing to wear a vintage piece of clothing from Esty or a rare sweatshirt you found from a small business in your town.

I often go to thrift shops, Esty, or depop before doing an internet search that often leads to a fast fashion company. Be sure to check out Southside's Salvation Army, Da Hotbox, Highway Robbery Vintage, or Buffalo Exchange for local sustainable options.

Also, when traveling or in tourist areas there are usually small local shops that offer cute styles and ethical creation.

Some of the most well-known sustainable brands are Tentree, Organic Basics, Pact, Toad & Co, Reformation, Boody, Everlane and Thought.

Environmentally friendly clothing that also does not use sweatshops is much cooler than the oversized puffer coat everyone will have from Zara.

## STAFF EDITORIAL

## Cutting regulations can end lives

East Palestine, Ohio is only 50 miles away from campus.

On Feb. 3, a rural town experienced a train derailment that led to a massive fire requiring residents to evacuate and stay away for five days.

A Norfolk-Southern train was carrying hazardous chemicals. According to the Environmental Protection Agency, 20 of the 150 cars were carrying hazardous materials that included vinyl chloride, ethylene glycol monobutyl ether, butyl acrylate and ethylhexyl acrylate.

The impact from this disaster not only forced people from their homes, but left the 4,700 residents filled with anxiety about the immediate and long-term ramification of the wreck.

The environmental loss is also a devastating aspect: water sources have been contaminated, 3,500 fish across 12 species are estimated to have been killed by the derailment and spillage, according to the Ohio's Department of Natural Resources.

Do we really need to ask "how could this happen?"

This avoidable disaster happened because we have once again cut corners by lessening regulation so a few people on the top could maximize their profits.

Since childhood, we are taught to never take shortcuts, yet once again people in positions of power are willing to wave their ethics in order to make a few extra dollars.

One of the many Trump Administration de-regulations included no longer requiring the use of electronically controlled pneumatic brakes, technology that decreased how long it takes trains to stop.

While the ECP brakes did not apply to the derailment of the train in Ohio, would not have applied to the type of train that derailed in Ohio, experts have said that the derailment would have been less severe if the train had the upgraded brake technology.

Where are the adults?

When are we, as a country, going to realize that human life and basic decency should always take precedence over monetary gain? If we keep leaving these massive corporations up to their own devices they are going to keep penny-pitching regardless of the harm they are going to cause.

While Pittsburgh may seem like a world away from the Ohio border, our neighboring state could very well be a foreshadowing of what could happen if we keep de-regulating industries.



## Let them wear purses: a call for male handbags

**ZACH PETROFF**  
opinions editor

If you could go back in time, what would you do?

Would you go back and prevent a human tragedy? Would you spend one last time with a loved one? Or would you go back and find your younger self and give them some needed advice?

Like most questions, I only asked so I could give my answer.

If given the opportunity to bend the fourth dimension I would find the person (or people) responsible for not allowing purses to be acceptable attire for men and show them the ills of their ways.

Men have been deprived of the luxury of having a fashionable alternative in which to carry their items in. This inability to accessorize a handbag with a male outfit, might just be the reason that men start so many wars.

Now, I know what you're thinking, why not just wear a purse?

As progressive as I like to

think that I am, I am still instilled with three decades of toxic masculinity. I come from a town where it is considered "odd" behavior that I'm not working on my second marriage. If I showed up wearing a purse I would be chased out of town with pitchforks.

I do not have the self-confidence or a stable enough childhood to wear a purse.

I have always been told that men get pockets and women get purses. If that is the case, whoever negotiated that social contract is probably the same person that thought jean jackets were a good idea.

The problem with pockets is that on a standard pair of slacks or jeans there are only two real usable pockets.

The back pockets are as convenient as a hiccup. One rear pocket is designated for a wallet. This ill-designed money and card carrier provides a level of discomfort and imbalance. The rectangle shape is probably imprinted on my back side like a

crappy tattoo.

Then there is the other back pocket. A useless piece of fabric that is only designed for flat and bendable objects.

Why must a man fit his life in two pockets? What person can go through the day with only two front pockets worth of stuff? While phones and keys take up a majority of room we are left to play Tetris without loose change, gum, pens and pencils.

Talking about pens and pencils, I have never experienced pain like reaching into my pocket and poking the flesh between my thumb and index finger on a pencil. It is probably near the same type of pain one experiences during childbirth, only worse because nobody is expecting it.

I long for the day where I am able to not just take the bare necessities with me on my daily journey. The freedom that comes with being able to walk around with luxury items such as tissues, chewing gum and even perhaps a small snack must

be invigorating.

Plus, purses bring about the joy of being able to match an outfit. I would spend so much money on different handbags that accentuated not only what I was wearing, but also my personality. The amount of creative planning that men are losing out on probably explains why we truly are simple creatures.

I applaud this generation for bringing back the fanny-pack. These second-place items are a good start in the quest to de-gender purses, but they lack the freedom and fashionability that handbags have.

I always urge pushing boundaries, and that includes fashion. If we could shed our reservations about gendered items this world might just be a slightly happier place.

I know the male species has had it pretty easy these past millennium, and perhaps we don't deserve the convenience of being able to carry essential items with us, but a man can still dream.



COURTESY OF WIKIMEDIA COMMONS  
Purses are a great and reliable accessory that should be available for all genders to wear.

## Fashionable dressing can carry confidence

**LUKE HENNE**  
editor-in-chief

Anyone that knew a younger version of me knew that I had no sense of fashion. None.

My hairstyle was either buzz cut or let it grow until the cowlick sticks straight up. My version of dressing up was wearing khakis and a sweatshirt with a team's logo on it.

Simply put, my style was lacking, and when you don't dress well, chances are you might not be confident in yourself.

A year ago around this time, I was not a confident person. I was anxious. I was embarking on the summer before my senior year without a solidified sense of where my career could be going. I felt like I had no legitimate reason to dress up.

Then, I finally caught a break. A little over a year ago, I landed an internship in the communications department

with the Pittsburgh Pirates — an internship where I'd need to dress in business casual (collared shirt, dress pants, dress shoes, etc.) every time I stepped foot in the office.

I had never dressed in anything close to the sort on a regular basis. The only exceptions, to that point, had been for funerals, weddings and occasional holiday gatherings.

I made a trip to Macy's a few weeks prior to the start of the Pirates' season, where I got a pair of Johnston & Murphy's, as well as two pairs of dress pants. That was all I needed to change my perspective.

I felt confident in my appearance, and I knew that I got to look presentable because of the internship opportunity that I'd earned.

From that point forward, I slowly but surely started incorporating this business-casual look into my wardrobe on a

more regular basis. Why not? I had the clothes, and I had the confidence, so why not put them to good use?

Now, nearly a year removed from that wardrobe change, I love to dress up, more than I ever have. I do it without hesitation. I do it because I get to, not because I am required to.

Basketball game that I'm covering for the Duke? Dress up.

Heading across the street to my current internship with the Pittsburgh Penguins? Dress up.

Waking up and getting ready to go out for my slew of Tuesday classes? Dress up.

It doesn't have to be flashy — it can be modest — but it can make a significant impact in the way you carry yourself.

If you look good, you feel good. And if you feel good, your confidence in yourself is going to reap the benefits. For myself, I was tired of looking like I didn't care, and that's exactly

what my wardrobe was saying about me.

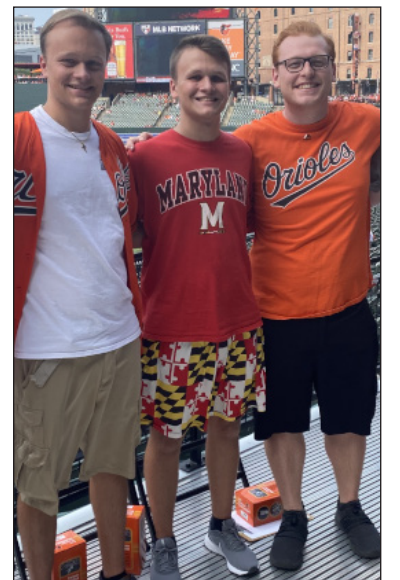
I'd like to think that there is a correlation between my willingness to dress up in a fashionable manner and the rise in my levels of self-confidence. Because right now, I've never been more confident in my talents and abilities.

All it took was catching one break in the professional world to give me a wake-up call. That call told me that I was capable of doing great things, so why not dress in a way that reflected that potential?

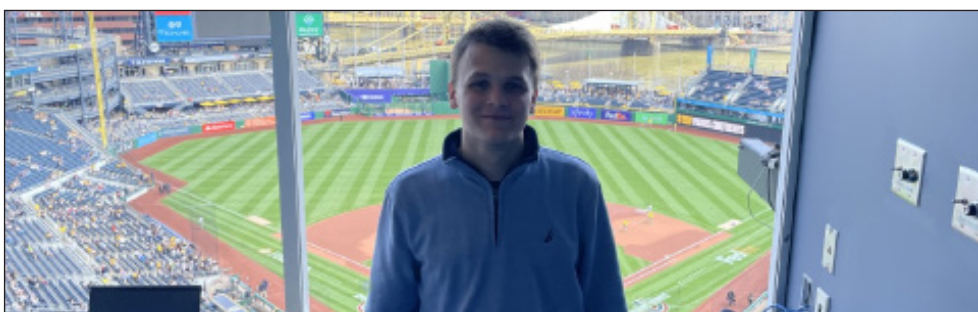
The next time you're thinking about whether you should just throw on the baggy sweatpants or put on the dress pants, opt for the latter. It might seem like a small choice, but taking the extra steps to make yourself look and feel like a more-successful person will serve as a boost to your confidence.

Body language carries you a

long way. If you dress with confidence, you open up a lot of avenues for success in this world.



COURTESY OF LUKE HENNE  
In this picture, taken in July 2021, Luke admittedly has little regard for presentable fashion.



COURTESY OF LUKE HENNE



ZACH PETROFF | OPINIONS EDITOR

Once Luke accepted an internship with the Pittsburgh Pirates, his level of fashion was elevated. In this picture, taken Wednesday, Luke has embraced having a strong sense of fashion.



# Girl Gains serves as stress-free exercise club

ISABELLA ABBOTT  
features editor

Dedicated to empowering women to feel strong and beautiful in a judgment-free community, Girl Gains, a nationwide college organization founded in 2020, recently made its way to Duquesne.

Although some founding members were worried about the number of participants they would obtain due to the campus size, since its founding in November they were able to expand from a couple of eager students to nearly 70 members.

Sophomore psychology pre-law major and vice president of Girl Gains at Duquesne, Kristen Fisher, said she was amazed by the amount of women who wanted to participate in events and sessions.

"I was a little worried at first," Fisher said. "I didn't know how many people would actually want to lift because it didn't seem like something that's talked about too often, and I haven't met a lot of people on campus at the time that enjoy lifting. Then there were 30 people at the social meeting and the next meeting was 50. It was amazing."

She decided to join for the same reason as a lot of the members: to encourage women to build more confidence in a gym setting and to have fun while doing so.

"I think it's really important to empower women in the gym because lifting is so important to me. Honestly, lifting is pretty much my whole life," Fisher said. "It definitely took me out of some dark places, and it's also really helpful."

Other members, like events coordinator Saffrin Schaeffer, wanted to join to bring other girls to the gym to lift heavy weights rather than partake in more calming gym activities. Schaeffer said that they're "a

different kind of organization for women," adding that they try to "push someone out of their comfort zone and bring someone into an environment that they may not be comfortable in."

Many of the women who joined weren't comfortable in the gym at first. Fisher said a lot of them were discouraged and de-

gym and confidence in what you're doing, you can have a 10-times better experience.

"I wanted to spread the word that this is really fun, and it's not just for men. You can do whatever you want, and it's just very encouraging."

Junior biomedical engineering student and treasurer of Girl Gains, Nicole White,

you know what you're doing," White said. "And it works. I'm more confident now than I have been my entire life."

This type of confidence was a key component for the making of Girl Gains on campus. Since many people compare themselves to one another on social media in this day and age, the club wanted to keep focus on building up personal confidence and maintaining a better sense of self-image.

"Something that discouraged me was comparing myself to other people," Fisher said. "We do it in general, everybody does it, but in this industry, you're going to be like, 'Oh this is how people got their abs,' and kind of forget about genetics."

"And then setting yourself to that standard isn't achievable, and you don't realize that it isn't realistic, and it isn't sustainable. You can still improve your body and everything will look great, but these people are doing something completely different."

Girl Gains not only wants to encourage self-image ideas, but they want to ensure that women have the right outlet to come to if they want to lift and work out without judgment.

"If you look back 20 years, it was a lot of women doing pilates and spin classes, but now you're seeing women getting to power lift and body build in a competitive way because it's not as gate kept as it once was," Schaeffer said.

The club is open to anyone, beginner or not, and hopes to help those who may feel intimidated and uncomfortable at the gym, or even for those who want some friends to do a hard workout with.

"I want to help these people," Fisher said. "I want them to find their passion, and I'm so glad that we get to push people and give that extra, 'Here's a club, let's do it together.'"



PHOTOS COURTESY OF NICOLE WHITE

Girl Gains, a new club on campus, allows women to workout together while building confidence in the gym. They host activities like rock climbing, ice skating, yoga and spin classes.

terred due to the amount of testosterone in that setting.

"I fear that a lot of people walk away too soon just because it's not the best environment at first," Fisher said. "Then, once you build up a little bit more confidence in the

said that whenever she felt intimidated or uncomfortable in this type of setting, she would act like she owned the place.

"One of the things my friends told me when I started going to the gym was to walk around like you own the place, like

## MORE PHOTOS FROM GIRL GAINS



Through meditation and yoga classes, Girl Gains members are able to relax after exams and classes. Attendees will learn how to meditate with ease and have a break from any stresses.



Girl Gains provides beginner and expert level women weight lifters to learn from one another through demonstrations and classes that they host regularly. Anyone is welcome to lift and learn.



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## Looking your best with simple color theory



EMMA POLEN | NEWS EDITOR

Jitske Shunfenthal, a color analysis expert, knows exactly how to match her customers to their very own color palettes. She tries her best at making sure her clients leave with self confidence and the colors that suit them best.

**EMMA POLEN**  
news editor

Color analysis has been a trendy way to find the ideal color palette that matches an individual's natural tones.

Jitske Shunfenthal's professional color analyst business, Jitske Studio, is making this happen right here in Pittsburgh.

### The Big Move

Shunfenthal started color analysis after moving to the U.S. from the Netherlands about 10 years ago.

While Shunfenthal has always had an interest in fashion, including making her own clothes, she was a project manager and a computer coder for several years. Her background in digital programming has helped her run her own business: Shunfenthal's website is completely her own creation.

"I wanted to do something totally different," she said.

Different can be difficult, but Shunfenthal made sure to stick to what she loved.

First, she moved to California from the Netherlands but Shunfenthal then moved to Pittsburgh because the West Coast was missing something she really loved, the four seasons.

Shunfenthal also tried her hand in the world of color and fashion, training in both the draping and 12-season methods of color analysis. Both techniques make an appearance in her color analyzing appointments.

The Dutch entrepreneur found her niche in the color analyst world with color palettes, actual, hand-painted colors that were used to match clients to their exact skin tones.

Now, Shunfenthal takes several customers a week in her "one-woman business" located in the Monroeville area. Interested clients can book online at <https://www.jitske.studio/>.

### The Process

Shunfenthal's process for finding a cli-

ent's ideal color palette starts by matching their skin to one of her signature hand-painted skin tone samples.

Some skin tones might have more green, red, yellow, blue or even purple, Shunfenthal said, so determining what these undertones are will help a client find their best-matching palette.

Once a skin tone has been matched, Shunfenthal uses the "draping" method, which involves a series of colored cloths that match a specific season palette. Everyone has a "version" of reds, yellows and other colors in their skin tone, Shunfenthal said. As she drapes the best matching colors over a client's shoulders, their tones start to pop.

Some colors against a person's skin will reveal their under eye circles while others, will show a "blended" look that matches their skin better than any concealer on the market.

"Sometimes you do want the yellow to come out. It gives them that healthy glow," Shunfenthal said. "And sometimes you don't want the yellow to come out because it makes them sick, greenish."

Every person has an ideal season from the 12-season method (see graphic below) of color analysis that Shunfenthal uses at her studio. The last step of her color matching process is selecting the client's ideal season.

"We keep narrowing it down, keep narrowing it down until we have...your palette," Shunfenthal said. "You see the total person."

The next step is to make the client confident that they have what they need to continue matching their color.

Shunfenthal sends her clients off with a booklet with more information about the season and how to use the colors she has selected with them.

Because Shunfenthal has an interest in color and fashion, she also hopes to expand her business to help beyond the color analysis completed in her studio.

This might be a wardrobe or closet color combination review or a clothing analysis to assess what shapes look best on a client's natural body shape, Shunfenthal said, but the final goal is to always help

the client be more confident in their skin.

"It has nothing to do with vanity, although you feel better in your own colors," Shunfenthal said.

### Build up a wardrobe and self confidence

Knowing your own palette also makes narrowing down decisions in the store easier, Shunfenthal said. A person does not have to waste their time and space in their closet when they know which colors work best on them.

For young people especially, Shunfenthal understands how important it is to want to "build up your wardrobe and... want to have a wardrobe that makes you look the way you want to."

"Each palette has a feeling," Shunfenthal said. A bold winter contrasting tone has a different feel than soft autumn.

Whether it's for a first impression at a job interview, or for an everyday "creative and explosive" look, Shunfenthal knows that clients want to "feel the joy of composing" outfits every time they open the closet.

"It's a way to get to know yourself,"

Shunfenthal said.

One of Shunfenthal's clients, Sylvie Schapiro, shared how her color analysis appointment has had an impact on her style choices.

"When going shopping, I now eliminate the colors that I know will 'fade me out' and now I keep an eye out for the colors and patterns that I know suit me best and bring out the best in me," Schapiro said.

Schapiro's true winter palette even inspired the colors she used to recently remodel her home.

"I let out all my 'palette' fun, and chose dark charcoal tile and matching charcoal paint, with chrome (shiny silver) hardware. Jitske made me realize that these colors and statements 'speak to me' for a reason," Schapiro said.

Shunfenthal said the color analysis techniques are not random and her job is to make a person's colors harmonize in a thoughtful way.

As Shunfenthal continues to guide clients through color analysis, the professional color analyzer is always learning herself.

"I have not found 100% rules," Shunfenthal said. "Everybody is a surprise."

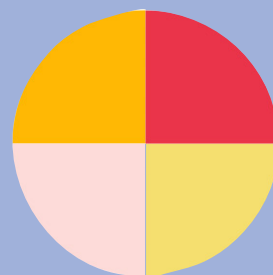
## 12-Season Color Method

The 12-season method that Shunfenthal uses in her color analysis represents the four traditional seasons of color palettes, with three subsets under each main season. "Colors harmonize. And then there are specific colors that go better with the one season than the other seasons," Shunfenthal said.

\*Below is an example of colors representative of each season. They are not an exhaustive list.

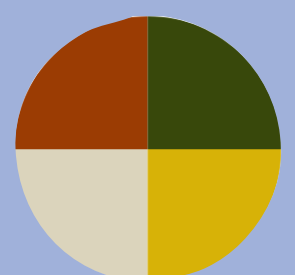
### Spring

Colors are "clear and warm, much like the signs of new life that burst through after winter." Springs tend to have few complexities of colors in their skin tone.



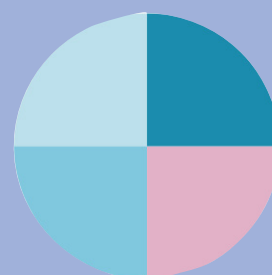
### Autumn

Colors are "characterized by their richness and heavy earthiness." Colors in autumn palettes also tend to look "toasted."



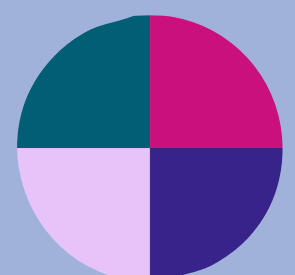
### Summer

There is a subtlety about summer colors, and they are more blended, softer and cooler than spring.



### Winter

Colors in winter are "sharp and distinctive." They are high in contrast and generally cooler and abstract.



Colors from Color Analysis Comprehensive Guide, The Concept Wardrobe



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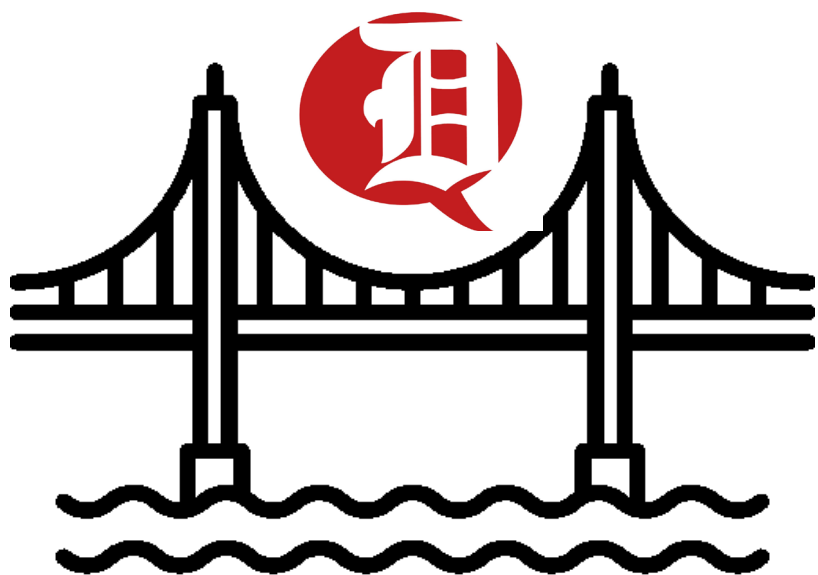




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