

sports

Poured on,
not scored on

Dukes beat CCSU 44-20 in a
rainy home game

PAGE 3

a & e

600,000 lbs of
pumpkin

Trax Farms continues their
mega-squash legacy

PAGE 4

opinions

Enjoy the ride, and
the pizza

How "freshman 15" rhetoric is
affecting college students

PAGE 5

last word

How to: Register to
vote by Oct. 23

The registration deadline is
approaching—find out how to vote

PAGE 7

October 19, 2023

Volume 109

Number 9

www.duqsm.com



THE DUQUESNE DUKE

Proudly Serving Our Campus Since 1925

Duquesne's National Press Club event reflects on Watergate's legacy

Golden Grammy winner returns to campus

EMBER DUKE
staff writer

In anticipation of the 50th class reunion, alumni like Jim Anderson M'73 are reminiscing on their time spent on the Bluff. The Grammy-winning sound engineer said he still uses the things he learned at Duquesne everyday in his 50 year career.

"It was all the influence at Duquesne...they really set up the foundation for me," Anderson said.

Creating something meaningful that the audience can connect with drives Anderson.

"That's the thrill you get when you know that what you are doing is important and it's going to be seen or heard by people," he said. "You try to do work that you know is going to kind of affect people and influence people or bring emotions and entertain them, too."

Recently he and his wife—who is also his professional partner—Ulrike Schwarz have been focused on immersive audio designed for streaming. Their work consists of producing, mixing and advising on a range of musical projects. They have an extensive multi-genre discography including jazz, classical and vocal recordings. Occasionally, the couple will also engineer movie scores, like they did for Oscar-nominated movie "Judas and the Black Messiah."

"Anything that needs sound I can do," he said.

Thirteen of Anderson's recordings have won Grammys, four of which he received personally.

"It's really great to be acknowledged by your peers," he said. "The recognition is fantastic and it does kind of validate or at least kind of helps you feel like you are on the right path."

He credits his music education degree for a well-rounded understanding of music and engineering.

see GRAMMY — page 2



EMILY AMBERY | LAYOUT EDITOR

(Left to right) Jill Wine-Banks, Ken Gormley, Bob Woodward, Lesley Stahl and J.T. Smith spoke on a panel marking the 50th anniversary of Watergate. To commemorate the historic event, Duquesne University hosted a retrospective panel at the National Press Club in Washington, D.C.

MEGAN TROTTER &
EMILY AMBERY

news editor & layout editor

WASHINGTON, D.C. — Fifty years ago, then-president Richard Nixon fired special prosecutor Archibald Cox in what became known as the "Saturday Night Massacre."

It was the turning point in the Watergate probe that ultimately resulted in the first resignation of a sitting president. It also set a precedent that still holds true in the United States today: No man is above the law.

To commemorate the historic event, Duquesne University hosted a retrospective panel at the National Press Club in Washington, D.C., on Wednesday featuring journalist Bob Woodward, whose investigative work with Carl Bernstein uncovered criminal activity in the Nixon administration.

Duquesne University President Ken Gormley moderated the discussion with Woodward, CBS-TV journalist Lesley Stahl, Watergate Special Prosecution Force members Jill Wine-Banks and Richard Ben-Veniste, and J.T. Smith, who served as advisor to then-Attorney General Elliot Richardson.

The panel included special re-

marks from Cox's granddaughter, Colorado Supreme Court Justice Melissa Hart. Her grandfather served as the special prosecutor investigating the Watergate scandal — until he was fired.

"Cox is an amazing example of someone who took his responsibility seriously," Ben-Veniste said. "[Cox] was the fairest person Nixon could have wanted for that job."

Retired U.S. Supreme Court Justice Stephen Breyer, who gave opening and closing remarks, said he learned a lot in watching how Department of Justice officials navigated the Watergate investigation.

From Richardson, Breyer said, he learned "You make a promise to the Senate, you make a promise to the American people."

From Cox, Breyer said, "You know what you do in this job? You do your job."

On June 17, 1972, five men were caught breaking into Democratic National Committee headquarters at the Watergate Hotel on behalf of the Nixon administration, their pockets lined with more than \$2,000 in cash. Washington Post reporters Woodward and Bernstein followed the story and corruption to the highest of-

fice in the United States.

As part of his investigation as special prosecutor, Cox requested from the Nixon administration its secretly recorded tapes, but he was turned down. He and his legal team then subpoenaed the White House, but Nixon refused to give up the recordings.

Cox was committed to following proper procedure, the panel said.

Paranoid and looking to evade prosecution, then-president Nixon offered to compromise by allowing 72-year-old U.S. Sen. John C. Stennis of Mississippi to listen and provide a summary of the tapes. Cox publicly refused the offer of the summarized tapes in a conference at the National Press Club building and was promptly fired by Nixon later that evening.

"Hate was driving him into a series of actions," Woodward said. "That hate was the poison that destroyed him."

Despite Nixon's best efforts to avoid prosecution, on Nov. 1, 1973, newly-appointed special prosecutor Leon Jaworski subpoenaed 64 taped conversations.

Wine-Banks believes Nixon originally did not realize how incriminating the tapes were until he received the subpoena. Stahl

shared a similar sentiment about Nixon finding himself participating in a cover up.

"He erased 18 minutes. God, who knows what was on that," Stahl said.

Cox's commitment to the truth and the Post's reporting led Nixon to be the first and only president to resign from office, cementing the Rule of Law.

"We say regularly that ours is a government of laws, not of men. That no one is above the law. We face challenges to that all the time," Hart said.

Despite Woodward and Bernstein's investigative fame now, Woodward told the Duke that the general public did not believe their articles for months and thought "Nixon's too smart to do this."

Attendees got a firsthand look into journalism's role in enforcing the Rule of Law.

"Everyone downplays the role of journalism, but this is the kind of work that makes the world better," said attendee and class of 1965 Alum David Brugger.

Panelists drew parallels between the Saturday Night Massacre under Nixon and the Jan. 6, 2021, insurrection under former

see WATERGATE — page 2

50 years after Watergate, panel discusses its lasting impact

from *WATERGATE*— page 1

president Donald Trump.

"I believe that Richard Nixon did not pose an existential threat to our democracy," Ben-Veniste said. "I cannot say that about Donald Trump."

Ben-Veniste compared those in Watergate, like Cox and Richardson who sacrificed future political careers to pursue the truth, to former Vice President Mike Pence. According to Ben-Veniste, Pence sacrificed his career in ultimately denying stolen election conspiracies perpetuated by former president Trump.

Woodward described their similarity as "a lust for political power."

"There were times where we really did think he was committing a coup-d'etat," Stahl said. "We thought that he was going to send the military in, and there was fear that he was going to destroy the democracy."

Before Watergate there was no notion of a class on legal ethics, Hart said. However, after the event, the American Bar Association declared that in order to be an accredited law school a class on legal ethics must be offered.

After studying under Cox while attending Harvard University, Gormley was inspired to share his legacy. So much so that Gormley published a book about him, "Archibald Cox: Conscience of a Nation," published in 1999.

"I've done these programs because I think it's important for students and the American public to learn what it takes for people of integrity to be in positions of public trust and have to make solitary decisions," Gormley said.

Wine-Banks fears how misinformation has corrupted the rule of law when it comes to Trump.

"To me all our institutions have been discredited now. The press. Congress. The court. And Donald Trump did this, and it isn't over. The story isn't finished. We are in the middle of it. I personally despair," Wine-Banks said.

Woodward returned to the roots of the presidency and likened Nixon and Trump to Washington's Farewell Address in 1796 in which he said that some day unprincipled men will hold that office.

"I think in retrospect Richard Nixon looks like one of nature's noblemen," Smith said.

Duquesne alumnus from the class of 1973: From A-Walk to the Grammys

from *GRAMMY*— page 1

Christine Jordonoff, a graduate assistant during Anderson's undergraduate years, advised him musically and aspirationally. After recently reconnecting with Anderson in New York, Christine saw how he harnessed his knowledge to be a spearhead of the sound engineering field.

"He took the basis of his music education from Duquesne and turned it into this astonishing career in a field that then Duquesne finally developed. It's just amazing, he did it on his own," she said.

From the start, Jordonoff was astounded by his musical abilities.

"We always knew there was something he would do that would take him beyond the norms," she said. "He really is something significant in his world...He's just a unique and pretty modest individual."

After graduating, Anderson worked at WDUQ FM for three months but quickly moved onto sound engineering for NPR. In 1981, he took a chance at freelancing that turned into a 30-year career. Now a professor emeritus at New York University's Tisch School of the Arts, he balances teaching and co-running

his own engineering company with Schwarz.

Anderson maintains an excitement toward his work that he said contributes to success. His ambitious demeanor lends to his philosophy that you get out of something the energy you put into it.

"You do need to be positive in everything you approach," he said.

When working with clients, he tries to bring his best creative insights and masterfully hone his abilities.

"You are always trying to better yourself for sure," he said. "It's also the kind of thing of being able to be presented with a challenge and to approach it and to win. And to not let it overtake you, you can say 'I can do that.'"

His attitude and talent can be traced back to his undergraduate days, said Sister Carole Anne Riley, retired professor of piano and music education. She thought he was a model student and has proudly followed his success over the years.

"He's a gentleman in the best sense of the word, and I think he lives the Duquesne spirit. It's the spirit that gives life because his spirit has given life. And he's really taken the Duquesne spirit with him wherever he's gone," she said. "I think he exceeded



COURTESY OF JIM ANDERSON

Jim Anderson M'73 poses on the carpet at the Grammys.

his own expectations...so it's a great privilege to watch someone like that."

Creatively, Anderson is open to trying just about anything. He tries to experiment and learn new musical styles, while still maintaining his techniques.

"There's only two kinds of

music, good and bad, so we'll essentially listen to almost anything," he said.

Anderson is a committee member for the 1973 class reunion, which will run Oct. 20-22. Event details can be found on the Duquesne University Alumni Association page.

Women's Soccer breaks unbeaten record

SEAN MCKEAN

staff writer

Women's Soccer made program history last week, setting the Duquesne record for the longest unbeaten streak before it came to an end on Sunday when the Dukes fell to La Salle.

Their last loss before that had come on Sept. 10 at Kent State. After that, the Dukes went seven games without being defeated. They picked up four ties and three wins and out-scored opponents 8-2 in the span.

After making history on Thursday with a 3-0 win over George Washington, Head Coach Al Alvine maintained the importance of a game-by-game approach.

"We treat this game like any other game," he said. "We have to come out and defend well."

The Dukes brought major pressure early against the Atlantic-10 Conference's lowest ranked team on Thursday. Brianna Moore and Maya Matesa attempted shots in the first ten minutes that were blocked and went wide respectively. A few minutes later, Moore followed up with another shot from the mid-field. However, it fell just short of the goal, hitting off the crossbar.

Despite increased defensive aggression from the Revolutionaries, Duquesne maintained their composure.

In the 22nd minute, Matesa received a pass with her back to the goal. She broke inward, and from outside the box and fired a left-footed shot to the far side of the goal. It skipped in, giving the Dukes a 1-0 lead.

Matesa said she formed a strategy after noticing a weakness in GWU's goalkeeper mid-game.

"I knew [GWU's goalkeeper]



CHRISTIAN DAIKELER | STAFF PHOTOGRAPHER

Duquesne celebrates one of their three goals in the victory over George Washington on Thursday.

wasn't great with kicking it very far," she said. "I knew where it was going to go every time, so we took advantage of it."

Despite GWU's attempt to find some bearing on offense, the Dukes entered halftime leading 1-0.

When the second half began, the Dukes picked up right where they left off with a high shot from Mackenzie Muir and a shot on target from Jayden Sharpless. The Revolutionaries responded to their pushes, taking the ball down the field with a great setup from Lauren Prentice.

However, once the Dukes regained the ball, Margey Brown took it from opposing ends of the pitch, outrunning the defenders around her, to score a superb goal, putting the Dukes up by two.

"Credit to Margey to recognize the opportunity and getting forward," Alvine said. "There was a lot that she had to do from the time

that she got the ball to the time that she scored but she showed a lot of composure and at the end of the day it was a good finish.

Duquesne kept putting shots up following Brown's goal, and like in the first half, possession firmly remained in the Dukes' hands.

With the game coming to a close, the Dukes continued their dominance, and a penalty kick from Maya Matesa closed out the scoring at 3-0.

The record, which had stood since a six-game win streak in 2017, was something that Alvine chalked up to his players.

"Just the hard work of the kids, to be honest with you," Alvine said.

He also mentioned the jovial atmosphere that comes with winning. "The kids keep it light. There's a serious mentality but they like to have fun with it. They have fun every night in training, they have whenever we're on the road so it's

a lot of fun to be around."

The core of the success is goalkeeper Maddy Nuendorfer, who held opponents scoreless five times during the streak.

"I think she's the best in the league," Alvine said. "When you have someone like that between the pipes it makes everything else a little bit easier."

The streak came to an end at home on Sunday afternoon, when the Dukes fell 4-1 to the La Salle Explorers. Emma Bundy scored the lone goal for Duquesne in the contest. The regular season wraps up this week with a match at conference-leading Saint Louis on Thursday and a home affair with Richmond on Sunday. A victory in either contest would guarantee Duquesne one of eight spots in the A-10 tournament.

"There's still a long way to go," Alvine said. "But we're very happy with where we're at right now."

Football earns W over CCSU, now 2-0 in NEC

MATTHEW THEODROS

staff writer

The Duquesne football team dominated in all facets in their 44-20 victory over Central Connecticut State at Rooney Field on Saturday.

It was an offensive clinic by the Dukes, scoring big from the opening drive. Multiple weapons recorded career games torching the Blue Devils' defense.

Despite rainy conditions and heavy downpours, Duquesne remained resilient and relentless with their attack on both ends.

Following their 43-17 loss to Delaware, the Dukes needed a bounce-back performance from their running attack after their lowest yardage since Week Two.

Running back Taj Butts made his mark, dominating in the first half after missing last week's game due to injury. He finished the game with a career-high three touchdowns and 112 yards. His performance was recognized on Monday when he was named the Northeast Conference Offensive Player of the Week.

Head Coach Jerry Schmitt had high praise for Butts after his performance and his work ethic despite adversity in the weeks leading up to his career performance.

"I'm really happy for Taj," Schmitt said. "He works really hard. His mental part of the game, his preparation is awesome. He prepared his body over the last two weeks. He got treatment every single day so that he can play at this level today."

Darius Perrantes found Butts in the endzone using a fake handoff play to open the scoring.

Tackles from Duquesne's Jayden Johnson and Antonio Epps put pressure on CCSU's quarterback tandem of Matt Jenner and Ricky Ortega. Early pressure and blitz attacks limited their offense to a lone field goal in the first quarter.

On their next offensive possession, the Dukes were able to repeat their early success. Perrantes launched a 50-yard dagger to receiver Tedy Afful. Butts broke through multiple CCSU tackles, carrying his man into the endzone for his second score of the day.

With a 14-3 lead, Duquesne kept its foot on the gas, leading by double digits from that point forward.

An offside call on CCSU on fourth down gave Duquesne the ball back after a dismantled three-and-out. That game-changing penalty proved to be detrimental for Central Connecticut as the Dukes capitalized on their ill-advised error.

Perrantes found Afful for consecutive passes totaling 50 yards, and resulting in a touchdown score. CCSU's single coverage proved to be impotent as Afful was able to do whatever he wanted in the first half. Afful caught five passes for a career-high 135 yards all in the first 30 minutes, which was his first 100-yard performance in his career. His ability to maneuver past defenders and catch the ball from difficult angles made him a nightmare to guard for the opponent.

Afful expressed gratitude to his team for propelling him to this position and allowing him to succeed in his role.

"Thank you to my o-line, thank you to my quarterback and thank you to my coach for calling the right plays," Afful said. "I just went out there and executed, that's it."

Near the halfway point of the second quarter, the Dukes were able to retrieve a loose fumble after a CCSU defender knocked the ball out of Butts' hand. Butts overcame the mistake on the ensuing possession using his evasive footwork to break the defense for a 58-yard touchdown.

Despite the impressive play, an interception by CCSU's Harold Miles III on Perran-

tes, a 27-yard touchdown from Jenner to receiver Jadd Dolegala, and five penalties for 45 yards prevented what could have been an even larger blowout.

"I already got in my mind some of the things we are going to talk about with our guys," Schmitt said. "They were controllable by us. Sometimes you're making physical plays running and things happen."

Entering the second half up 27-10, the Dukes continued firing on all cylinders. Perrantes found receiver DJ Powell in the endzone, bobbling the ball but keeping two hands on it for the touchdown.

The Duquesne defense neutralized the Blue Devils rushing attack that thrived the previous week against Delaware State, putting up a program-record 498 yards. Duquesne held them to 71 rushing yards, their first time under 100 all season.



DYLAN FISTER | STAFF PHOTOGRAPHER

Taj Butts ran for three touchdowns in Duquesne's victory on Saturday. The redshirt sophomore running back earned the NEC Offensive Player of the Week award for his performance.

MSOC beats GMU, narrowly falls to No. 23 Pitt

MICHAEL O'GRADY

staff writer

It was an eventful week for Duquesne, as they bested George Washington Saturday night 3-2 at Rooney Field before holding their own in the city game at No. 23 Pitt. But a 2-0 loss on Tuesday night means that the Dukes have won just one out of their last five.

At first, it looked as if Duquesne was headed to their fourth straight loss on Saturday. On a wet and windy night, the Revolutionaries' Louis Saville scored less than two minutes after the Dukes botched a clearance. GWU kept up the pressure afterward, and it seemed they were well on their way to a second goal before the Dukes made good on an isolated chance. GWU's Mark Nakamura slid into Jayden Da in the box, prompting a penalty kick for Cam Territo, which he swiftly put away for his second tally of the season.

Duquesne couldn't garner any momentum off the goal, and GW responded 93 seconds later when Saville put home his second of the first half. Duquesne countered when Ask Ekeland broke on a great run into the box, juiced by two defenders and fired in his team-leading seventh goal to tie it up at two.

Duquesne Head Coach Chase Brooks credited the subs that were made after GW's second goal for the quick turnaround. It

"I thought everybody that came off the bench in the first half really started to turn the tide."

As for the starters, he expressed the importance of a short memory at halftime.

"They know they made the mistakes, they know things didn't go our way, and you can either live in the past or help them through that moment, educate them and move on."

Ekeland would score the tiebreaker and eventual game-winner early on in the second half. Launching himself from midfield, he received a Tate Mahoney set-up pass, dribbled left into space and shot the ball in off the right post.

From there, the game was even and increasingly physical in the rain. A bleeding Mahoney had to come off after suffering an errant kick to the head, though he would later return.

"I'm proud of the guys, it was a total team effort," Brooks said. "It's a bend, don't break mentality, and thankfully this group has a strong backbone."

With nationally-ranked Pitt looming, Brooks was clear about what the plan was for beating the inner-city rivals. "Play our principles, and go win."

Duquesne ended up putting in a commendable effort Tuesday night at Ambrose Urbanic Field, but they were left with the short end of the stick.

"We knew it was gonna be tough, we knew they were gonna have a good amount of possession, but we were incredibly disciplined. It

is what it is, we were pretty good overall defensively, and we can take a lot of positives," Brooks said.

In the first half, The Panthers had quality chances, but the Duquesne backline held firm. The Dukes generated a few good chances of their own, including a few Da attempts and a narrowly wide Ekeland free kick. The play of the half came eight minutes in when defender Grant McIntosh made a brilliant tackle to stop what would've been a lopsided Pitt rush.

The ball began to dangerously whiz around the Duquesne box as time went on, and the Panthers broke through in the 65th minute. Pitt's Guilherme Feitosa scored in a crowd following a corner kick that bounced off a few bodies.

"That's a tough one to swallow, we'd done so well but ultimately to give up a goal on a set-piece isn't quite good enough," Brooks said. "It was just one moment where we turned off a little bit and lacked discipline, and you can't do that at this level."

Neither team threatened much after that, with a strong Pitt defense stopping most Duquesne advances. The Dukes won a corner in the 82nd minute and there was a review for a possible penalty, but it didn't come. Raphael Cilli scored for Pitt six minutes later, capping off a long Panther rush that came from a broken Duquesne throw-in, and 2-0 was the final score.

Brooks's outlook was primarily positive, and he thinks there's hope going forward.

"This is gonna hurt tonight, but we'll get our minds right going in [on Saturday]. We were right there, and good things can happen if we can put one in."

Sitting at seventh place in the Atlantic-10 Conference with three games to go, Duquesne ventures into the Bronx on Saturday to play Fordham, where a victory would guarantee the Dukes a spot in the eight-team A-10 tournament.



MARY GENRICH | STAFF PHOTOGRAPHER

Duquesne forward Jacob Casha chases after the ball against Pitt on Tuesday night.

Trax Farm: More than 525,600 pounds of pumpkins

HANNAH PETERS
staff writer

Not too far from here, just past the city lights and traffic jams, sits a sprawling farm where the wonders of fall are in full swing.

With hayrides, pumpkin picking, a 3-acre corn maze, farm animals, hot apple cider and more, Trax Farms pulls out all the stops to create lots of seasonally-themed fun at its annual Fall Festival.

Commencing on Sept. 23 and ending this Sunday, Trax Farms holds its Fall Festival every Saturday and Sunday from 10 a.m. to 5 p.m. Located about 15 miles outside the city in Finleyville, Trax Farms is working hard to bring the fall festivities to the Pittsburgh region.

As part of the event, visitors can enjoy live music from local bands and a variety of food trucks that rotate each day of the festival. Kids will be delighted to find an array of bouncy houses, a ‘Bungee Jumper’ and mini train rides that are available at an additional cost.

Trax Farms also features an extensive storefront that contains their grocery, deli, bakery, home-ware, gift, wine and beer departments as well as a garden shop. A café is located in their greenhouse that sells nachos, cider, apple cider slushies and caramel apples during the Fall Festival.

While the event is free to attend, access to the pumpkin patch and corn maze requires a hayride ticket. Tickets can be bought in person for \$14, but with a limited



HANNAH PETERS | STAFF WRITER

Trax farm has a history of more than 150 years serving the Finleyville area with fresh produce, fall festivities and many, many pumpkins.

number of tickets available, on-line tickets are encouraged for a discounted cost of \$12 per person and includes priority boarding for the hayride.

After the 10-minute hayride to the pumpkin patch, visitors will also find refreshments, several campfires and a plethora of games like corn-hole, volleyball, football or the ‘Hay Jump’ to participate in. A range of farm animals including pigs, goats, sheep, llamas, a cow and a donkey can also be found keeping watch over (and eating) the pumpkins and cornstalks.

“It started off with just a pumpkin, but it’s gotten a little cra-

zier since then,” says owner and greenhouse manager, Charles ‘Chuck’ Trax.

Spanning seven generations, Trax Farms has been around since 1865, a testament to their “Passion for growing good food and bringing families together to enjoy it,” according to their website.

Nine family members are involved with farming, which lends itself to creating a family environment that Trax says is part of what brought him back to work on the family farm.

“I grew up picking pumpkins with my dad, and now we’re [in] generation seven which is just amazing,” says Trax. “Being and having that legacy of opening in 1865 and carrying on for this long definitely helps with the story.”

In fact, with a farm and family history so rich, they were able to print a 200-page book on the history of Trax Farms. Added to the story just over 50 years ago, the Fall Festival has since grown into an event that gives hayrides to approximately 1,400 people per day and sells about 600,000 pounds of pumpkins a season.

This family aspect is a key part of their success and Trax said it is also why they intentionally leave out anything scary during the fall and Halloween season.

“We always get asked ‘Why don’t you do a haunted house?’ But that’s not us. We’re family-friendly and not looking to veer from that by any means,” said Trax.

A family of Duquesne’s own, the sisters of Zeta Tau Alpha (ZTA), joined the Trax Farm fun last weekend as a part of a sisterhood bonding event. Member and sisterhood chair Jillian Bobey planned the event again after visiting Trax Farms last year.

“Everyone likes going to the pumpkin patch to take pictures and explore. Plus, it’s free,” Bobey said.

Also in attendance were members Alexis Rogers and Alicia Redington who reported having difficulty with the 3-acre corn maze.

“It’s a cute fall activity – there’s a lot to do. I like the store a lot but also the corn maze too. Except when we got lost; it was actually really hard.”

Although the Fall Festival is set to end Sunday, there is still another chance to enjoy their fall activities. While the food trucks, live music and bouncy houses will no longer be available, Trax Farms is continuing to offer the hayrides, corn maze and pumpkin picking during the weekend of Oct. 28.



HANNAH PETERS | STAFF WRITER

The annual corn maze is a fall classic for many venues. Trax’s rendition proved to be entertaining, if not equally challenging to navigate.

CAMPUS EVENTS

Crumbl Cookies for a Vote!
Oct. 19 @ 11 a.m.

Show your submitted vote for King and Queen and get a free quarter of a Crumbl cookie!
Union 3rd Floor

Red Masquers: Deathtrap
Oct. 19 to Nov. 5 @ 8 p.m.

Who is innocent?
Who only *seems* that way?
“Deathtrap” is a sharply funny play full of twists and turns that keep an audience on the edge of their seats. Tickets are free with a DU ID.

R&BSU Night
Oct. 23 @ 7:30 p.m.

A night filled with R&B music and painting records, this event is first come first served. Food will be provided. In the Union Africa Room.

Halloween Art Therapy
Oct. 24 @ 9 p.m.

Join Psi Chi and Art Club for Halloween Art Therapy and fun! There will be themed activities, candy and free stuff! In the NiteSpot.

EMILY'S EPIPHANIES

Stand Firm in Your Boundaries

Navigating relationships in a healthy way can be hard.

Navigating relationships in a healthy way with people who are not in a place to treat you with compassion is even harder.

These relationships are not exclusive to romance; relationships can be platonic, familial, professional or politely brief.

Regardless of who you find yourself interacting with, you deserve to be handled kindly, and you may find that in order to have an effective relationship with someone, you must be the one to treat yourself kindly.

This often takes the form of setting boundaries.

I do not mean to imply that boundaries are necessarily easy to navigate either, but I strongly believe that they are necessary to protect yourself from the intentions of others, regardless of how “well-intentioned” they are.

You deserve love, compassion, honesty, security and kindness.

— Emily Fritz

Aquarius ♒

Sinks as urinals know no gender, just bad choices.

Pisces ♓

Tummy hurty...need more butternut squash.

Aries ♈

That greasy little rotisserie chicken can jump.

Taurus ♉

I am the Moaning Mrytle of St. Martin Hall.

Gemini ♊

AS IF YOU COULD OUTRUN ME.

Cancer ♋

I’ve just never been punched in the face with beauty before.

Leo ♌

Give me oats or give me death. Ei ei ohh.

Virgo ♍

And sushi is worth fighting for.

Libra ♎

Stop smelling my bellybutton.

Scorpio ♏

That’s a silly, stupid prejudice.

Sagittarius ♐

If I get mauled by a bear, I’m gonna be upset.

Capricorn ♑

Volkswagen sized catfish in the tub.

THE DUQUESNE DUKE

113 College Hall
600 Forbes Avenue
Pittsburgh, PA 15282

editorial staff

editor-in-chief	Emma Polen
news editor	Megan Trotter
opinions editor	Zach Petroff
features editor	Isabella Abbott
a&e editor	Emily Fritz
sports editor	Spencer Thomas
multimedia editor	Brentaro Yamane
ads manager	Nicholas Zotos
layout editor	Emily Ambery

administrative staff

adviser Paula Reed Ward

email us: theduquduke@gmail.com

**“If you have
the ability
to love, love
yourself first.”**

CHARLES BUKOWSKI

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

@TheDuquesneDuke

EDITORIAL POLICY

The Duquesne Duke is the student-written, student-managed newspaper of Duquesne University. It is published every Thursday during the academic year except during semester breaks and holidays, and prior to final exams. The Staff Editorial is based upon the opinions of the editors of *The Duke* and does not necessarily reflect the views of the students, faculty, administration, student government or the University publications board. Op-ed columns do not reflect the opinions of *The Duke*, but rather are the sole opinions of the columnists themselves.

Letters policy

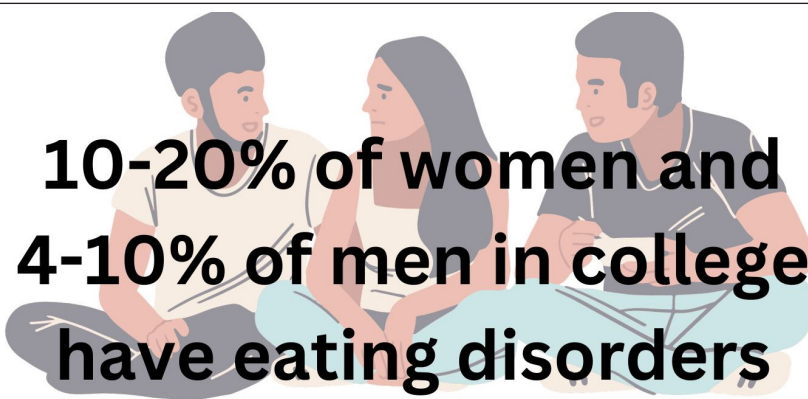
Letters to the editor must be typed, double-spaced and include the writer's name, school/department and phone number for verification. Letters should be no longer than 300 words and should be delivered to *The Duke* office at 113 College Hall or e-mailed to theduquduke@gmail.com by 5 p.m. Tuesday. The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

Corrections/clarifications

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

Contact

email: theduquduke@gmail.com



**10-20% of women and
4-10% of men in college
have eating disorders**

Statistics provided by the National Eating Disorders Association.

The toxicity of the freshman 15

***“For so many years,
I was part of it.”***

Besides warning you to keep up with your classes and to join clubs on campus, most upperclassmen warn incoming students to not gain the “freshman 15.”

While I can understand that they're trying to help me stay healthy, this freshman 15 concept is not a constructive way for them to help college students de-stress. This idea of fearing weight gain can cause people to hyperfixate on things like calorie counting and appearance, which ultimately causes more strain to mental health and self-love. This idea begins to consume these already busy college students' brains, making them obsess over this idea of “am I going to gain weight?” or “am I being healthy?” which can distract them from their school work and other activities.

The freshman 15 relates to this idea of freshman going into college and becoming so run down, they no longer eat or exercise properly. This can lead freshmen weight gain and going home after the end of the first semester 15 pounds heavier than when they left in August.

The common cause of weight gain in college freshmen comes as a result of changing priorities in college. Many students barely have time to watch television or scroll through their phones, let alone exercise and eat healthily on a day-to-day basis. For many students, this is a huge change. Even though there is a natural, major shift in students' lives, the toxicity from diet culture, which begins with this “freshman 15” complex, still continues to present itself on campus.

The freshman 15 is not a college student's first run in with toxic diet culture. With social media now appealing to younger children and the constant pressure to fit in, kids as young as middle school are experiencing body dysmorphia and self hatred.

According to Psych Central, “Social media platforms often feature images of people with seemingly perfect faces and bodies, often using filters and photo editing tools to enhance their appearance.” This can become extremely problematic, especially for younger children, who aren't even educated on nutrition as a whole.

With social media platforms, like Instagram, most of their users are teens. It is estimated that more than 38% of Instagram's users are between the ages of 13 to 24. This means kids as young as middle school are being exposed to the toxicity revolving around diet culture.

For so many years, I was a part of it. Beginning in middle school, when I got my first phone, I was like many other young girls, would scroll through social media every night and look not just at celebrities, but kids at my own school. I would constantly compare myself.

It wasn't until later in high



JULIA HALVAS

staff writer

school when I discovered how much I let the toxicity ruin and control my everyday life. Even though it has taken a while, I have found some astonishing things on my self discovery journey. The truth is, the freshman 15, and weight gain in general is not always a horrible thing.

As you get older your body naturally goes through changes. There are many reasons this happens, but most of them are actually uncontrollable (ex. hormone imbalance, muscle loss, stress increase). Labeling this significant life change negatively as “freshman 15” will make college students feel self-conscious about their time in college, rather than full of joy at the memories of the good experiences.

Before, I hated working out. I hated going to the gym because it felt more like an obligation in today's diet culture rather than a release of stress.

Today, I understand that going to the gym is not the only form of exercise. Walking in my neighborhood counts, too. Also, eating healthy doesn't have to mean eating a salad for lunch and being full like the fad diets claim. We all need a piece of pizza every once and a while and there are so many amazing healthy recipes that satisfy your taste buds and nutritional needs. It's hard for college students to plan around their schedule and students feel guilty because they're comparing themselves to other students' schedules, with the freshman 15 a looming embarrassment.

The threat of the freshman 15 should not dissuade us from seeking small joys throughout our everyday college experience, and the cumulative effects of toxic diet culture surely should not keep me from feeling guilty for wanting a night in after midterms instead of sticking to my gym routine.

With that said, it's important to acknowledge that diet culture will never go away. It will continue to be presented to us in the media. We as college students, though, can overcome the freshman 15 mentality by enjoying it all instead: Savor the Chick-fil-A, finish that slice of Milano's, enjoy the grilled chicken sandwich, even if it's from Hogan. Worrying too much about the food can take away from the rest of the true college experience.

It is also important to acknowledge that just because you come home from college and weigh 15 pounds more than when you left, doesn't mean you aren't worthy or beautiful.

I'm out of high school, and all of the kids I went to school with for 12 years are little more than a distant memory, so why did I let their opinions mean so much to me? Why do all high schoolers let their peers dictate the way they feel about themselves?

Even now, no one's going to remember if we gained the freshman 15. We shouldn't let diet culture influence us now, hindering our experience in college, or ever.

Your worth is not defined by the number on the scale or how many salads you consumed. Years from now people aren't going to care if you had pizza at the dining hall five nights in a row or if you skipped leg day.

So stop worrying, stop feeding yourself lies and go feed yourself some good food.

STAFF EDITORIAL

The relevance of Watergate

Fifty-one years ago, a college dropout and a navy-veteran exposed a major political scandal that led to the eventual removal of the president. Those two investigative reporters set a standard for journalist in the field.

Somehow, along the way, the media has lost the trust of the people.

A Gallup Poll released in February found that only 26% of Americans hold a favorable opinion of the news media, and 53% hold an unfavorable view.

Axios recently reported that the media industry has announced over 17,000 job cuts so far this year, making it the highest year-to-date cuts in media on record.

Despite the gloom surrounding newsrooms across the nation, there is a gleam of hope. There is one group that is running circles around their competition.

College newspapers are writing impactful news.

This summer, the *Northwestern University Daily Spectator* in New York conducted a month-long investigation that found toxic working conditions within the university's public safety department.

The *Harvard Crimson* followed the money in an investigation about stolen funds at the Harvard Undergraduate Foreign Policy Initiative.

The *Columbia Daily Spectator* in New York conducted a month-long investigation that found toxic working conditions within the university's public safety department.

How are these student-run newspapers breaking major stories?

They are taking a page from the investigative reporting playbook of Woodward and Bernstein and sticking to the basics.

While there are plenty of theories and ideas on how to “fix” media with declining readership, like becoming more active on social media or finding alternative ways to appeal to a mass audience, the answer might not be that complicated.

Student journalists have the advantage of being the first to have the opportunity to contact professors and teachers with interviews and investigative questions.

There is also a freedom with college newspapers. They can operate, mostly, in a vacuum. There is a freedom that comes along with being new in a field.

Gaining back the trust of the American people, which has been lost, has to be earned. It will not come overnight. It will not be easy, but there is hope.

And as usual, that hope is the hands of the next generation of journalists.

Pedagogy to Practice offers support to students

ISABELLA ABBOTT
features editor

For many first-generation students and students of color, college can be a difficult transition due to stigmas, anxiety and possible lower income status, according to The Clay Center for Young Healthy Minds.

A group that started during the height of the Covid-19 pandemic in 2020 at Duquesne, Pedagogy to Practice, makes it their mission to help those with similar struggles.

Aleina Smith, founder of the group, said they originally started on campus after she noticed transitional issues with her students from high school to college studies.

"It was a result of my interactions with students at both Duquesne and at another university I teach at," Smith said, "and what was happening very simultaneously was the motivation wasn't there for my students."

After her realization, Smith sought to help those struggling with first-time college experiences.

"We have a duty to make sure that we can break the cycle of their struggles," Smith said. "Some of the struggles are just the existing gaps that were in their high school experience, but also some of those struggles are the fact that a lot of people don't want to acknowledge that college isn't for them."

Since many students think college is their only option post-high school graduation, Pedagogy to Practice work includes reaching out to current high school students in the area and helping them explore their options.

Student researcher Fatima Demlak, said she and other members are developing an eight-week program to collect research and interact with high school students.

She tells them about her own experiences in college.

"The workshops are mainly to help the

students come up with a plan for after high school," Demlak said. "So some of them will be focusing on financial literacy, first-generation student struggles [and] the transitions into life after high school. Then, they will be coming to

others in that position.

"Growing up, I was really independent because being a first-generation student as well as the person in my family who spoke the most English, I had to sort of adult fairly quickly," Demlak said.



PHOTOS COURTESY OF ALEINA SMITH

The Pedagogy to Practice team hosted a Semester Academic Resource Fair last spring before final exams to remind students of resources available to help them end the semester.

Duquesne to do a shadow day where students at Duquesne will accompany one of the high school students who will be able to sit in on a college course."

The objective of this program is to not only conduct research to improve perceptions of the benefits of higher education but also its impact on students of color and or first-generation students.

Demlak's parents immigrated from Morocco, and her first language was not English but Arabic. As a first-generation student herself, Demlak hopes to help

"So, when it came time to start looking at colleges, I didn't really think that it was something that was going to be possible for me, but I found a way, and I want to serve as a role model for students who might look like me and might have the same struggles as me."

Another member of the organization, Maria Ortiz, joined for similar reasons as Demlak.

"I joined to give the other students that might be in the same position as I was tips and just let them know that we

all struggled and that they're not alone," Ortiz said.

"And to show them the resources I used and found throughout the journey of being in college that helped me become a better student."

Smith wants students at Duquesne and those who join their organization of five to find ways to leave their own legacies at the university.

"One of the things I always encourage my students to do in all of my classes is to build relationships with their faculty members because you don't know the full story or experience that faculty bring when they're standing in the front of the room," Smith said.

She believes students should try to "engage in a conversation" with their professors.

"Just knowing that an instructor considers that student should be viewed as an honor because it's recognizing the capacity that the students have beyond the classroom," Smith said.

The Pedagogy to Practice is always adding new items to its program, including the planning of a TED Talk, new workshops and more grants. Students are encouraged to join.

"When I first got here, I wasn't aware of how many resources that could have helped me off the bat," Ortiz said. "And at the end of the day you're paying so much money to go to college and you might as well get benefits out of all the things they offer and make the best out of making relationships for the future like networking."

Demlak said "realizing your worth" is key for first-generation students headed to college.

"Just making it to college is a big achievement in itself and being a first-generation student is about as big as it can get other than getting your degree," Demlak said. "Just knowing that you deserve to be here as much as the next person is huge."



The Pedagogy to Practice team is shown here training with a community partner, Consortium for Public Education.



Pictured here is senior Maria Ortiz visiting a partner high school. The organization is looking to reach out to more high schools in the area for visits in the future.



WRITERS & PHOTOGRAPHERS NEEDED FOR THE DUKE

Contact
polene@duq.edu

Duke how-to:

Registering to vote

The deadline for registering to vote for the general election on Nov. 7 is Monday, Oct. 23. **To vote in Pa., you must be:**

- a U.S. citizen
- a resident of Pa. and of the election district in which you want to register for at least 30 days before the next election
- 18 years of age on or before the day of the next election

How do I vote if I'm not from Pittsburgh?

Request a mail-in or absentee ballot:

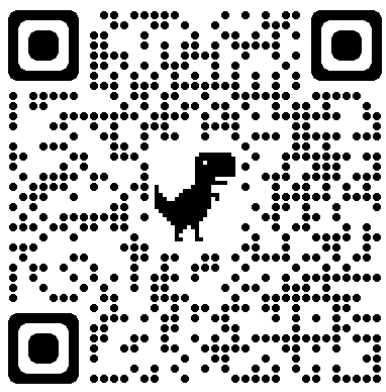
- Visit www.nass.org/can-i-vote/absentee-early-voting, select your state from the drop-down menu, and it will take you to your state's absentee voting page where it will tell you which form to fill out for your state based on your position as a student.

Where do I register to vote for the first time?

Register online (in Pa.):

www.pavoterservices.pa.gov > Voter Services > Voter Registration

Scan to register online in Pa.:



All other state registrations can begin with vote.gov for specific directions.

Register in-person (in Pa.):

Visit the nearest PennDOT Office (Pennsylvania Department of Transportation driver's license center) and present your ID.

How do I find my polling place?

Find your polling place online. For your Pennsylvania location, go to www.pavoterservices.pa.gov > Voter Services > Find Your Polling Place

Where do I find my local candidates in Pennsylvania?

Vote411 is a great resource for finding voter information, as well as information about candidates and open positions that will be up for election wherever in Pennsylvania you are voting. Get the full scoop on planning your ballot by entering your address at vote411.org.

TURKEY DRIVE

Help Feed Disadvantaged Families!

September 5 – November 17

Help make Thanksgiving Day a festive occasion for families in need. Your donation will help us reach our goal of providing turkeys for 200 families.

Just \$30 to sponsor a family!

Monetary donations of any amount will be greatly appreciated.

Donations can be made at the
Center for Excellence in Diversity and Student Inclusion.
302 Student Union • 412-396-1117

DUQUESNE UNIVERSITY
Center for Excellence in Diversity and Student Inclusion

AHN

**Supported by
Hospital Elder
Life Program**

elderlife@ahn.org

**SOCIETY OF
PROFESSIONAL
JOURNALISTS**

**Duquesne University's
Society of
Professional
Journalism**
is recruiting new
members!

Contact Dr. Walck at walckp@duq.edu
for additional details

The Duquesne Duke
supports local businesses



**ADVERTISE WITH US
TODAY!**

SPOOKY STREAMING

LIVE ON DSTV AND DSR
OCTOBER 31ST 8PM - 12AM

**JOIN US IF
YOU DARE!**

THE DUQUESNE DUKE

SCAN TO SIGN UP



FACE

Macedonia Family and Community
Enrichment Center, Inc.

5001 Baum Blvd, Suite 400,
Pittsburgh, PA 15213
412-281-2573

IGNITE

The Campaign for
Duquesne University

<https://ignite.duq.edu/>



Joe Madia's Barber Shop

Proudly Serving Pittsburgh since 1927

107 Magee St.
Pittsburgh, Pa. 15219

Mon - 6AM-4PM
Tue-Wed-Thur
6AM-5PM
FRI - 6AM-6PM
SAT 6AM-2PM

Kevin Kappel

Owner / Master Barber

412-566-7525 shop

412-508-0046 cell

kcutman@comcast.net

Like us on Facebook / Joe Madias



Writers & Photographers needed for the Duke



EARN **\$150 - \$175**

BE A

**+ PAID
TRAINING**
ONLINE OR
IN-PERSON

POLL WORKER

FOR THE



UPCOMING ELECTION

TO REGISTER GO TO
ALLEGHENYVOTES.COM



The Duke's Coffee Week Picks

Coming soon...
a Duquesne Duke
video feature story

**INTERNSHIP
WEEK**

OCTOBER 24-27



TUES
24

**KICK-OFF TO INTERNSHIP
WEEK** POPUP: UNION ATRIUM
11:30AM-2:00PM

**ALL THINGS INTERNSHIPS
(VIRTUAL)**
4:30PM-5:30PM

WED
25



THURS
26

CAREER CAFÉ
4:30PM-5:30PM
UNION 613



**DUQUESNE
UNIVERSITY**
Center for Career Development



Follow us on Instagram

@TheDuquesneDuke



LISTEN
LIVE 24/7
DUQSM.COM/
WDSR/