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## Dan Gilman joins Pa. higher education assistance board

EMMA POLEN  
editor-in-chief

Dan Gilman, chief of staff and senior advisor to the president at Duquesne University, has taken on an additional role as a board member for the Pennsylvania Higher Education Assistance Agency (PHEAA).

While Gilman has nearly 20 years of background in city government, serving as the chief of staff to former Pittsburgh Mayor William Peduto and on Pittsburgh City Council representing the 8th District, his appointment to the PHEAA board will be his first role of direct involvement with affordability in higher education.

Gov. Josh Shapiro appointed Gilman in December to the board, and his new board member is looking forward to working alongside local government.

"[Shapiro] and I have had several meetings to talk about ways that I'd be able to help him implement his vision for Pennsylvania after he was elected governor, given my role at Duquesne, combined with my previous role with the City of Pittsburgh," Gilman said.

Shapiro's goals for higher education include working with institutions to "rethink" the state's system of higher education to improve access.

"It's time for a blueprint for higher education focused on competitiveness and workforce development, and grounded in access and affordability," Shapiro said in his budget address last March. "That's how we keep the doors of opportunity open for generations to come."

PHEAA is closely linked to the Pennsylvania Department of Education with their goals of accessibility and affordability of higher education. University funding for individuals all over the nation in post-secondary

see **HIGHER** — page 2

# THE DUQUESNE DUKE

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## Duquesne welcomes back basketball player "Chabi" after sudden collapse



BRENTARO YAMANE | MULTIMEDIA EDITOR

Duquesne basketball player Halil "Chabi" Barre returns this season wearing a heart monitor after collapsing from a cardiac-related issue. Despite health concerns, Chabi continues to be in the starting five and is grateful to be back on the basketball court this spring.

MARY GENRICH  
staff writer

Halil "Chabi" Barre showed up for practice 30 minutes early on Jan. 30, 2023, just like he always had. He planned his normal pre-practice workout.

"The last thing that I remember was going for a dunk," Barre said. "The next thing I remember is waking up in the hospital." Barre had collapsed.

"It was just another day," Duquesne men's basketball manager Conlan O'Donoghue said, before he turned around and saw Barre's 6'9-inch frame lying motionless on the ground.

O'Donoghue remembers seeing Head Coach Keith Dambrot and former graduate assistant Tim Baker sprinting out of the gym to get help.

"I don't think my mind comprehended what was actually happening," O'Donoghue said. "When I saw the trainers Hendon and Yuta come rushing in, I knew something was wrong."

"It was a scary scene, they were doing CPR basically trying to resuscitate him," O'Donoghue said.

Barre returned to the court for this season's opener against Cleveland State, and has started

12 of 14 games this season, averaging 2.9 rebounds per game.

"The first week was very emotional for me," Barre said. "At one point I didn't know if I was going to ever play basketball again."

Barre spent nine days in the hospital undergoing several tests to figure out what happened. He also saw a doctor from the NBA in the hope of finding answers.

"They still couldn't find anything and I didn't know if they were going to let me play basketball again because nobody wanted to take the risk," Barre said.

Before the collapse, Barre had missed 17 games due to an MCL tear. O'Donoghue recalls how Barre began to show signs of his true potential when he came back from his knee injury.

"It broke us to see him go down and be out for the rest of the season because we know how much hard work and dedication he put into it," O'Donoghue said.

After months of tenuous rehab for his knee, Barre finally got cleared and was able to play in 12 games before the medical emergency ended his 2022-23 campaign.

Stuck on the sidelines, Barre decided he did not care if he

needed another surgery.

"I just wanted to go back and play basketball," Barre said.

For the next few months he underwent more tests, cardiac rehab and two surgeries. The first one tested his heart for arrhythmia. The test entered his heart through his right leg and came back negative. In the second surgery doctors placed a heart monitor into his chest next to his heart.

"It can basically track my heart rate every second and that will stay there forever," Barre said. "And now all the doctors [and] the trainers can track my heart rate through their phone."

When Barre first came back after his health complications, everyone was nervous.

"The rules were that I have to be honest with the trainers about if I am not feeling good even if it's a little bit, I got to tell them so they can take me out."

He is still getting used to the movement he feels from the heart monitor in his chest.

"For the first two months, every time I worked out, I could feel something moving right next to my heart," Barre said.

Throughout his hospital stay, Barre received many visitors

and support from coaches and teammates. Midway through last season, Barre's teammates added a blue heart patch to their uniforms in honor of him.

Barre looks back on his freshman year as a really difficult time in his life. He said he would not wish it on his worst enemy.

"I cried a lot of times. I was so depressed," Barre said. "I was on the bench seeing my team losing. It really hurts me knowing I could be on the court helping my team to win this game."

Barre used other people who had the same thing happened to them as to motivate himself. He is one of several athletes, such as Damar Hamlin and Bronny James, that have suffered cardiac-related incidents.

"I just had to be patient, trust God, keep working to do what I can control," Barre said. "It was very hard sometimes."

Despite still not having an official diagnosis, Barre is happy to be back playing basketball again.

"I was sitting there crying. I was talking to myself," Barre said. "This game could have been taken away from me, and now, I just don't take anything for granted anymore."



## POLICE BRIEFS

### Thursday, Dec. 28-

Units responded to an activated fire alarm in a building on Forbes Avenue.

### Sunday, Dec. 31-

A male reported that a suspicious unaffiliated male was located near Gate B of the Cooper Field house. Campus police responded and found the male on Magee Street as he was walking off campus toward Forbes Avenue. Male declined to speak with police. He was not detained as no crime was known to have been committed by the male.

### Monday, Jan. 1-

DUPO responded to a smoke detector activation. A contractor set it off by mistake.

### Monday, Jan. 1-

DUPO towed a vehicle parked blocking the entrance of the police station.

### Tuesday, Jan. 2-

A report was filed after a suspicious male was grabbing door handles of vehicles along Forbes Avenue.

### Tuesday, Jan. 2-

A missing male was reported in Barnes & Noble bookstore with his sister. He was removed from the missing persons system.

### Tuesday, Jan. 2-

Officers responded to Trinity Hall regarding a medical alarm activation. The officers learned that the alarm had been activated by accident.

### Thursday, Jan. 4-

DUPO was dispatched to Brotter Hall because the entrance gate was damaged.

## EMAIL TIPS

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 Emma Polen at polene@duq.edu

# Duquesne faculty member set to serve on the board of higher education

from HIGHER — page 1

institutions rely on Free Application for Federal Student Aid, better known as FAFSA, which has been delayed by months this year due to an updated form to determine students' eligibility for federal aid.

PHEAA offers the first state-based student loan program in Pennsylvania, called PA Forward, which provides a low-cost way to pay for college.

While Gilman's previous government positions have not necessarily connected him with the world of higher education affordability, he said he has always had to remain knowledgeable of the role higher education played in the Pittsburgh area.

"Pittsburgh is a city whose rebirth has been heavily dependent on the institutions and what the universities have done," Gilman said. During his time working in the mayor's office Gilman knew how critical it can be for the economic future

of a region and watched state and national trends for higher education.

Gilman's education came from Pittsburgh institutions in the Pittsburgh region himself. Being a Carnegie Mellon and Shady Side Academy graduate, he appreciates the "lived experience" education provides.

"I had great opportunities that I was provided by my family and want to make sure that everyone gets those same opportunities," Gilman said.

With elementary-age children of his own, Gilman finds the future affordability of higher education a personal commitment.

"We're all aware of the challenges of college affordability and wanting to be able to provide the best opportunity for our kids," Gilman said.

Even with activities to attend to at home, Gilman is confident he will find time for both his family and his volunteer position on the PHEAA board.

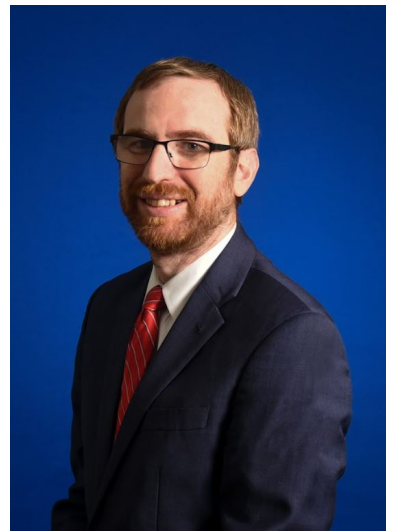
"I love work, and I find pas-

sion in my work," he said. "My family is incredibly supportive and especially my wife in taking more on so I can do these things that she knows provide me great pleasure and public service."

In Gilman's position, he will be responsible for networking and working with Pennsylvania state officials, elected officials and representatives from other universities. With these relationships, and his involvement in conversations about college financing and affordability, Gilman said his position with the PHEAA benefits his role at the university by having a representative in the room.

"Gilman's role on the PHEAA Board will provide Duquesne with even greater insight into cost-effective options for the students and families who will be considering the university to achieve their educational goals," the university said in a press release.

"I'm not in this position for directly the benefit of Duquesne," Gilman said. "I believe my service



COURTESY OF DUQUESNE UNIVERSITY  
Gov. Josh Shapiro appoints Dan Gilman to the Pennsylvania Higher Education Assistance Agency board.

can only add to the great work already happening as we look to make college more affordable for Pennsylvanians broadly, which will of course impact Duquesne in a positive way."

# Duquesne announces next senior vice president of student life

NAOMI GIRSON  
staff writer

Vice President of Student Life Douglas Frizzell is set to pass the torch this spring after nine years to new vice president Leanna Fenneberg.

Fenneberg has been working in higher education for more than 24 years and was chosen to replace Frizzell from a nationwide applicant search.

"Leanna Fenneberg emerged as an outstanding candidate from a truly talented national pool of applicants. Leanna impressed the entire search with her extensive knowledge, excellent strategic sense and practical ability in the many aspects of creating an invigorating student learning environment," said University President Ken Gormley in a news release.

As the new vice president, Fenneberg will be in charge of overseeing student services and resources on campus such as residence life, disability services, the Center for Excellence in Diversity and Student Inclusion, the Center for Career Development and student conduct.

"I feel that Dr. Fenneberg is inheriting a very talented and amazing staff. I wish that I could have spent time informally with students on a more regular basis," Frizzell said.

Fenneberg fits the bill after she found her passion for higher education at Marquette University, a Catholic, Jesuit university in Milwaukee where she studied for her undergraduate degree.

"I fell in love with the idea of a holistic student education and the fundamental values of be-

ing at a faith-based institution that focuses on not just student success, but you know, forming leaders who are gonna go out and make a difference and have a positive influence on the world," Fenneberg said.

Fenneberg was vice president for student affairs at private Rider University from 2017 to 2023. During this time she served on the president's cabinet and provided broad oversight of student campus life.

A student leader at Rider University, Olivia Battinelli, became colleagues with Fenneberg from their very first meeting. She described Fenneberg as a good listener.

"I think that made her really stand out on our campus, you know? You felt her energy as soon as she stepped into the position," Battinelli said.

Nicholas Barbati, assistant vice president of student affairs at Rider University, spoke highly of her ability to merge her life with campus life.

"Dr. Fenneberg was always there in the front row, cheering on our students or bringing her family to the campus festivals that we had, and really, really integrated her life into the experience that we had for our students here on our campus," Barbati said.

Fenneberg began her career at Saint Louis University where she received a Ph.D. in higher education administration and worked for over 18 years. She oversaw various areas of student affairs, and she also served as the assistant vice president of student development for 10 years.

Kent Porterfield, current vice



COURTESY OF LEANNA FENNEBERG

With more than 24 years of experience, Leanna Fenneberg was hired as Duquesne's new vice president of student life beginning

provost at Gonzaga University, recalls her potential immediately while working in student development at St. Louis University.

"She was always somebody to step forward to take initiative and accept responsibility. She was creative. She was well thought of by the students, the administration, the faculty. She was probably among the most organized people I've ever worked with. She just had a great ability to manage herself, manage those that she supervised and manage the operations that were under her responsibilities," Porterfield said.

Fenneberg has held a number of higher education administrative positions.

Fenneberg was the national director of 37 professional Knowledge Communities while serving on the Board of Directors for NASPA Student Affairs

Administrators in Higher Education and also held a position on the executive board for the Jesuit Association of Student Personnel Administrators.

Fenneberg said she values prioritizing both work and home as aspects of her life that function together.

"I do feel like I am one whole person, I am not just one person at work and one person in my life. I feel like there's a lot of continuity in the things that I value," Fenneberg said.

Battinelli believes Fenneberg will be a positive addition to Duquesne's campus.

"She brings such a lovable attitude and she's just going to bring that sunshine to Duquesne. I have no doubt in my mind that she is just going to be such an incredible asset to that campus community," Battinelli said.



# Women split contests against GMU, GWU

**BRANTARO YAMANE**  
Multimedia Editor

Disappointment is an understatement to describe how the start of the new year was for Duquesne's women's basketball Head Coach Dan Burt. However, he said they righted themselves to get back in the win column with a 17-point win over George Washington University.

Burt's Dukes started off the new year at home against Atlantic-10 Conference opponent George Mason on Sunday afternoon. After having a whole week off to prepare, it might have seemed that the Dukes were going to come out and play their basketball. However, the offensive bursts from the Patriots were too much for the Dukes resulting in a 101-75 loss at the UPMC Cooper Fieldhouse.

"I will say that I'm incredibly embarrassed," Burt said. "Because in 17 years - outside of UConn - I don't know if I've ever given up 100 points to anybody, let alone at home."

The historic output Duquesne allowed was less an indictment on them, but more a credit to a Patriots team that seemingly couldn't miss a shot.

"You have to give a lot of credit to George Mason. We threw everything at them. Every defense that we have. Zone, man, switching everything. Press, not press," Burt said. "The basketball hoop was like a hula hoop to them today. It was incredibly large, when you go 18-for-35 from the 3-point line."

The Dukes had a 31-27 lead at the end of the first quarter, but could not keep pace in the second. They were outscored 21-6 in the second quarter, and entered the locker room down double digits.

"From an offensive standpoint, we didn't play a bad game. But you just can't

go long spells without scoring the ball. And we did that at times tonight," Burt said. "In the second quarter in particular and then in the fourth quarter."

One of the most impactful scorers for the Patriots was Sonia Smith, who scored a career-high 30 points, shooting five-of-10 from 3 and finished with nine rebounds.

"We knew that she was a three-level scorer. Mid-range, shoot the three, attack the basket. And she did what she wanted against our man and against our zone," Burt said. "She just played the best game of her career."

It wasn't just Smith that was shooting efficiently. The whole Patriots team performed well, shooting 37-of-66 from the field and 18-of-35 from 3-point range, and nine-of-11 on free-throw shooting.

Despite having five players score in double figures, Duquesne only shot 25-of-64 from the field and eight-of-33 from distance. Megan McConnell led the balanced effort with 14 points and seven assists.

But it was simply a record-setting day for the Patriots.

"They're a really good basketball team. And today everything that they shot went in," Burt said. "In the fourth quarter, anytime a kid took a shot, it was just like: is it going to go in? It was their day."

However, the Dukes bounced back in their second game of the new year after defeating George Washington 71-54 on Wednesday night at The Charles E. Smith Center. Freshman Gabby Grantham-Medley led the Dukes with a team-high 13 points while Amaya Hamilton finished with a double-double. Coach Burt was happy with the win and the way his team performed.

"It was a complete game. We played very well with many contributions from the entire roster. You can't say enough about

our leading scorer Gabby Grantham being 6-of-12 and being aggressive and a scorer, and we certainly needed that," Burt said. "I think Amaya Hamilton with 12 points and 11 rebounds and really played under control was simply outstanding and she's a matchup nightmare. We defended well and executed offensively, good day."

The Dukes were much better shooting the ball, finishing 28-of-62 from the field while the Revolutionaries only shot 17-of-52. George Washington entered the game as the 16th best scoring defense in the country, allowing only 54 points per game making the fact that the Dukes scored 71 extra impressive. The Dukes led 35-32 at halftime, but went on a 3-pointer fueled 9-2 run to begin the third quarter that set the tone for the rest of the game.

"That's what we're looking for from the people off the bench," Burt said. "Jerni has explosiveness and speed and there's

not that many people that can match. Gabby is a difficult matchup also because she's a kid that is strong and play through the air and she can square her shoulders to the basket and make jump shots with a good amount of lift."

After a balanced offensive performance on Sunday, Burt praised his bench's production on both sides of the ball against GWU.

"They were outstanding on both ends of the floor offensively and defensively that you cannot say enough good things about them."

The Dukes will travel back on the road this weekend as they will take on Saint Joseph's at noon on Saturday.

"Saint Joseph's is a completely different team than George Washington. They're going to be very set driven and very deliberate and skilled," Burt said. "It's always a tough environment at Hawk Hill, we'll look forward to worrying about that tomorrow, and we'll let the kids enjoy tonight."



BRENTARO YAMANE | MULTIMEDIA EDITOR

Senior guard Megan McConnell sizes up the George Mason defender on Sunday after-

# Men's hoops off to rocky start in conference play

**JACK MORGAN**  
staff writer

Things haven't exactly started as planned for the Dukes this season in Atlantic-10 Conference play, as they committed 18 turnovers and shot a measly 39.4% from the field in a gut-wrenching 72-67 loss to the Loyola-Chicago Ramblers on Saturday night at Gentile Arena.

The loss, coupled with a defeat in the A-10 opener at UMass, drops Duquesne to 9-5 overall and 0-2 in conference play.

After both sides traded turnovers early, Duquesne got going, and outscored the 10-5 Ramblers, 22-13 from 16:41 to the 5:30 mark of the first half. The highlight of this run was at the 10:44 mark of the half when Chabi Barre got his only 2 points of the game working hard on the glass for a put-back score. Even after Miles Rubin hammered it home on the other end, the Dukes responded with a highlight reel alley-oop pass from Kareem Rozier to David Dixon.

However, their lead evaporated in just over three minutes, as the Ramblers shot ahead with a 12-4 run. Duquesne was able to scrape together a complete final 2 minutes of the half to take a 40-36 lead into the break.

Dixon was a bright spot throughout this one for Duquesne, especially in the first

half. He scored 12 of his career-high 19 points in the first half, and contributed seven rebounds in 26 minutes. He got into foul trouble, however, limiting him on defense in some situations in the second half.

The Dukes' grip on the game slowly slipped away in the later stages. The Dukes and Ramblers exchanged blows, as the Duquesne lead bounced between 3 to 5 points often in the first 10 minutes.

However, that's when things turned for the worse for Duquesne. Des Watson hit a 3-pointer for Loyola-Chicago to give them a 54-52 lead. The lead was on a seesaw, shifting back and forth six times between the 10 and 5-minute marks in the second half. Loyola took the lead for good after a Watson jumper. They outscored the Dukes 11-7 in the final 5:17 of the game to secure a narrow five-point victory.

Duquesne did not shoot well from three on the day, shooting six-of-21 beyond the arc. Loyola was not much better, however, shooting 25%. But the Ramblers were the superior team in the paint, outscoring the Dukes by 6.

Part of the reason why they held that advantage was because of the play by their big guys. Philip Alston, the 6-foot 6-inch 235 pound forward, was a big contributor on Saturday, scoring a team-high 17 points. He was a dominant force in the

paint, pushing around Duquesne's defenders and forcing them to commit fouls profusely. Dixon and Barre both had four fouls in the game. Dame Adekun also was another forward force inside for the Ramblers. He had 10 of his 15 points in the first half.

Aside from Dixon's production, Duquesne couldn't rely on explosive scoring from the guards like normal. Jimmy Clark III had a rough second half that ended with several crucial turnovers in the waning minutes, and Dae Dae Grant's 13 point-performance was far shy of the standard he had established in the early season.

He had a rough day in terms of efficiency, shooting 4-of-17 from the field and 2-of-9 from beyond the arc. Rozier pulled into double digits on the night, scoring 11 points and five assists.

Dusan Mahorcic did not play, despite having made his season debut against Santa Clara in late December. The graduate transfer is recovering from a knee injury, and adds further complications to the frontcourt situation. Despite starting the game, Barre did not play at all in the second half, perhaps an indication of Head Coach Keith Dambrot's vision for the future of the frontcourt.

Duquesne has lost three straight games against Division I opposition, and per-

haps their toughest test of the season comes on Friday. Duquesne will come back home for their A-10 home opener against Dayton. Non-student tickets are sold out, and the first 750 students will be admitted into the game.



PHOTO COURTESY OF LUKE HENNE

Keith Dambrot meets with his team in the first half.



# Museum of Illusions fails to surprise and delight

EMILY FRITZ  
a&e editor

Among the staples of the North Side, the paradox of choice can lead us into the lull of tiredness. Despite the current exhibit at The Andy Warhol Museum, the knowledge that pours regularly from the Carnegie Science Center or the revolving contemporary works at the Mattress Factory, the venue at 267 North Shore Drive assumes the persona of a bold new attraction.

Unfortunately, this one-level mirage is easy to confuse with a “Ripley’s Believe It Or Not!”

Since its opening on Dec. 21, the Museum of Illusion has revealed nearly every cheap card in its hand in an effort to lure in customers.

The chain museum charges \$25 per adult, \$23 for seniors and military and \$20 for children between 5 and 12.

Even with illusion rooms, installations, images and the “Smart Playroom,” the walkthrough experience averages 60 minutes, more than \$2 per minute.

Illusion rooms include the “Vortex Tunnel” (which features an illusion identical to that of “Noah’s Ark” in Kennywood), the “Ames Room,” the “Tilted Room” and a “Reverse Room” loosely inspired by Pittsburgh sports teams.

Of these four cliches, only half are wheelchair accessible due to slanted flooring.

“What we really love about this place is that we say we are an edutain-

ment company,” Kenny Mckernan, the sales and marketing coordinator for the museum told CBS News.

“We educate you and we entertain you...[and] next to all the illusions, we offer a little explanation on why your brain is seeing it that way, why your eyes interpret it that way.”

While each of the interactive spaces plays with depth, distance and perspective and offers nuggets of knowledge for visitors to understand the illusion and experience, the majority are reaped from exhausted parts of the Internet or childhood books.

The disappointment was echoed by other museum goers with high hopes for Pittsburgh’s newest addition. Several visitors took to Google reviews to air their grievances and warn others to stay away.

“Very little thought was put into the logistics of the [museum] and most illusions were what you might expect from a 7th grade science class. [T]here were a handful of cool effects and photo [opportunities], but definitely not worth the money,” visitor Bill Wilkison said while reviewing his visit.

Installations like “Head on a Platter,” the “Cloning Table” and the “Beuchet Chair” offer these lens-worthy moments, but the image-based illusions make up the larger part of the museum’s collection.

“It’s a typical Instagram-style pop up museum. It is fun to go to once!... There are 80 optical illusions but about 65 of them are pictures on a wall,” added visitor Grace Muller.

Perhaps the only saving grace for



EMILY FRITZ | A&E EDITOR

Two illusions attempted to pay homage to the City of Pittsburgh, but neither produced genuine connection to history or community.

the new establishment is the “Smart Playroom,” a sit-down area that provides hands-on puzzles and sudoku-like games.

For the dedicated few willing to spend lengthy periods of time in one place or the spatial reasoning wizard, these intellectually challenging pieces can extend the visit, making the price point seem less harsh.

For those looking for more exploratory or exclusive experiences, there is little left for the Museum of Illusions to offer.

“[S]ome of [these exhibits are] tailored specifically for the Pittsburgh experience,” said Museum of Illusions Director of Sales and Marketing Stacy Stec in a news release.

The “Reversed Room” features a Pittsburgh locker room, adorned in black and gold, rotated 90 degrees.

The homage to the Steel City is smashed into one small space, featuring a Pirates flag, a Steelers helmet and Terrible Towel and a Penguins hockey stick.

Using the generic setup that the company has used at other locations and painting it to match its geography hardly qualifies as a tailored experience.

Likewise, the Museum of Illusions attempted to form relevant connections to other museums and Pittsburgh history by partnering with The

Warhol Student Assistant Program.

“Golden Hour in Pittsburgh,” created by Makenzie Sing, Greg Kelly and Alexia Tsoukalas from the Creative and Performing Arts high school, draws inspiration from “Warhol’s high contrast graphic Pop Art portraits and his early ink illustrations of birds,” according to the museum’s description.

While these students demonstrate proficient awareness of Warhol’s impact on popular culture and a talent for mimicry, the Museum of Illusions hardly produced an installation worthy of applause.

The collaboration repackages another generic find in the Museum of Illusions located in other areas of the country – a mural portrait whose eyes “follow” you across the room. While the The Warhol Student Assistant Program contributed a worthy attempt, the Museum of Illusion stunted their potential by giving them little opportunity for creativity.

Sadly, the introduction of the venue is a one trick pony. The experience fails to live up to the greatness of other Pittsburgh museums by skimping on heritage, gutting itself of storytelling opportunities, gouging prices and failing to innovate.

If you are that desperate for an Instagrammable photo op, head to Randyland.



EMILY FRITZ | A&E EDITOR

The “Smart Playground” challenged guests with exceptionally challenging puzzles of spatial reasoning, color-oriented sodoku and 3-D shape building.

## UPCOMING EVENTS

Play in a Day  
Auditions Jan. 12 @ 8 p.m.  
Performance Jan. 13 @ 8 p.m.

Everyone is welcome to audition, and no one gets turned away, so prepare to be cast.

Rehearsals begin at 8 a.m. on Saturday, Jan. 13 and conclude with the show at 8 p.m. the same day.

Join the Red Masquers in enjoying a collection of brand new short plays that have been written, directed and rehearsed within 24 hours. Admission is free for this event.

Girl From the North Country  
Jan. 11 to Jan. 14

It’s 1934 in Duluth, Minn. Meet a group of wayward travelers whose lives intersect in a guesthouse filled with music, life and hope.

Head to the Benedum Center for the Tony Award-winning musical that reimagines 20 Bob Dylan songs, including “Forever Young,” “All Along The Watchtower,” “Hurricane,” “Slow Train Coming” and “Like A Rolling Stone.”

## EMILY'S EPIPHANIES

Dear Reader,

I hope you’re doing well.

I encourage you to revel in the new year, look for new ways to grow, protect your heart and boundaries and be proactive about your semester.

The real start to the dreariness of winter is almost upon us, but we must find ways to persist and we must find small joys to make this excessive amount of time inside worth our while.

As you begin to dive into new classes, I encourage you to find something small that makes you happy and fills your leisure time with genuine and sincere “leisure.”

Pick up the book that you’ve been meaning to start or that craft that you’ve been meaning to try.

Invite that acquaintance or classmate to be your friend.

Fill your season of cold and snow with something that makes you feel warm and refreshed. Don’t wait to make this your year.

- Emily Fritz

### Aquarius ♒

I am the primary bread loser of my household.

### Pisces ♓

Except the rats are electrified and the attic is on fire.

### Aries ♈

My brain is feeling mushy and smoother than usual today.

### Taurus ♉

I don’t want to be a pickle and not be able to get out of the jar.

### Gemini ♊

That burp sounded premeditated.

### Cancer ♋

It’s like a mohawk for your shin.

### Leo ♌

I’m gonna use creams. And lasers.

### Virgo ♍

You want a *third* liver?!

### Libra ♎

Like Popeye when he eats green beans...Er, I mean, spinach.

### Scorpio ♏

Walter under the bridge.

### Sagittarius ♐

Her most regular acting role had been playing a red plastic brick.

### Capricorn ♑

Taurine  
(Pre-synthetic bull semen)



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“May the new year bring  
you courage to break  
your resolutions early!  
My own plan is to swear  
off every kind of virtue,  
so that I triumph even  
when I fall.”

Aleister Crowley

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

@TheDukesneDuke

## EDITORIAL POLICY

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## Reframing New Year's resolutions

I can't recall if I've ever set a New Year's resolution for myself. I suppose I never saw the utility in doing such a thing. I thought few people actually stuck to their goals, so why should I bother? I always figured it made more sense to just do something rather than waiting for the new year to roll around. I quit smoking and vaping on a whim. I lost a lot of weight in high school just because I felt like it.

I thought of New Year's resolutions as a meaningless exercise. Mark Twain, the author of “Adventures of Huckleberry Finn” and “The Adventures of Tom Sawyer,” shared a similar outlook in a letter to the *Territorial Enterprise* in 1863.

“Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. Yesterday, everybody smoked his last cigar, took his last drink, and swore his last oath.”

It turns out that I may have been looking at this whole New Year's resolution thing all wrong.

My first misconception – that people do not tend to keep their resolutions is false, according to polling data. According to YouGov, 49% of Americans who set

when people started working on a goal on a landmark date associated with new beginnings, they were more likely to stick to their goals.

So that old cliché of “new year, new me” is more true than that we may give it credit for.

But simply setting a goal for the new year is not enough to ensure success. Some types of goals are more effective than others, according to a study by *PLOS ONE*.



ELIYAHU GASSON  
opinions editor

ter” or “improve and maintain interpersonal relationships.”

Perhaps unsurprisingly, the study from *PLOS ONE* claims that people who selected approach-oriented goals were “significantly more successful in maintaining their resolutions,” with 58.1% of said individuals considering themselves as having successfully maintained their goals.

Compare that number to those individuals who set avoidance-oriented goals, with only 47.1% of them claiming to be successful in keeping their resolutions. This is because, at least in part, it's more enjoyable to do something that you want to do rather than avoiding something you don't want to do.

Although I missed the opportunity to set a goal for the new year, it's not too late. I have another landmark date coming up – the start of a new semester.

However, it's not too late to set a goal for a personal landmark date, Jan. 11 – the start of the new semester!

I spend too much money parking on campus. That's something I want to change. But instead of saying “I'm not going to drive to school anymore,”



**58.1% of people said they considered themselves successful at maintaining the approach-oriented New Year's resolution.**

DATA COURTESY OF *PLOS ONE*

resolutions in 2020 kept at least some of them, while 35% say that they kept all of their resolutions. The remaining 16% did not keep any of their resolutions.

It is worth noting that the same poll also found that only 27% of Americans made New Year's resolutions in the first place, so don't feel too terrible if you refrained from setting a resolution this year. You're in the majority!

So why do people tend to stick to their resolutions? One reason may be the Fresh Start Effect. A study for the journal *Psychological Science* asked participants to sign up for email reminders about their goals. Some of the participants were given an arbitrary date, say “May 14.” Other participants were reminded of their goals on “landmark dates” like “the first day of spring.” The researchers found that

The study differentiates between two categories of goals. The first are avoidance-oriented goals. Such goals involve stopping, quitting and/or mitigating undesired behavior. Goals in this category can include things like “quit smoking cigarettes,” “stop consuming energy drinks” or “avoid unnecessary interpersonal conflicts.”

**“It turns out that I may have been looking at this whole New Year's resolution thing all wrong.”**

The second category, referred to as approach-oriented goals, involves adopting a desired behavior. Goals like “start using nicotine gum,” “drink more wa-

which is phrased as an avoidance-oriented goal, I'll say “I'm going to start taking the bus to campus more often,” phrased as an approach-oriented goal.

A similar approach can be taken for any habit you want to change. Try to think of your goal as adding something to your life, rather than taking something away, and start following your goal on a day you associate with a new start, whether it be a religious holiday like Easter or something more personal like your birthday.

Or, you could wait for the new year to come around again. Remember, there is no right way to make a resolution. We all operate differently, so operate at your own speed.

*Eliyahu Gasson has joined the Duke staff as the Opinions Editor for the university's Spring 2024 semester.*

## STAFF EDITORIAL

### Respect the cashier

It's January, which means, in the retail world, it's returns season. And for service workers everywhere, that means the angry customers come back from their happy holiday break to do angry returns.

This year, returns platform Op-toro, using National Retail Federation and its own data, predicted \$173 billion of goods to be returned between Thanksgiving and the end of January 2024. Data management firm, Syndigo, said that, just a few days after Cyber Monday, nearly a quarter of shoppers had already returned or planned to return at least one of their purchases.

As seasonal retail work ends up being a common source of income for college students, it's worth noting how frustrating the return process is at any store – not only on the customer's end. Plus, according to a recent study, it would take 150 years for an essential worker to make what their CEO made in one year. How is that fair? Especially when the CEO isn't the one getting yelled at because the register (not the employee) wouldn't accept a customer's return?

But before you pass the blame to the cashier in front of you, understand that all of the shortcomings that happen at the register – the return takes an eternity, you ended up being charged twice for an item, your card is declined – they're not the service workers' fault.

The higher end retail brand I used to work for is still using a retro cash register program that looks like it belongs in the 50s. I'm honestly sorry when I hit “travel check” instead of “credit card” at checkout for a customer, but why is travel check even an option in 2024? Why is it the first button and the easiest to hit when I go to tap the screen?

I empathize with the frustrated customer – we've all been that person, too. I was once charged twice at a Panera. But after getting it in my head that the older service worker in front of me was just being negligent, I overheard someone ask her how her “second shift in 24 hours was going.” This woman was being overworked, not careless. I got the price of my purchase straightened out, but I was the one embarrassed at the end of the interaction – I was a service worker myself, and I had judged this employee. What does that imply about everyone else?

Change management expert Adriann Negreros surveyed essential workers and found that what they desired at their place of work, over anything, was clean bathrooms, time to eat lunch and living wages. He then spoke with business executives and found how unwilling these higher-ups were to compromise on all three.

“It is very possible,” Negreros said. “It pays for itself with less overtime, less turnover and happier and much more engaged employees...It's how we treat each other.”

While the blame might go to the business executives' neglect to update register systems, hire new seasonal help or create better paying jobs, the responsibility of treating others with respect also belongs to the customer. Even your high school-age essential worker at McDonald's is a human being.



# Power Center Offers Resolution Support

ISABELLA ABBOTT  
features editor

Whether it's running or lifting, Duquesne students can get a lift from the Power Center and recreation services toward their new year resolutions.

With four floors filled with equipment, dozens of classes and 100 hours of availability a week, the center has something for everyone.

Dan McCarthy, Director of Recreation Services, said, "there's a lot of opportunities out there for our students to do anything they want to."

According to Duquesne's recreation services website, the facility's second floor consists of more than 65 cardio machines, the third floor includes a multipurpose court, the 3M floor has an indoor track and the fourth floor contains a plate-loaded studio.

Other amenities include free weights, a racquetball court, a spin studio, a HIIT zone and locker rooms.

Assistant Director for Recreation Services Amber Lasure said many students don't realize how big the center is.

"When people come in here for the first time, they don't realize we have more than one floor," Lasure said. "We also have all sorts of spaces that aren't necessarily workout rooms, but students are welcome to use whatever space is available in the facility."

To help with resolution goals, the Power Center offers 65 fitness classes per week throughout the day, from 6:45 a.m. to about 9 p.m. Lasure hopes that with these class times, students can find a way to fit them into their busy schedules.

Classes range from yoga to kickboxing to ballet and lifting. Lasure also said students don't have to be on time for class. She'd rather see them come in for half the time than not at all.

According to the Chamber of Com-

merce, the most popular resolutions yearly include eating healthier, being more active and managing finances bet-

"There's a small rush in the morning, but it's pretty quiet all the way until about noon, and then it's pretty quiet

disc golf.

Other club sports include baseball, swimming and wrestling.

And with a club sport for everyone, there's a lower-stress sporting opportunity for everyone looking to get involved outside the official teams of Duquesne Athletics.

Joy Chen, the president of club volleyball said it's a lot easier to maintain a goal when it's something you actually enjoy, like sports.

"Oftentimes when you start a New Year's resolution, it's for aesthetic purposes like 'I want to lose weight' or 'I want to get abs,'" Chen said.

"But usually for sports...it's like tangible goals that you can see progress for. So it's a really encouraging thing to have a goal that isn't just about what you look like."

In addition to having tangible goals, being a part of club sports allows students to expand their social circles, which can increase mental health and well-being.

"It gives you a lot of opportunities to not only meet people in your school but also people outside of your school at tournaments or meets, to widen your circle of people that you know," Chen said.

Joining these club teams is also a way for students to still compete after high school.

"Club sports are a good way for students who never got the opportunity to do the sport that they love and have a passion for but in a much less stressful environment and kind of at their own pace," said the president of club swimming, Jenna Knapik.

Each club team is always looking for new members.

"We take everybody, it doesn't matter what their background with swimming is," Knapik said. "Even if they just want to come and stay in shape and hang out with us, that's great too."



PHOTOS COURTESY OF ISABELLA ABBOTT | FEATURES EDITOR

The Power Center is open 100 hours a week and offers 65 fitness classes per week throughout the day. Classes students can choose from include yoga, kickboxing and more.

ter. But the website also states that people are most likely to give up resolutions by Jan. 19.

Similar observations have been made at the Power Center, Lasure said, where students attend the gym more frequently in January but trickle out in February.

Lasure said as students settle into their new classes and the start of the semester, Power Center attendance decreases. But during syllabus week, the gym sees an influx of students as they may have more free time or are headed to the gym for their resolutions.

Lasure said their peak hours are between four and seven at night for those starting out in the gym this year who want to feel less overwhelmed, or "are trying to avoid the crowds."

again until about 3 o'clock when we are in our highest capacity," she said.

Although gyms can feel intimidating, especially during the new year when everyone has their own goals, Lasure said that most people working out are focused on their own workouts, not on the people around them.

However, if students don't want to attend the gym at all or want a different way to stay active in the new year, they can join intramural or club sports.

Intramurals Coordinator Mike Cecil said about 400 students are interested in intramurals each semester. Students can sign up for traditional indoor and outdoor club sports using the school's facilities, or travel off campus to participate in Duquesne's club sports like tennis and



Club swim practices during open swim hours at the Towers Pool. They're always looking for new members to join, experienced or not.



The Power Center has four floors with countless equipment types to choose from. The third floor has a basketball court and an indoor track.

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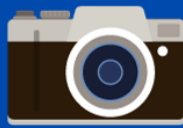


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