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## New market set to feed people and create jobs in the Hill District

NAOMI GIRSON  
staff writer

Salem's Market & Grill, a family owned business from Pittsburgh, is set to open a new market in the Hill District with the goal of combating food deserts in the neighborhood.

Inspired by the huge product demand for halal meats, Massaud Salem opened Salem's Halal Meats in 1981 in Oakland.

Halal meats exclude pork and unclean animal products in the Muslim faith. Salem's premiere store became popular among college students at the University of Pittsburgh because the owner was generous with his food portions and donations to the students.

With Salem's hard work, he has been able to open a second location in the Strip District serving folks from all over Pittsburgh. Recently, Massaud's son and acting CEO of the deli business, Abdullah Salem, announced plans to open another market.

"We have always been a mission-based company that values humanity as a whole. No one goes hungry. We are open 365 days a year, and on holidays, because somebody will always need to eat," Salem's website said.

In 2021, Mayor Bill Peduto announced that the Urban Redevelopment Authority of Pittsburgh (URA) was set to enter lease negotiations with Salem's Market & Grill, according to the City of Pittsburgh website. The company's new location will open at Centre Heldman Plaza where Shop 'n Save closed its doors in 2019.

"Salem's Market locating to the Hill District is a tremendous win both for Salem's and the Hill District community," said Councilman Daniel Lavelle in a news release. "It affords Salem the ability to grow and expand while providing the community with a much-needed grocery store and restaurant."

Tony Carbino, a graduate student studying biomedical engineering, found his passion for combating food deserts while conducting his research for Duquesne's hydroponic garden.

see MARKET — page 2

# THE DUQUESNE DUKE

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## Sean Moloney touched lives of many during time coaching Duq hockey



COURTESY OF THE DUQUESNE HOCKEY TEAM

Sean Moloney (center) died on Friday because of health complications. But, to his players, he never made a big deal about his personal hardships. He always made time for his players, even when confined to a hospital bed during Covid.

SPENCER THOMAS  
& EMMA POLEN

sports editor & editor-in-chief

Sean Moloney, an assistant coach for Duquesne's hockey team, died on Jan. 20, the team announced. He was 53. Moloney spent five years as the program's goalie coach, where he made an inspiring impact on players and coaches alike despite his declining health.

Born in St. Catherine's, Ontario, Moloney moved to Pittsburgh at a young age, where he began playing goalie. He wound up playing juniors in Canada, but his legacy in hockey would be formed once he unlaced his skates.

His storied coaching career spanned several decades, where he provided instruction to NHL goalies, and even published an instructional book on the position.

Head Coach Conrad Waite worked closely with Moloney for six years and called his impact on the team "immeasurable."

Waite played at Duquesne from 2006-2009, and then came back to coach in 2016. In the years between his seasons as a player and a coach, there were

eight different head coaches, he said. Stability was one way Waite believed he and Moloney helped the team succeed, Moloney being the team's longest tenured assistant coach.

Moloney coached at the club level at several schools in Pennsylvania, before landing with Duquesne in February of 2018. In that position, he became the de-facto lead on recruiting netminders for the program. That's how he came in contact with Robbie Halyama.

Halyama was in high school, looking for a team he could call home. Out of the blue, he got a phone call from Moloney, even though they had never met. The pair spent over an hour on the phone together, and by the time they finished talking, Halyama was sold. Halyama never had a goalie coach growing up, and says that he could immediately sense how deeply Moloney cared and wanted to see him succeed.

"He saw something in me as a player that I didn't see in myself," the sophomore said. "He gave me a chance to be a college hockey player, an opportunity that I might not have gotten otherwise."

But, even with goalies who ended up choosing another college, Moloney stayed in touch. When the condolences started streaming in, Waite was surprised to learn how much of an impact Moloney had had on players who did not even participate in the Duquesne hockey program.

"To hear about these friendships and relationships that had continued," Waite said, "it's all just a testament to who he was as a person and, more importantly, just how he connected with those guys."

Matt Doman, captain of the Duquesne's men ice hockey team from 2020-2022, said that the team had a losing record until Moloney showed up, and the team needed a goalie coach.

Alex Nerverve was the team's third-string goalie at the time. Moloney joined the team, and turned the 5-foot-4-something into a force to be reckoned with, Doman said, taking the starting spot that same season and then taking the team to the playoffs.

"He [Moloney] would just dig up these kids and his entire career was a storied history of finding a gem that somebody else didn't believe in and then turning out to be correct, large-

ly because, partially because of his own hands and his ability to coach them," said Coach Waite.

In 2006, Moloney was diagnosed with Stevens-Johnson syndrome, a rare skin condition. He was given just a couple years to live.

Every day, Moloney came to the rink eager to teach and mentor goalies through their formative years. In recent years however, he had to overcome much more to do so. He had to have a toe removed, which escalated into the amputation of his entire foot, and finally, his leg.

Despite that, he carried on, turning bad news aside like he was back on the ice, saving shots.

"It was really impressive watching him not care," Halyama said. "He didn't give a [expletive] about the illness or his health or where he was staying. All he cared about was putting us in a position to succeed, and that resiliency is something that I have to carry with me."

It would have been easy, with the cards he'd been dealt, for Moloney to simply fade away. He didn't let that happen.

see MOLONEY — page 3



## POLICE BRIEFS

### Wednesday, Jan. 10-

Someone used another person's ATM card to purchase a ride from Uber.

### Saturday, Jan. 13-

DUPO was stopped on patrol by a resident student on Magee Street about a concern for an intoxicated student. The student was transported to UPMC Hospital.

### Saturday, Jan. 13-

A Towers resident had her Door-dash order stolen.

### Monday, Jan. 15-

DUPO was dispatched to St. Ann Hall for an intoxicated student.

### Tuesday, Jan. 16-

The residence director on duty requested DUPO for the smell of marijuana. Multiple paraphernalia items and marijuana was found.

### Thursday, Jan. 18-

A grand piano was discovered to be damaged with letters carved into the piano lid.

### Saturday, Jan. 20-

Female student reported harassment.

### Sunday, Jan. 21-

DUPO officers were dispatched to St. Ann Hall for a strong odor.

## 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](mailto:polene@duq.edu)

## Writers & Photographers needed for the Duke

Contact our editor-in-chief  
[polene@duq.edu](mailto:polene@duq.edu)

Come Visit Us  
College Hall 113



# New Salem's Market & Grill opening in the Hill District

from MARKET — page 1

Much of food insecurity is located in regions of Pittsburgh where citizens have the least access to transportation, jobs, healthcare and a plethora of other parts of life that effect access to food, he said.

"I think that this is a very complex and deeply-rooted problem with very interwoven and interlocking causes. And I think, at least in my opinion, the more synergies that we have between those pathways the better," Carbino said.

Carbino has already formed connections with the garden, grocer and home delivery services in the city.

Not only will Salem's Market & Grill put food on tables, it will also create more than five dozen jobs in the area and boost the local economy.

The new grocery store and restaurant will bring considerable foot traffic to Centre Avenue, which will help support efforts

underway to build back Centre Avenue as a business corridor running through all of the Hill District.

Long-time customer of Salem's Strip District location, Rashee Jihad, travels all the way from Cranberry for his Salem Market trips. For Jihad, the food brings him in, but the ambience keeps him there.

"This is the Apple store of restaurants in terms of the experience," Jihad said.

The manager at the Strip District location, Majid Akhtar, has worked at Salem's Market and Grill for over 10 years. According to him, roughly 50% of the staff has worked there for about a decade as well. Akhtar feels that Salem's customers and staff are a community.

"I don't call people sir and ma'am when they come in. I call people brother," Akhtar said.

He is excited about the Hill District location, and the predicted soft opening is tentatively scheduled for the second week in Feb-

ruary. The size of the new market is about three times the size of the market located in the Strip District.

"The business is secondary, the primary mission is to serve

the community up there [in the Hill District]," Akhtar said. "They haven't been served in a while in the way they should have been."



BRENTARO YAMANE | MULTIMEDIA EDITOR

Salem's new market location is expected to open in early February. It will replace the old Shop 'n Save in the Centre Heldman Plaza.

## Bio student conducts cancer research

EMILY AMBERY

layout editor

A typical day in the lab for junior biology major Mackenzie Leszczynski looks like organizing and designing experiments, performing literature research, growing cell cultures and performing experiments on different mice organs.

With her research at the UPMC Hillman Cancer Center, she is studying a genetic variant and its negative impact on a commonly-used cancer medication.

"I always joke around with my friends that I'm trying to cure cancer, and while that is an extreme exaggeration, at the base of everything, that's what we're going for," Leszczynski said.

Her interest in cancer research started in high school when she wondered about why such a pervasive problem had no answer yet.

"The inability to cure cancer drives my focus," Leszczynski said. "I think a disorder that is caused by our own body harming us is extremely interesting to me, and I wanted to learn more about it."

The specific variant she is working on is PNPLA3 I148M, a genetic variant associated with liver diseases. Leszczynski's lab at Hillman

is the first to make the connection between this genetic variant and adverse drug reactions.

"My project's current focus is to create the mice, confirm their genotyping, and phenotype the mice relative to wild-type controls," Leszczynski said.

She said the role of the specific genetic variant in her research is poorly understood in liver injury, and so Hillman's lab and its mice will be the first to see if there is in fact a correlation between the variant and manipulating liver injury.

Asparaginase is the treatment commonly used for acute lymphoblastic leukemia in children, but is generally avoided in adults due to its impairment of liver function.

"We believe that a small change in the genetic code is the reason for chemo's ineffectiveness in adults. We know they're related, but we don't know how," Leszczynski said.

Leszczynski began her research career at Duquesne by joining labs in the School of Science and Engineering. While she learned a lot from her experience in their labs, she found her interests outside of Duquesne's current research projects.

At Duquesne, Leszczynski worked in Brady Porter's lab investigating the potential impact of

nurdle ingestion by fish in the Ohio River. Porter noted that students learn many general skills and procedures in biology capstone classes that are transferable to labs outside of Duquesne.

"These are five credit lab-based courses that teach theoretical knowledge and laboratory technical skills across multiple biological disciplines," Porter said. "In addition, BIOL 398/399 is Undergraduate Research in Biology where students conduct novel research under the direction of a faculty member and alongside fellow undergraduate and graduate students."

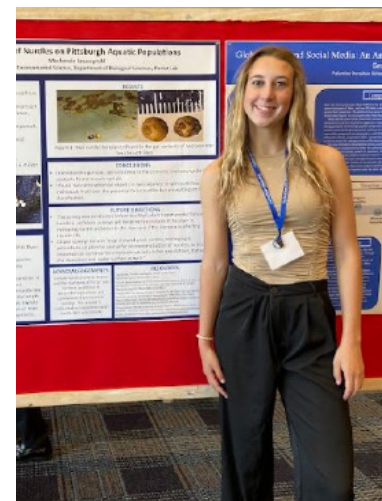
In addition to encouraging and requiring research among their students, Duquesne also offers opportunities for students to share their research. Kristin Klucsevsek, faculty advisor to the *D.U. Quark*, Duquesne's scientific journal, shared the importance of publishing student research.

"Students do amazing work, and we should celebrate them," she said. "Our student researchers spend hours in the lab every week, immersed in an authentic scientific process. And while doing the research is a crucial step in the scientific process, so is communicating the results. Scientific knowledge is meant to be shared."

Once completed and published, Leszczynski's work could have an impact on the pharmaceutical side of cancer treatment.

Hillman hosts many investigations across research topics whose results will impact a variety of industries. Across their programs, the Hillman Cancer Center has 300 scientists working on clinical trials related to cancer biology and treatment. The majority of Hillman's research takes place at their state-of-the-art Cancer Center adjacent to UPMC Shadyside Hospital which opened in Pittsburgh over 20 years ago.

Different from her research experience at Duquesne, Leszczynski said one of her favorite parts about



COURTESY OF MACKENZIE LESZCZYNSKI  
Mackenzie Leszczynski's work is paving the way in cancer research discoveries one mouse at a time.

her project was working with mice.

"I have never had experience working with mice so everything I've learned has been taught to me by my lab mates. Mouse handling was a hard process to learn but has been very rewarding," Leszczynski said.

She said the hardest part has not been working with the mice, but in fact getting the live specimens shipped to Pittsburgh. But thanks to her support team, she has been successful in toppling both barriers to her lab's research.

Leszczynski, her team at UPMC and her furry subjects are paving the way in biological research, expanding the scope of research opportunities off the bluff.

"With my project with Hillman, all of the responsibility for the project is on me. I have an outstanding support system in my mentor and fellow lab members, but I take sole responsibility for all pieces of the project," Leszczynski said. "I receive priceless help from other lab members, but it's been new to have complete control over experimental design and other aspects of this project."



COURTESY OF MACKENZIE LESZCZYNSKI

Mackenzie Leszczynski's cancer research at UPMC Hillman Cancer Center makes her a part of the first lab to make the connection between the PNPLA3 I148M genetic variant and adverse drug reactions.



# Moloney impacted Dukes with years of service

He provided on-ice instruction as long as he could, and then shifted into helping his goalies examine film. In his final months, when he was sharing a nursing facility with his mother, Moloney would coach his players over the phone.

“He was one of the most positive people I’ve ever met,” Halyama said. “He always found the good in me, in others, in himself.”

For players like Doman, they remember how Moloney continued to keep in touch after they graduated from the team.

After graduating, though, the conversations were never so much about hockey, Doman said.

“It just was, ‘How’s life? How are you?’ He genuinely cares about everybody as a person,” he said.

Post-Duquesne, Doman joined a professional hockey league in Spain. Leading up to his decision, Doman said Moloney was his biggest supporter.

“He was the only person that I would talk to that would say, ‘No, like, you’re gonna play pro hockey. it’s not a might,’” Doman said. “He was a bit of a dreamer and a believer. He was someone with just an immense mind and talent.”

“There’s a lot of love and kindness and just inspiration that doesn’t exist anymore without him,” Doman said. “That doesn’t mean we can’t carry on ... his positive outlook on life.”

Now that Moloney is gone, those who knew him are left in awe of the man he was, especially in his later years.

“The one thing that always surprised me is just how much he loved being a part of the program,” Waite said. “Given where else he goes and everything else that he had done, he chose to spend his last few years with us,” Waite said.

The team will be honoring Moloney before their game at the Alpha Ice Complete against IUP. After Duquesne’s first goal, fans are encouraged to toss a teddy bear onto the ice, which will be donated in Moloney’s memory. Separately, the team, coaches and alumni will hold celebratory gathering.

No one could sum up Moloney’s memory better than Doman: “There’s a lot of people that want to throw around like ‘legend’ or ‘goat’ ... Coach shone through.”

“He was one of one.”

# Gym plans to bring fitness for the misfits, featuring morbid design

EMBER DUKE  
staff writer

A mural of green ghoulish creatures with yellow eyes climbs the side of a building on Warrington Avenue in Allentown. Above these monsters are the words: Death Come Lifting Crypt.

Inside, the black walls decorated with original art and classic horror movie posters loom over a slew of lifting equipment. From squat racks, to kettlebells shaped like monster faces and movable equipment for “Black Sabbath Sunday” yoga classes, the gym is designed to have something for everyone.

Opening on Feb. 4, Death Comes Lifting gym intends to encourage community through creativity, fitness and inclusivity.

Founder Zak Bellante believes the company is an art form and has always appreciated creativity that feels authentic. Feeling overlooked by traditional gym culture, Bellante created the brand as an outlet to combine the art, horror movies, metal music and, of course, fitness – which he loves.

“I am a heavy metal weirdo before all that ... My upbringing, my roots, I was always a weird kid. I still am a weird kid,” Bellante said. “Working in gyms and just coming up as a personal trainer, I quickly realized there was no place for me, or no place that I felt super comfortable like I could be myself.”

Bellante noticed unhealthy lifestyles in the artistic communities he loved and unhealthy patterns in his own approach to fitness. So, he decided to do something about it. Bellante began

the brand by creating t-shirts with gothic graphics. He then expanded his idea into the inclusive fitness gym.

“A good community around you, unfortunately is not very common these days. A lot of people don’t even have that in their own friends and family and if we can provide that in a safe place in a gym setting or a yoga studio setting, my work here is done,” he said.

Despite their dark visual appeal, he hopes anyone wishing to be healthier feels comfortable in the space.

“I would like all walks of life to come into the gym, I want it to be a safe place for everyone ... It’s a safe judgment-free place,” he said.

Until now, the bulk of the brand’s interaction has been through streaming content and subscriptions to its “Lifting Dead



BRENTARO YAMANE | MULTIMEDIA EDITOR

Trainers John Simmons (left) and Jeremy Chambers (right) in front of an original Death Comes Lifting poster design by the gym’s owner Zak Bellante.

and writing that cover all principles of the brand’s image from fitness to horror movies.

Over the past several years, Bellante has inte-

to know people with shared interests has already given Death Comes Lifting some local recognition.

“I am excited to be a positive force in a community

to be into powerlifting necessarily, but if you are, then we have you covered,” Simmons said. “Nobody is ever going to judge you for how you look, or dress, or the music you listen to. Definitely just wanted to make a spot where everyone feels welcome and the folks that might not feel welcome or a little intimidated elsewhere.”

Trainer and athlete, Jeremy Chambers, said providing expert knowledge and an intimate space will make fitness less overwhelming for guests.

“I think even broadly when you think about the way that Zak has gone about building this brand as well a lot of it comes from that punk DIY ethos ... build your community and foster that group of people that are able to support one another and build that kind of synchronicity with one another,” Chambers said.

Music is one way the brand expresses this individuality. In its lounge area is a record player hooked up to the speaker system atop a big purple shelf of vinyl. Guests and staff are welcome to choose the playlist for their workout.

Carving space for people to be uniquely themselves while embracing mental, physical and spiritual health is at the heart of Death Comes Lifting, Bellante said. After visiting gyms across the world he said he feels confident, his is unique because of the broadness of the community they designed the gym to serve.

“We’re very blessed, the kind freaks of Pittsburgh have taken a nice liking to us, and we have lots of great local support,” Bellante said.



BRENTARO YAMANE | MULTIMEDIA EDITOR

Death Comes Lifting, the newest inclusive edition to the Pittsburgh gym scene, sells matching morbid merch for the dark at heart. They will be open for business Feb. 4.

Army” on Patreon, which will still be available when the gym opens. The brand also has a large media library of podcasts

grated his brand into the community which he is now taking residence in. Teaching yoga classes at local coffee shops and getting

that I objectively feel like needs a little more health and wellness,” he said.

In the back of the gym a broken skateboard which reads “Deadlift Dungeon” hangs above the basement door. The basement deadlift room is an homage to some of the trainers, whose lifting roots rested in their garages. It also serves as a solution to soundproofing.

Trainer and record-holding powerlifter, John Simmons, aka “Franken Jahn,” feels that what sets them apart from conventional gyms is their commitment to removing any fear or intimidation that stops people from being consistent with working out. The gym will offer personal training, group classes, yoga classes and regular memberships.

“There’s something for everyone so you don’t have



BRENTARO YAMANE | MULTIMEDIA EDITOR

The lounge area in the gym, where guests are encouraged to choose music and cool down from their workouts. The gym intends to have coffee available here as well.



# Men gut out first A-10 win, 54-50

MATTHEW THEODROS  
staff writer

Last week, Keith Dambrot opened his press conference with expletive-ridden rants. This week, it started with his new, well-fitting pants.

Duquesne’s head coach says it was the first time this season he didn’t wear a pair of plain khakis, instead opting for some darker threads. He joked that

*“Well, I guess we’re not dead yet.”*

*-Keith Dambrot*

his fashion choice was responsible for the team’s breaking their five-game losing streak with a gritty 54-50 win over St. Bonaventure. Then, he took a lap around his table to show them off to the media.

Duquesne led 22-15 after an ugly first half that Dambrot compared to “mud wrestling”.

It was the fewest points Duquesne has ever given up in a half under Dambrot, and 3 shy of the fewest they’ve scored.

Duquesne took its biggest lead of the contest with exactly five minutes remaining following a 3 from freshman guard Jake DiMichele to put the Dukes up 49-33.

The Bonnies went on a 9-0 run fueled by sloppy turnovers and wasted possessions to cut the lead to 49-42. With under a minute remaining and the Dukes having a 50-47 lead, the home team was in dire need of a stop with their offense stagnating and Bonaventure carrying all the momentum.

The game came down to a huge defensive stop from senior guard Jimmy Clark III, stealing the ball with 40 seconds remaining.

Clark and freshman forward Jakub Necas iced the game with four free throws in the final seconds to give Duquesne a much-needed win.

“It was a shame how the game ended,” Duquesne head coach Keith Dambrot said. “We played really good defensively for 95% of the game. We just had the jitters, the yips a little bit in the last four minutes. But we survived and advanced.”

A key aspect of the Dukes defensive efforts was how the team disrupted the Bonnies post play and contained their leading scorer Chad Venning. Venning, a 14 ppg scorer, was held to a season-low six points on 2-of-7 shooting.

While the defense proved to be pivotal, the offense struggled as it has in their previous contests. The Dukes finished the match shooting an underwhelming 30.6% from the field and 56.7% from the free throw line.

“If you look on KenPom, we’re the worst offensive team in the league. The numbers don’t lie,” Dambrot said. “I don’t think we ARE that bad, but we’ve BEEN that bad.”

Top scorer Dae Dae Grant missed his third game in concussion protocol. In his absence, Duquesne has struggled to put up points, but found unique ways to create shots up and down the lineup on Tuesday. Nobody reached double figures, but nine different players scored.

It marks the first time Duquesne failed to have a player reach double figures in scoring

since Jan. 28, 2015, at Richmond.

Of all of the players, DiMichele took the starting guard spot and had an immense presence on the floor Tuesday night. Ending the contest with two blocks and three steals, those impressive stats do not reflect his efforts contesting long rebounds and as an off-ball defender.



AVA RIEGER | STAFF PHOTOGRAPHER  
Jimmy Clarke III has filled the void in Dae Dae Grant’s absence.

The game was defined by its high-level plays which gave energy to the home team. One of which occurred at the 15:34 minute mark when David Dixon stole the ball on a fast break and Dambrot called a timeout which caused the crowd and players to erupt.

“That was it, that was the moment,” Rozier said. “I am so proud of Dave man. He has come so far. I was so happy because I feel like that changed the game

in terms of just energy and grit and being physical and tough.”

Coming off the bench, Matúš Hronský gave the Dukes a needed boost. His versatile play and ability to guard multiple positions allowed Dambrot to use different lineups. He finished the contest with 6 points, four rebounds, and a team-high four assists.

“He’s a talented guy,” Dambrot said. “He’s 6-foot-8, can handle the ball, he can pass it, he knows how to play. He went through some things, but he’s rallied himself. He’s a good player.”

The five-game losing streak heading into Tuesday was obviously at the center of conversation regarding this Duquesne basketball team. Heartbreaking losses in the last 30 seconds against Richmond and Saint Joseph’s had the Dukes reeling. When they finally closed out a win, the collective sigh of relief could have toppled an oak tree.

Dambrot said as much.

“Well, I guess we’re not dead yet,” he said matter-of-factly.

The team remained resilient regardless of these recent losses and any noise dismissing them. Following the loss against Dayton, following the game Rozier set out to prove that the naysayers’ opinions do not matter and that the true praise goes to the fans.

“Those people that were here today: I’m thankful for you all,” Rozier said. “We ain’t going away. We are still here. We jumpstart it now. We own the road to greatness. That’s all we need, just to get one.”

The Dukes return home on Saturday to face Fordham at 12:30 p.m. at Cooper Fieldhouse.

## Pirates make a splash in free agent market

The Pittsburgh Pirates signed flame-throwing reliever Aroldis Chapman to a one-year contract worth \$10.5 million. The left-hander sported a 3.70 earned run average and a 15.9 K/9 in 2023 playing for the Kansas City Royals and Texas Rangers. He won his second World Series ring with the Rangers, giving up two runs in eight innings of work during the playoffs. He is expected to stabilize the Pirate bullpen and become a setup man in the later innings before handing the ball to star closer David Bednar in the ninth.

Pirate fans should be familiar with Chapman, as he spent six seasons with rival Cincinnati and was a key deadline acquisition for the 2016 World Series champions in Chicago. He sports a 0.92 ERA across 49 games in his career pitching against Pittsburgh, so fans will be happy to have him in the black and gold for once.

Chapman primarily throws a fastball, slider and sinker, and he will also occasionally work in a splitter. He is perhaps best known for holding the MLB record for fastest pitch in recorded history, throwing a 105.1 mile-per-hour fastball in 2011 and 2016. Even as a soon-to-be 36-year-old, Chapman still has elite velocity, touching 103 mph last season. However, the sinker is now his best pitch, with opponents hitting a paltry .097 against it in the 2023 season. In addition, Chapman is still one of the best in baseball at striking guys out, finishing in the 100th percentile for both strikeout percentage and whiff percentage.

With Chapman, the Pirates will feature one of the best bullpens they have had in the 21st century. Chapman, Bednar, Colin Holderman, Dauri Moreta, Ryan Borucki, and Carmen Mlodzinski all had ERAs below 4.00 in 2023, so the relief pitching appears to be the strength of the 2024 roster at this point in time. With the rotation lacking in established starting options, it seems the bullpen will be relied upon heavily for a Pittsburgh team hoping to play its way into wild card contention in 2024.

-Aidan Weiss, staff writer

### A-10 MBB Standings

Rank	Team (AP National Poll)	A-10	Overall	NET (national ranking)
1.	Dayton (16)	6-0	16-2	14
2.	Richmond	6-0	14-5	78
3.	Loyola Chicago	5-2	13-7	120
4.	VCU	4-2	12-7	91
5.	George Washington	3-3	14-5	142
6.	George Mason	3-3	14-5	83
7.	Saint Joseph's	3-3	13-6	76
8.	Fordham	3-3	9-10	193
9.	Rhode Island	3-3	9-10	200
10.	UMass	3-4	12-7	88
11.	Davidson	2-4	12-7	131
12.	St. Bonaventure	2-4	11-7	81
13.	Duquesne	1-5	10-8	94
14.	La Salle	1-5	10-9	217
15.	Saint Louis	1-5	8-11	215

### A-10 WBB Standings

Rank	Team	A-10	Overall	NET
1.	Saint Joseph's	7-1	18-2	59
2.	Richmond	7-1	17-4	47
3.	VCU	6-1	17-2	75
4.	George Mason	6-1	15-3	50
5.	Duquesne	6-2	11-8	155
6.	Rhode Island	5-3	13-8	80
7.	Loyola Chicago	5-3	11-8	189
8.	Davidson	4-4	14-5	72
9.	Saint Louis	3-4	8-12	176
10.	La Salle	3-5	6-13	271
11.	Dayton	2-6	8-11	239
12.	George Washington	1-6	8-11	196
13.	Fordham	1-7	6-13	213
14.	St. Bonaventure	1-7	4-15	282
15.	UMass	1-7	3-17	289



# Women stun 1st place Richmond, 72-57

**SEAN MCKEAN**  
staff writer

A big second quarter helped Duquesne shock Atlantic-10 Conference leader Richmond at Cooper Fieldhouse, with a 72-59 victory. It was the Spiders' first conference loss of the season, and drops them to 17-4.

There was very little separating the Dukes and Spiders in the first quarter. Up until the media timeout, it was the defense

that allowed Richmond to eke ahead while scores remained few and far between. As the quarter rolled on, Grace Townsend's and Katie Hill's efforts slowly tallied up points for the Spiders. However, Jerni Kiaku went five-for-five in free throws and had a pair of fast-break points to give Duquesne a 15-13 lead at the end of the first quarter.

The second quarter was when Duquesne pulled away. Outscoring Richmond 21-10 highlighted by three basket-and-fouls, one

from Kiaku and two Anna Townsend. The Dukes also had other assets for points, with Lauren Wasylson tallying five points and Megan McConnell tallying seven. The efforts from Siobahn Ryan, however, kept the Spiders within range of Duquesne, ending the first half 36-23.

Not only was Kiaku perfect from the free throw line, she muscled up several and-one baskets. When she was asked about it, Kiaku was interrupted by teammate Amaya Hamilton.

"Jerni's been hitting the gym, and you could tell."

Then, Kiaku said, "It's something I've been working on, just not letting a miss affect the next free throw. So just keeping myself focused."

Coming out of the locker room from half-time, the Dukes were led by Megan McConnell and Anna Townsend, with McConnell sinking consecutive 3-pointers and Townsend showing strength in the paint. They weren't only strong offensively, as a steal from Nae Bernard led to a layup and free throw.

The final quarter saw the Spiders attempt a comeback. In points, they were led by Ryan and Grace Townsend. However, once Ryan fouled out of the game, it was all Duquesne, taking an upset victory 72-59 at the final buzzer.

The victory was Duquesne Head Coach Dan Burt's 100th conference win. When asked about what this milestone meant to him, he put it bluntly while also choking up.

"That's a nice milestone. I'm proud of it. There might be eight more people out of the hundreds that have coached, and it's a huge honor," he said. "That didn't happen because of just me, that happened because of the coaching staff and – most importantly – the players that have played here and have been absolutely committed to our program."

Amongst the headlines of beating the Spiders and the multiple 3-point plays, Hamilton quietly had one of the best games of her career, achieving 16 points on the night.

"I play every game like it's my last – because any game could be my last," she said. "I'm grateful to be healthy, but my teammates, the support from them and the coaching staff with my schedule for school have been so helpful."

Ahead of their matchup against Loyola Chicago on Sunday, Jan. 28, Burt did not mince words regarding what to expect.

"We've found some consistency with our combinations, and that's led to great success," he said. "People still don't believe in us, and that's fine. I guess we'll have to show them."



BRENTARO YAMANE | MULTIMEDIA EDITOR

Sophomore Jerni Kiaku drives for a right-handed layup against Richmond on Tuesday night.

# Dukes' Kareem Rozier was born to lead

**SPENCER THOMAS**  
sports editor

Sounds of Duquesne basketball echo off the padded walls of the practice gym. Shoes squeak on hardwood and harmonize with the whistles and bouncing balls. One voice cuts through it all. Kareem Rozier.

He bounces around jovially, directing on the court and celebrating every made shot and foul drawn like it's the last game of the season.

If you didn't see it with your own eyes, you wouldn't believe he is the smallest and one of the youngest players on the team.

Teammate Tre Williams remembers the first time he met Rozier. He was one of the few returning players from an underwhelming 2021-22 Duquesne basketball team that desperately needed a culture revival.

In walked the teenage freshman, whose voice stands miles taller than his 5-foot 9-inch frame. He showed up with a loud mouth intent on piloting the program's renaissance.

Williams knew he had a born leader from day one.

"It's crazy. I'd never seen nothing like it before. He's 18-years-old coming in here speaking to us like he's a grown man," Williams said. "And we're minding and listening to him!"

Head Coach Keith Dambrot said that Rozier is the greatest leader he's ever had. That's high praise from a man with over three decades of coaching experience who almost exclusively employs many of his former players as assistants.

Any fan who has been to a game at Cooper Fieldhouse over the last two seasons immediately knows what Dambrot is talking about. Rozier is the loudest and most engaging player on the court. He's the first to hype up

the crowd, pick up a teammate or rile up the bench.

Rozier had these tendencies long before he set foot in Pittsburgh.

"It's just how I've been raised. From my dad and mom since I was a youngin," Rozier said. "To always be a leader. Make people follow you the right way."

Both Dambrot and Rozier say they clicked immediately during the recruiting process. Rozier wanted a program that embraced his personality and gave him the freedom to take the reigns, Dambrot wanted to let him.

"That's why we took him. A lot of people shied away because of his size," Dambrot said. "It's not the size of the man, it's the other parts. The big brain, the big heart."

He cited his close friend and former assistant, Marquette Head Coach Shaka Smart. "If you see a leader and they're close to being a good enough player, you better take them, because there aren't many anymore."

Rozier waltzed into the captaincy, and his imprint on the program grows every day. Before each game, the team huddles in the tunnel, heads tilted downward toward their leader.

"WHO GOT MY BACK?" Rozier screams.

The team responds. "I GOT YOUR BACK!"

This continues, and each repetition is louder until it reaches a crescendo, and the entire arena can hear it. The team breaks the huddle and sprints onto the court. This was all Rozier's idea.

"[Coach] has allowed me to show my gifts and lead this team since I was 17," Rozier said. "It's real. That's who I am. That's why I enjoy bringing it every day."

After the disaster that was 2021, nearly everyone left the team. They desperately needed

talent and a voice to lead it. Rozier stepped in when they were at their lowest.

"I'm the kind of kid that I want to go in and change something. All the teams that win, everybody wants to go there. Don't nobody want to be a part of a team that's down in the gutter," he said. "Then you see what happened last year. We win 20 games, and now we're on the road to winning much bigger things. Then everyone's going to want to come here. I'm just all about changing programs into winning programs."

Before every practice, Dambrot sits down for a meeting with Rozier, where they calculate a plan to "attack the day".

They talk about how to get through to his teammates, their different perspectives conspiring to maximize potential.

Then, they meet after practice. Dambrot says Rozier helps build culture through accountability.

"You can't win if you don't have a good culture," Dambrot said. "He just comes every day and isn't afraid to tell the guys the truth. And then whenever we have lulls or dips, he gets on them."

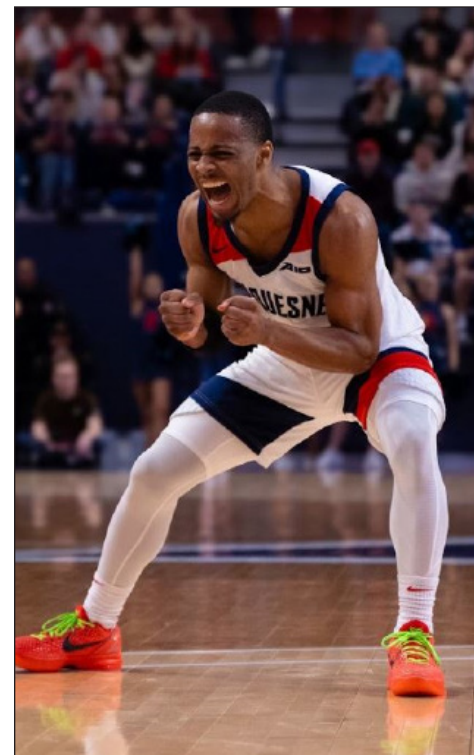
Rozier's ability as a player is catching up too. After coming off the bench his freshman year, Rozier has started every game this season, nearly doubling his scoring average. He strives to improve as a passer that can better compliment the shooters with whom he shares the backcourt.

Being a leader isn't all powerful and glamorous moments. It also means stepping up in the ugly ones. There's been a lot of those lately. On a five-game losing streak, Rozier was waist-deep in the program's lowest moment since he came. When the team wins, stars like Dae Dae Grant and Jimmy Clark III are made available

to the media. After every loss, it's Rozier, the mouthpiece for the team in its most difficult moments.

He knows his gift better than anyone and sees it as a role that he must fulfill. After last week's heartbreaking loss to Richmond, Rozier talked about how the team's makeup can help them get right, on and off the court.

"We've got a lot of older guys," he said. "And we have me."



MARY GENRICH | STAFF PHOTOGRAPHER

Animated reactions like these are as much a part of sophomore guard Kareem Rozier's game as any tangible talent he possesses.



Connecting the world one stitch at a time

KAITLYN HUGHES  
staff writer

“There are so many different levels on which to connect with the work — be it technically through the embroidery stitches and dress construction or the bringing together of so many different cultures and identities — but I feel the most powerful is the feeling of the voices and stories of the women involved,” read Kirstie Macleod’s words on the wall of the Frick Art Museum, alongside her traveling exhibit, ‘The Red Dress.’

As war, poverty and abuse contaminate our world, Macleod has created an outlet for women suffering hardships through her artistic and collaborative project.

This expressive enterprise has been on display at the Frick Art Museum since Oct. 7., and it will be open to visitors until Jan. 28.

The museum will host ‘The Red Dress Musical Celebration’ on its last day, which will include performances by musical groups Abbots Cross, Geña y Peña and Sanskruti.

The dress was a 14-year collaboration of 380 embroiderers from 51 countries and the project continues to support all 140 commissioned artisans by granting them a portion of the revenue generated by exhibition fees. More than one-third of contributors were refugees or members of poverty stricken families.

Macleod’s goal for the dress was to embody the identity of each individ-

ual embroiderer as they created their own unique design, reflecting their personal experiences and hardships.

Initially the project’s goal was just to bring people together, but as time went on the artist discovered the dress’ true significance: an expression of diverse cultures and identity, uniting individuals from around the world, a creative space for women’s voices to be magnified and apprehended and an observance of the universal language of embroidery due to its underappreciation.

“After the commissions had begun, and the dress began to form it became more and more obvious to me that the dress had the potential to be a platform to amplify vulnerable individual’s voices,” Macleod told Frick Art Museum. “Stories were being listened to [and] it was being noticed; therefore, it was a very good vehicle to try and help amplify those who were struggling to be heard.”

The message behind the dress was inspired by her experiences living abroad during her childhood. Originally born in Venezuela, Macleod moved to a different country every three years.

“We were very exposed to so many different cultures and ways of doing things — different languages, different customs, different foods, different colors, different textiles,” said Macleod. “It certainly did ignite in me this ongoing desire to keep on connecting and reaching out to different communities and cultures.”



DELANEY KRAUS | STAFF PHOTOGRAPHER

The concept of ‘The Red Dress’ was originally developed on a napkin in 2009 by artist Kirstie Macleod.

The embroidery aspect of the project was influenced by Macleod’s personal experience with textiles.

Her grandmother was an experienced knitter and her mother made clothes for her and her sisters.

She was taught to embroider by an Indian teacher while living in Nigeria, which elevated her appreciation of the craft.

The message of the dress had a tremendous impact on many attendees, including Mary Sentesi.

“As I’ve been looking at this, I just thought of the women in the other countries that have faced adversity,” Sentesi said. “To be able to sit down and still use their creative instincts to pull this dress together, it really does show that we have this instinct of survival within us all.”

Respect for embroidery brought in many spectators at the Frick Art Museum; museumgoer Meg Hannan came to the exhibit because she enjoys sewing and creating quilts.

“It makes me feel like there is lots of good around the world because right now there is not so much,” Hannan said. “It’s bringing women together who don’t live the same lives as we do.”

To keep the underlying theme of the dress alive, Macleod encouraged each venue that hosts the Red Dress to create its own interpretation, called the Calico Dress, to gather the community together to collaborate in celebrating unity, diversity and self-expression.

Calico Dress No. 3 was worked on by 150 artists within three months.

Among the contributors were the Fiberarts Guild, Sibyls Shrine, Women of Visions, the Three Rivers Chapter of the Embroidery Guild of America, the Pittsburgh Lace Group, Frick summer campers, POWER, Studio Forget-Me-Not and refugee and immigrant support groups sponsored by Jewish Family and Community Services.

To keep the essence of connecting individuals, each artist was encouraged to incorporate designs that embodied their personal story and cultural identity.

Two artists from Sibyls Shrine, an art collective and residency program dedicated to supporting Black artists, incorporated art that represents members of their culture who were unable to express their own identity and the power they will use to overcome oppressing forces.

The Frick Art Museum also encouraged attendees to make contributions to the Calico Dress by drawing their own designs.

Pittsburgh resident Kathleen Moncure explained how the Calico Dress is a prime example of the Pittsburgh identity.

“We’re [Moncure and her husband] looking at the Calico Dress, and I’m thinking that this is a city where people’s stories are honored and people tell their stories in so many different ways,” she said. “It’s a storytelling city.”



DELANEY KRAUS | STAFF PHOTOGRAPHER

‘Calico Dress No. 3’ was created by local crafters and artisans, many which represent under represented voices and demographics. Visitors of Frick Art Museum were invited to add their own designs. (Left corner)

CAMPUS  
EVENTS

Aux Wars  
Jan. 25 @ 6:30 p.m.

Join the Black Student Union as they head to Carlow to battle for control of the aux! Contact via CampusLink to organize transportation.

Lantern Painting  
Jan. 25 @ 9 p.m.

Join the Asian Student Association in the NiteSpot for “Adopt a Night” to paint a lantern that you can keep!

DPC DUNite: Game Night  
Jan. 26 @ 9 p.m.

Head to the Nitespot for a fun night filled with several types of board and card games! Snacks and refreshments will be provided!

Student Union Carnival  
Jan. 29 @ 11 a.m.

Stop by the Student Union 2nd and 3rd floors for games, giveaways and free snacks!

EMILY'S  
EPIPHANIES

Stay in Your Lane

“Everything that is meant for you will find you. From people. To moments. To things. If it is for you, it will come. And when it does, be there.”

~ R.M. Drake

Everyone travels at a different pace. Your path, progress and success do not need to match your neighbor, your best friend or your mortal nemesis.

Your journey will look different, and that is okay. You don’t need to drive yourself mad trying to keep up with everyone else.

It isn’t worth the stress and burnout that will inevitably find you.

Instead, take your time and focus on your capabilities, your growth and your journey. In time, you will be able to enjoy the fruits of your labors in a way that no one else will be able to experience.

Be you so that you may be present.

— Emily Fritz

**Aquarius** ♒

Romeo, Romeo.  
Wherefore art thou been, loca?

**Gemini** ♊

I was doing some boy math so  
now it's double free.

**Libra** ♎

Bad kitties go in the panini press.

**Pisces** ♓

That's how I get banned from our  
local Sam's Club.

**Cancer** ♋

Are you seeing other bros?  
It's not what it looks like, bro!  
Bro...

**Scorpio** ♏

That is such a good soggy potato.

**Aries** ♈

Is sad.  
Eats chip.

**Leo** ♌

The first thing I had to eat today  
was the body and blood of Christ.

**Sagittarius** ♐

What you want is not elligible for  
Prime 2-Day shipping. Sorry.

**Taurus** ♉

YOU HAVE TO COOK THE  
DONUTS.

**Virgo** ♍

This sad little baby is a naughty  
swine.

**Capricorn** ♑

Human bowl of oatmeal.



# 'Totally Rad': Vintage & nostalgia return to Pittsburgh

HANNAH PETERS  
staff writer

New to Pittsburgh but old in style, the threads and trends of decades past made a comeback on Saturday for Pittsburgh's first ever Totally Rad Vintage Fest. For one day only, a collection of vintage vendors compiled their old clothes and memorabilia for a one-of-a-kind shopping experience.

Held at the Monroeville Convention Center, visitors were greeted by a towering neon inflatable archway displaying the words "TOTALLY RAD," warning of the experience that awaited them.

Coming in all shapes, sizes and styles, a winding maze of 84 vendors filled the space and while the majority of booths focused on clothing, there was a sizable collection of vintage homegoods, video games, records and toys.

"We aim to have vendors that carry a little bit of something for everyone! Vendors focus their inventory on the 80s, 90s and Y2K eras, but may also have some pieces from earlier decades," read the festival website.

One vendor who embodied this spirit was Thriftsburgh, a Pittsburgh seller who specializes in vintage homegoods and miscellaneous trinkets from the '80s to the 2000s. Drawing inspiration from

their personal lives, owners Dan and Jen Greenwald collect and sell items that they remembered growing up with as a way to share it with others.

"We go out and look for the stuff that we would want for ourselves, and it just so happens that everyone else likes it so it just kinda works out," Dan said. "We love being a

Rewind Museum' allowed visitors to explore more relics from the past, and at the 'ExtraterRESTrial Chill Zone,' shoppers could find comfy chairs and a charging station. These attractions have become a routine part of the Totally Rad Vintage Fest, which recently evolved into a traveling festival.

Founded in 2020, the festival



BRENTARO YAMANE | MULTIMEDIA EDITOR  
Owners of Thriftsburgh, Jen Greenwald (left) and Dan Greenwald (right), practice vintage collecting and resale to satisfy their craving for nostalgia and community.

part of someone else's nostalgia."

In addition to the many vendors, the convention center was outfitted with 12 unique photo-op locations, a vintage arcade, a live vinyl DJ, concessions, the 'Rad Rewind Museum' and an 'ExtraterRESTrial Chill Zone.'

Like the name implies, the 'Rad

started as a parking lot pop-up in Minneapolis called the 'Twin Cities Vintage Flea.' Their first tour launched two years later and has grown to become a 17-city touring sensation, bringing in over 10,000 people to their most attended event.

They are proud of their small

roots and make a point to foster a welcoming and friendly space. According to their Instagram, "There are no corporate sponsors, capital investors or production companies pulling strings behind the scenes. We live and breathe vintage and take our responsibility to our community seriously."

"It sounds corny, but we are very much built by the vintage community for the vintage community," said co-founder and owner of the show, Sarah Emerson. "We really work very hard to make sure we can keep our costs down for both attendees and vendors while still delivering a premium experience for both."

"We created this tour not only to help people and small businesses across the country, but we really wanted to bring sustainable vintage fashion and goods to the forefront of culture on a nationwide scale. It's our driving force that keeps us moving forward."

This same sentiment was reflected by vintage seller Steve Perry, a former Duquesne student and professor, who sells vintage cards from pop culture collections like Pokémon, One Piece, Garbage Pail and sports for his business, Perry's Cards.

"It's definitely an interesting slice of life," Perry said. "Every show is different, like this one is more fash-

ion oriented so it's a cool collage of people. It's been neat being able to interact with folks."

Vintage looks extended beyond the mannequins as countless fashion-forward visitors sported their own wears, including one pair of seasoned vintage shoppers, Bryan Snow and Lexy Lyle, who were wearing pieces dated back to the 1950s.

"We love the uniqueness of everything," Lyle said. "Just wearing something that someone's grandma wore really gets us."

Claiming to have been to every clothing event, trunk sale and thrift store in a three-hour radius, Snow explained that as vintage pros, this event stood out to them as being particularly uplifting. Despite the event being packed full with curious Pittsburghers and vintage enthusiasts, the aura of the crowd remained friendly and upbeat.

In total, over 6,000 people attended Saturday's event. A testament to the hard work of the team behind Totally Rad Vintage Fest, Lyle put to words the feeling Emerson and her colleagues hoped visitors would receive when walking down the aisles filled with second-hand treasures.

"It's the whole 'I used to have this' of it all," Lyle said. "It brings people back, it's the nostalgia — it's fun, it's homey, it's comforting. It's like a bowl of hot soup."

## Rosa Parks joins 21st century in New Hazlett Theatre

NICK FERNBAUGH  
staff writer

"You must never be fearful about what you are doing when it is right."

Those words come from Rosa Parks who on Dec. 1, 1955, refused to give up her seat on the bus and changed history for the Civil Rights Movement forever.

Today, Prime Stage Theatre is honoring the impact of this momentous event by bringing it to life through theater, song and dance with a play titled "Rosa Parks and the Montgomery Bus Boycott," running from Jan. 19 to 28 at the New Hazlett Theater on Fridays, Saturdays and Sundays.

The theater aimed to give an interpretive deep dive into the historical importance of the event, providing kids the opportunity to learn the relevance of the event from then to now, according to the production's artistic director Wayne Brinda.

"And that's pretty much what Rosa Parks does ... It's educating and it's entertaining as they're discovering, you know, things that maybe they never knew of," Brinda said.

The play takes the audience through an hour-long experience of Rosa Parks during the beginning of

the Montgomery Bus boycott and her ongoing role as a civil rights activist. Her participation paved the way for a young Martin Luther King Jr. to demand legislative changes to create equality for people of color during a time of segregation and claimed "separate but equal" conditions and privileges.

As an interactive experience, the cast made audience participation a pivotal element by having viewers clap, sing and pass out printed out flyers for the boycott. The audience involvement was part of the production's goal of making the show exciting and accessible for all ages.

"Everybody can understand it," said director Linda Haston. "It doesn't talk down to people, it talks to them. It speaks to them. And the conversation still goes on, even today."

In order to increase the impact of the Rosa Parks conversation in Pittsburgh, Prime Stage Theatre partnered with the Children's Museum of Pittsburgh to present real tools, objects and materials used in the making of their theatrical production, according to their news release.

"Come here [and] learn something while you're watching the show," actor Nick Page said. "Then you're going to want to go home

and get on the computer, pick up a book or learn even more."

"Rosa Parks and the Montgomery Bus Boycott" came to Pittsburgh between MLK Day on Jan. 15 and the beginning of Black History Month Feb. 1, to signify the importance of Black history during intercessions of celebration and year-round.

"It's a major thing so that we don't forget where we came from and what we're trying to do," said audience member Tyrone Wright.

The artists involved in the theater's production aim to spread social commentary by showing off the importance of the words stated by Civil Rights leaders.

"They need to go back to the words of Rosa Parks," Brinda said. "They need to go back to the words of Martin Luther King Jr. and what his ideals were. And I think that is so important right now, that we hear these again, and so important right now that we know and learn what really was happening with the Civil Rights Movement and how far things have come."

The importance of education through artistic expression is exemplified through the show's set design, costumes and choice of background music.

The stage used a minimalist

and contemporary design, allowing one small stage at eye level to take on many settings while the costuming highlighted the 1950s with trench coats, sundresses and long pants.

Before entering the theater, visitors were greeted by a lobby full of artifacts, giving them a crash course in the Civil Rights Movement.

"I think it's great to still edu-

cate," said audience member Jazya Huggins, "especially for the new generation of kids. I think art like this helps bring people together."

Tickets for upcoming shows can be purchased online, starting at \$14 for student patrons. For more information about the play and how to attend, visit <https://prime-stage.com/events/rosa-parks/> or call 412-608-2262.



PHOTO BY LAURA SLOVESKO | COURTESY OF PRIME STAGE THEATRE  
Chelsea Davis plays Rosa Parks in the Prime Stage Theatre production of Rose Parks and the Montgomery Bus Boycott.



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"If you read a lot of books you  
are considered well read. But  
if you watch a lot of TV, you're  
not considered well viewed."

Lily Tomlin

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

@TheDuquesneDuke

EDITORIAL  
POLICY

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COURTESY OF PAIGE PARSONS

Paige Parsons (left) and her roommate Bethany McAninch (right) made fast friends over their shared interest in bad TV.

## Bad TV can make for great TV

## PAIGE PARSONS

staff writer

For many of us, television has always been something to fall back on. Rough school days could be followed up with a good hour or so planted in front of a screen. Albeit probably not the most healthy stress relief tactic, sitting down to enjoy shows has been a constant within mine and others' lives for many years.

My roommate and I regularly spend an hour or two watching shows as a way of bonding and spending time together amid our busy schedules. We are both STEM majors, so finding time for unstructured activities such as relaxation often takes a backseat to assignments and studying. There have been entire days where we haven't seen one another due to our conflicting study schedules. At least we have one thing tying us together — our shared love of watching shows that do not require much thought to understand.

As university students, taking time to do something that goes against the standards of grind culture is so important for our mental health and preventing burnout.

Selfcare articles typically preach something along the lines of skin care or meditation, but so-called "terrible TV" works well for my roommate and me.

Fall of '23 marked our first semester at Duquesne and with it came all the anticipated stress of adapting to a college environment.

It was around this time that my roommate mentioned her quest to complete "Grey's Anatomy" before the end of our freshman year. It quickly became a ritual for one of us to text the other after a particularly draining class or lab, asking to project the medical drama later that night.

Consuming the dialogue and

conflicting storylines proved to be a great way for our minds to take a much needed break. Recently, "Riverdale" has taken over our nightly gatherings. Over the years, "Grey's Anatomy" has garnered a begrudging respect among viewers; however, "Riverdale" is nearly impossible to defend. The poor quality of the writing and overdramatic, low-tier acting combine into a monstrosity that one cannot tear their eyes away from. Despite everything, I still find myself excited to watch the next episode.

For those who do not know, "Grey's Anatomy" is a raunchy medical drama following the life of Meredith Grey, including her friends and love interests. While there may be some truth to the surgeries and medical terminology used in the show, everything is dramatized and a warped caricature of real life.

"Riverdale" is a modernized adaptation of the Archie Comics and a bad one at that.

The plot started out strong with a murder mystery surrounding the death of Jason Blossom, resident football captain and heir to his family's fortune, but quickly transformed into a wild cash grab as the show continued for a total of seven seasons.

Perhaps it is not the show itself, but rather a combination of nostalgia and the company it is viewed with. Shows like "Riverdale" and "Grey's Anatomy" were very popular as current university students were growing up, so nostalgia may play a role in the urge to revisit the shows.

It can also act as a bonding agent for those in similar age groups for exactly that reason. Another classic from my childhood is "Teen Wolf." I have a friend that practically qualifies as a film critic, what with their

extensive repertoire of movies and ability to analyze any one of them on the spot — still, their favorite show remains "Teen Wolf."

The YA drama is about a teenage boy overcoming his typical high school struggles such as girls and homework while also dealing with the ordeal of becoming a werewolf and having to hide it from everyone, including the supernatural hunter family of the girl he likes.

While deeper themes could undoubtedly be pulled from the slightly aged dialogue and interactions between characters, at face level it is cheesy and that's what makes it so appealing to watch during the school year.

Watching shows that are easy to make fun of is one of the best ways to bond with those around you. There is a special kind of laughter that comes from witty jokes at the expense of poorly written characters and underdeveloped storylines. Oftentimes we will find ourselves poking fun at how we once found no flaws within the show, and still viewing it with a sense of fondness despite those obvious flaws.

Terrible television has a certain charm to it that intellectual shows and documentaries lack.

Americans of all ages deal with work, whether it's a chem lab or a 9-to-5, so shows that lack depth offer asylum for our overworked brains. Watching TV like this is not a bad thing, nor something to be ashamed of.

While they are by no means literary masterpieces in the classical sense, shows such as "Grey's Anatomy," "Riverdale" and "Teen Wolf" have a very special place in my life and the lives of many others.

STAFF  
EDITORIAL

## The necessity of non-judgmental gyms

Getting up and dressed for the gym is already a daunting task for some. But going to the gym can be even worse if it's someone's first time.

Many people think of the gym as a judgmental place, one where others stare at you for doing a workout wrong or just to judge you as a person. However, in reality, many people are only focused on their own workouts — despite how hard our anxiety may tell us that we are the center of attention during our own physical activity.

Regardless of what is true, it can still be a difficult task to go back to a gym if your last experience made you feel judged.

Hence the need for non-judgmental gyms — places where people can be comfortable as themselves on their fitness journey.

Gyms like Planet Fitness, where a bell gets rung when a person is grunting or dropping weights too loudly may seem like a good idea. It acts as a deterrent for people who are trying to show off or make other people uncomfortable. But, even though it may be disturbing to others, it is essentially judging the person for the way they workout.

Although Planet Fitness's mission statement is about providing a welcoming and non-intimidating environment, having an alarm that sounds for someone's workout routine doesn't scream non-judgmental. In fact, it seems like the complete opposite.

In a space meant for people to do their own workouts and feel like themselves, shouldn't more facilities be inclined to help their guests do just that?

According to the Global Health & Fitness Association, in a study of 2,000 people, about 50% of Americans feel too intimidated to develop a workout routine around other people. A third of them also stated the idea of getting into shape was anxiety-inducing while another 48% said the number of fitness routines and workouts were daunting.

On social media platforms, workouts are posted constantly telling you exactly what muscles you're working and even showing ways to lose or gain weight.

With so many different routines and regimens to choose from, judgment for following a specific routine can be cruel.

Gyms shouldn't judge someone for bettering themselves, they should be uplifting those coming to their facilities and making sure they feel safe and welcomed. Especially around the New Year, a time when many resolutions relate to physical activity goals and starting exercise journeys, these zones are of the utmost importance.

With so many Americans feeling stress from an activity that should actually be bringing them so many physical and mental health benefits, there should be more of an effort from gyms to make their patrons feel like they belong.



## YouTube's decline thanks to monetization, shorts

**MAX MARCELLO**

staff writer

Being born in the early years of Generation Z provided me with a front-row seat to the explosive growth of the World Wide Web. As digital natives, we joined the online world shortly after acquiring literacy and consciousness. And in that time, we witnessed YouTube's rise to power, and, shortly, its possible decline as well.

In the beginning, creator-centric culture and the freedom of YouTube allowed fragmented groups of people to coalesce around unique hobbies and personalities, beginning the special relationship between creator and viewer. This culture embodied YouTube's motto, "Broadcast Yourself." It created a near infinite buffet of content and inaugurated what was possibly YouTube's golden age.

Quietly assisting this rapid growth was the hesitancy of corporate YouTube to intervene on its creators. Early YouTube did not provide an Ellis Island for new arrivals, allowing creators to navigate the video-making process through their own effort and style.

However, it would be inaccurate to say YouTube was anarchic. Creators were expected to adhere to longstanding internet precedents, i.e. no pornography or promotion of terrorism. Aside from these basic boundaries, creators had virtually no limit imposed on them.

The site allowed for content that would have been dead on arrival if presented to traditional media to gain new

life. This led to significant success for diverse and unconventional YouTubers, many of whom eventually achieved mainstream success.

In hindsight, this rapid growth proved to be a double-edged sword. By the mid-2010s, YouTube had attracted the attention of powerful entities seeking significant modifications or even the dissolution of the platform. Media companies demanded a more robust copyright system, while politicians raised concerns about YouTube's approach to child welfare as well as its policies on content moderation.

While some reforms were long overdue, YouTube's overreaction to these suggestions signaled a change and marked the beginning of YouTube's devolution into its modern incarnation. Starting in 2017, the platform aggressively began to intervene against creators for a myriad of seemingly arbitrary reasons. The first issue arose from copyright concerns. While some content was clearly a violation of copyright law, others were not so clear cut.

YouTube began removing content even if it fell within the bounds of legally-protected fair use. New monetization policies followed suit, which began to alter what creators were allowed to explore. Furthermore, content that was once suitable and even popular were subjected to these ex post facto guidelines. These rapid changes in addition to new monetization policies brought about a purge of existing content and

forced those remaining to accept the new, less free normal.

By 2018, the rapidly deteriorating situation of YouTube finally became visible. In an effort to appease advertisers and deliver expected profits, YouTube began playing favorites. As time progressed, several problematic high profile creators such as Logan Paul went through scandal with their YouTube channels miraculously unaffected. Today, creators like Paul with protective status continue to produce problematic content unabated — content that is often marketed towards children with no consequences from YouTube.

On the other hand, certain creators, like history education channels that produce documentaries, often face frequent demonetization. Their content, despite being educational and apolitical, can include references to sensitive historical events like World War II and the war in Afghanistan, leading to penalties for violating YouTube's terms of service.

YouTube's actions show not just disregard for certain aspects of history that advertisers might object to, but a broader inclination towards erasing historical context. Though, to be fair, YouTube also shows enthusiasm toward erasing their own history too.

Unfortunately for YouTube, I and millions of others remember what the site was like. Yesterday's YouTube was a laboratory of creation, while today's YouTube prioritizes short-term relevance.

There is perhaps no better manifestation of this new direction than with YouTube's

introduction and aggressive promotion of YouTube Shorts. Shorts were born in 2020 as a response to Covid-19 and, more importantly, the growth of TikTok.

To expedite the growth of Shorts, YouTube has recalibrated its algorithms to favor videos using this feature. In doing this, YouTube is punishing long-form content creators and, moving forward, YouTube will have an even greater say in what creators can produce.

As of now, Shorts is quickly occupying a greater spot on the homepage and has a preeminent position on the app, replacing traditional avenues of content.

YouTube was engineered from the ground up to offer an alternative to the corporate media structure. Giving users the freedom to pursue their creativity and rewarding them is what turned a humble idea into the second most visited website on Earth.

YouTube has authored its conversion into a network television channel that replaced content with commercials. This decline in quality is no fault of the creators, who have attempted to get YouTube to reconsider the direction the site is moving toward, as their voices are often stifled.

YouTube has no one else to blame but themselves for the erosion of their platform. Their policies to appease the roaring industry that is short form content at the expense of creators brings a tragic reversal of what spearheaded their meteoric rise. YouTube, who once handed creators a blank canvas, is now placing restrictions on what they can paint.

## Health shouldn't be stressful or scary

**JULIA HALVAS**

staff writer

The second I bite into the greasy Olive Garden breadsticks and a warm bowl of penne, I know it's game over for my stomach. Since I was small, I have suffered from heart burn ... or at least I thought.

For so long I learned to deal with this condition and would brush any old stomach ache off as nothing. That was until Nov. 18. I found myself back at Olive Garden, munching on the same greasy breadstick and same bowl of pasta. I went about my day and sure enough, the stomach ache came, but this time it was different. The pain was stronger. I couldn't stand it. I couldn't breathe. Something was wrong.

I immediately rushed to the emergency room where they told me that my gallbladder was severely infected and needed to be taken out immediately. I was only 18, and this surgery was very uncommon for someone my age.

It's been almost two months, and I look back on the day of my surgery as if it was yesterday. I was so scared to go through with it, but I always wonder what would've happened if I had just brushed off my pain again and assumed it was another typical bad case of heartburn.

According to CBS News, nearly 40% of Americans chose not to receive medical care in 2022 for countless reasons. For so long, the American medical system has been working hard to find cures for new diseases and to better the lives of people across the globe. With that said, there are many challenges presented with the care of patients, starting with preventative healthcare.

The Cleveland Clinic calls it "iatrophobia" or the fear of doctors. Many people fear less about the physical exam or testing done and more about the results, like "If my stomach hurts does that mean my appendix burst" or "I've had headaches for a week, is it brain cancer?"

All of these questions begin to run through the minds of patients because, let's face it, it is human nature to always jump to the worst case scenario. When medicine and the health of people begins to come into play, sometimes people feel as if not knowing is better than putting a timer on their life, even if catching a disease or condition early can actually extend their life expectancy.

Even though there is always that looming fear of essentially feeling like your life has an expiration date, NPR reports that doctors' life expectancy diagnoses for many patients are usually incorrect.

"In one study of terminally ill patients, just 20% of physician predictions were accurate," Amanda Aronczyk, author of the article wrote.

Even though many people choose to not receive medical care, it is important to also acknowledge the 26 million people who do not have the money to afford insurance or some type of healthcare coverage.

While programs like Medicaid do exist, they can only benefit Americans between the ages of 19-64 that have incomes below 133% of the Federal Income Poverty Guidelines. Out of those 26 million uninsured adults, only about 7 million actually qualify for Medicaid.

The price and money of healthcare is a driving factor in people not going to the doctor. People want to get yearly check-ups, but

financially they have to choose between the doctors or possibly the very food on their table. Also, even when people have to receive emergency care, they drown in medical bills.

After my surgery, I got a copy of my bill and really got to see how they broke everything down. There were so many charges that people would never think of. There were charges for seeing particular doctors (that I didn't even request to see or remember speaking with), there were charges for labs and charges for medication that they insisted I needed.

And don't get me started on the surgery ... let's just say, the numbers had commas (plural). I couldn't even imagine needing emergency surgery and then being told I had to pay tens of thousands of dollars out of pocket.

I think it is important to discuss the challenges of preventative healthcare. Whether it is the fear of doctors or even financial reasons, there needs to be more education and discussion about plans that can be implemented to overcome fears regarding money or diagnosis.

First, doctors have the medical knowledge to start a conversation. Having doctors not only advocate for preventative healthcare for patients who may be a little anxious about going for their yearly check-up, but for the people who cannot legitimately afford a yearly-check up, is important.

Also, insurance companies trying to work closely with people to give them the best healthcare options is another big way to improve the number of illnesses caught preemptively. Even though making money for both insurance companies and doctors

is important, we should be able to find ways to aid people in getting the insurance they need. A person's life is worth more than any sum of money.

As for me, I will not take my past experience in the ER lightly. As a biology pre-med major, I will try to work my hardest to advocate for preventative healthcare. I want people to have a right to a yearly check-up and to their life-saving insulin or epi-pen. I want people to know how life saving preventative healthcare can be. I want to be a factor in extending people's life expectancies, even by a day.

Things cannot change with just me. Change needs to be implemented which is why it is so important to continue to advocate for what is right.

Together we can work out solutions and begin to compromise in everyone's best interest. And for those on the other side: Go see your doctor! Because let's face it, no one deserves to eat a bowl of pasta, be in excruciating pain, and worry about if they're on their deathbed or if they can afford to see a doctor.



COURTESY OF ALPHA STOCK IMAGES

According to a 2022 study by Frontiers medical journal, anxiety is a major challenge in medical settings.



## Research project works with spinal cord injuries

ISABELLA ABBOTT  
features editor

A mix of students and faculty in the media and health sciences departments are working together to research and design a web-based learning program focused on spinal cord injuries.

Their project, WHEEL-LEARN, aims to encourage and assist people with spinal cord injuries and those who are confined to a wheelchair by finding and or making programs to stay healthy.

Sophomore physical therapy student Emily Talierco started working on the project in the spring of 2023. She was inspired to research spinal cord injuries after seeing a social media influencer document herself living with the condition.

"She was a cheerleader and was involved in a tumbling accident, so from the neck down she's paralyzed," Talierco said. "I always saw her post updates through her different treatments, and it's impressive. Even though she's quadriplegic, she is still able to have quite a bit of independence."

Talierco's work on the program involved creating a Qualtrics survey to gather the participants' socio-demographics and educate them on different ways they can exercise. The research team will be posting an approved flyer to recruit participants locally who have tetraplegia and paraplegia from a spinal cord injury.

According to the Cleveland Clinic, a spinal cord injury happens when there's damage to your spinal cord, a bundle of nerve fi-

bers that allows your brain to communicate with almost everywhere else in your body.

The injury depends on various conditions and can be complete, meaning permanent loss of all abilities below the injury or incomplete, with some abilities remaining.

The main objective of their research is accessibility. "Accessibility is usually a guide in every other design, but the way that we get to highlight accessibility here makes it stand out from other projects," said senior digital media interaction and integrated marketing communication major Tessa Datte.

Datte is the project design lead and works closely with another student to organize and work on the design process. This work includes building a website and developing multimedia elements for better accessibility.

An issue with some existing programs dealing with accessibility is they combine different spinal cord injuries into similar treatment plans, even though each injury is unique.

"We are designing so that we will help support them and not exhaust their efforts," Datte said. "We have to accommodate their different patterns of use in everyday life and we don't want it to be taxing for them."

While Datte and digital media interaction major Alex McElravy make enhancements to their website, Talierco works in the back end to develop the service the participants will use. This service includes creating a rehab plan to help people with spinal cord injuries participate in more physical activities.

Both departments are working together to create accessible ways for people with

spinal cord injuries to exercise more and to live a better quality of life in general.

One of the aspects of accessibility that Datte and McElravy are working on is making larger buttons on cell phones and computers, something people may overlook.

"A typical button that you would see on a website will usually be 42 to 48 pixels, and oftentimes, people with spinal cord injuries will use a stylus to interact with their devices," Talierco said. "So to be able to have a larger target to hit buttons is really important."

Talierco, Datte and McElravy work with the principal investigator for the study, Dr. Theresa Crytzer, assistant professor in the Department of Physical Therapy, who has previously done research working with people with spinal cord injuries.

Her past study focused on challenges those with mobility issues faced when attempting to meet the baseline of the physical activity guidelines for Americans, which is 150 minutes of moderate-intensity physical activity a week. The research included open discussions about barriers to physical activities and ways to start looking into activities they would enjoy.

This original program development team included Crytzer, a physical therapist, a registered dietitian, an exercise physiologist and four people with spinal cord injuries. Crytzer said it's essential to include people with disabilities on development teams and conduct usability testing to determine what works best and is accessible to all.

From this Ph.D. study, her data revealed that 94% of participants increased their base-



COURTESY OF THE THERESA CRYTZER

Emily Talierco, Dr. Theresa Crytzer, Tessa Datte and Alex McElravy are pictured here testing a prototype of their website while Crytzer uses a wheelchair.

line to 150 minutes. She hopes to get similar substantial results from WHEEL-LEARN.

She said the project is closely linked to Duquesne's Catholic-spirited mission and vision.

"It's looking at a population of people who are generally under-served, especially in terms of having access to opportunities for adaptive or accessible physical activity," Crytzer said. "So, this project is focused on addressing some of those barriers."

Crytzer is also proud of the student researchers and their work.

"It's been super exciting to be a part of, the students are just incredible, they're so engaging, interested and so knowledgeable about the technology," Crytzer said.

## Society of Saint Vincent de Paul chapter helps those in need

ELIYAHU GASSON  
opinions editor

Most people would probably hesitate if you asked them to walk around Downtown Pittsburgh at 8 p.m. on a Sunday night to hand food out to homeless people, especially when the temperature outside is below 20 degrees Fahrenheit. The average undergrad would probably prefer to study indoors with a cup of hot cocoa and a warm blanket.

But the members of the Duquesne University chapter of the Society of Saint Vincent de Paul (SVdP) are in their element.

The group meets every Sunday at 7:30 p.m. in the Laval House on Duquesne's campus. By 7:40 p.m. they've packed up two wagons, each carrying 15 hot meals, around 20 water bottles and an assortment of toiletries, snacks and clothes.

Justin Clark, a junior at Duquesne, is a volunteer with the society. He says that he and his colleague, fifth-year pharmacy major Michael Latorre, work together with the Hogan Dining Hall staff to prepare meals for distribution to homeless people Downtown.

"I've always had this heart to serve," Clark said. "I can think back to when I was a little kid and I would see homeless people on the street outside of PNC Park and having this longing to help."

Once all the meals, snacks and supplies are packed into both carts, co-president Bethany Smith begins the group's introductory meeting with some ground rules to make sure everyone stays safe and respectful on their route.

Members of the group are told to "offer options" to those in need whenever they can so that they maintain the humanity of the people they serve.



ELIYAHU GASSON | OPINIONS EDITOR  
Members of the Society of Saint Vincent de Paul chapter at Duquesne University spend their Sunday nights handing out food to homeless people around Downtown Pittsburgh.

"One thing I remember, particularly between nights we go out, is that first things first, homeless people are people too," Latorre said.

Rule two: Volunteers should not crowd people whom they are assisting. The awning of the CVS, while it might not look like a front porch to us, could be an individual's living room for the night. And the society's volunteers should be respectful of these spaces, avoiding having their own side conversations while serving Downtown.

Rule three: Everyone should always keep their eyes and ears open and let their group leader know if something concerns them.

"We've definitely had situations Downtown where we felt slightly unsafe or something's happened across the street," Smith said. "But I think, for the most part, we're safe."

After reviewing the rules, the officers in the group introduce themselves to any new members and bow their heads and pray for a

safe and productive evening of helping those in need. They then make their way outside where they split into two groups and head Downtown from the Bluff.

Smith's group breaks off from the other, led by Latorre, at the intersection of Forbes Avenue and Grant Street. Smith's group makes its way down Fifth Avenue and stops at Market Square, where they will meet Latorre's group, who take charge along Forbes Avenue.

"This route has been working for us for the past year," Smith said.

"It's pretty limited just going down Forbes and Fifth," Smith said. "There's a lot of places that have a lot more homeless people that we would love to cover. Unfortunately, it just becomes too dangerous."

On this particular night, Smith's group didn't meet any homeless people until they reached their rendezvous point in Market Square, where they met a homeless man who said his name was Steve.

Smith offered the man a hot meal and some of what they had in their cart. He accepted and pointed the group in the direction of a homeless woman who was already being helped by Latorre's group. At the same moment, the woman was pointing him out to Latorre, ensuring the other would be helped as well.

Smith says that it's normal for the streets to be a bit emptier during the colder months.

"There's the Second Avenue Commons which has a winter shelter," Smith said. "Hopefully that's where some people are."

Smith says that religion and prayer are important to the society, and that some of the people they meet while out choose to pray with them.

"We've had some really powerful experiences with people," Smith said. "People who are homeless are often so vulnerable, and that makes their hearts really open up."

When Latorre's group had finished helping the women on Forbes Avenue, the two groups reconvened and took count of how many meals they had left. Smith's group had managed to give away one meal while Latorre's gave five.

Smith and Latorre's groups together walked to Wood Street Commons, a transitional housing unit located at the intersection of Wood Street and Third Avenue, where they hoped to meet more people in need and donate the remaining meals.

Clark said that the society members usually hang out around the entrance until activity starts to die down. By that time, they take their remaining meals into the building to be distributed to any residents who want them.

After all is said and done, the volunteers begin the walk back to Laval House along Forbes Avenue and go their separate ways, some stopping back for some well-deserved hot chocolate.

Writers & Photographers needed for the Duke

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## ‘CRYSTAL’ dazzles with interdisciplinary amazement

EMILY FRITZ  
a&e editor

As if moving around with knives on your feet wasn’t already dangerous enough, add acrobatics and dramaturgy. Cirque du Soleil has once again pushed the boundaries of live performance, bringing their multi-discipline show back to Pittsburgh.

‘CRYSTAL,’ which originally debuted in 2017, placed seven circus acts on the rink of PPG Paints Arena from Jan. 18 to 24.

The show follows Crystal, a young girl frequently chastised for her mystified perspectives and imaginative interpretations of the world, who falls through the ice of a frozen pond and finds herself in a mirrored reality where her creativity can roam free.

Guided by her Reflection, she is able to push the regular boundaries of her home life, her peers at school and her ambitions for finding love.

“‘CRYSTAL’ really pushes the boundaries of possibility within the circus arts. The show highlights Cirque du Soleil’s creativity in a new way and encourages audiences to find the magic of the everyday,” said Artistic Director Robert Tannion in a news release. “Every time you watch, there’s something new to see and experience.”

The cast consist of experts rooted in ice skating who learned to navi-



PHOTO BY OLIVIER BRAJON  
COURTESY OF CIRQUE DU SOLEIL  
Suspension from the ceiling was not uncommon in ‘CRYSTAL.’

gate the world of acrobatics with illusive ease, and those who hail from the world of acrobatics who have been required to gracefully master the ice.

“Doing a quick change with a pair of blades is not the easiest thing,” said performer Shawn Sawyer. “So we do have little tricks in our costumes to make it a little easier on us.”

Sawyer boasts an impressive resume as an Olympic figure skater with an expertise in backflips and an

unmatched flexibility. His strengths play perfectly into his role as a quirky, standoffish businessman.

To accommodate quick changes, the performers have zippers that run from ankle to ankle along the inside seam. The skates themselves are equipped with toe picks for the figure skaters and curved blades for cast members that show-off speed and agility.

“It’s a really beautiful merging [of disciplines] and I think they learn from each other,” said Artistic Director Crystal Manich.

Although flying through the air and gliding on the ice is a focal point of the larger performance, ‘CRYSTAL’ also showcases juggling, hockey, tap dance, synchronized dance and live musical performances.

Boasting a 50-year repertoire, Cirque du Soleil has cultivated a team of more than 4,000 employees worldwide, with 1,200 artists representing six continents and 86 countries.

“We are one of the greatest companies in the world because we do attract so many people from around the world,” said Manich. “The culture here is wonderful because we have people from different cultural backgrounds, countries and different languages being spoken on tour. I think it really adds to the overall cohesion of the group.”

“I love sharing the ice,” added

Sawyer. “[In the Olympics] I had the entire ice surface to myself, but now if I had the entire ice to myself, I would feel almost naked.”

Adding to the immersive display, are hundreds of elaborate costuming pieces, including skate covers, wigs, coats, scarves, hats and gloves alongside the usual tops and bottoms.

In lieu of makeup artists, performers are required to dedicate months in Montreal to learning a standardized makeup regime for their characters, making multiple Crystals indistinguishable between scenes.

Between the costuming, the artistry of each act and the abstract

plot, an audience member couldn’t possibly bore from witnessing the show return to Pittsburgh ice.

The interactive entertainment invites viewers to throw snowballs and become enchanted with Crystal’s outlandish and spell-binding world.

Despite the show celebrating its seventh birthday this year, there will always be something new to witness regardless of how many performances one attends.

“There is more detail than you would realize at first viewing,” Manich said. “But the throughline is really Crystal’s journey and I think that that comes through even if the stage is really busy.”



PHOTO BY OLIVIER BRAJON | COURTESY OF CIRQUE DU SOLEIL  
Multiple jumps, throws and stunts left the audience on the edge of their seats and holding their breath, waiting for performers to return safely to the ground.



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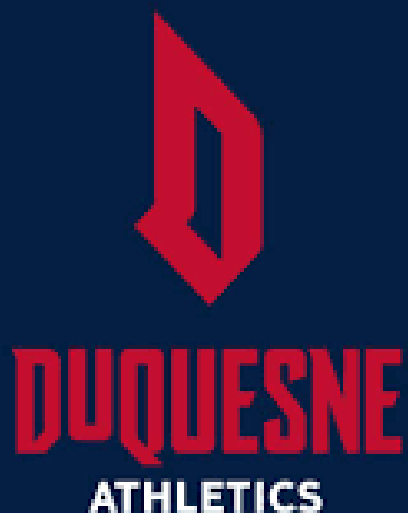
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