



The DUKE

Spring 2024

*“Just remember in the winter
Far beneath the bitter snows
Lies the seed that with the sun’s love.
In the spring becomes the rose.”*

- Bette Midler, The Rose

Spring Fashion

This year, the Spring Fashion issue of *The Duke* is all about looking ahead and connecting to what already makes our stories powerful – a supportive community.

EMMA POLEN
editor-in-chief

Friends are like flowers.

Imagine that the community of people supporting you is a flower bouquet.

Some flowers might last longer than others, and some bloom only seasonally. As a senior, it scares me to think that the network of support I've built here at Duquesne won't be there when I graduate. Sure, I can still reach out to people, but I won't be in proximity to some of my best friends anymore. Having that level of convenience helps a lot.

However, growing up and growing out of various flower bouquets offers some excitement, too – what comes next? Where will I find more people to add to my support network?

Here at Duquesne, there are plenty of student-led, student-run opportunities to connect with other people who offer a chance at community. For example, the brand new crochet club coming to campus this fall offers a place to add supportive crafters to our bouquet. Networking with professionals who come to campus might lead to a flower for our bouquet that can come in handy later for vital insight into future career plans or even a potential job.

The flowers don't all have to come from one place, either. By attending club fairs and introductory meetings, I've discovered that my interests lie all over the place here at Duquesne. Those interests do lean toward specific passions and creative projects, but those are still accessible from all corners of campus. There are opportunities to be creative everywhere.

I joined an environmental club and took a sociology lecture my freshman year, and I found ways to lead sustainably in both. The lesson here, I guess, is to just go for it. Discover those spaces where people step aside and you find your place among them.

Sometimes, those opportunities do just fall into our laps. But nobody will know what you're looking for if you don't speak up about it. Those opportunities won't be offered if that community doesn't even exist. Finding individuals that share our interests is one way to "speak up." Knowing what we want is a powerful tool to find ways to grow. For example, the environmental club I am part of now hosts professionals in the sustainability field during meetings, and I ended up meeting a potential future employer through that space. But I had to meet that community and be a part of it before any opportunity just presented itself.

I had to meet that community and be a part of it before any opportunity just presented itself.

Anyone who has tried growing something green in their dorm will know that after collecting your flowers for a bouquet, the task's not over. They need nurturing, and often an amount of sunlight that is possibly unattainable. Just like flowers don't survive long without any additional action, though, our community – people are living things too – need

to be given ample attention to flourish. That business professional you network with ONCE will be more of a worthwhile part of our community if we continue to touch base, meeting in-person or connecting online. Offering your time to others makes them more willing to help you in return.

Be aware that, if everyone else fits into your bouquet, you probably fit into someone's too. You're a flower, too. You deserve to be nurtured. You deserve to grow. In college, this might mean saying no to a favor. Maybe it looks like saying yes to something that is scary and brand new and way out of the typical routine you have. In a way, the supportive communities we're building now are giving us practice for later.

Post-graduation, college students face the inevitability of a new schedule and plenty of more "new's." What does the future hold? For college students, a secure five-year plan is most likely not on the table. There might not even be a one-year plan.

The answer, while unclear, doesn't have to be discovered alone. Growing up means looking toward the future with everything we have while letting other people guide where we look, too.

Our experiences matter, and those relationships we've made to others matter when we decide who we are, even after graduation.

However, each new club we join, every friend we make right here in the moment is one more flower added to our bouquet. In the end, we're left with an overflowing vase that holds its beauty, even if one or two of the petals droop.

Friends are like flowers. This spring, let's encourage them, along with ourselves, to grow.

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Meet the Model Emily Ambery



Emily Ambery is a senior double-major in English Literature and Public Relations. She is *The Duke's* layout editor, as well as our resident InDesign and WordPress wizard.

Her hobbies include cooking, baking and her six-step hair routine. On campus, she serves as the editor-in-chief of the Duquesne Yearbook, and a member of Sigma Tau Delta. These communities led her to meet lifelong friends and really important mentors for a future career in who-knows-what.

While a student at Duquesne,

Emily was also introduced to the world in new ways with study abroad trips to Dublin, Ireland for a spring semester and Ghana, Africa for a Maymester last summer. Both experiences led her to deepen her passion for travel and appreciation for diverse communities.

Her five-year plan is to do something she likes in a place that she likes. But everything else will figure itself out. If that plan includes heading back across the Atlantic Ocean, then that would be fine with her.

Emily's favorite memory of growing up was hanging out with her

younger brothers Jack and Joe and laughing until their stomachs hurt. Even though they now live in three different states, they are still laughing. On FaceTime.

When Emily was a kid, she wanted to be a writer. She started out loving to write creative stories and now prefers technical writing, but she never lost that love of literature.

This photoshoot was her first official photoshoot, and her favorite part was making weird faces in between shots and Emma yelling "STOP!" Emily shouts out to her mom and her dad.



Photography by Emma Polen

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Meet Duquesne's
first female
photojournalist
from 1951

NAOMI GIRON
staff writer

On her first day studying journalism in 1951, aspiring photographer Kathryn Dowling was told by the editor of *The Duquesne Duke*, not to expect much.

"There has never been a girl on the staff of *The Duke* and there never will be," the editor said.

Kathryn, now known as Kay Thomas, was a shy young woman but did not let that comment discourage her.

She vowed to prove him wrong.

"I promised myself there would be some changes in the journalism department," Kay said.

By the end of her four years at Duquesne, she was *The Duke's* photojournalist and a trailblazer for women attempting to pursue journalism, which at the time was a male-dominated field.

Since Kay can remember, she has kept a camera with her at all times. According to Kay's daughter, Austin Thomas, Kay received her first camera at 10 years old and has been surrounded by art her whole life. Between her, her mother and her daughter, artistic talent spans three generations.

Kay grew up in Mount Washington and attended a small Catholic high school. She commuted to Duquesne and claimed she was even able to ride the incline to campus. She majored in journalism and graduated in 1955.

During her time at Duquesne, Kay was never without her camera. She took photos of sporting events and music groups – wherever she was able to snap a picture, she would. She spent lots of late nights in the newsroom with her editorial staff, as well as much time in the darkroom developing her photos.

Kay moved from Pittsburgh to New York right after college

see PHOTO — page 4

THE DUQUESNE DUKE

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ROTC cadet wins leadership medal



COURTESY OF DUQUESNE UNIVERSITY

Louisa Morris received a medal awarded by National Society United States Daughters of 1812 from retired ROTC instructor Chuka Ufomadu last week.

HANNAH PETERS
staff writer

Leader is not typically a word reserved for freshmen— but for Louisa Morris it is. Both a nursing student and Reserve Officers' Training Corps (ROTC) cadet, Morris was recognized for exceptional leadership last week with a medal that is the first to take up space on her uniform.

Awarded by the National Society United States Daughters of 1812, this historic organization awards medals to female cadets who excel within ROTC. The winner is someone "who has demonstrated qualities of academic excellence, leadership, military discipline, dependability, patriotism and upright character in speech and habits, which exemplify the ideals upon which our nation was founded," according to their website.

Broken down by region, three total medals are distributed in Pennsylvania. Within Duquesne's region, 47 universities are considered and each school nominates one cadet.

Retired ROTC instructor and associate professor of military science at Duquesne, Chuka Ufomadu, recognized these traits within Morris and recommended her for the medal despite only knowing her for a short period of time.

"Morris is one of our most outstanding freshmen," said Ufomadu.

do. "She's constantly volunteering for the program, always ready to jump right in and help other cadets. She has always been present whenever we needed help despite having such a rigorous schedule."

Apart from ROTC, Morris is also a nursing student. Despite a busy schedule, she has gone above and beyond. She landed a position as squad leader – a role not typically granted to freshmen.

She attributes much of her newfound success within ROTC to her dedicated efforts in high school when she held roles as president of the National Honor Society and captain of her varsity swim team.

"Being in leadership roles throughout high school really pushed me to want to continue being a leader throughout college. It just kind of came naturally to me," said Morris.

These attributes were clearly apparent to the ROTC instructors, who unbeknownst to the cadets, began screening for potential nominees for the award just two weeks after classes began in the fall.

During this process, instructors recommend cadets to Christopher Boissonnault, director of the University's Office for Military and Veteran Students, who helps craft a name to be submitted in December.

"We did this without them knowing because we didn't want them to

know that they were being awarded," Boissonnault said. "She didn't find out until like a week before because we had to make sure she was going to be at the pizza party."

Once a year the campus police will host a pizza party for the Duquesne Army ROTC as a way to facilitate community outreach. When it was revealed Morris would be receiving the award, the two events were combined.

At the event on Feb. 8, Morris was awarded the medal by Professor of Military Science, Lt. Col. Stephen Lucas who oversees 18 universities in the surrounding area.

"He's the big dog. It's very rare for someone of his rank to show up on a college campus," Boissonnault said.

This is not the first time Duquesne has boasted an award winning student, as senior Abby Aiello received the same medal two years ago.

"I was excited and shocked. I definitely didn't see it coming," Morris said. "But I'm very grateful for it and I'm glad that there were people that were able to see that I deserved the award."

Deserving this award is no small feat. To qualify, not only must pass baseline measures for GPA and physical fitness tests, but exceed in these areas along with overall leadership.

"It's not like they just say let's just grab this name and you give

it to them," Boissonnault said. "It just screamed that she was the most qualified. She's definitely very, very motivated. She's a self-starter. She's one of those people that's just very good at what she does. She goes above and beyond. She really does."

Morris said that an important part of her motivation within ROTC is the people that surround her, specifically her family.

"They have always supported me. Them having my back and being proud of me has always kept me motivated. That and also just my friends around me, they kind of know what goes into this, and even they can recognize the effort that I put into ROTC."

With family living nearby, Morris credits their proximity as a main reason for her decision to attend Duquesne. Particularly special to Morris though, is her grandmother.

"Someone specifically that I like to make proud is my grandma," Morris said. "I spend a lot of time with her."

With family clearly having a significant impact on Morris and her life, there's no doubt as to why Ufomadu praised her ability to be a part of a team.

"She's been our go-to cadet," said Ufomadu. She really looks like the future of the program."

POLICE BRIEFS

Sunday, Feb. 2-

Officers responded to a call regarding an intoxicated student outside of Duquesne Towers. The student was transported by UPMC Mercy for treatment.

Saturday, Feb. 10-

A residence director on duty requested DUPO assistance for the smell of marijuana in Duquesne Towers. Paraphernalia and marijuana were found. The student will be referred to student conduct board.

Sunday, Feb. 11-

Police Unit 5794 was involved in a minor accident.

Sunday, Feb. 11-

A Parkhurst employee was terminated from their job. The employee left campus without incident. After the employee left, the Parkhurst manager showed officers a disturbing video of the employee threatening her supervisor. Charges were filed.

Monday, Feb. 12-

There was a two-vehicle accident without injuries. A male's foot slipped from the brake to the accelerator while parking and a handicapped sign was damaged. No towing was needed for either vehicle.

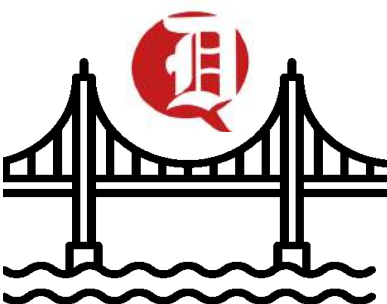
Monday, Feb. 12-

Damage to an unattended vehicle was reported. The vehicle was parked in the Locust Garage on the sixth floor.

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

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91-year-old Kay Thomas was Duq's first women photojournalist

from PHOTO — page 3

graduation and never looked back. She said that she read an of Seventeen glamorizing New York when she was in eighth grade and decided right then that she would live there when she was older.

While living in New York, Kay met her husband, Grant Thomas, when they were both members of the Greenwich Village Camera Club. The club was a great outlet for both of them to be creative with their passion.

As Kay continued pursuing photography, while working in several fields, including teaching art classes and working at an advertising company, she learned about Sumi-e, a Japanese art style that uses ink dissolved in water to paint subjects in various shades of black.

Kay became infatuated with Sumi-e and according to Austin Thomas, her Sumi-e art and her black and white photography

are inexplicably connected.

"There's a link with this black and white photography and its fluidity that Kay might have embraced being on The Duke to then learning Sumi-e in New York City," Austin said.

With all of Kay's passion for art, especially the Sumi-e, she became well-traveled, spending time studying many forms of art in China, Japan and Taiwan.

Kay went on to teach and mentor others as they learned the wonders of Sumi-e, just as she had.

Her formal teaching did not cease until she was 80 years old.

"It meant so much to me, what I did, what I enjoyed, I liked teaching other people, so I stuck with it because I liked it, and I figured I liked teaching other people and seeing them turn into photographers and artists," Kay said. "It was satisfying."

Today, she still spends her time sketching in her notebook, drawing whatever she feels inclined to draw that day.



COURTESY OF KAY THOMAS

Kay Thomas got her start as the first female photjournalist on *The Duke's* staff



COURTESY OF KAY THOMAS

Kay Thomas spent time in New York capturing everyday individuals living their lives in black and white photos, a skill she learned at Duquesne.

Kay's passion for Sumi-e led her to join the Sumi-e Society of America, and what's more, she founded the Midwest chapter.

According to a former president of Sumi-e Midwest, Regina Siske, there are currently over two dozen members in the chapter.

"It all started with Kay, she was the springboard because she was my teacher, my first teacher [of Sumi-e]," Siske said. "You stepped into a new world, and it felt challenging, but Kay was a teacher."

The two met at one of Kay's art classes in the botanical gardens in Chicago. Siske loved having her as a teacher and learning the art of Sumi-e was met with nothing but encouragement and enthusiasm. Siske describes Kay as curious and passionate with a zest for the work.

Kay's artwork and photography have been shown in her daughter's gallery in New York, Pocket Utopia, as well as other galleries

in Washington, DC, in both individual and group exhibits.

"She never misses a day of drawing in her sketchbook," Austin said. "It seemed like Duquesne was really seminal in giving her her gospel [art and photography]."



COURTESY OF KAY THOMAS

Kay Thomas's Sumi-e art work.

Women's basketball winning on a streak

ROWAN DUBOIS

staff writer

Duquesne's women's basketball stayed hot this week, and have won eight of their last nine games, defeating La Salle 57-52 on Saturday, and St. Bonaventure on Wednesday by a score of 66-50.

Given that St. Bonaventure



BRENTARO YAMANE | MULTIMEDIA
Megan McConnell led Duquesne with 20 points on Wednesday.

only has one conference win all season, the weekend's game versus the Explorers was the more intense of the two. The Dukes attacked the paint in the first quarter, feeding the ball to Precious Johnson and Ayanna Townsend. It looked as though the Dukes might generate a lead, but La Salle stayed in the game hitting four 3s in the quarter. Two of those 3s came from Jolene Armendariz in the last minute, giving La Salle the lead to end the quarter 14-13.

The second quarter was a physical battle, as La Salle sent the Dukes to the line five times. The Explorers continued to make tough shots despite hounding defense from Duquesne.

"LaSalle kind of plays a different style of play that we're not really used to," Lauren Wasylyson said. "I think that shook us up a little bit in the first couple quarters."

Shots began to fall for the Dukes in the third, as Johnson, Wasylyson, and Naelle Bernard added to the scoring. The Dukes opened their biggest gap

of the game with a nine-point lead and would go on to finish the quarter up, 41-33.

The Dukes knew an eight-point lead might not be enough against a well-coached team like La Salle.

"A six-point lead is not safe, a nine-point lead is not safe," said Duquesne's Head Coach Dan Burt. "We want to get it up to 12 or 15, and we were never able to do that."

In the fourth quarter, the Duke's highest scorer for the game Johnson went down hard on her arm, trying to pick up a loose ball. Johnson had to go to the locker room and would not return for the remainder of the game.

With Johnson out, La Salle slowly chipped away at the lead, and with 34 seconds left in the game, the Explorers cut the lead to just three.

There were some nervous moments as Duquesne tried to inbound it cleanly without turning the ball over. Luckily for the Dukes, they were able to get the ball to Megan McCon-

nell, who sunk two free-throws to ice the game 57-52.

"We call him Mountain the Magician," said Burt referring to La Salle's Head Coach Mountain MacGillivray. "And he almost pulled a rabbit out of his hat today."

Bernard finished with 13 points, and Johnson had a team high 15-points, 12 rebounds. She returned to action for Wednesday's clash with the lowly Bonnies, finishing second on the team with 12 points. However, McConnell stole the show offensively, going 5-of-7 on 3-pointers on the way to a game-high 20.

The game was never in doubt, especially after the Dukes' lead ballooned to 36-16 at halftime. From there, they coasted to their fourth consecutive victory. Duquesne is now 11-3 in conference, good enough for third place and a double-bye come tournament time. They will try to solidify that position on Saturday at Saint Louis, before a Wednesday afternoon matinee at home versus George Washington.

Mardi Gras cultural dinner brings taste 5 of New Orleans to Duquesne's campus

EMMA POLEN
editor-in-chief

For sophomore Travisia Wyatt, Mardi Gras in Louisiana consists of king cake, homemade chicken gumbo or jambalaya and an entire week off from school. This Mardi Gras, Wyatt brought her traditions to share with her fellow students at Duquesne.

Wyatt, originally from Shreveport, La., misses the week-long break from school the most about Louisiana Mardi Gras. Even though her home is over five hours away from New Orleans, her town knows how to throw a party, with parades and celebratory Krewes, or leaders of the Mardi Gras festivities traditionally wearing over-the-top masks and costumes, who host festivities leading up to the big day.

"Nobody celebrates it like us," Wyatt said about her home state. She partnered with the Honors College to bring a taste of Louisiana to campus.

The food at the Mardi Gras dinner came from Muddy Waters Oyster Bar in East Liberty.

The tasting menu consisted of jambalaya, seafood gumbo and mac and cheese. Muddy Waters Pittsburgh manager Ben Rosenthal said that among the fan-favorites, po'boys and oysters are always their most popular plates, but this day especially.

"We were very busy today," he said. To finish off the traditional Mardi Gras spread, Wyatt brought New Orleans-style king cake she made fresh in the Vickroy kitchen. There was no baby in the king cakes, but Wyatt made them with a special New Orleans recipe with only a few ingredients: yellow cake mix, cinnamon and homemade icing poured on top before serving.

According to Wyatt, who said she knows a lot about New Orleans and its many traditions, the bread-like king cake that is typically served in Pittsburgh and other areas of the U.S. further north comes down from the Canadian French Mardi Gras tradition, while the cinnamon roll cake she made for

the cultural dinner represented the French recipe coming from French colonizers that made its way to southern parts of the U.S.

Wyatt's homemade king cake was a hit at the Duquesne event, and her four trays were nearly gone by the end of the dinner. Students walking by Wyatt pointed to their cake and were proud to say it was their second or third piece. The popularity of Wyatt's king cakes was not a surprise for the Louisiana native, who said it's not uncommon to be able to buy king cakes in any major supermarket where she's from. Walmarts and Targets carry the southern cinnamon variety of king cakes alongside their normal groceries around the time of the festivities.

Garden&Gun, a southern lifestyle magazine, estimated that 750,000 king cakes are sold around the time of Mardi Gras, and over half of those sales are accounted for by Rouses, a Louisiana-based grocery chain. The time surrounding the festivities is referred to as "cake season" around New Orleans.



EMMA POLEN | EDITOR-IN-CHIEF
Travisia Wyatt pours icing over her homemade New Orleans style king cake at a Mardi Gras cultural dinner hosted by the Honors College. Cinnamon is the key ingredient in Wyatt's cake baking.



EMMA POLEN | EDITOR-IN-CHIEF

Kathleen Roberts, director of Duquesne's Honors College, digs into a bowl of seafood gumbo on Tuesday night.

For Wyatt, the cultural dinner with the Honors College was a chance to educate people about Mardi Gras and how it's celebrated all over Louisiana, she said, a place with a lot of culture and history.

"It's definitely a big celebration that requires a lot of time to prepare for, but it's worth it," Wyatt said. "It's very nice to just be surrounded by happiness and be able to enjoy the same foods as everybody else. And having that same enjoyment really brings people closer together."

Aside from preparing the king cakes with friends, Wyatt also put her time into decorating the Towers MPR for the dinner as well as a brief presentation about traditional Louisiana Mardi Gras.

Kathleen Roberts, the director

of the Honors College, promotes the cultural dinners as a chance to honor students' heritage through food, crafts and dance. She encouraged this opportunity for students to make connections, not only to new cultural food, but to each other.

"We're really focused on learning new things and being curious," Roberts said. "We're doing things outside the classroom where those really ... relationship-building moments happen."

Reminiscing about Mardi Gras in Louisiana, Wyatt recalled the laughter, conversation, eating and celebrating that all contributed to the festivities.

"Having such a big group of people come here and actually celebrate Mardi Gras with me was very nice," she said.

Southern Style King Cake Recipe

Ingredients:

Icing

- Sweetened condensed milk
- Dash lemon juice
- Powdered sugar
- Cinnamon (to taste)

Cake

- Box of yellow cake mix
- Cinnamon (a lot)

Instructions:

Step one: Follow the instructions on the cake mix box, and add the cinnamon until the batter changes color. Then, bake the cake following the instructions on the box.

Step two: For icing, pour ingredients into a bowl until desired consistency is reached (resembling cinnamon roll icing).

Step three: Let cake rest, then add icing right before serving. Enjoy:)

OPTIONAL: Hide a plastic baby inside the cake before serving to bring your guests good luck and prosperity, and dub the finder of the baby royalty at your Mardi Gras party.

Flyers' late run spoils perfect road trip

MICHAEL O'GRADY
staff writer

The goal in February for Duquesne basketball, so far, has been to write off their rough Atlantic-10 Conference start and find a way into the crowded middle of the pack for a bye or two come the conference tournament. Five teams in the A-10 are either a game above, below or at .500, and after the 0-5 start Duquesne had, any of



COURTESY OF DUQUESNE ATHLETICS

Jimmy Clark III and Fousseyni Drame in a defensive set that was initially successful vs. UD.

those positions looked desirable. Yet, the Dukes can't seem to get there.

Saturday's game at St. Bonaventure was a step in the right direction after a home

loss to Davidson. The Dukes beat the Bonnies, 75-69, and primed themselves to finally move into the middle tier of teams with a win at No. 16 Dayton Tuesday night. Duquesne led in the second half, but a massive scoring streak from Dayton down the stretch sealed their defeat, 75-59, and dropped the Dukes to 4-7 in conference.

Duquesne had seven players total 6 points or more on Saturday, led by Fousseyni Drame with 16 who double-doubled with 14 rebounds, and Jimmy Clark, who scored 12 of his 15 from 3-pointers. Clark and Drame were the only Dukes who hit from long range, as the team shot six-of-21 from deep, including a one-of-eight mark in the second half. They would abandon that strategy late in the second half, and deliberate or not, that decision may have won them the game.

The first half was about evenly matched, but St. Bonaventure went cold, and Duquesne took advantage to lead by 13 at halftime. They'd extend the lead to 17 early in the second, and St. Bonaventure cut that away slowly for the rest of the game. The climb back was mostly led by guards Charles Pride and Mika Adams-Woods, who both finished with over 20 points.

The Dukes were able to return the lead to 16 with nine minutes left after a small tumble, but the Bonnies whittled it down to a 4-point game with just over a minute to go. Duquesne answered with a David Dixon dunk and then gave up a heart-stopping three, but the Bonnies were now forced to foul and the Dukes hit all their free throws. The win marked Duquesne's first season

sweep of the Bonnies since 2009.

Tuesday night, the key for the Dukes was to stop likely A-10 Player of the Year DaRon Holmes II in front of Dayton's sellout crowd, which they did not do. Holmes tore Duquesne apart, finishing with 24 points, 11 rebounds, two assists, three blocks and two steals in 36 minutes. Duquesne had a little more success in the paint on offense, where Dusan Mahorcic scored 8 points in just 15 minutes of playing time.

Dayton also shot 23 free throws compared to Duquesne's three, a mark of the Flyers' tenacity on both ends of the floor. Neither team played their best basketball in the first half; Dayton started slow and Duquesne led by 11 just after the halfway mark, but Holmes and the Flyers came roaring back to finish the first frame on top by three. Dae Dae Grant kept the Dukes afloat in the second with nine straight points, and a three from Drame followed by a Clark jumper put the Dukes ahead by four with 6:39 to go.

It could not have gone worse from there. The Dukes barely had a chance to get cold, because they were turning it over and fouling on nearly every Flyer possession. Head Coach Keith Dambrot appeared to believe that the refs had arbitrarily begun to tighten up their whistles, but those fouls only accounted for Duquesne's struggles on the defensive end. They finally did get cold once Dayton had built a lead off their free throws and were now making regular shots, they began desperately heaving up threes in the hope of a comeback, but nothing went in.

Nine seconds were left and the game was decided when Jake DiMichele made a layup. They were Duquesne's first points in over six minutes.

Duquesne is running out of time to fully recover from their poor A-10 start, but they have two good chances at home coming up with a Saturday afternoon game against Saint Joseph's and the Tuesday night Red-Out game with Saint Louis.



COURTESY OF DUQUESNE ATHLETICS

Dusan Mahorcic drives for 2 as NBA hopeful DaRon Holmes II watches.

City Game of shame: Pitt 20, Duquesne 2

JACK MORGAN
staff writer

Duquesne opened their 2024 season on Friday against Pittsburgh, and they learned early that it would not go according to plan. Jenna Hendrickson led the Panther offensive onslaught with a game-high four goals in a 20-2 route of Duquesne at Highmark Stadium.

Duquesne Head Coach Corinne Desro-



MARY GENRICH | STAFF PHOTOGRAPHER
Sophomore Corinne Webb tries to get a shot off despite the attempt of a lunging Panther.

siers didn't mince words when describing how the game went.

"This was a disappointing start to the season," Desrosiers said. "I think they all know it and can feel it and are aware of it."

Hendrickson's four goals all came in the second quarter in a span of less than 6 minutes. Her first goal came off of a free position shot with 11:59 remaining in the first half. She scored the next two unassisted and her fourth goal came off of a feed from Madigan Lublin. She was one of three Pitt players with a hat trick in the contest.

"Pitt came way hotter," Desrosiers said. "They were way more confident. They moved the ball faster, and they weren't afraid to make a play."

In the first quarter, Pitt scored the first three goals of the game. Camdyn O'Donnell, Sydney Naylor and Kaitlyn Giandonato scored the goals, and the Dukes called timeout after Giandonato collected her first of two points in the game with 9:31 to go in the first quarter.

With 8:42 remaining in the first, Duquesne had a two-woman advantage for 1:57 but only got one shot off in that span. Duquesne found a way to get on the board with less than two minutes to go thanks to Corinne Webb. Webb made a swim move around Pitt defender Abby Thorne and dropped it past Panthers

goalie Audrey Moran. The quarter ended with the Dukes trailing 3-1.

After Hendrickson put the Panthers up 9-1 with 6:09 to go in the second quarter, Maureen McNierney and Sydney Taylor added to the lead with two goals in the final six minutes of the half to give the Oakland side an 11-1 lead heading into halftime.

Duquesne allowed 8 unanswered goals to end the first half, and they continued to look lost and without an answer to the offensive masterclass from the Panthers.

"By the end we weren't a cohesive unit," Desrosiers said. "And that's how you're going to get scored a lot on."

For Duquesne, the second half did not go much better than the first half. They were outscored 4-1 in the third quarter. The lone Duquesne goal in the quarter came from Emma Raines. Raines positioned herself well in front of the net and scored off of the pass from Emelie Curtis.

However, that was one of very few bright spots for the red and blue. Desrosiers found another one after the game.

"The good part about this is, this has no weight on our season," she said. "It doesn't matter for conference; it doesn't matter for playoffs. What this does is it really gives us a slap awake in what we thought we were capable of and what we thought we could do."

"We need to go back and actually just

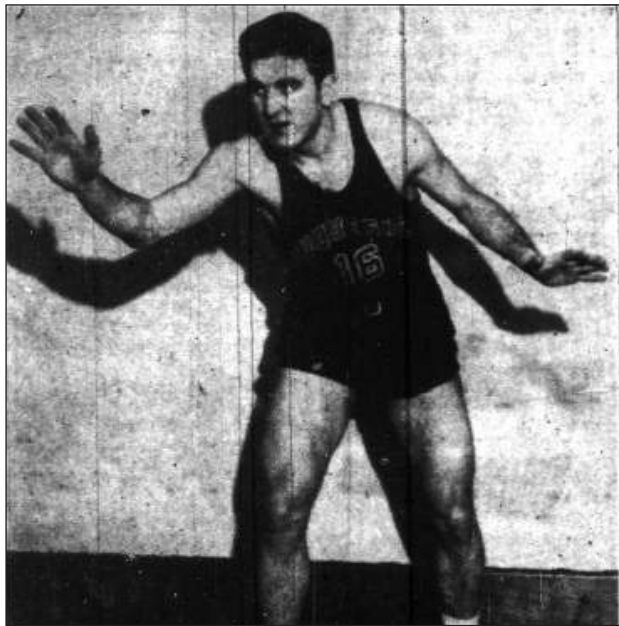
get more disciplined so we can work through this non-conference schedule before we play Richmond at home."

Speaking of the non-conference schedule, the Dukes will play their home opener on Thursday as they take on the Eagles of Eastern Michigan at Rooney Field at 3.



MARY GENRICH | STAFF PHOTOGRAPHER
One of Duquesne's only moments to smile on Friday afternoon: Webb's first-quarter goal.

Fashion issue: Unis through the years



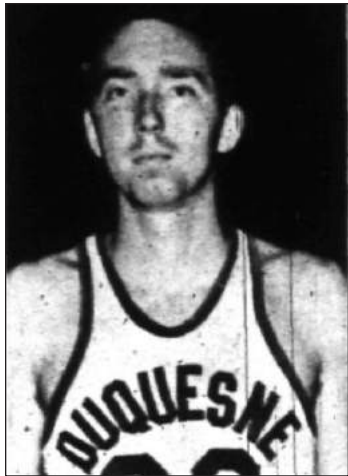
Ed Milkovich, Basketball, 1940



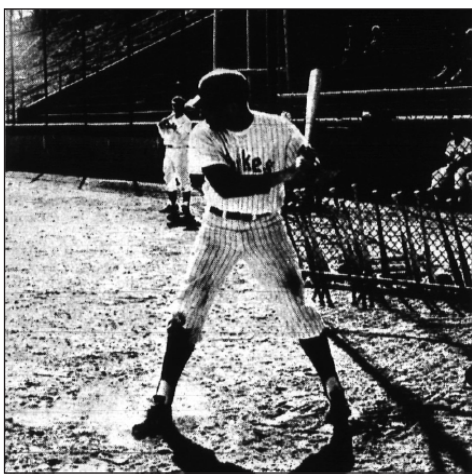
Football, 1946



Si Green, Basketball, 1953



Basketball, 1963



Baseball, 1965



Norm Nixon, Basketball, 1976



Baseball, 1988



Basketball, 1991



Kori Hlede, Basketball, 1995ish



Football, 1995



Anthony DeFabio, Baseball, 2010



Micah Mason, Basketball, 2015



Joey Isabella, Football, 2023



Tre Williams, Basketball, 2024

Fashion show celebrates, supports women

KAITLYN HUGHES
staff writer

According to Merriam-Webster, the term “Galentine’s Day” first came about in a 2010 episode of “Parks and Recreation.” The concept allows for women to embrace their femininity, individuality and friendships with one another.

To celebrate female empowerment, Kimpton Hotel Monaco Pittsburgh hosted a Galentine’s Day Fashion Show and Brunch. The event was dedicated to creating a positive environment to support other women.

Guests were greeted by a playlist with songs solely by female artists, booths with women-run businesses and a breakfast buffet.

“It was all about empowerment,” said marketing and communications manager Madison Kelkis, “getting all the girls together to be able to mingle.”

The three featured vendors in the show included Women Who Rock, Fresh Nostalgia and 306 Forbes Boutique. All three picked Valentine’s Day pieces that best represented their brands.

Kelkis felt that having models volunteer sent the important message that anyone can be a model. One-by-one the models strutted through the center of the Hotel Monaco Ballroom.

Women Who Rock’s partner activation and events manager Bailee Gazdag was one of many who volunteered to be in the show. She wore her favorite piece

from the collection, the pink sequin “star” suit.

“I was definitely a little nervous,” Gazdag said. “But I think that the room was full of a lot of positive energy.”

Women Who Rock maintains a close partnership with Magee-Women Research Institute & Foundation. A portion of the proceeds from the fashion show’s ticket sales and additional beverage purchases were donated to the research institute.

Founded six years ago by Melinda Colaizzi, Women Who Rock aims to raise awareness about the underrepresentation of women in music and women’s health research, which drives their partnership with Magee.

“It was a very personal thing for me. I’ve been both a musician and worked in the music business for a very long time. Also, my mom is a cancer survivor,” Colaizzi said. “The underrepresentation for both women in the music industry and when it comes to women’s health research was something that I really wanted to change.”

Janice Devine, Vice President of Magee-Women Research Institute & Foundation, said in an interview that women should take proactive and preventative steps toward good health.

“Be an advocate for yourself, don’t be afraid to speak up, don’t be afraid to ask questions,” Devine said. “No matter what your age is, I think we have to own our own



BRENTARO YAMANE | MULTIMEDIA EDITOR

Storey Rogers of Fresh Nostalgia (left) and Bailee Gazdag of Women Who Rock (right) showcased their personal styles and their affiliate merchandise.

health care.”

Attendee Sage Steedle also recognized that women’s health is still not where it should be. She suggested women do their own research about their body so they can make decisions best suited for them.

“It’s important to have your check ups, it’s important to take care of yourself,” Steedle said. “Your physical well being is just as important as your mental well being.”

Steedle attended the event with her friend Nikki Gilboy to support Hotel Monaco. They were both drawn to the idea of being surrounded by women and supporting Pittsburgh boutiques.

As social media content creators, the pair shares a passion for fashion. Steedle and Gilboy recognize that representing originality through clothing is a core concept of fashion. They discussed how they would style the clothes in the show to best reflect their own styles.

“Everyone has such a different vision of what they would do with these pieces. You may like the same piece, but do something totally different,” Gilboy said. “I’m on Pinterest all day long, seeing how to style things. Now you actually see it in real life instead of being on an app and it’s like, ‘Oh I love that piece, how can I style it in this way?’”

Restorative fashion such as thrifting and second hand vintage items are popular methods for creating a unique capsule wardrobe that is always in style. Both Gilboy and Steedle agreed that fast fashion is appealing because it is on trend, but the pieces go out of style quicker and eventually go to waste.

The show embodied the importance of diversity in fashion as well. Owner of 306 Forbes Boutique Lisa Wolfson created a collection for her store that encompasses all age groups.

“You will see people that come in that are 80 years old,” Wolfson said. “You see young girls come in. I had a 15 year old yesterday buy something. There are things for everybody.”

The boutique’s collection also had items directed toward college students. They were featured in Duquesne University’s 2023 Annual Luncheon and Fashion Show presented by the Women’s Guild.

In light of Galentine’s Day, Wolfson also acknowledged the importance of showing support to other women.

Owner of Fresh Nostalgia Beth Buenaventura originally recommended to the hotel that Wolfson be involved with the event.

“It’s just nice that we are not a competition,” Wolfson said. “It’s great to see that it is all women.



BRENTARO YAMANE | MULTIMEDIA EDITOR

Fresh Nostalgia owner Beth Buenaventura (center) said G. Bruce Boyer’s quote resonates most with her outlook on fashion: “Real Style is never right or wrong. It’s a matter of being yourself on purpose.”

campus
events

Galentine’s Day
Feb. 15 @ 9 p.m.

Join Strong Women Strong Girls as they decorate cookies and make Galentine’s in the NiteSpot!

Fe Chef
Feb. 16 @ 4:30 p.m.

Learn about the chemistry of pickles with American Chemical Society in the Africa Room. Make pickles to take back to your room!

Valentines Day Ball with Pitt
Feb. 17 @ 1 p.m.

Dress in red and pink and join Best Buddies for crafts, dancing, games and fun to your HEARTS desire in the Union Ballroom.

Make a Flower Bouquet
Feb. 18 @ 12 p.m.

Head to Union 119 to make your very own flower bouquet with DPC. Coffee and breakfast pastries will be provided!

emily's
epiphanies

Times of Rest

Rest is a requirement, not a reward. It does not need to be earned.

As students, as professionals and as people who live in a culture defined by “hustle,” it can be easy to fall into the belief that you must be “on” at all times.

Despite the all-nighters, the lethal amounts of caffeine and the positive reinforcement that we get from filling every second of our day, we must eventually stop.

I understand that we all have a million things to do, and I am not endorsing chronic laziness or sloth.

Instead, I encourage you to reconnect with the people, activities and things that fill you with joy.

Not obligative, but pure unadulterated joy and peace.

You do not need to earn rest. If you do not make time for rest in your life, it will still find you, but likely at a very inopportune time.

Gift yourself with peace and stillness.

— Emily Fritz

Aquarius ♒

Quack. (Italicized)

Pisces ♓

You're a shoe! You're a shoe!
You're a shoe!

Aries ♈

Tiffany, let me tell you about how I ended up in a coffin.

Taurus ♉

I'm gonna bash my head into a table *en français*.

Gemini ♊

A Renaissance man with a short attention span.

Cancer ♋

Grows on me every single week. Like a big orange fungus.

Leo ♌

One week I used it to throw shade at my grandma.

Virgo ♍

That's why you have hands.

Libra ♎

Well, the day has finally come. I got ringworm.

Scorpio ♏

♪ Who stands, Who sits,
Who lifts your chair. ♪

Sagittarius ♐

The line between self care and self destruction is a fine one, but God do I walk it hard, brother.

Capricorn ♑

What do you think the cat Go-Gurt tastes like?

Local theater collaborates for costume sustainability

TRISTAN HASSEMAN
staff writer

For Vinessa St. Pierre, the head of the costume department at the Pittsburgh Public Theater, costume creation and sustainability go hand in hand.

Currently, a number of theaters in Pittsburgh share costume pieces to put on shows in a sustainable way, and this camaraderie among the theater community is something St. Pierre hopes to grow both in Pittsburgh and beyond. Sustainability is a community effort, and multiple companies across the city work together to reduce waste.

“As part of the costuming community here in Pittsburgh, a lot of the costume departments, between the universities, such as myself here at Pitt, Point Park, CMU and then even the Public Theater and some of the other smaller theaters here will share costumes with each other,” said University of Pittsburgh’s costume shop manager Ricky Campbell. “We have an open borrowing policy with each other. That way, we’re reusing instead of constantly building.”

“From a labor perspective, [sharing] makes it a little easier because [creating] is so time consuming; you have to build a whole show



COURTESY OF CHRISTIE SNYDER | PITTSBURGH PUBLIC THEATER

Lawyer Bohun (Floyd King, left) and Dolly (Gun-Marie Nilsson, right) dance in the 1977 production of “You Never Can Tell,” one of St. Pierre’s favorite shows.

from scratch, not to mention the cost,” he said. “It kind of helps kill two birds with one stone.”

But creating costumes that help convey the intended message without distracting from the story is not an easy task, and the materials chosen by the designer and the department vary from show to show.

For St. Pierre and her team, natural fibers like cotton, wool and linen are the name of the game due to their comfort, practicality and sustainability.

“They work up much nicer and we get much better results than petroleum based textiles like polyester,” St. Pierre said.

One downside to working with natural fibers is safely storing pieces so they can be used again. Moths are the biggest enemy to many pieces, St. Pierre said, and “once something gets infested with moths it needs to be thrown away.”

Due to the wide range of time periods the Public’s plays are set in, the costume department never knows when a piece they made might come in handy in the future. St. Pierre and her team reinvent old costumes by mixing and matching different pieces to create new outfits, but they also make sure to integrate new pieces into each production.

“We do have to be careful that we’re not repeating the same things,” she said, understanding that it is not always possible to reuse every costume.

Sustainability efforts have evolved over the years as well, mainly impacting the ways that the costume department gets their materials. While they used to drive to go shopping in-person for fabric, St. Pierre and her team now rely more on Amazon and delivery services to procure their materials.

During her many years of experience in the costume industry, St. Pierre’s job has evolved, but the goal remains the same. The suc-

cess of the costume department revolves around the individual efforts and unique skills of each person.

“It’s self-sustaining for us, we come to work the next day because we like what we do,” St Pierre said.

We have an open borrowing policy with each other. That way, we’re reusing instead of constantly building.”

Theater revolves around the story being shared with the audience and every aspect of a production is carefully chosen to convey that story with the utmost truth, St. Pierre said, and true success isn’t just a beautiful costume but a well-rounded and honest production.

“It’s the big picture success that is the best ... having something be successful in theater has a lot to do with being true to the stories being told,” she said.

Pittsburgh Tattoo Expo celebrates self love through ink

EMILY FRITZ
a&e editor

Tattoo artists across the country were greeted by a special delivery back in November: a brown box from the DC Tattoo Expo. Inside, among different “swag” items and sweet treats, was the key to the kingdom: a scroll detailing their invitation to attend and participate in the seventh annual Pittsburgh Tattoo Expo owned and operated by Baller Inc. from Feb. 9 to 11.

Hosting in one of the few states left without federal regulations around tattooing, owner of Baller Inc.

Greg Piper felt that it was especially important to keep the artist list invite-only.

“I try to keep it old-school like that with really good, talented artists,” Piper said. “It gives artists a chance to watch other artists work and see what’s going on in the business.”

For the few who had turned down the invite, many more tattoo artists were ready to apply for the vacant spots. Piper reviewed every artist to determine if their portfolio was up to standard.

Having outgrown last year’s venue, the Sheraton at Station Square, the expo instead opted for the Wyndham Grand Downtwon, where they had enough space to set up 167 tattoo booths, 340 artists and 5,800 guests in addition to vendors selling tattoo supplies, aftercare products

and a master piercer.

Among the attendees was Omar Elias, who was eager to see the art and then later became one of the many visitors who received a tattoo or piercing during the event.

“I found a lot of stuff that was interesting ... [Gabriella Rosa from The Sanctuary Art Studio] and the person next to her had the exact art style I was looking for,” Elias said. “The tattoo artist that actually did my leg happens to be from Ohio, just like I am. Now I’ve found a good artist, I like their style and I’m not too far from them when I go back home.”

A variety of art styles were represented, with American and Japanese traditional, neotraditional, psychedelic, fine line, realistic, cover-up and new school being among the most popular. Many artists, like Brooklyn-based artist Luis Garcia of Itzocan Tattoos, have explored a number of styles, but have found a niche that they enjoy most.

“I prefer fine lines,” Garcia said. “I try to work with the flow of the body ... I prefer to play a little more with the designs. [It has] more freedom, instead of [being] realistic. I can play around a little more.”

Like Garcia, Julius Vargas of Sin Nombre Tattoo Studio traveled a notable distance to bring his studio’s work to Pittsburgh. Hailing from Jersey City, he shared more about how conventions come with

increased exposure and a larger network.

“We’ve had people drive several hours just to come to the studio because the conversations they had at the convention [started] a new relationship with our artists,” Vargas said.

For many in the industry, tattooing goes beyond wearable art. For clients and artists alike, tattooing has become a source for self-expression, self confidence and reclaiming the narrative of the body.

“Body modifications can make people feel beautiful in their own ways,” said tattoo artist Jasmine Jimenez of SprINKfield Quality Tattoos. “I have a lot of clients that have self harm scars, they have scars from weight loss and they’re so self conscious of their bodies. Then they finally get tattoos and they’re like ... ‘Now I’m not worried about these scars that I have.’”

For those who are less inclined to be inked, owner and master piercer of International Body Jewelry Kimberly Rowan explained how body modifications have become less stigmatized and more meaningful for the greater public over her 27-year career.

“People come up with really unique ideas on how they would like to curate their ears or their body art,” Rowan said. Clients often come into her shop in Norfolk, Va. to create piercing themes that center around astrology or birthstones.

Rowan has also seen many clients seeking piercings following major life changes such as divorce, loss and grief.

“You get [many] different walks of life of people coming for different reasons for why they get pierced,” she said.

The Pittsburgh Tattoo Expo was a celebration of art as much as it was community. Well-known artist Robbie Ripoll, owner of Rad Ink Tattoo and Piercing and season five “Ink Master” competitor, found a deeper connection for the community at expo events than during the coveted competition-reality televi-

sion series.

“I thought it was going to be ‘I get to shine and [this is] who I am’ and it really turned out to be ‘You have to make TV,’” Ripoll said. After his time on the show, the artist founded his own positivity motivational platform, “The Rad Movement.”

“Over 10 years after creating ‘The Rad Movement,’ I am really, truly feeling the positive effects of this community. I’ve shared hugs, laughs, tears and real life moments with people all around the convention center,” he said. “There’s a lot of emotional healing that happens in my tattoo chair.”



EMILY FRITZ | A&E EDITOR

Geo Cuellar (left) of Rad Ink tattooed attendee Lux Betancourt (right). Many artists offered pre-determined designs but others were open to personalized pieces.

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“Don’t be into trends.

Don’t make fashion
own you, but you
decide what you are,
what you want to ex-
press by the way you
dress and the way
you live.”

GIANNI VERSACE

You just read | Now tweet
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EDITORIAL POLICY

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

Letters policy

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

Corrections/clarifications

Six Black Americans are in the process of becoming saints through canonization. A story on the front page of the Feb. 8 edition included a typographical error.

Contact

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Courtesy Wikimedia Commons

Cats have contributed to the extinction of 63 species of wild animals according to the *American Bird Conservancy*.

Abuse of public services puts animals, community at risk

ELIYAHU GASSON

opinions editor

The City of Pittsburgh Department of Public Safety Bureau of Animal Care and Control has put its free pet spaying and neutering voucher service on hold.

According to the department, pet owners from surrounding suburbs have been using the addresses of friends and family to fraudulently claim the program’s benefits despite not paying taxes to the city.

The average cat lives to be 14 years old and can start having kittens at around six months. They can give birth to up to four litters per year, with an average litter size being four kittens — in total, the average cat is capable of creating 216 tiny versions of itself.

Dogs reproduce in fewer numbers, and even those vary wildly based on the size of the breed. The average canine lives to be 10 to 13 years old (11 and a half for simplicity’s sake) and can start reproducing around eight months old. Their average litter size is six puppies, meaning the average pooch can make close to 65 more pooches.

That’s 216 cats and 65 more dogs, all of which require food, water and shelter.

Excessive of furry friends, especially those that spend most of their lives outdoors, create a dangerous environment for native plants and animals given that they are effectively invasive species.

Outdoor cats decimate the populations of native bird species. Studies show that felines are responsible for the deaths of between 1 and 4 billion birds every year, leading to the endangerment of one-third of the 800 native bird species in America.

Stray animals also do a great job of spreading diseases and

creating unsanitary living conditions.

“Stray dogs and cats wandering the streets can carry zoonotic diseases like rabies and toxoplasmosis,” according to Four Paws, an international animal welfare organization. “Moreover, they can cause property damage or environmental contamination.”

This is especially true in poor-

**“Outdoor cats
decimate the
populations
of native bird
species.”**

er urban environments where residents lack the necessary time and resources to neuter their pets.

This, and the aforementioned damage to indigenous species is what highlights the importance of the city’s paused voucher program and how abuse of government services only serves to hurt our most vulnerable communities.

According to *TribLive*, the suburbanite pet owners who scammed the taxpayer funded service were using it on designer dogs.

“If you can afford a \$3,000 designer dog, then you can afford a \$200 spay,” Emily Bourne said in an interview with *TribLive*.

The no-cost spay and neuter program was designed to help not just to control feral pet populations, but also to help Pittsburgh pet owners in need.

Aside from the environmental benefits of fixing cats and dogs, owners also do their furry friends a service by eliminating a common source for health problems.

According to the *Dayton Daily News*, unneutered male dogs are at greater risk of prostate enlargement, which can lead to dif-

ficulty with urination and bowel movements as well as infection of the prostate. They are also at much higher risk of testicular cancer, as well as other tumors that require surgery.

Male cats don’t have to worry about their health as much as their canine counterparts, but they can wreak havoc with their odorous urine.

Female dogs have much greater risks to their lives if they are not spayed. For one, they are at high risk of a uterine infection which requires emergency surgery. If untreated, the infection will spread to the bloodstream and become fatal.

Female dogs are also at risk of mammary tumors, 50% of which can spread to the lungs, according to the *Dayton Daily News*.

Like dogs, female felines are also at risk of uterine infection and mammary tumors.

The pause in free spaying and neutering of pets could not have come at a worse time. The population of both animals as pets has been on the rise.

According to *Forbes*, between 2016 and 2022, the percentage of American households that own dogs has increased 6.1%. Cat ownership has also increased by a slightly lower 4%.

The suspension of Pittsburgh’s spaying and neutering program is a setback with far-reaching consequences.

A vital program which served as an investment in the wellbeing of the city by its residents was bent and abused by wealthy outsiders who knowingly misused a public resource that was not meant for them.

With any luck, a revival of this program, will come with more stringent safeguards to prevent this abuse from happening again.

STAFF EDITORIAL

Catholic Church recognizes minorities

Catholic identity in the United States has fallen about 5% in the last 10 years, according to the Pew Research Center. Changes to long held practices and attitudes may go a long way to help reverse the trend.

The recent canonization of the first Black American saints and approving blessings of same-sex couples within the Church are some of the noteworthy strides the almost 2,000-year-old institution is taking toward bringing in minorities.

As the world expands, so do the types of people accepted in it. It’s not a radical assumption to believe that the teachings of Jesus Christ would include marginalized voices. Jesus was known for helping and accepting lepers and prostitutes.

As the saying goes, “love thy neighbor as thyself.”

The Church’s recognition of minorities that have been marginalized is promising given its rather exclusionary past. Complicit and explicit behavior in violence dates as far back as the Jesuit’s profit from the transatlantic slave trade to the Rwanda genocide and Catholic concentration camps in WWII Croatia, particularly in Jasenovac. Further back, there is the terrible violence caused by the Spanish Inquisition and Crusades, which tore communities apart and killed millions of people.

And while the Church has asked for forgiveness for the aforementioned actions, words do little to truly amend these wrongdoings. What the Church is doing now is praxis in making up for its dark past.

For example, in October 2023, Cardinal Víctor Manuel Fernández signed a statement, with the approval of Pope Francis, affirming that transgender people can be baptized, become official godparents and act as a witness for weddings in the Catholic faith.

These are the types of steps that prove that rhetoric is changing in the infamously anti-trans and homophobic rhetoric of the Vatican.

Changes like the ones supported by Pope Francis do not come very often for the Church, some of the most recent institutional adaptations have been the Second Vatican council in 1962 and Pope Benedict XVI’s retirement in 2013.

Large structural changes take time in the church, however, slowly but surely, the Church is heading toward a more tolerant and egalitarian way of operating evident in the further adoption of progressive attitudes of recent Church leaders opening conversations with marginalized groups.

While generally supported, there still exist skeptics in the LGBTQ community. While in its beginnings, dialogue between the Church and marginalized groups must continue.

Though canonizing Black Americans for the first time or recognizing that queer people have a place in the community are not the large sweeping changes many in these and other marginalized communities would like to see, a little goes a long way. Small changes will continue to compound.

23andDeceit: The sinister reality of commercial genetic testing

MAX MARCELLO
staff writer

Davy Crockett coonskin caps, Pet Rocks and the Snuggie — all examples of trends which serve as ambassadors to an era in which they dominated popular culture.

In contrast to these trends of the past, today's trends cycle through more rapidly, mirroring the swift pace of modern life. However, there is a particular trend whose decline I observe with anticipatory satisfaction: the waning popularity of genetic ancestry testing.

Marketed as convenient and fool-proof, these kits offered a simple method to decode one's ethnic and national heritage from half a teaspoon of saliva. This approach initially resonated well, tapping into the long-standing American fascination with genealogy.

These kits were heralded as a significantly more convenient way of doing genealogy. Yet as time passed, the sinister nature of these kits became unignorable and showcased our generation's ignorance and careless attitudes around privacy.

No force was more vocal or prominent in popularizing these tests than 23andMe. Founded in 2006 the company quickly rose to prominence as a trailblazer in the multibillion dollar industry. With Silicon Valley insiders at the helm, 23andMe marketed its own innovations that reduced the cost for genetic testing. What followed was the eventual normalization and celebration of these tests in our popular culture.

It became increasingly common for individuals to explore their ancestry

through these tests, often leading to a newfound identification with cultures based solely on shared genetic markers, despite having no active participation in those cultures.

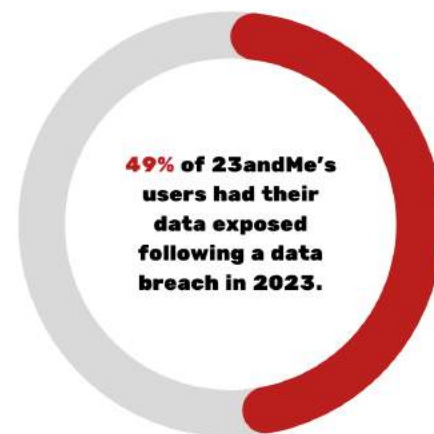
At the height of the craze, skeptics were often perceived as out of touch. The notion of entrusting genetic material to a corporation, with minimal control over its future use, was profoundly disturbing.

However, this apprehension was largely overlooked by the greater public, especially as established genealogy companies began to introduce their own genetic testing services. The degree of intrusion these tests represent is difficult to fathom. DNA, being the fundamental component that differentiates each individual, is unique in that it cannot be altered or overwritten like your Google Search history. Unlike other forms of data, DNA is immutable and perpetual, an aspect that heightens the significance and potential consequences of its mishandling.

It was through DNA samples collected by a combination of family members and private companies that police in California were able to close one of the most enduring cold cases in the state's history; that of the Golden State Killer. The trial set a precedent that effectively proved law enforcement's capabilities to accurately anatomize our genetic profile from relatives and family members.

If a blood relative has undergone commercial genetic testing, it's highly likely that a considerable portion of your own DNA is now indirectly in the possession of these

companies. Law enforcement are increasingly considering the use of commercial genetic databases as a supplement to their existing Combined DNA Index System, which would house genetic profiles of citizens, including those without any criminal background.



In addition to government agencies, cyber criminals are also targeting your genetic data. 23andMe recently announced a major security breach. Hackers reportedly targeted profiles of Ashkenazi Jewish and Chinese descent, highlighting the specific and potentially discriminatory nature of such intrusions into personal genetic information. All of these developments have led to 23andMe experiencing a historic decline in its valuation, an indication that the enthusiasm for genetic testing

has significantly waned.

This downturn signifies a growing public awareness of the insufficient regulatory and ethical frameworks safeguarding this sensitive data, prompting a widespread retreat from these services.

Concurrently, lawsuits against the company in regard to the significant breach are going forward. Make no mistake, this is a cause for celebration, but it'll be tough to get the genie back in the bottle.

Millions of DNA samples remain stored in the databases of these companies, and the specifics of how this information is being used or handled remain shrouded in mysteries. Given the risks, it becomes imperative for the public to advocate for extensive data privacy reforms, particularly concerning genetic information.

While mass surveillance of digital activities can, at times, be rationalized by national security concerns, the collection of genetic data lacks a similar justification. There is no justifiable rationale for any government or private entity to collect and retain genetic information from law-abiding citizens without revealing malevolent intentions.

It is not — nor should it be a crime to want to have your genetic information kept private from the FBI and unknown third parties. As these genetic testing companies face potential collapse, it is crucial that we allow them to do so.

It would be morally irresponsible and against public interest to support or attempt to revive the popularity of these tests. Much like shoulder pads or the cinnamon challenge, the era of commercial genetic testing must be allowed to die and remain that way

On the weaponization of therapy speak

MEGAN TROTTER
news editor

The mental health movement has been working overtime to destigmatize the societal hush order on discussing mental health. With an increased push for people to be more emotionally aware, some have begun to loosely interpret the terms commonly heard in your standard half hour therapy session.

'Therapy speak' refers to "when people use psychological, therapeutic or mental health language in day-to-day conversations," according to clinical psychologist Perpetua Neo in an article from *MindBodyGreen*.

Suddenly, it seems everyone is a mental health expert and pointing out everyone else's shortcomings. But just knowing 'therapy speak' does not qualify one to counsel others.

While *Community Mental Health Journal* published findings that reveal shared experiences make us more willing to seek help, more aware of where to find help and more likely to encourage others to get support, we may have overcorrected.

As words previously reserved for the walls of a Ph.D.'s office like "trauma," "toxic" and "gaslight" leak into common vernacular, we open people up to manipulation by others.

Actor Jonah Hill became the face of weaponized 'therapy speak' in 2023 when his

then-girlfriend, Sarah Brady, posted a video from a licensed professional counselor, Jeff Guenther, according to the *Mercury News*, that described how Hill had been controlling Brady by setting what Hill described as personal "boundaries."

Brady revealed text messages ranging from 2021 to 2022 that included comments from Hill encouraging her to turn down professional opportunities to surf and model, as well as limit contact with male surfing colleges and certain female friends, according to the *Daily Mail*.

"Guenther said misusing therapy language 'can be super problematic as it masks controlling behavior under a commonly accepted positive concept — in this case boundaries,'" according to the *Mercury News*.

It is important to set healthy boundaries. When Hill established his "boundaries" with Brady, he neglected the keyword "healthy." He chose to view any behavior undesirable to him from his partner as a breach. Hill's own behavior proves that entering relationships with guns blazing and accusations of negative behaviors like trauma-dumping, narcissism and love-bombing can have negative effects.

Hill claimed that he was calling Brady out for negative behavior. In his attempt to do so, he displayed the same manipulative behavior he was claiming to fight against.

While one person in the relationship may feel their partner is toxic because

they don't spend enough time with them, the other person in the relationship feels attacked by the accusation of being toxic and believes their partner is gaslighting them into spending more time with them.

Manipulation in the name of emotional intelligence is not emotional intelligence.

In March 2023, *Time Magazine* published an article titled, "Gaslighting, Narcissist, and More Psychology Terms You're Misusing," that details 10 therapy terms being misused by the public.

"Doing so 'can dilute the meaning of the words themselves, and we know that words have power,' says Naomi Torres-Mackie, a psychologist at Lenox Hill Hospital in New York City and head of research at the Mental Health Coalition, a nonprofit that aims to end stigma around mental health. 'If we're very quick to throw labels on something, it can derail nuanced, important conversations, and create this idea of an assumed meaning,'" according to *Time Magazine*.

The term "gaslight" has wiggled its way into social media trends, popular song lyrics and even your roommate's weekly fight with his girlfriend, so there is no surprise it was named Merriam-Webster's 2022 Word of the Year.

Time Magazine describes how gaslighting has a much more serious meaning, than the widely accepted idea that someone refuses to take responsibility for their actions. "True gaslighting" is when someone truly makes you question your mental

stability and sanity.

"This language creeps significantly into relationship dynamics and, unfortunately, is often used carelessly, excitedly, and with excessive conviction, while lacking depth of understanding," as described in Neo's article in *MindBodyGreen*.

Talking about mental health to combat stigmatization and spread awareness is great, now let's just make sure we're doing it properly.



COURTESY OF WIKIMEDIA COMMONS

Jonah Hill became the face of weaponized therapy speech after texts were released from ex-girlfriend Sarah Brady in 2023

Crochet your own way

HANNAH STELITANO
staff writer

Since she was young, Jansen Bauman has loved knitting, sewing and crocheting. At 10 years old, her grandma taught her to sew with simple fabrics and patterns.

She joined the knitting club in middle school where a single sock was the hardest thing she made. Since this was so difficult, she never bothered to make a second sock.

For crocheting, she never followed formal instructions or directions to learn how to create items.

"I'm really not trying to do anything extraordinary, since I'm coming up with my own ideas and patterns to follow," Bauman said. "My goal is really to just



COURTESY OF SKYLER WRUBLESKI

Pictured here is one of the sweaters Skyler Wrubleski made. In addition to this, she has made purses, crochet plushies and more.

have a wearable product in the end."

Bauman can make almost any clothing item, but she mainly focuses on hats and scarves since they are easy and fun to make, and people can use them frequently. She said she previously attempted to make shorts a few years ago, but it was a failure.

"When I was a freshman here, I crocheted a bunch of squares and made them into a pair of shorts; they unraveled shortly after I finished them. But in my defense, I wasn't following any kind of pattern," Bauman said.

From this, she was able to learn that not everything comes easily. On the flip side of her shorts that failed, Bauman made a sweater with bell sleeves for a friend's birthday gift.

She said that this sweater was the most wearable piece of clothing she ever made and that it inspired her to make many more.

Bauman also taught herself to sew embellishment writing onto shirts. She finds interesting fabric, with a fun pattern or design, and then sews letters into it.

"I always try to do a play on their name, like abbreviate their last name or use a nickname, things like that," Bauman said.

Her favorite thing she has ever made is a quilt. It is about five feet long by five feet wide and is a perfect picnic blanket. Although these are fun to make, Bauman said she followed a very strict pattern to complete them.

Her favorite item she has ever knit is a turtleneck sweater. She can visualize the patterns inside her head while mak-

ing these sweaters, which is why she enjoys knitting them so much.

Although Bauman has known how to knit, sew and crochet since she was young, she did not start making and wearing these clothes until two years ago.

"If you know a few stitches or have an idea of a pattern you can really accomplish any project you set your mind to," Bauman said, "whether it's simple things like scarves and potholders, or more complicated things like sweaters and gloves."

Duquesne will soon be offering a crochet club open to crochet makers at all levels. Skyler Wrubleski, president of the club which will start in the fall, said she loves the community crocheting offers her.

"I love crocheting, it's probably my favorite hobby that I've done, and I thought why not create a crochet club," Wrubleski said. "I thought this was just such a laidback, fun relaxing way to get people together that shared the same interest."

Like Bauman, Wrubleski said she can make almost anything with crochet.

"I've made a couple of sweaters so far, a couple of bags," Wrubleski said. "I love doing the Amigurumi which is just crochet plushies."

For Valentine's Day, she made small strawberries with smiley faces and a medium-sized red heart. She's also made a giraffe, a squid and an animal mouse bookmark.

Her biggest reason for why she wanted to start the club is to "bring people together and start a community on campus for this hobby."



COURTESY OF JENSAN BAUMAN

Jansen Bauman has been knitting, sewing and crocheting for a big part of her life. Pictured here, she's wearing a hat and sweater she made.

Although the club is in its workshop stage, Wrubleski said they have a "big influx of people wanting to join."

"We're excited to start in September, and everybody's welcome," Wrubleski said.

Title IX Coordinator gives healthy relationship Q&A

SAMANTHA HAUCK
staff writer

Following Sexual Abuse & Sexual Violence Awareness Week, Feb. 5-11, the Duquesne Title IX Office and Students Against Sexual Violence planned joint programming to encourage healthy relationships this Valentine's Day. Title IX Coordinator and Director of Sexual Misconduct Prevention & Response, Alicia Simpson, provided insight into some frequently asked questions by students.

What is sexual violence?

Sexual violence can be displayed as behaviors that are both physical and verbal. Both, however, can be forms of harassment or assault. "At Duquesne, our policy states that sexual harassment, gender-based harassment, sexual misconduct, sexual assault, sexual exploitation (which includes sending intimate images of another person without their permission or knowledge), stalking and dating/domestic violence are prohibited conduct that the Office of Title IX and Sexual Misconduct Prevention and Response addresses," Simpson said in an email.

What are some warning signs of an unhealthy relationship?

"A person in a relationship who feels like they are limited in what they can do or who they can spend time with is a red flag," Simpson said. Examples of this can be re-

stricting who one wishes to spend time with in an attempt to isolate them which leaves their only support system to be their partner. Another warning sign of an unhealthy relationship is crossing previously established boundaries with a disregard for their partner's needs.

Why do people have a hard time leaving unhealthy relationships?

"Abuse tends to occur in cycles," Simpson said. It begins with grand gestures in an attempt to show love in excess. It can then move onto an uncomfortable period of tension where there could be an increase of verbal criticism. This is then followed by an explosion, whether physical or verbal, that causes damage to the relationship. "It is a very difficult cycle to exit, even if you are able to identify that you are in it," Simpson said.

What should you do if you find yourself or a loved one in an unhealthy relationship?

The Title IX Office and Sexual Misconduct Prevention & Response provides a variety of needs and support to those in need. Seeking support from trusted friends and family for guidance on a situation can be helpful as well. "If a loved one is experiencing an unhealthy relationship, be there for them with encouragement and understanding. The university also has counseling services available that offer healthy relationships

workshops and support groups," Simpson said.

What do healthy relationships look like?

"Healthy relationships could look different to different people; however, respect and autonomy are usually central to them," Simpson said in an email. In most healthy relationships, partners should feel supported and cared for while still being able to pursue their personal interests.

What are some ways to prevent sexual violence?

Sexual violence exists in virtually every community. Educating oneself on the different ways it affects individuals is a key part in preventing it. "In our relationships, we can model healthy boundaries and demonstrate consensual practices while holding others around us to the same standard," Simpson said. Showing support and solidarity as a community to those in need is a great help as well.

Is there any advice you can provide on how to avoid these situations if possible?

"Avoidance of situations and methods of staying safe while you are out in the world is called risk reduction in prevention work. While it is not considered primary prevention, and it is much more effective to address underlying causes within a culture, it is also important to stay safe and be practi-

cal. Sharing locations with trusted friends and leaving somewhere with everyone you came with are also good practices," said Simpson.

"Other advice we would offer is to discuss your boundaries with your partner in advance and to understand what affirmative verbal consent looks like to ensure that you are obtaining that from your partner each and every time. More information on consent can be found on the Title IX website at duq.edu/titleix."

Where are Student Resources?

"The Office of Title IX and Sexual Misconduct Prevention and Response is located in offices 339 and 340 in the Student Union. You can come in person for assistance during normal business hours, you can also email titleix@duq.edu or the Title IX Coordinator Alicia Simpson at simpsona8@duq.edu." Students can call 412-396-2560 to talk through an issue or report a concern. Anonymous reporting is also available through the Title IX website at duq.edu/titleix.

If a student feels unsafe, they are encouraged to contact Public Safety at 412-396-2677 with any concerns. Duquesne's community partner, the Women's Center and Shelter of Greater Pittsburgh is another resource that students can use to discuss these situations confidentially. Their helpline number is 412-687-8005.

Browne means business on and off the court

ISABELLA ABBOTT
features editor

At 6 a.m., Kiandra Browne wakes up and then prays at 6:20 a.m. She does some homework then works on content and collaborations for her small business between 8 a.m. and 9 a.m. Later in the morning, she goes to class, has lunch, does more small business work then prays again at 12 p.m.

She attends another class, prays again at 4:15 p.m., and then has basketball practice for a couple of hours between 4:30 p.m. and 7:30 p.m. At the end of her day, she prays again at 7:30 p.m. and 10:30 p.m., eats dinner and catches up with friends and family.

Playing Division-I basketball, running a small business and studying sounds difficult, but for Browne; it has become routine.

Browne became Muslim her freshman year of college and started wearing hijabs by her sophomore year. However, she noticed it was hard to be modest in an athletic setting, especially while sweating on and off the court.

"I didn't have what I needed, and it was really frustrating to get men's stuff ... to resemble some kind of modesty," Browne said.

Browne and other Division-I female athletes at Duquesne receive practice and game uniforms through the athletics department, but sometimes they don't fit right or are just too tight.

"As a Division-I athlete, you have so many resources available to you, which is such a great thing, and when I got to Duquesne, everyone was really amazing trying to help me find stuff that was modest enough," Browne said.

"But it was difficult, and I was like, 'If I'm having this problem with resources available to me, someone else who is just trying to get into fitness probably can't find anything.'"

She would order XXX-L shirts in men's sizing to not make her clothes feel skin-tight like most women's athletic clothing brands. Her frustration led to the creation of her brand, UpLift.



PHOTOS COURTESY OF KIANDRA BROWNE

Basketball player Kiandra Browne has recently launched a small business called UpLift. Her brand focuses on selling affordable, modest and breathable active wear.

"It got to a point where I realized I should start a modest activewear line because I can't be the only one frustrated with this," Browne said.

Her teammate, Amaya Hamilton, said Browne is "very versatile."

"She is very smart, she's good at school, she's a very nice person," Hamilton said. "It's really cool to see the fact that she can kind of juggle both having her own business at the same time as being an athlete and a student. We're really lucky to be able to support her and watch her chase after her dreams."

After researching other modest activewear companies, Browne realized prices were high, especially when considering her primary audience was college-aged individuals. So she took her mother's advice of 'if you want something done right, you've got to do it yourself' and created her own business combining modesty with affordability.

UpLift was launched at the beginning

of September and sells modest, breathable activewear for people who may be uncomfortable working out in skin-tight athletic uniforms, or may be tired of wearing men's oversized clothes like Browne was.

"I wanted to kind of redefine what is empowering and what is comfortable for women to work out in," Browne said. "Especially for my baby sister, I don't want her to grow up in a world where she thinks the only way that people will think she's confident is if she's revealing her body."

Before she started wearing a hijab, Browne focused on how her body looked while playing her sport, sometimes more than playing the sport itself. After creating UpLift, she sees herself focusing only on playing basketball, calling this change of mindset a new type of "freedom."

Browne said it's also easier to move and breathe in her clothing rather than wearing a big, heavy-material sweatshirt. Up-

Lift sells a lightweight, oversized, long-sleeve top and joggers with extra room in the calves and sides for more mobility.

"I don't want people to think they have to dress a certain way in order to be confident," Browne said.

Browne, who was tired of seeing hoodies tied around waists and tired of layering clothes, said her brand's long sleeve top could achieve the same things that layering with a hoodie can achieve: covering bottoms and achieving modesty.

Browne's teammate and model for her brand, Raymi Couëta, said Browne has always been willing to give and help people no matter what. Seeing other brands prioritize some aspects over others, Couëta knows Browne is trying to incorporate all she can in her business.

"There are not a lot of brands that highlight modesty and beauty at the same time Kiandra wants to revolutionize the world in joining those two worlds together," Couëta said.

Another teammate and model for her brand, Precious Johnson, said she thinks Browne's brand is great because women have choices that cater to different styles and needs.

"It allows people to feel comfortable and confident while exercising, regardless of their personal beliefs or preferences," Johnson said. "It provides options for those who prefer more coverage or modesty, promoting inclusivity and diversity in the fitness community."

Johnson also acknowledges the work Browne puts in daily.

"She is driven by her goals and shows great dedication to her work both on and off the court," Johnson said. "I think she brings that extra edge and energy we need."

Browne is ready for her new business to continue growing.

"I'm still working on it every day, but it's still new, and I'm still learning," Browne said. "I'm excited for it."

UpLift is dropping more items soon, but in the meantime, customers can visit the brand's Instagram @uplift.activewear.



Pictured here are Kiandra Browne's teammates and friends wearing UpLift's clothing items. She sells items including a long sleeve shirt and joggers.



Kiandra Browne was tired of wearing multiple layers of clothes to make her feel modest and decided making her own athletic wear line was the way to go.



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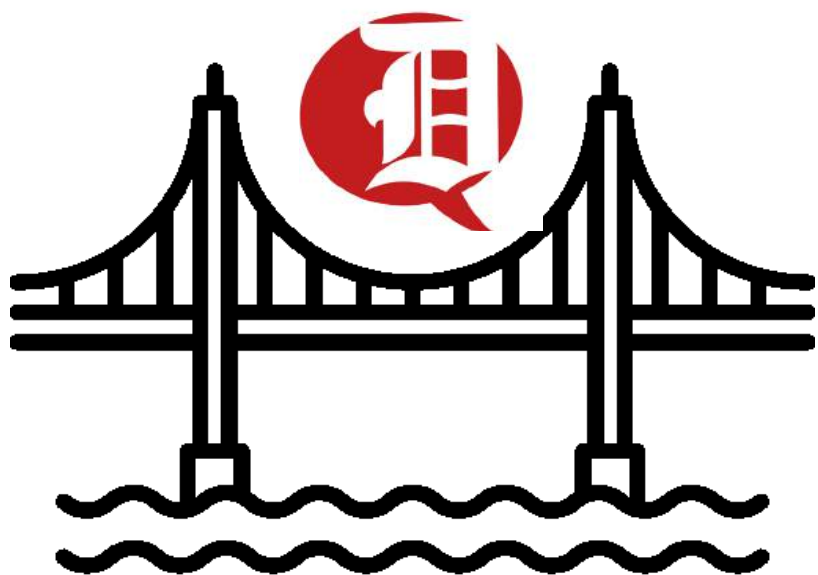
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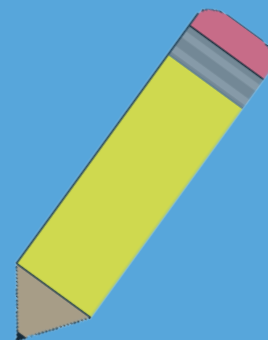


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