

bluffsStuff

A quarterly newsletter for Duquesne University students Volume 6 • 4th Quarter 2009

ADVENT: WE WAIT IN JOYFUL HOPE



The Advent Wreath marks the four weeks of preparation for Christmas.

Advent, as Pope Benedict XVI has said, is the time of **HOPE** par excellence! Advent is "a time of great religious inspiration, because it is steeped in hope and spiritual expectation. We could say that Advent is the time when Christians should awaken in their hearts the hope that they can change the world, with the help of God."

The first Sunday of Advent, Nov. 29, began a new liturgical year in the Roman Catholic, Episcopal, Anglican, Lutheran, and similar churches. The word Advent is a Latin word which means 'coming.'

[Read more on page 2.](#)



"STARRY NIGHT ON OUR BLUFF"

The Duquesne Student Government Association celebrated its 13th Annual Light Up Night on Dec. 3. The Duquesne community and their families welcomed the holiday season with lights, decorations, carriage rides, Christmas carols, crafts, desserts and a visit from Santa Claus. All proceeds from Light Up Night benefitted Children's Hospital. Duquesne University would like to thank the SGA co-chairs, Haley Wochner and Jess Sobnosky for coordinating the event with over 60 student organizations. Over 600 Duquesne students, faculty, alumni, and family members attended the event.

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Members of the Duquesne University Chapel Choir perform during Light Up Night festivities.

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www.duq.edu/student-life/publications

STUDENTS SHOW SPIRIT OF GIVING

Each holiday season, Duquesne students give generously to support charitable causes. Following is just a sampling of their efforts:

- **Children's Hospital Halloween: Phi Alpha Delta Law School Honor Society raised funds through a bake sale to purchase 150 bags of goodies, coloring books, stuffed animals and more for the kids.**

[Read more on page 2.](#)



ADVENT

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Advent is a time of preparation for the whole Christmas season and the whole of salvation history. The four weeks before Christmas are moments for longing, expectation, anticipation and preparation. During the season of Advent, Christians prepare to celebrate the birth of Jesus our Savior.

Advent is a time of *longing*. Each year as the days get shorter and the darkness lingers, many start to feel restless and a sense of unease. The Church recognizes this period of time when our hearts and souls long for signs of peace and the presence of the sacred in the darkness. Advent is a time to get in touch with our heartfelt longings and deepest desires.

Advent is the season of *expectation*. It is a time to give new birth to the soul as we wait in hope with joyous expectation of the reality of Christ's presence among us.

Advent is a time of *anticipation*. Not only do we anticipate the birth of Jesus, but we also anticipate his coming again. This second coming of Jesus is the central theme of Paul's first letter to the Thessalonians.

Advent is a time of *preparation*. We open our hearts with our preparations for giving and receiving as we prepare to receive the great gift of Christ at Christmas.

Through the Scriptures proclaimed and the prayers offered we find the richness of the meaning of Advent. Let us pray that we may continue to grow and become ever brighter signs of hope and God's presence to one another.

STUDENTS SHOW SPIRIT OF GIVING

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- **Turkey Drive:** The Office of Multicultural Affairs collected funds to provide Thanksgiving dinner to 245 local families.
- **Stock the Box:** Delta Chi sponsored a campus competition to collect food for the Brashear Association for Thanksgiving.
- **Thanksgiving Drive:** The Office of Commuter Affairs collected donations of non-perishable Thanksgiving dinner fixings to benefit the Brashear Association food pantry.
- **Christmas Holiday Helpings:** DUV collected non-perishable food as well as Giant Eagle gift cards and financial donations for the Brashear Association.
- **Angel Tree:** DUV sponsors an annual angel tree, located on the Duquesne Union, 3rd floor, to provide Christmas presents for the disadvantaged.
- **Santa's Workshop:** DUV is collecting gifts and gift wrapping supplies for Auberle's annual Santa's Workshop project to enable the youth of Auberle's programs to pick Christmas gifts for their families.
- **Gently Used Coat Drive:** DUV is collecting all gently used and new men's, women's and children's coats that will be delivered to local community centers.
- **Tote Bags for Community Human Services:** DUV is collecting both used and new tote bags so that families who are using local food pantries can carry their food home on public transportation.
- **Stories of Hope—Homeless Children's Education Fund Book Drive:** Coordinated by Imani Stutely, this activity enables students to purchase new books through the Scholastic Book fair for children in local shelters.
- **Anything Goes Drive:** Sponsored by the Office of Residence Life, this drive collects unwanted household articles, clothing, and non-perishable items from departing resident students to be delivered directly to local food pantries and shelters.
- **St. Vincent de Paul Drive for the Homeless:** DUV solicits donations of clothing and toiletries to assist in their weekly homeless outreach.
- **Circle C Toy Drive:** Gamma Sigma Sigma is working with DUV to coordinate gifting for 30 youths, aged 16-18 in foster homes.
- **Stocking Challenge for the Knights of Columbus:** The Knights are making their annual stockings for the Holy Family Institute.
- **Brashear Association Toy Drive:** DUV and Greek Life are collaborating to acquire toys for the children of the Brashear Association.
- **Project Christmas:** Alpha Gamma Delta and Phi Kappa Theta are sponsoring children from the local women's shelters to share a day at the mall making Build-a-Bears. Donations of \$35 will purchase the bear and lunch for the child.
- **Books for Africa:** This collection is sponsored by PRSSA with remaining books donated through DUV to the Adventist Community Services.
- **Toiletry Drive:** Nurses Christian Fellowship of the School of Nursing is collecting toiletries for various women's shelters in the area.
- **Books for Kids:** This book drive is sponsored by Sigma Tau Gamma for area children.
- **The Alliance for Infants and Toddlers Toy Drive:** Sponsored by Commuter Council and PASA, this event collects items for Christmas gift-giving.
- **For more information about any of the above activities or to donate items,** please stop by the DUV Office, Room 305 Union, or call ext. 5853.



In the photo at left are Cheryl Knoch, SGA Advisor and the Director of Student Life (center), with SGA Co-chairs and Light Up Night Coordinators Haley Wochner (left) and Jessica Sobnosky (right).



Rev. Ray French, C.S.Sp. explains the miracle of Christmas to Rory Diven (grandson of Pattie Donovan).

"STARRY NIGHT ON OUR BLUFF"

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The Duquesne Program Council is the sponsor of the annual Christmas Ball. Pictured with Rev. Sean Hogan, Executive Vice President of Student Life, are the Board of Directors (l to r,) Top Row: Jeff Mitch, Anthony Ross, Melissa Eppolito-Kelly, Annie Berrier, Anthony Istik, Shannon Tarr, Leah Starr, Father Hogan, Brandon Carson (Middle Row): Colleen Walsh, Megan Murray, Mary Kaylor Hanger, Kristina Kocher (Bottom Row): DPC Advisor Marc Grandillo, Chris Ross, Tim Kleck.



CHRISTMAS BALL 2009

The Annual Christmas Ball, which has been a tradition at Duquesne for over 20 years and is sponsored by the Duquesne Program Council, was held on Friday, Dec 4, at the Station Square Sheraton.



The Christmas Ball allows students to have a chance to have fun and unwind before the craziness of finals begins.



The Christmas Ball, a formal dinner dance, took place at the Sheraton, Station Square.

TIPS FOR DEALING WITH HOLIDAY STRESS

- **Get enough sleep:** Lack of sleep impairs your immune system, making you more susceptible to illness. Tiredness can also lead to irritability and impatience.
- **Be careful on the road:** Thanksgiving and New Year's Eve are two of the most dangerous holidays to be on the road. The pre-Christmas shopping days can also be dangerous.
- **Practice patience:** It can be stressful to spend a lot of time with family over the holidays. Take some time to think about what's important to you and to appreciate time with loved ones. Give yourself some space for quiet time or to have fun with friends.
- **Stick to your budget:** Inexpensive or home-made gifts can be just as nice as expensive gifts and friends and family will understand that as a student you're on a budget. Credit card debt is a huge source of stress for many college students, and it is best to avoid making purchases that you can't pay off immediately.
- **Enjoy holiday treats:** The holidays are a great time to enjoy food, drink, and traditions that only happen once a year. Try to allow yourself to enjoy these experiences in moderation without too much self-criticism.
- **Be able to say "no":** If you really don't want that second helping of Grandma's stuffing, it is OK to politely refuse. A very sensitive family member's feelings might be hurt by such "rejection," but they'll live.



Avoid Getting Sick.
No Needle Stick!
**FLU MIST
VACCINES**

H1N1 PREVENTION UPDATE

Despite the spread of the H1N1 virus in the Pittsburgh region and on other local campuses, Duquesne has been fortunate in the relatively small number of cases identified so far. Our prevention efforts included the distribution of 1,240 doses of state-supplied Flu Mist vaccine to students at 10 vaccine clinics held throughout campus in October and November. In addition, more than 100 hand sanitizer stations were installed in all high traffic areas and at the entrances of campus buildings, and new hand sanitizers are on order for the Living Learning Center restrooms. We will continue to closely monitor the spread of seasonal and H1N1 flu on campus and to encourage students, faculty and staff to use preventive precautions.



The Senior Year Experience is a new program at Duquesne that was created to bring the senior class together and celebrate their senior year while providing social and professional events that will help prepare them for life after graduation. The Senior Council, a group of seniors chosen to lead the program, is working with the offices of Student Life, Alumni Relations and Career Services to host events that will offer bonding experiences as well as networking opportunities and life-preparation workshops. Some of these events include Steelers parties, networking happy hours with alumni, etiquette dinners, finance management seminars, and many other events that are geared toward graduating seniors who will be looking for jobs, purchasing cars and homes, and starting lives in the "real world" within the coming months.

The Senior Year Experience has also been a great introduction to the Alumni Association and the Young Alumni Council! A Young Alumni Council (YAC) Survey found many young alumni were not aware of the alumni association prior to graduating. As a result of the survey, a Young Alumni Council goal is to reintroduce young alumni to the University by connecting them with current students at networking and professional/career development events. The YAC is looking forward to partnering with the Senior Council to ensure that graduating seniors become active members of the Duquesne University family long after graduation.

For more information on the Senior Year Experience or to inquire about upcoming events, contact mysenioryear@duq.edu, or get in touch with any of our Senior Council members.

2009-2010 SENIOR COUNCIL

- Directors** Nick Bell and Rachel Russo
- Social Chairs** Lauren Schifano and Shannon Tarr
- Transitions Chairs** Suzie Daghestani and Lyndsey Rall
- Careers Chairs** Rachel Gasior and Jeff Hahn
- Alumni Relations Chairs** Steve Sinnott and Lauren Winkelman
- Public Relations Chairs** Zane Gray and Clifford Viaud



FOLLOW THE DUKES ON TWITTER

The Duquesne University Department of Athletics has launched a Twitter site at www.Twitter.com/GoDuquesne. Join today to start receiving GoDuquesne's tweets.

what's NEW at DU

RESIDENCE STAFF REUNION

The Office of Residence Life and Rev. Sean Hogan, C.S.Sp., proudly hosted a Resident Assistant and Residence Hall Association Reunion. Student staff and leaders who served our resident students from 1986 through 2007 were invited to reminisce and visit the campus. Over 60 alums joined us. Another reunion is being planned for the 2010 Homecoming Weekend!



Sharon (Lutz) and Jim Arcuri, Chris and Ashley (Borneo) Kovell visit at the RA Reunion.



From left to right, Neeti Rajput (PR), Karishma Moazzam, Peter Yehl (Treasurer), Victoria Yehl, Rebecca Sharrow (Vice-President) and Kushal Bhatt (President).

DU scene

ISO CONTINENT NIGHT

The International Students Organization is focused on integrating local and foreign cultures to ease the transition of international students into American society and share foreign cultures with local students. Continent Night is an excellent opportunity for international students to show their pride and culture while the local students get to enjoy the food and performances.



Kushal Bhatt, president of ISO (middle), with his parents.



ISO's next generation includes Danielle Moss, Sajani Amarasiri and Honi Jurison.



The emcees of ISO's Continent Night 'Portraits of Europe' were Jeremy White and Mykim Pham (Resident Rep. of ISO).

DPC & SGA APPROPRIATIONS

Every semester, the Duquesne Program Council and Student Government Association hold appropriations to allocate money for the other recognized groups on campus to help them host successful events and offer as much support as possible. Proposals are presented from all different types of groups. Allocations for the Spring 2010 semester were held on Nov. 14. SGA allocated \$4,000 to 38 student organizations while DPC allocated over \$50,000 to 35 student organizations. Some of the guidelines are that events must be accessible to all students, cannot be a fundraiser for any organization, and must occur on campus. By having this money available the campus becomes more diverse and many more programs are able to take place. Keep an eye out for some great events that will occur in the spring. If you are interested in getting money for your campus organization's events for Fall 2010, watch for the next appropriations session in the Spring.

ROOM SELECTION DEADLINE APPROACHING

Room Selection for the 2010-2011 academic year **will be held in the Duquesne Union Ballroom on March 10, 2010.** Here is some important information that you will need to know.

To be eligible to participate in the room selection lottery, you must meet the following criteria:

- **Must be a current student**
- **Must have a \$0 student account balance**
- **Must make a \$300 non-refundable housing deposit.**

Residence Hall Requirements:

- **All students who will be freshmen or sophomores next fall are required to reside on campus in accordance with the [Duquesne University Residence Policy](#).**
- **Assumption Hall is available for Honors College students.**
- **Brottier Hall is available for students who will have achieved junior status or higher.**
- **Duquesne Towers and Vickroy Hall is available for all upper-class students.**
- **Duquesne Towers also houses students interested in being a part of Group Housing.**

Please watch for our Room Selection Newsletter in the Living Learning Centers and online at www.duq.edu/residencelife.



STUDENTS SELECTED FOR ODK MEMBERSHIP

Ninety-eight students were inducted Nov. 15 into [Omicron Delta Kappa \(ODK\)](#). ODK is a National Leadership Honor Society, which recognizes and encourages achievement in scholarship, athletics, campus or community service, social and religious activities, campus government, journalism, speech and the mass media, as well as creative and performing arts. Membership is awarded to students with a minimum of 60 credit hours and a 3.25 or higher cumulative grade point average.

STUDYING GOT YOU TIRED AND HUNGRY?

Take a Study Break—or two! SGA is sponsoring a Study Break in the Gumberg Library on Dec. 8 beginning at 3 p.m. Look for refreshment tables in the Popular Reading Area on the 4th floor. Tell your friends and get in line early for your snacks!

You can also take a break on Friday, Dec. 11, from 9 p.m. to midnight at the Sean Hogan Dining Hall. Enjoy lots of food, root beer floats, chocolate fountain, massage chairs, holiday music, bingo and other games, and maybe a "Rudolph" movie or two.

This event is sponsored by the Office of Residence Life and DU CARES and with the collaboration of many caring faculty, staff and administrators across the University.



GUMBERG LIBRARY HAPPENINGS



Music Therapy students enjoyed bringing holiday cheer as they performed favorite songs of the season in December in the Curriculum Center on the 5th floor of the Gumberg Library.



Need to work on a group project and can't find space?
Try the new group study rooms on the 5th floor of the Gumberg Library. Groups of 3 or more students can check out keys at the 4th floor Circulation Desk.



MASQUERADE BALL

Duquesne University's annual Masquerade Ball is organized by Commuter Council, DPC and FCAC. This year's theme, Carnival of Terror, consisted of a haunted house, caricature artist, balloon artist, costume contest, Thriller Competition and, of course, dancing. If you were unable to make the event, make sure you look into coming to next year's Masquerade Ball!



Pictured left to right, Steve Singhaus, Dean Gormley, Ramma Barakat, and Matt Lambach of the Student Bar Association held the Katie Westbrook Race/Race Ipsa Loquitur 5K, and raised over \$6,000 for pediatric cancer research at Children's Hospital.



Law students set a Guinness World Record for the longest Whiffle Ball tournament, playing for 26 hours straight, and raising over \$2,000 for the LiveStrong Foundation.

LAW STUDENTS MAKE A DIFFERENCE

Duquesne Law students continued their long tradition of philanthropy in the Fall of 2009, making a significant contribution to charities nationally. The Women's Law Association raised over \$875 for the Susan G. Komen Foundation. The Military Law Society raised over \$750 for Wounded Warriors as part of its event on Sept. 11. The Black Law Students Association conducted a presentation to African American male students about their legal rights.



Law Students participated in the Light the Night Walk and raised over \$3,000 for the Leukemia and Lymphoma Society.

SCHOOL OF BUSINESS RANKINGS

Duquesne University has been ranked No. 2 worldwide among schools of its size and is the only school in Ohio, West Virginia and Pennsylvania to be included in the top 20 schools ranked by the Aspen Institute for integrating social and environmental issues into its Master of Business Administration (MBA) program. The Global 100 list is available at www.BeyondGreyPinstripes.org. The John F. Donahue Graduate School of Business was again featured in the 2010 edition of The Princeton Review's book: The Best 301 Business Schools. This ranking is based upon the editors' opinion of Duquesne's academic programs, a review of institutional data and the opinions of students.



Pictured from left to right, Damien Pottinger, Candace Futrell and Leigh Bodden.

SPORTS HALL OF FAME INDUCTION

New England defensive back **Leigh Bodden** (football, 1999-02), former WNBA player, **Candace Futrell** (basketball, 2001-04) and Orlando Sharks forward **Damien Pottinger** (soccer, 2000-03) comprised the 2009-10 Duquesne University Sports Hall of Fame class which was inducted on Oct. 30. Bodden, Futrell and Pottinger were honored at a banquet and introduced to the crowd at halftime of the Oct. 31 Dukes football game.

Bodden, who is in his seventh NFL season, is the first Duquesne athlete to play in the NFL since Al Demao played for the Washington Redskins from 1945-53. He was a two-time consensus First Team All-American (2001-02), leading the Dukes to four consecutive Metro Atlantic Athletic Conference Football League titles (1999, 2000, 2001, 2002). The 2002 MAAC Defensive Player of the Year finished his career as the holder of every Duquesne interception record with all 28 of his picks coming in his last 36 regular season games.

Futrell became just the second Duquesne women's basketball player to play in the WNBA when she was drafted by the Connecticut Sun in 2004. The 2004 Atlantic 10 Co-Player of the Year and three-time All-Conference honoree, is second all-time at Duquesne with 1,668 career points and is also second in scoring average, field goals made and three-pointers made. A member of the Atlantic 10 Commissioner's Honor Roll, she was also named the A-10's Most Improved Player in 2002 and was the Atlantic 10 scoring champion in 2004.

Pottinger has six seasons of professional soccer under his belt and is currently playing for the Orlando Sharks of the NISL. A 2003 All-American and two-time Regional All-American, he holds the Duquesne records for career goals with 38, career game-winning goals with 10 and career points with 89. He helped the Dukes qualify for the Atlantic 10 Championships in 2002 and 2003 and led the Dukes to a share of the 2003 A-10 regular season title. Pottinger was also the 2003 Atlantic 10 Offensive Player of the Year and a two-time First Team All-Conference choice.

MAJOR UPCOMING EVENTS DECEMBER ACTIVITIES

Wed. – Fri.	Dec. 9-11	Red Masquers present "Premieres XXXIII," Peter Mills Theatre, 8:00 p.m.
Friday	Dec. 11	ORL/CARES Study Break, Hogan Dining Hall, 9:00 p.m.
Saturday	Dec. 12	Advent Midnight Mass, Duquesne Chapel, 11:30 p.m.
Wednesday	Dec. 16	Living Learning Centers close at 9:00 a.m. for Christmas break
Thursday	Dec. 17	University Commencement, Palumbo Center, 11 a.m.
Wednesday	Jan. 6	Living Learning Centers reopen
Thursday	Jan. 7	Spring 2010 classes begin
Monday	Jan. 18	Martin Luther King, Jr. Day No classes, offices closed

GUMBERG LIBRARY FINALS HOURS

Mon. – Fri.	Dec. 7-11	7 a.m. – 1 a.m.
Saturday	Dec. 12	8 a.m. – 1 a.m.
Sunday	Dec. 13	11 a.m. – 1 a.m.
Monday	Dec. 14	7 a.m. – 1 a.m.
Tuesday	Dec. 15	7 a.m. – 9 p.m.
Wed. – Fri.	Dec. 16-18	7:30 a.m. – 5 p.m.
Saturday	Dec. 19	CLOSED
Sunday	Dec. 20	CLOSED
Mon. – Wed.	Dec. 21-23	8 a.m. – 4 p.m.

GUMBERG LIBRARY CHRISTMAS BREAK HOURS

Thurs. – Mon.	Dec. 24-Jan. 4	CLOSED
Tuesday	Jan. 5	7:30 a.m. – 5 p.m.
Wednesday	Jan. 6	7:30 a.m. – 10 p.m.
Thursday	Jan. 7	Begin Spring Semester Hours