What will you find in *The Scope*?

*The Scope* is a newsletter/magazine produced by the Duquesne University Student Nurses Association that displays unique perspectives from current students and faculty. You’ll find photographs of students collaborating, writing pieces on life-changing nursing experiences, and messages from faculty aiming to inspire.

*The Scope* is the proud recipient of the 2013, 2014, and 2016 Student Nurses Association of Pennsylvania Excellent Newsletter Award. Past president Morgan Gruender and Vice President Emily Churchill have created such an established piece of work.

As BSN students are incredibly busy with work and with saving lives, please consider writing and giving your time to keep this newsletter going. Our goal is to make *The Scope* something that every Duquesne nursing student can look back on and be proud of.

We would love to hear your thoughts on this year’s newsletter. Please email all suggestions/comments/inquiries to us at either blissl@duq.edu or muellerh@duq.edu. All letters to the editors must include your name, contact information, and major.

All views expressed in *The Scope* are from each individual that contributed their time and work. Views do not represent the views of Duquesne University or Duquesne University School of Nursing. We look forward to producing something inspiring, collaborative, and memorable and sharing stories from all of our peers.

Best,

*Lauren Bliss & Hadley Mueller*

*BSN Class of 2021*
# Table of Contents

**Dear Class of 2025**  
Senior and DUSNA President Julia Rose Ciotti shares her encouragement with the incoming class.  

**Emerging as a Nurse**  
Senior and DUSNA Vice president Lauren Bliss describes her experiences adjusting to college and emerging into the profession of nursing.  

**Campus Life During COVID-19**  
Sophomore Kayla Davis details what nursing school during COVID-19 has been like for her.  

**Encouraging Future Nurses**  
Sophomore and DUSNA Publicity Co-Chair Veronica Phillipson shares her Duquesne experiences  

**Starting College During a Pandemic**  
Freshman Luca Connor speaks about his experience beginning nursing school during COVID-19.  

**Meet the Advisors!**  

**Nursing Organizations on Campus**  

**Why Do We Love Clinical?**  

**DUSNA’s Presence in State and National Conventions**  
DUSNA Legislative Chair Ysabelle Katigbak shares her experiences with nursing conventions  

**Scrub Top Cookie Recipe**  

**Coffee Shop Tour of Pittsburgh**  

**News and Announcements**  

**Living on Campus: An Inside Look**  

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dear Class of 2025</td>
<td>4</td>
</tr>
<tr>
<td>Senior and DUSNA President Julia Rose Ciotti shares her encouragement with the incoming class.</td>
<td></td>
</tr>
<tr>
<td>Emerging as a Nurse</td>
<td>5</td>
</tr>
<tr>
<td>Senior and DUSNA Vice president Lauren Bliss describes her experiences adjusting to college and emerging into the profession of nursing.</td>
<td></td>
</tr>
<tr>
<td>Campus Life During COVID-19</td>
<td>6</td>
</tr>
<tr>
<td>Sophomore Kayla Davis details what nursing school during COVID-19 has been like for her.</td>
<td></td>
</tr>
<tr>
<td>Encouraging Future Nurses</td>
<td>7</td>
</tr>
<tr>
<td>Sophomore and DUSNA Publicity Co-Chair Veronica Phillipson shares her Duquesne experiences</td>
<td></td>
</tr>
<tr>
<td>Starting College During a Pandemic</td>
<td>8</td>
</tr>
<tr>
<td>Freshman Luca Connor speaks about his experience beginning nursing school during COVID-19.</td>
<td></td>
</tr>
<tr>
<td>Meet the Advisors!</td>
<td>9</td>
</tr>
<tr>
<td>Nursing Organizations on Campus</td>
<td>10-11</td>
</tr>
<tr>
<td>Why Do We Love Clinical?</td>
<td>12</td>
</tr>
<tr>
<td>DUSNA’s Presence in State and National Conventions</td>
<td>13</td>
</tr>
<tr>
<td>DUSNA Legislative Chair Ysabelle Katigbak shares her experiences with nursing conventions</td>
<td></td>
</tr>
<tr>
<td>Scrub Top Cookie Recipe</td>
<td>14</td>
</tr>
<tr>
<td>Coffee Shop Tour of Pittsburgh</td>
<td>15-16</td>
</tr>
<tr>
<td>News and Announcements</td>
<td>17</td>
</tr>
<tr>
<td>Living on Campus: An Inside Look</td>
<td>18-19</td>
</tr>
</tbody>
</table>
Dear Class of 2025

Julia Ciotti, DUSNA President, Senior

Welcome to Duquesne University and the School of Nursing family. My name is Julia Ciotti, and I am the 2020-2021 Duquesne University Student Nurses’ Association (DUSNA) President. Congratulations on your acceptance into the program! This is an incredible accomplishment in which you should be very proud. I would like to share a little bit about my experience as a Duquesne Duke with you.

After visiting campus for the first time, I felt an immediate connection and knew it was the school for me. Everyone welcomed me with open arms and made me feel valued and important. The collegiate atmosphere is unlike any other. Students are diverse, yet come together as one Duquesne family to support one another. Living in the city allows you to safely take a step away from home while presenting you with the opportunity to experience Pittsburgh sports, food, and so much more.

In the classroom, I received an education from talented and dedicated professors who went above and beyond to ensure their students’ success. They truly care about your total wellbeing and will do anything they can to help you. Nursing school is by no means an easy task. In fact, it is probably one of the hardest, yet most rewarding things you will ever do. Having competent and caring instructors makes it much more manageable. When things get tough, lean on the people you love and remind yourself that you can do anything you set your mind to.

While entering the professional world of nursing amidst a global pandemic is a daunting task, I am comforted in knowing that I am a Duquesne nurse. The skills and knowledge I have gained in the past four years have set me up for long-term nursing success. I’m confident that you will love your time on the Bluff and will leave with similar feelings of preparedness and pride. Cherish your Duquesne days because they will fly by in the blink of an eye. I wish you all the best of luck in nursing school and your future careers!

Respectfully,

Julia Ciotti

BSN Class of 2021
Emerging as a Nurse

Lauren Bliss, DUSNA Vice President and Editor of The Scope, Senior

In high school I spent a summer volunteering at a women’s hospital. There I cut the umbilical cord of a newborn; I also held a 27 week-old stillborn. I experienced joy . . . and sorrow. I saw expectant parents experience the elation of bringing a life into this world, and I saw an abused mother express relief that her child had died, demanding that I take “it” away. Ghandi once described humanity as an ocean, stating that “if a few drops of the ocean are dirty, the ocean does not become dirty.” I learned that the best of humanity overshadows the worst, and those experiencing both are deserving of benevolence. Of grace. It was then that I knew I wanted to be a nurse.

And I knew Duquesne was where I wanted to learn to be a nurse.

In high school, I was involved: cross country, competitive choir, and musicals. I was a good student, consistently earning good grades. But I was nervous about Duquesne (and college, in general). I had been told “nursing school is brutal,” and that “I wouldn’t have a life outside of studying.” Then I earned a 4.0 GPA my first year of nursing school, and I felt I had proven those people wrong. I thought to myself, “nursing school isn’t all that hard.”

I was anxious to begin my sophomore clinicals; I woke up at 4:30 am on the first day excited to begin. I loved everything about my clinical experience, but on my first Fundamentals of Nursing exam I earned a 72% (which is not a passing mark). I panicked. I over-studied for the next exam, memorizing obsessively. Did I improve? Barely—a 74%. Still not good enough. I saw other students succeeding as I struggled. My work ethic and study habits had been enough before; why was this happening?

After many sleepless nights I decided to ask Professor Karakachian for help. I came prepared with a list of questions that she answered patiently, and I left with a different perspective. I needed to understand the concepts, not just memorize lists. She also built up my confidence, saying these tests “do not define what kind of nurse you are going to be.” Then I improved, incrementally—I scored an 81%.

Over time, I began to mature as a nursing student. I stopped looking to my left and right in order to measure my success: I looked inward. I learned to study for understanding, to spend time working as hard as possible rather than occupying myself with worry and self-doubt. My performance improved, my confidence rose, and I emerged excited about my future. A rocky journey for sure, but I emerged.

Nursing school is NOT easy. At Duquesne it is hard. It has to be. It has to challenge students because when they are working nurses, the stakes are high. Just because I want to be a nurse is not enough; I need to be an expert. And I need to be apply to apply that expert knowledge quickly. Duquesne cannot make the program easy for us because we will not be good nurses if they did.

Marie Curie once said, “You cannot hope to build a better world without improving the individuals. To that end each of us must work for his own improvement and at the same time share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful.” She speaks to our role to benefit all of humanity by first improving ourselves. Nurses contribute to others in meaningful ways. The humanity of the profession is the essence of the profession, and Duquesne will enable you to contribute in such a way.
Campus Life During COVID-19
Kayla Davis, Sophomore

The Covid-19 pandemic has changed campus life drastically for every student whether it’s not being able to attend face to face classes, social events or even seeing friends. Although it is difficult to safely interact with others, Duquesne has done a tremendous job at keeping campus life safe and enjoyable.

Looking back on my freshman year it was always nice being able to attend in person classes where I could interact with classmates as well as professors. While attending in-person classes, I was able to meet some of my closest friends. This year has been a bit more challenging to make friends and interact with professors than it has been in the previous years. Being able to be on campus this semester and have the option to have some in person classes is much better than being fully remote as some schools have chosen to do.

One of my favorite memories from my freshman year was attending the different social events Duquesne offered throughout the year such as going to Kennywood for Fright Night, ice skating, and Painting with a Twist. Last semester was extremely difficult not being able to have any or very few social events as they were very limited or online. Even though there are still limited activities this semester, there is still plenty to do both on and off campus as well as spending time with roommates, and classmates. Duquesne has done the best they can to have safe yet fun social gatherings with limited access allowing for social distancing. I think knowing when these events are going on will allow for students to have a better campus experience and something to look forward to during the week.

Even though this year has been extremely difficult in many different ways especially for freshman students with all of the restrictions and different safety precautions put into place due to the Covid-19 pandemic, it is not difficult to get the most out of this year. My suitemates and I have come up with different ways we can safely have fun over the weekends or destress during the week by having movie nights, game nights or even just ordering food and relaxing. Going into this year I did not know some of my suitemates, and although the pandemic has been both mentally and physically exhausting for everyone, it has brought me closer to them and get to know them better than I think I would have if we were not in a pandemic.

Overall, the Covid-19 pandemic impacted campus life in a big way, however, it can still be made enjoyable. It is all about perspective and finding creative ways to have fun while remaining safe and following CDC guidelines. Make the most of your time here, and do the most you can to make it memorable.
Encouraging Future Nurses

Veronica Phillipson, Sophomore Editor of The Scope, DUSNA Publicity Co-chair, Sophomore

I am telling my story with the Duquesne University School of Nursing to encourage future nurses. In 2014 nurses inspired me, and I decided that I was going to be a nurse. Nurses were superheroes to me far before the Covid-19 pandemic. Nurses displayed compassion towards me during the hardest days of my life. They were more than essential in the moments that I needed them; their presence was crucial. In a short 6 years, the world would recognize nurses as superheroes.

During my freshman year, I realized that the Duquesne University School of Nursing would be a place for me to grow and learn how to be the nurse that I was meant to be. I was warmly welcomed into the student nurse community from the beginning, and then when joined DUSNA my first semester and ATD, a professional fraternity for nursing students, the following semester.

After leaving campus in March of my freshman year, when I returned in the fall, I could not have been happier to be back on campus with my instructors and classmates. As I began preparing for my first clinical, I was worried that I might miss out due to the pandemic. However, my instructors had been planning for this. Clinical class sizes were reduced to 1:3 or 1:4 instructor to student ratio per clinical day. The open labs have given me the opportunity to master my clinical skills in smaller groups of students as well. This allowed for a personal connection with both your instructors and classmates. My closer relationship with the nurse community at Duquesne has shed a positive light on what has been a challenging year, and I encourage you to seek out those relationships when you enter nursing school.

I went to my health assessment class at 8 am during the fall semester, and very few students were able to attend in person. I was thinking that Dr. Weideman would be disappointed by the lack of in-person attendance, and I asked her how that made her feel. However, Dr. Weideman had an optimistic perspective on the situation. She said that she enjoys teaching her students no matter where they are, and she was happy to be there. I commend Dr. Weideman for sticking through our 8 am class with a small number of in-person students. It was comforting to know that she had more than the best interest of her students, but she truly cares and is dedicated to setting her student’s up for success.

Lastly, I want to recognize that the past year has been a struggle for many. As future nurses, it is always going to be a challenge for us. Witnessing what our current nurses are going through now, may seem daunting to a future nurse. Although I did not know about Covid-19 going into nursing school, I encourage those of you who desire a nursing career despite their fears. Nurses have not changed from the way that I knew it 6 years ago; they are compassionate and resilient. Now, we are all seeing nurses through a different lens than before. Nurses are trained to put their best forward in times of adversity. As we learn and grow together, the student nurse community at Duquesne will be here for you through all of the challenges that nursing school may bring.
Starting College During a Pandemic

Luca Connor, Freshman

My name is Luca Connor and I am a freshman nursing student at Duquesne. I am sure we can all agree that 2020 was anything but normal. The senior year of both high school and college students across the nation began as every other typical year. However, I think we can all also agree that the ending was anything but normal. In March, as we were looking forward to the culmination of our high school careers and celebrating the successes in academics and sports, the Covid-19 pandemic hit. From that point forward, our lives were changed and the impact stood to reach far and wide. As each week passed and another event was cancelled or greatly changed, I began to try and wrap my head around what effect this would have on our freshman year of college.

Having a brother who is a junior biomedical engineering/nursing student at Duquesne, I had some knowledge of the events that led up to our freshman year. So, the first indication that things may look a little different was when the FAST (Freshman Advisement Summer Transition) program was changed to online. This program helps freshmen work out all the details necessary before arriving on campus (i.e., student id’s, computers). It eased my mind that the online program worked out perfectly and everything went off without a hitch. This was a pivotal point for me. I began to realize to just “roll with the punches” and it will all work out.

Fast forward to August and my transition to campus was extremely smooth. Move-in was perfectly coordinated. Duquesne worked diligently to make campus life as normal as possible while keeping us safe as well. As many of my friends at other colleges had their freshman orientations cancelled, Duquesne found ways to make it work. My classes were hyflex. This meant that we would attend in-person classes in a rotation alternating with online classes. As the semester proceeded and cases increased, some of my classes ended up totally online. Although I do not consider myself a computer wizard, navigating the online classes, assignments, and tests was very easy. The professors were very accommodating to help us in any way possible. With this, I spent a great amount of time under the set-up tents or inside Mellon studying to give me some change of scenery.

As a manager of the basketball team, my days began early for practice. The basketball coaches also worked extremely hard to ensure the safety of everyone while maintaining some type of normalcy. Of course, we wore masks/gloves, and had temperature checks before each practice. We were COVID-19 tested a few times weekly. Over Christmas break, I was even able to fly to St. Louis with the team for a game. Although there were some bumps in the road, the cooperation from everyone made what looked like an impossible season very possible.

At this point, it’s the middle of February and the semester is in full swing. The reality is that in two short months, I will be wrapping up a challenging yet successful freshman year of college. Although it is not what I envisioned, all the steps taken by Duquesne to keep us safe have worked. Students have been very compliant with wearing masks/social distancing, and it has become a part of what we need to do to “roll with the punches”. This year has been a learning curve on many levels. The biggest lesson has been to accept change head on, adjust, and move forward with a strong work ethic…Success is possible even in the most challenging of times!
Meet the Advisors!

Dr. DeLuca, Dr. Snyder, Karen Bova, Alena Harteis, and Emily Lottes

Dr. Kate DeLuca EdB, MBA, Associate Dean of Academic Affairs in the School of Nursing

My name is Dr. Kate DeLuca and I am the Associate Dean of Student Affairs in the School of Nursing. One of my goals is to help students transition to college, but more specifically, to help them transition into the School of Nursing. I have always believed that the best things about Duquesne are the people and the relationships that students, faculty and staff build. I work to build and strengthen relationships with students, faculty, and staff in the School of Nursing and around campus to better serve our students through programming, support services, and scholarship management. I encourage all students to reach out and connect with our office, or stop by for candy!

Dr. Torrie Snyder PhD, RN, Clinical Assistant Professor and Chair of Undergraduate Program

My name is Dr. Torrie Snyder and I am the Undergraduate Programs Chair. I have been an adult medical-surgical nurse for 20 years and an educator for 10 years. My goal as the Undergraduate Program Chair is to monitor courses in the program for quality and consistency. I also ensure that our curriculum aligns with the Duquesne School of Nursing mission and vision, as well as those of our accrediting bodies. I also address students’ academic concerns and provide them with academic resources and support. I am always happy to speak with nursing students, so please feel free to stop by my office at any time!

The Academic Advisors

Mrs. Karen Bova, Ms. Alana Harteis, and Ms. Emily Lottes make up the Undergraduate Academic Advising team for the School of Nursing. Our focus is to develop interpersonal relationships with each of our students not only to ensure that they meet their academic goals and become nurses, but also to support them through unexpected challenges that they face. We also love to celebrate successes that arise throughout their time at Duquesne. Students are assigned to their Undergraduate Academic Advisor based on their last names: A-F with Ms. Harteis, G-N with Mrs. Bova, and O-Z with Ms. Lottes. We are all located in the Student Affairs Suite – 550 Fisher Hall.
**DUSNA**

Looking for a professional organization with lots of leadership opportunities? DUSNA is the place to be! With everything from politics to creative writing, DUSNA is the organization that creates the nursing-themed apparel (which is not available in the bookstore) and travels to conventions in exciting places like Phoenix, Arizona and even Disneyworld. DUSNA is a great way to get involved in the profession of nursing and make career connections! It’s also fun! Social activities such as holiday parties and classes at the gym make DUSNA a very well-rounded organization. There are also plenty of service activities such as Relay for Life and St. Vincent de Paul. DUSNA is the perfect way to navigate the School of Nursing during your freshman year and in the years beyond.

**Alpha Tau Delta**

Looking for a professional organization with more of a fraternity vibe? Check out ATD! ATD is one of three fraternities within the School of Nursing. Requirements for joining include having a GPA of at least 2.5 and completion of one semester of nursing school. ATD is a wonderful way to get to know fellow nursing students and complete some fantastic service projects. It is also an excellent opportunity for leadership. Join ATD!

**Chi Eta Phi**

A recently reactivated organization on campus, CEP is one of three fraternities within the School of Nursing. Representing diverse individuals, CEP continues the history of diversity and acceptance that is a common theme at Duquesne. CEP is a great organization for networking and advancement of the profession of nursing. CEP completes many service projects as well as socials that make this organization very beneficial.
**Sigma Theta Tau**

STT is an international organization that includes many faculty as well as students. Students must have a GPA of at least 3.5 in order to be considered for acceptance into the organization. STT provides many opportunities for advancement including research scholarships and free continuing education units for licensed RNs. This organization is a valuable organization to be a part of since it is one of the largest nursing fraternities and offers many networking opportunities. Students who are in STT are given special cords at graduation and once accepted, attend a special induction ceremony in the spring.

**Student Representation**

Students also have the opportunity to represent their class as Class Representatives and as Student Ambassadors planning projects and fundraising within the School of Nursing. The School of Nursing also have several Student Government Association positions where students can represent the School of Nursing to the whole university. These are just a few ways that students can get involved and be successful while developing professionally!

**Nurses Christian Fellowship**

Does your faith play a large impact in who you are? Do you wish to spread the Christian message with likeminded people? NCF is the home for you! NCF meetings include discussions on pertinent issues within the profession of nursing and participation in service activities that spread the Good News! A recent project that NCF completed was the creation of blankets for The Children’s Home, an organization that supports adoption and promotes the health of the entire family. NCF is a fun organization to be a part of, no matter which type of Christianity you come from. All are welcome!
# Why Do We Love Clinical?

## Fundamentals (Sophomore):
During this clinical, it is likely that you will give your first medication pass and learn the basics of taking vitals, giving bed baths, and charting. Other things you might get experience in are injections and inserting catheters.

## Adult Health and Illness (Sophomore):
Both the class and clinical primarily involve medical-surgical nursing. It is a vital area of nursing to have experience in and you will learn a vast number of skills. Some clinical sites are UPMC Mercy, UPMC Shadyside, Allegheny, and UPMC Passavant.

## Gerontological Nursing Practice (Junior):
Your spring semester will bring you back to Medical-Surgical nursing and caring for the older adult. You will be introduced to illnesses and health problems specific to the older adult population and gain experience caring for chest tubes, trach tubes, giving oxygen and suctioning. Some clinical sites are UPMC Mercy, UPMC East, and Allegheny General Hospital.

## Pediatrics (Junior):
You will learn about various health problems and their treatments specifically geared towards children. This clinical will draw on a lot of Growth and Development processes. A common clinical site is The Children’s Hospital.

## Behavioral Health (Junior):
During this class and clinical component, you will learn about the various psychiatric illnesses and how to promote mental health in patients. A common clinical site is Western Psychiatric Institute and Clinic and the VA Medical Center.

## Women’s Health (Junior):
This class and clinical involve the care of women and reproductive health. During this clinical, you will be able to have the opportunity to see a birth in the labor and delivery unit and take care of the mom and baby in the post-partum unit. Clinical sites include McGee Women’s Hospital and West Penn Hospital.

## Community Health (Junior):
This clinical focuses on the health of the community. You will find yourself at various clinical sites throughout Pittsburgh such as PAAR in Southside, soup kitchens, nursing homes, wastewater treatment plants, and outpatient clinics.

## Critically Ill Adult (Senior):
In this class and clinical, you will learn about caring for patients who are seriously ill in acute settings. During this clinical, you will learn about ventilators and how to respond to a code, among many other acute-care needs. You will most likely be placed in an intensive care unit (ICU) or a step-down unit.
The Duquesne University Student Nurses Association (DUSNA) has been attending the annual Student Nurses Association of Pennsylvania (SNAP) and the National Student Nurses Association (NSNA) conventions for many years. These conventions bring student nurses and leaders across the state and nation together to network, and enhance their academic and clinical skills beyond the classroom. General seminars, workshops, poster presentations, and exhibition halls are available for students to engage in and make lifelong friends from all over the state and country.

Seminars and workshops promote professional development. They can aid a student in deciding what path in nursing that they want to take. For example, one can learn about the role of a military flight nurse, a nurse’s role as a coroner, or a nurse’s role in emergency and disaster preparedness. Sometimes, there are duplicate sessions at different times. If more than one session piques your interest, you would be able to attend both! Students who are able to participate are encouraged to share what they learned during the seminars and workshops to their peers in DUSNA.

In the exhibit hall, numerous recruiters from potential employers and graduate schools, as well as NCLEX study preparation companies, are available to speak with attendees. This is a good time to start asking questions and putting yourself out there to form connections with potential employers. In addition to valuable information about opportunities, they usually have some goodies to take home too! There is also a space for poster presentations, in which students are able to showcase and present their research on a larger scale.

Our participation as attendees goes beyond networking and socializing. Duquesne University has a high presence in the House of Delegates, which meets each day of the convention. At the beginning of the convention, the House reviews the Board of Directors actions as well as the financial report from the previous year. Each school’s legislative coordinator and legislative committee present a resolution that they feel strongly affects the nursing profession and the care of its patients. DUSNA’s resolution this year focuses on the care of military families with members suffering from post-traumatic stress disorder (PTSD). Since being an advocate is a huge part of being a nurse, it is good to be educated on improvements that we can make in patient care. The House votes to reject or adopt the resolutions into SNAP or NSNA policy. Our votes go a long way as it impacts our profession and our nursing curricula for future generations to come. The House also votes for the upcoming board of directors; delegates must attend sessions to meet the candidates and listen to prepared speeches. Voting for who will represent the entire membership is a big responsibility.
Scrub Top Cookie Recipe

Sara Andrews, DUSNA Treasurer, Senior

Classic Cut out Cookies Recipe:

- 1 ½ sticks of unsalted butter, softened
- 4 oz of cream cheese, softened
- 1 ½ cups of granulated sugar
- 1 egg
- 1 tsp. of vanilla
- 1 ¾ tsp. of almond extract
- 1 tsp. salt
- 3 cups of flour

Royal Icing:

- 1 ½ cups of confectioners (powdered) sugar
- 1 ½ tbs water
- 2 tsp light corn syrup or meringue powder (helps the icing harden for decorating)
- ½ tsp vanilla or almond extract

Cookie Instructions:

- In a large bowl or mixer, beat the butter until soft and fluffy, 1-2 min
- Add the soften cream cheese and continue to beat for 1 min, until well incorporated
- Add the sugar and beat until fluffy
- Add the egg, vanilla and almond extract. Beat well, scrape the sides and bottom of the bowl with a spatula
- Add salt and flour, beat until just barely combined
- Scrape the dough onto a sheet of plastic wrap, cover and wrap tightly, place in fridge for at least 3 hours or over night
- When the dough is chilled preheat oven to 350 degrees and roll dough out
- Use a shirt shaped cookie cutter and make your cookies
- Bake the cookies at 350 degrees F for about 9-12 min, watching to see them turn a slight golden brown

Icing instruction:

Combine all ingredients into a mixer and mix until smooth
Add more water for thinner consistency and more sugar for thicker consistency

Decorating Tips:

Use a piping bag with no tip, start off my cutting the tip small and work bigger if necessary!
Outline the cookie and preform a flood method, of pouring thinner consistency icing within the border,
Give the icing 30 min to start hardening and go back and pipe on top of the original icing to create layers!
Trace the outline of the shirt and go back in with small details like pockets and neckline.
Add a stethoscope for FUN!
After a long week stuck in Gumberg Library, glued to your computer studying, the most needed medicine is coffee. You could just walk to Starbucks and spend $5 in flex, or you could get a change of scenery and check out a local Pittsburgh coffee shop. We went into the heart of downtown Pittsburgh and to the Strip District in search of the perfect cup of coffee with the best study environment.

**Redhawk Coffee**
536 Smithfield St
This quaint café serves up delicious hot mochas and jazzy music creating the perfect study environment. With ample seating for all your friends and study partners, Redhawk caters to all of your studying needs.

**21st Street Coffee and Tea**
225 Fifth Ave
There’s more to 21st Street Coffee and Tea than what meets the eye…. Literally. The most serene shop we stumbled upon, made the prettiest coffee to match the trendy interior. Quiet, with a hint of instrumental study sounds, this café is the ideal getaway to hit the books and bliss out on coffee.

**Allegheny Coffee and Tea Exchange**
2005 Penn Avenue
Amidst the business of the Strip District, this traditional café offers a wide variety of blends and flavors. While this may not be a place to crack down on your studies, the high-top tables give the perfect view for people-watching and Pittsburgh culture. Everyone needs a break, and Allegheny Coffee provides exactly that with its calm interior away from the crowded street.
PrestoGeorge Coffee and Tea

1719 Penn Avenue

PrestoGeorge is not your typical hole-in-the-wall café. You open the door to the smell of brewing coffee and the sounds of local Pittsburgh chatter. The rejuvenating taste of this coffee is the perfect pick-me-up after hours spent walking up and down the Strip District.

Nicholas Coffee

23 Market Square Unit 1

You can’t score a better cup of coffee at a cheaper price than at Nicholas Coffee. It is one of the oldest coffee shops we visited, and it provides every blend imaginable. No seating was available inside, but as the weather turns around, Market Square will be the best place to enjoy the sunshine with a textbook in hand.
Interested in writing for *The Scope*?

We are always looking for new writers. Contact Hadley Mueller for more details!

muellerh@duq.edu
Living on Campus: An Inside Look

Brianna Gavin, BSN Class of 2019

St. Ann’s Hall

St. Ann’s is one of the freshman living learning centers and it is a very fun first dorm! You enter the building on the second floor; here there is a nice lounge with couches and tables and as well as one or two vending machines and a bathroom. After you swipe your I.D. at the desk, the doors are unlocked for you; the left side is girls side and the right side is the boys side. There are 6 floors total. This dorm has free laundry machines (just like every other dorm) and study rooms! Each floor has a large common room that is a great place to hang with friends and study together. The bathrooms are located in the center of the hallway and on either side there are 3 bathroom stalls and three sinks. Along the back there are 6 private showers, each with their own drain and curtained area where you can dry off and get changed. St. Ann’s is a really calm dorm and it makes for a great first home away from home!

St. Martin’s

St. Martin’s is one of the freshman living learning centers and it has a lot of exciting perks. As you enter the building on the ground floor there is a printing room located to your left. You swipe your card and then use the elevators or take the stairs if you need to get those steps in. There are three elevators and a total of 14 floors, however the 14th floor does not have elevator access so you get off at 13 and walk the last flight. Located on the 1st floor is a common lounge with some couches, a TV, a pool table, some vending machines, and a small gym. All of your friends in other dorms will become jealous in the winter when you only have to take an elevator to the gym while they have to walk through the blizzard to get to the Power Center! Usually the floors are separated by gender. On each floor is a nice lounge with a TV and couches, a laundry room on each floor with one washer and dryer, and a nice study room in the back. The building is the square one with all the dorm rooms on the outside and the bathrooms in the center. The bathroom has lockers on both sides, 8 bathroom stalls, 6 sinks and 6 large showers in the back. St. Martin’s is a really fun dorm and you will have fun getting to know everyone on your floor.
Assumption Hall

Assumption Hall is set up in an L shape. Each side of the dorm has its own RA and there are elevators located in the center. On the ground floor there is a laundry room for the whole building. Assumption is the honors college and generally there are mainly freshman living here with the occasional upper classmen. Guys and girls are located on alternating floors. There are lounges on each floor where you can hang out with your friends. A great perk of living here is that each room is actually bigger than the rooms in the other living learning centers.

Towers

Towers is the biggest of the living learning centers. It is also where Hogan Dining Center and The Campus Market are located. This is a great perk when it is cold outside and you do not have to leave the dorm for food. In addition to just food, in Towers there is also the mail center, the swimming pool, and a computer lab for printing. There are 3 wings total in towers A, B, C. On each wing there are multiple bathrooms and a small kitchen that has a sink, some cabinets, a table and a refrigerator. Each wing has a small lounge with tables and chairs where you are able to do homework, study and hang with friends. Washer and dryer units are also located on each wing. In addition to these units, there is also a room on the 17th floor that has about 6 washer and dryer units. Towers is a great living learning center that has everything you could need without walking outside.