The Art of Loving
By Carol Winn

Love spelled backwards is the love word: ever. Whether it is love person, love, love family, or love. love love love love change us to love. Change, however, does not necessarily mean evolution. It can mean loss. What’s the difference? Evolution means advancement, progress. Loss means a decline in progress or advancement. Therefore, through evolution or involution, with love, a change will come. We are born to evolve, and where love is concerned, we can influence our evolution.

Love is an awesome power. In fact, it is the greatest power we possess. If we want a better community, nation and world, we must exploit the power of love in every way every day and in everything we do.

A final aspect of love is that it must expand. If we do not allow our love to grow beyond our family, community and nation to encompass the whole world and all living things, we will always have wars, death and destruction. The Art of Loving requires that we know ourselves, embrace our diversity and, forgive those who trespass against us. Since we all have the power to love, we ought to use it continually.

Duquesne University’s Pennsylvania Acts Program

By: Michael Dern and Chiara Hotep

Pennsylvania Acts advisor/learning coach April Wade adds, “The program is tailored to each student’s individual needs. For instance, I may have a student in Liberal Arts looking for an internship or financial aid, so I do some investigative work on the web for scholarship information so the student can focus on his academics.”

Act 101, referred to as Pennsylvania Acts on Duquesne University’s campus, was originally established in 1971 and came to Duquesne University in 1977. Information specific to Duquesne University’s Act 101 program, Pennsylvania Acts, can be obtained by contacting Reggie Bridges, Supervisor, at: 412-396-6662 or bridgesr@duq.edu.
1. Education and intelligence accomplish nothing without action.
   - There’s a huge difference between knowing how to do something and actually doing it. Knowledge and intelligence are both useless without action. It’s as simple as that.

2. Happiness and success are two different things.
   - “What will make me happy?” and “What will make me successful?” are two of the most important questions you can ask yourself. But they are two different questions.

3. Everyone runs their own business
   - No matter how you make a living or who you think you work for, you only work for one person, yourself.

4. Having too many choices interferes with decision making
   - Keep it simple. If you’re trying to make a decision about something in your life, don’t waste all your time evaluating every last detail of every possible option.

5. All people possess dimensions of success and dimensions of failure
   - Trying to be perfect is a waste of time and energy. Perfection is an illusion.

6. Every mistake you make is progress
   - Mistakes teach you important lessons. Every time you make one, you’re one step closer to your goal. The only mistake that can truly hurt you is choosing to do nothing simply because you’re too scared to make a mistake.

7. People can be great at doing things they don’t like to do
   - “In order to be great at what you do, you have to like what you do.” This just isn’t true.

8. The problems we have with others are typically more about us
   - Quite often, the problems we have with others – our spouse, parents, siblings, etc. – don’t really have much to do with them at all. Many of the problems we think we have with them we subconsciously created in our mind.

9. Emotional decisions are rarely good decisions
   - Decisions driven by heavy emotion are typically misguided reactions rather than educated judgments. These reactions are the byproduct of minimal amounts of conscious thought and primarily based on momentary “feelings” instead of mindful awareness.

10. You will never feel 100% ready when an opportunity arises
    - The number one thing I persistently see holding smart people back is their own reluctance to accept an opportunity simply because they don’t think they’re ready.