



BUILDING PLAN VIA TOWN OF HAMDEN/ILLUSTRATION BY PEYTON MCKENZIE

Professors cancel classes amid high temperatures, no air conditioning

By CAT MURPHY
Associate News Editor

Professors cancel classes all the time, and for all kinds of reasons. But usually, beating the April heat is not one of them.

That is nevertheless what happened on Thursday, April 13, and Friday, April 14, when temperatures inside some of Quinnipiac University’s academic buildings soared to nearly 90 degrees.

However, the heat forced several professors teaching in unairconditioned buildings to cancel their classes, move their classes online or speed through their material to avoid the intolerable classroom temperatures.

Lisa Burns, a professor of media studies who moved her classes to Zoom, took to Twitter Thursday evening to voice her frustration with the insufferable heat in the Center for Communications, Computing and Engineering.

“I decided to teach via Zoom because the classrooms were even worse,” wrote Burns, who shared a picture of her office thermometer’s 87-degree temperature reading in the April 13 Tweet. “Turn off the heat, @QuinnipiacU!”

Burns also told the Chronicle that intolerable classroom temperatures have been an almost annual concern.

“This happens almost EVERY spring,” Burns wrote in an email to the Chronicle on April 17. “I was ready to pivot to online because I’ve been through this before.”

Victoria Reid, an assistant teaching professor of advertising and integrated communications, held her first class in person on April 14 but transitioned her remaining classes to remote learning upon experiencing the high temperatures in CCE.

“It was unbearably hot in the classroom,” Reid wrote. “In the four years since I joined QU as communications faculty, I don’t remember anything like this happening.”

For many students and faculty members, the heatwave that prompted professors to cancel classes seemed to come out of nowhere. Prior to April 12, temperatures in Hamden had not touched 80 degrees since Nov. 7, 2022, according to AccuWeather.

The random burst of mid-April heat vanished just as quickly as it appeared, though, with temperatures on April 15 and April 16 barely reaching 70 degrees.

John Morgan, associate vice president for public relations, told the Chronicle that university officials cannot easily adjust building temperatures to accommodate unexpected weather.

“Facilities is aware of the situation,

which is happening because of the exceptionally warm weather we’re currently experiencing,” Morgan wrote in an email statement to the Chronicle on April 14. “Unfortunately, this hot spell is occurring before campus building temperatures are scheduled to be adjusted to provide cooler air during the summer months.”

Even professors who chose to hold in-person classes last week told the Chronicle that the combination of heat and humidity disrupted their teaching.

“A lot of faculty decided to move their classes to other buildings, even,” said Paul Cappuzzo, a senior political science and economics double major who works as a peer catalyst. “A bunch of kids did not show up to class, presumably because of the heat.”

Marta Clepper, assistant teaching professor of physical sciences, said she had to modify her teaching plans after the projector in her Tator Hall classroom overheated.

“The temperature on the 3rd floor of Tator (Hall) was almost unbearable and did impact both my teaching and the students learning during the classes,” wrote in an email to the Chronicle on April 18.

Paul Fabbri, a junior public relations major, described the classroom climate to the Chronicle as a “sticky situation — literally

and figuratively.”

“It just felt like all the humidity was trapped into one room,” said Fabbri, who had two professors end class early and another move class online on April 14. “Somehow it was even more humid in the classrooms than it was outside.”

Several professors also expressed safety concerns about the lack of available air conditioning in 80-degree heat.

“The extreme heat in the buildings is unsafe for everyone,” Burns wrote in a separate email to the Chronicle on April 18. “I hope Facilities can figure out a better way to address these situations.”

Ronnie Dinnel, a junior 3+1 film, television and media arts major, agreed that the lack of air conditioning posed a safety hazard for students, faculty and staff.

“It makes me think ... that the school prioritizes money (over) actually keeping students happy and safe,” Dinnel wrote in a statement to the Chronicle. “I’m shocked there were no cases of people getting heat stroke.”

However, for some students, the mid-April heatwave had a silver lining.

“I got out of class early, so I have no complaints,” Fabbri said.

MEET THE EDITORS

- EDITOR-IN-CHIEF
Melina Khan
- MANAGING EDITOR
Nicole McIsaac
- DIGITAL MANAGING EDITOR
Daniel Passapera
- CREATIVE DIRECTOR
Peyton McKenzie
- NEWS EDITOR
Katie Langley
- ASSOCIATE NEWS EDITORS
Krystal Miller
Cat Murphy
- OPINION EDITOR
Michael LaRocca
- ASSOCIATE OPINION EDITOR
A.J. Newth
- ARTS & LIFE EDITORS
David Matos
Neha Seenarine
- ASSOCIATE ARTS & LIFE EDITOR
Zoe Leone
- SPORTS EDITORS
Ethan Hurwitz
Cameron Levasseur
- ASSOCIATE SPORTS EDITOR
Benjamin Yeargin
- DESIGN EDITOR
Amanda Riha
- ASSOCIATE DESIGN EDITORS
Emma Kogel
Connor Youngberg
- MULTIMEDIA EDITOR
Jack Muscatello
- ASSOCIATE PHOTOGRAPHY EDITOR
Casey Wiederhold
- COPY EDITORS
Jacklyn Pellegrino
Aidan Sheedy

The views expressed in the Chronicle’s opinion section are those of the respective authors. They do not reflect the views of the Chronicle as an organization.

Sign up for our weekly newsletter by emailing Melina Khan at melina.khan@quinnipiac.edu




THE CHRONICLE is distributed around all three university campuses every Wednesday. Single copies are free. Newspaper theft is a crime. Please report suspicious activity to university security (203-582-6200). For additional copies, contact the student media office for rates.

ADVERTISING inquiries can be sent to thequchronicle@gmail.com. Inquiries must be made a week prior to publication. SEND TIPS, including news tips, corrections or suggestions to Melina Khan at thequchronicle@gmail.com WITH CONCERNS, contact The Chronicle’s advisor Vincent Contrucci, at vincent.contrucci@quinnipiac.edu

LETTERS TO THE EDITOR should be between 150 and 300 words and must be approved by the editor-in-chief before going to print. The Chronicle reserves the right to edit all material, including advertising, based on content, grammar and space requirements. Send letters to thequchronicle@gmail.com. The opinions expressed in this paper are those of the writers and not necessarily those of The Chronicle.

SEE WHAT’S HAPPENING ON QUCHRONICLE.COM

JOIN US
Staff Meetings on Tuesdays in SB 123 at 9:15 p.m.

CONNECT
 @quchronicle/@quchronsports
 The Quinnipiac Chronicle
 @quchronicle/@quchronsports

QU applies to demolish east end of North Lot to install tennis courts

By CAT MURPHY
Associate News Editor

Quinnipiac University officials submitted applications in March to install six tennis courts and eight 50-foot light poles in North Lot.

The university’s building applications, which the Hamden Planning and Zoning Commission began hearing on April 11, indicate that university officials intend to demolish the far east end of North Lot to construct the courts. The proposed tennis courts would permanently eliminate 145 student parking spaces in North Lot, reducing the lot’s current student parking capacity by more than 20%.

The building plans also seem to indicate that the proposed demolition would render nearly 45% of the lot’s student parking spaces unusable for the duration of the construction. However, it is unclear if university officials, pending approval from the Hamden PZC, intend to overhaul the parking lot over the summer.

“I understand that we have a very competitive women’s tennis team,” said Ari Hyman, a senior political science major and the president of the Quinnipiac Commuter Student Union. “But we also have a very competitive race to a parking spot in the morning.”

Expressing concerns about the university’s plan to accommodate commuter student parking, Hyman recalled a comment Chief Experience Officer Tom Ellett made at the 2022 State of the QUnion.

“Tom Ellett said he believes commuters could always park at the York Hill garage and shuttle down to main,” Hyman said. “I have a feeling if this goes through ... that idea would be brought up again, where commuters would have to commute from their commute.”

John Morgan, associate vice president for public relations, declined to comment on the university’s applications while the public hearing is ongoing.

But this is not the first time university officials have sought to construct tennis courts on the Mount Carmel Campus.

Quinnipiac officials applied in April 2021 to build new tennis courts on the university’s main campus after demol-

“I understand that we have a very competitive women’s tennis team. But we also have a very competitive race to a parking spot in the morning.”

– Ari Hyman
SENIOR POLITICAL SCIENCE MAJOR AND PRESIDENT OF THE QUINNIPIAC COMMUTER STUDENT UNION

ishing the campus’ previous tennis facilities amid construction on the Recreation and Wellness Center.

The town of Hamden’s residential zoning code caps building heights at 35 feet. Accordingly, the zoning regulations applicable to the main campus at the time required university officials to receive a variance from the Hamden Zoning Board of Appeals to construct the 50-foot light poles included in Quinnipiac’s tennis court application.

Within seven months of submitting their initial applications to rebuild tennis courts on the Mount Carmel Campus, university officials withdrew their applications from the Hamden PZC and ZBA in November 2021.

Quinnipiac officials subsequently applied in May 2022 to construct tennis courts on the university’s North Haven Campus. However, facing pushback from North Haven residents concerned about the potential light, noise and traffic consequences of the tennis courts, the university withdrew its applications with the North Haven PZC in early November 2022.

Simultaneously, Quinnipiac officials sought to rezone the Mount Carmel Campus as a planning and development district.

PDD zones are designed “to encourage and accommodate unique and desirable development that is not able to be accommodated by conventional zoning,” per an Oct. 13 zoning update issued by the Hamden PZC.

Accordingly, university officials argued that the limitations of the campus’ previous residential zoning designation were incompatible with the university’s \$293 million South Quad project.

But university officials reapplied to construct six tennis courts and eight 50-foot light poles on the Mount Carmel Campus only after the Hamden PZC voted to designate the campus as a PDD in December.

Unlike Hamden’s residential zoning regulations, the town’s PDD regulations — which Quinnipiac officials helped the town draft in mid-2022 — allow structures as tall as 60 feet.

“We actually helped them craft the language to put it forward,” Sal Filardi, vice president for facilities and capital planning, told the Chronicle in October. “It keeps us out of trying to get variances through the Zoning Board of Appeals process.”

The university’s multi-part application also includes plans to construct a new shuttle stop along New Road. Quinnipiac officials intend to construct the stop, which the Hamden Traffic Authority preliminarily approved in December 2022, between the Echlin Center building and the Peter C. Hereld House for Jewish Life.

The Harwood Gate Lot stop opened less than nine months ago to replace the previous South Lot stop, which university officials closed and subsequently demolished amid construction on the South Quad project.

However, Filardi confirmed in November 2022 that the proposed shuttle stop “is intended to replace” the stop currently located in the Harwood Gate Lot.

Filardi also said that the proposed shuttle stop relocation is unlikely to be permanent.

“The New Road shuttle stop is temporary,” Filardi wrote in a Nov. 23 email to the Chronicle. “Once the three new buildings are completed, the location of shuttle stops will be revisited and future shuttle stops may be in different locations.”

University officials also applied to construct a guardhouse, presumably for Public Safety officers, at the facilities entrance on New Road.

The Hamden PZC continued the public hearing on Quinnipiac’s applications to April 25.



Quinnipiac University officials are hoping to replace more than 20% of the 616 student parking spaces in North Lot with tennis courts.

Quinnipiac named Bee Campus for efforts to protect local species

By **KRYSTAL MILLER**
Associate News Editor

The Xerces Society for Invertebrate Conservation named Quinnipiac University a Bee Campus USA Affiliate on April 10.

The Xerces Society is an international nonprofit organization that protects the world through the conservation of invertebrates and their habitats, according to its website.

Sarah Lawson, an assistant professor of biology, said she helped fill out the application for the university to be a Bee Campus by citing the work with the pollinator garden at the Albert Schweitzer Institute and creating a proposal about using less pesticides and planting more native plants.

“So we’re really kind of forward-thinking about putting in native landscaping ... to support our pollinators and those would support higher trophic levels as well,” Lawson said. “So hopefully the campus will sound more like birds and bees in upcoming years.”

Lawson said university officials also submitted an application to become a tree-designated campus, which focuses on planting native trees.

Recently, Quinnipiac officials cut down the white pine trees in the Pine Grove, which Lawson said were invasive, non-native species. University officials do not intend to cut down any additional trees unless they pose a safety hazard, Lawson said.

“So unfortunately, the white pines, a lot of times they were a danger because when the tornado came down, it took out a lot of the

structural integrity of the root systems and a lot of the trees that were in between and so whenever wind would come down, those trees would just fall down,” Lawson said.

Instead, Quinnipiac officials intend to replace the white pines on the current site of the South Quad project with native tree species, Lawson said.

Lawson previously worked to install Quinnipiac’s pollinator garden and is currently working with the Indigenous Student Union to install an Indigenous people’s section of the garden. The Indigenous people’s section would include medicine and herbal remedies Indigenous people in the Connect-

icut area would have used, Lawson said.

Quinnipiac is also offering a new environmental studies program that focuses on environmental science and policy, Lawson said.

“I think it’s a really great step,” Lawson said. “It’s showing that university really is trying to be more sustainable.”

Lawson said she is working on uploading pollinator garden website with a list of the plants in the garden. The website will define the difference between native and non-native plants and will include ways to reduce pesticide usage.

Courtney McGinnis, a professor of biology and a toxicologist working to reduce

pesticide usage on campus, worked with Lawson to complete the Bee Campus USA and tree-designated campus applications.

Expressing excitement about the university’s Bee Campus USA affiliation, McGinnis said university officials have been supportive of efforts to become a more environmentally friendly and sustainable campus.

“So these being supported by upper administration, I think will ultimately make us a stronger campus as we are hoping to become some leaders in living our ultimate sustainability plan,” McGinnis said. “I hope to see us continue to advance some of our sustainability initiatives,”

McGinnis said that university officials are also applying to become a Nature RX campus, which focuses on the stress-relieving benefits of the outdoors.

“That’s really to promote the benefits of being outside in nature, which kind of go hand in hand with the benefits of the pollinator garden and thinking about that space as a peaceful space, a meditative space where people or students can go and be present in nature,” McGinnis said.

Riya Miller, a junior 3+1 biology major, has volunteered at Lawson’s lab for pollinator health and diversity for the last two years. Although she said she had not heard about the new Bee Campus USA affiliation, she said it seemed like it would help advocate for more pollinators.

“I’m glad that the campus has chosen to put a focus on pollinator health,” Miller said.

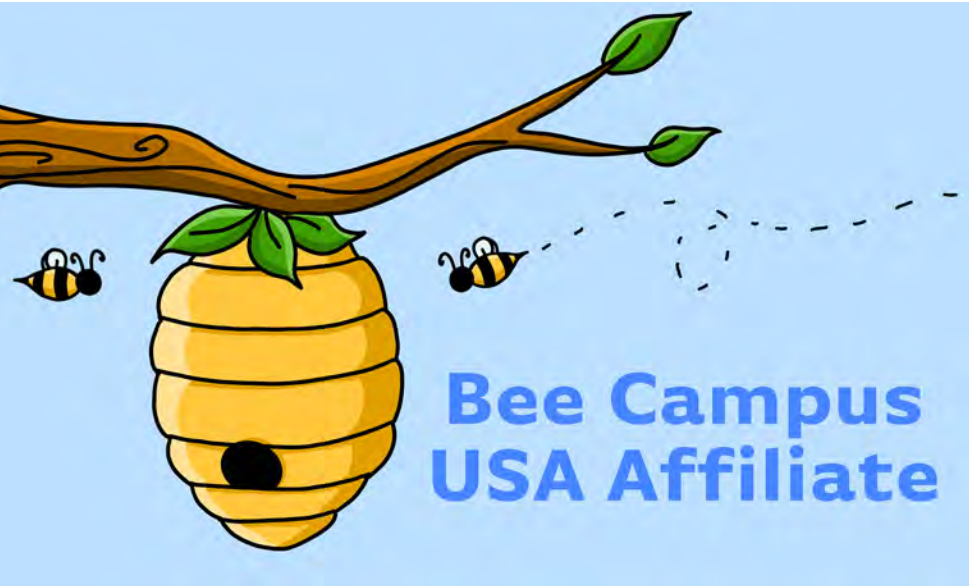


ILLUSTRATION BY AMANDA RIHA

QU School of Medicine awarded grant to purchase intersectional health books

By **SAMANTHA NUNEZ**
Staff Writer

The Network of the National Library of Medicine granted Quinnipiac University’s Edward and Barbara Netter Library a \$2,000 Collection Equity Award in March to allow the Frank H. Netter M.D. School of Medicine to purchase intersectional books on health diversity, inclusion and equity.

The new books will be marked with a label titled Diversity Equity Inclusion Belonging Social Justice and will be on the Netter Library shelves and catalog in May.

Dr. Saleh Rahman, the medical school’s associate dean for diversity, equity and inclusion and a professor of medical sciences, proposed the award to the School of Medicine. Rahman, who joined Quinnipiac’s faculty in September 2022, said he wanted students to look at different perspectives from people of color and understand the importance of storytelling.

“As soon as I joined Netter ... one of my ideas (that) I previously did in other institutions is to create a resource for equity, inclusion, and diversity topics,” Rahman said. “And (at) the same time to create a human library where people can share their stories and become a part of the library system.”

One of the reasons Rahman thinks this initiative benefits students using Netter and Quinnipiac is because their “knowledge and skills are essential to collectively transforming an individual and an institution.”

“A comprehensive collection of books will enable our students and faculty to explore many aspects of equity-related schol-

arly works,” Rahman said.

As a resource guide, the books are mostly beneficial for nursing, medical and health sciences students who want to broaden their learning.

After reaching out to Matthew Wilcox, the director of the Netter library, they combined their ideas to showcase the importance of discussing issues in healthcare with patients and workers who are people of color.

“I’m excited and grateful that diversity is out there more and I feel like the books are going to help a lot and feel more inclusive for people of color,” said Yisady Mota, a first-year nursing major.

The books are based on personal experiences, critical race theories, health disparities and medical experiences. Rahman believes reading these books could teach a student about health injustice and experiences to make them better as a whole.

“Books are the most powerful tool to cognitively prepare us and motivate us,” Rahman said.

To prepare future medical students, he believes that “the better they are prepared with equity, inclusion, and diversity, the better the health outcomes for our community members and our country. Books can never die and can be passed on from generation to generation. That was the most important motivation.”

As opposed to getting medical equipment that provides skill building, Rahman said books can teach us experiences and history that isn’t shown.

Rahman began compiling books and researching how libraries at other universities approached intersectionality. With these different perspectives in mind, he and the Office of Equity, Inclusion and Diversity expanded on creating narrative stories from underrepresented people.

Rahman said making a difference starts with having the “right information, knowledge, and skill set.”

Reading intersectional health books develops an understanding of social issues

in the medical field, Rahman said. For example, medical students learn how to diagnose and treat a patient, but intersectional books could tap into how social factors like socioeconomic, age, race or location play within a patient’s narrative and affect how they are treated in a hospital.

“This can not only help enhance that level of understanding but also create a cohesive community to create a sensibility longing that we belong to in Netter...as well as QU,” Rahman said.



PEYTON MCKENZIE/CHRONICLE

Quinnipiac University’s Frank and Barbara Netter Library aims to use the \$2,000 Collection Equity Award to purchase books highlighting systemic diversity issues in the healthcare system.

Opinion

Society ignores victims and glorifies abusers

By ZOE LEONE
Associate Arts & Life Editor

On May 16, the 76th annual Cannes Film Festival will kick off in Cannes, France. One of the first films to premiere is French director Maiwenn’s “Jeanne du Barry,” a historical drama that follows King Louis XV. The most notable thing about the movie, however, is that it stars Johnny Depp.

Casting an alleged abuser as the lead in a highly-anticipated movie that’s headlining an international film festival does nothing but encourage survivors into silence. It’s a Hollywood tale that’s as old as time: get accused, release a statement and wait for the tabloids to stop publishing stories on you to make your next movie.

It’s a common claim that cancel culture ruins careers. While I find it appalling that people would even consider demanding that alleged abusers to not have their faces on movie posters ‘canceling’ them, patterns have also shown that this is simply not true. Celebrities like Woody Allen (his daughter, Dylan Farrow, accused him of molesting her in 1992), Morgan Freeman (eight women accused him of harassment and inappropriate behavior in 2018, according to CNN) and now Depp, have continued to enjoy successful careers and adoration from the public since being accused.

This is Depp’s first film since the infamous defamation trial between him and his ex-wife, Amber Heard, in 2022. The case involved Depp suing Heard for an op-ed she wrote for the Washington Post in 2018 about surviving domestic violence. While Heard never mentioned Depp by name in the op-ed, the jury sided with him.

In the defamation case, anything Heard did only seemed to prove to the millions of online observers that she was lying. None of the evidence against Depp, documented both in court and by dedicated Heard supporters who published public documents used in court, seemed

to matter. The case spread like a wildfire and suddenly an abuse survivor’s testimony was being used as a popular lip-sync audio on TikTok.

According to a report from Brown University, the percentage of false reports of assault ranges from 2% to 10%. This number has been consistent for decades now, as found in the same report. And yet on average, nearly 20 people per minute are physically abused by a partner in this country. This equates to an average of ten million men and women a year who are survivors of intimate partner violence, according to the National Coalition Against Domestic Violence.

Only two out of every 100 cases is classified as including insufficient evidence or testimony to the degree that it might be false, according to the National Sexual Violence Resource Center. And that’s out of the 37% of abuse cases that actually are reported. The vast majority will never once reach the court systems or even a police report.

So with numbers this big, why do people refuse to believe victims?

Perhaps it has something to do with the fact that intimate partner violence is largely a very gendered issue. According to the NCADV, one-quarter of women are victims of severe intimate partner violence, intimate partner sexual contact violence and/or intimate partner stalking with impact, compared to one in nine men.

In the U.S., the U.S. Department of Justice estimates that 95% of reported cases of domestic violence are committed by men against women.

While there is no denying that men are affected by intimate partner violence, I can’t help but wonder if the fact that so many people see this as a women’s issue skews the narrative. And in the case of celebrities like Depp and Heard, the affection people hold for their favorite celebrities clearly clouds their ability to empathize with victims.

In a more recent, yet just as chilling case, actor Jonathan Majors was arrested on charges of strangulation, assault and harassment on March 25, according to AP News.

The woman involved was initially taken to the hospital with concerns about an “emotional crisis,” but was later confirmed to have suffered lacerations and injuries on her face. When a popular pop culture updates account on Twitter posted a statement from Majors’ lawyer, the comments quickly filled with users proclaiming their support and arguing his innocence.

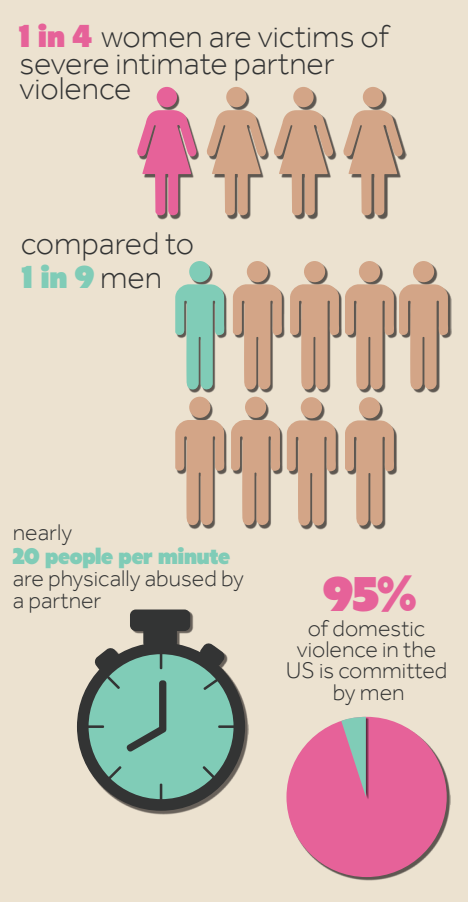
Several days later, his lawyer shared alleged texts between Majors and the victim with TMZ that were meant to further prove his innocence. The texts featured the victim taking the blame for the situation, claiming that it was her fault for trying to grab his phone.

While this seems like a display of the common trauma response known as fawning — where a person attempts to appease an abuser with people-pleasing behaviors to avoid further conflict, according to Caroline Fenkel, leader in adolescent mental healthcare — people still showed their support for Majors.

We live in a society where women’s stories are largely brushed under the rug. The assaults and violence that Harvey Weinstein enacted on over 85 women in Hollywood was an open secret that was whispered about until 2017. It is not shocking that the men that commit these acts are protected.

Perhaps we’re trained through the gender roles we subconsciously learn that this is the way the world works. Even if we are not brought up in households where we necessarily observe these, experience in the world enforces the idea that women are supposed to be passive and non-confrontational, while men are supposed to be, for lack of a better term, ‘the man.’

And yet for some, maybe hearing about a survivor’s suffering endured at the hands of



someone we once admired is simply too uncomfortable to deal with. All denial does is further alienate victims and continue the cycle of abuse. Survivors, regardless of gender, deserve a society where their stories are met with understanding, not vitriol.

So the next time a case comes to light — and unfortunately, there is always a next time — afford the survivor the grace to be believed. At the end of the day, what’s more important: having believed a potential liar or supporting a possible abuser?

There’s no place for catcalling on campus

By NICOLE MCISAAC
Managing Editor

Picture this: You’re walking past a group of individuals, trying to get to a place you need to be. With the anxiety of feeling the eyes following your every move, you’re suddenly greeted with a whistle or maybe even a degrading comment.

You just experienced catcalling, a form of street sexual harassment.

One might think this type of action only occurs within a city environment, however, the truth is this happens more often than we think on a college campus — and it is simply not OK.

As a senior getting ready to close out my undergraduate studies at Quinnipiac University, this is something that I am far too familiar with. Recently as I headed to a late-night meeting on campus, I was met by a group of men who decided to howl at me like a pack of wolves when I walked by.

Fear was the only reason I didn’t respond.

Even going off campus and still nearby in the town of Hamden, one of my friends was recently honked at by a car passing by as she was just trying to unload her car.

The stories go on and on.

And you might be wondering, “Why doesn’t the person just respond back?”

From experience, catcalling usually places the victim in a state of shock, preventing them from responding or reacting

“People who are catcalled feel vulnerable, demeaned and downright uncomfortable. In no world is this ever warranted, needed or even the slightest bit called for.”

– Nicole McIsaac
MANAGING EDITOR

in a way that lets the person know the action is not consented to. People who are catcalled feel vulnerable, demeaned and downright uncomfortable. In no world is this ever warranted, needed or even the slightest bit called for.

It’s not limited to just the confinements of a quad and clock tower — this happens all around the country and world. Catcalling is a problem that has seeped its way into the lifestyles of college environments — both for women and men.

According to a 2019 national study on sexual harassment and assault by the University of California San Diego Center on Gender Equity and Health, 89% of students say sexual harassment is occurring among students. However, less than 10% report it to university officials.

To bring this issue to even more of a light, catcalling is a recurring problem for minors, too.

In a 2015 study, 84% of women from 22 countries noted street harassment occurred to them before the age of 17, per an article from The Telegraph.

Can you imagine that? Not even being of age to vote or drink and being met with individuals much older and looking at you like you’re a piece of meat. It’s absolutely sickening.

No wonder I was always told to not walk around at night by myself. This world is a really sick place.

Maybe some people might think it’s funny, but the truth is that this form of harassment is disgusting and utterly degrading to those who experience it.

Other arguments I have heard about this topic correlated to an individual saying the victim was “asking for it,” based upon the type of clothing he or she was wearing at the time of the incident — I could write a whole other article based upon that, so don’t get me started.

Although every individual’s encounter and experience with it is different, it is important to understand the full scope of the lasting effects this harassment can have. Victims might be inclined to cover up more instead of expressing their true identity. They might even refrain from traveling to certain places or going out at all.

For those carrying their books and backpacks, catcalling impacts students emotionally in many aspects, such as in the classroom.

College students who experience catcalling can become, “... disappointed with their college experience, find it hard to pay attention in classes, avoid certain classes or buildings, lose motivation, and experience fear, anger, and embarrassment,” per a 2021 report from the Maryland Coalition Against Sexual Assault.

The catcalling needs to stop. This is not the way to get someone’s attention or compliment them on your likings of their appearance — and they certainly are never “asking for it.”

Close your mouth and leave them alone.

Opinion

Managing men’s mental health: You are not alone

By **ETHAN HURWITZ**
Sports Editor

“I need help.”

That’s something I have always been too afraid to say. For years, I have been trained to just keep moving and to keep puttering along. But everyone needs help at some point and we need to start asking for it.

Mental health, especially men’s mental health, is rarely talked about and that needs to change.

What is happening now?

According to Mental Health America, over six million men suffer from some degree of depression, yet it often goes undiagnosed.

Today’s world sheds more light on mental health, but seemingly throws men to the side. According to the CDC, males make up 49% of the world’s population, but contribute nearly 80% of all suicides. Most people know the textbook definition of depression and anxiety. We have it shoved down our throats with no real substance; all these numbers mean nothing without doing anything about it.

My emotional well-being has been a constant process for me since I was young, whether I realized it or not.

In elementary school, I was told I had anger issues. I didn’t know how to express said issues, so I scratched my face so hard I had scratches all over, just to get some emotion out of me.

In high school, I suffered from constant anxiety and depression. Whether it was applying to colleges or being locked in my house in the middle of a pandemic, there was always an external factor affecting my mental health.

I will never forget the look on my mother’s face during my senior year of high school when she walked into my room, just to see me bawling my eyes out. She was scared and because I hadn’t talked to her, it made it worse.

What should you do?

Talking to someone — anyone, even — is better than bottling it up. Letting yourself open up is something society needs to praise.

Why not try therapy? There’s a stigma that surrounds the term. Telling a stranger all your deepest fears and secrets, and suddenly that will help? Per MHA, over half of adults that suffer from a mental illness receive no help. I had the same idea about therapy — that it would feel like I am accepting defeat.

To create a perfect version of yourself, you are often pressured to have no flaws — you have to be this specific height or have these specific friends or be in these specific organizations.

That’s not true. It’s normal to be sad. It’s alright to be on medication. It’s OK to tell someone how you really feel instead of pretending you’re perfectly fine.

Why me?

I am a 20-year-old college student, trying to balance seven classes, an upcoming internship, extracurriculars, friendships and just time to eventually take a nap. I have two loving parents and a great support system in my family. So why am I the one who has to walk through these struggles?

I know I am not alone.

This problem affects more people than just me. I would speak about other people’s experiences, but they are never talked



ILLUSTRATION BY EMMA KOGEL

about. For years in my friend groups, any sign of emotion would be brushed off and forgotten about. Sitting down and actually discussing what’s on our minds was never part of the conversation.

I’m a journalism major, but maybe I should switch career paths solely based on the acting I do to make people think I’m always happy. It’s not healthy to hide your feelings away and while I am an experienced pro at it, spilling my emotions still is scary.

Help is always available

What if people think I am weak? What if I get told I am faking it for attention? Should I even tell someone? All of these questions have slipped into my mind and it only does more harm than good. According to Forbes, 73% of 25 to 35 year olds overthink at a chronic rate.

Most of these types of opinion pieces include a statement about how you should treat yourself if you’re feeling down. Sure, going out and getting ice cream on a whim may give you instant gratification, but you’re just putting a band-aid on an ever-growing wound. Nothing will ever get fixed if you keep it to yourself.

One of the most beautiful lyrics in music is from “Yikes” by Kanye West. The 2018 song that opens with, “Shit could get menacing’, frightenin’, find help / Sometimes I scare myself, myself.”

Make sure you talk to someone so you don’t scare anyone else.

If you or someone you know is suffering on campus, call Quinnipiac’s Counseling Services at (203) 407-4020 or email at QUCounseling.general@hhchealth.org.

A juggling act

The burden of balancing work and a college lifestyle

By **NICOLE MCISAAC**
Managing Editor

“I’m sorry I can’t come, I have work.”

If only I had a penny for every time I had to use that phrase throughout my four years while being a student at Quinnipiac University.

While some college students may find themselves prioritizing assignments, some meetings and maybe a few extracurriculars, others have to account for another reality at the same time — working full- or part-time jobs. Although it may come across as manageable, sometimes these students really need a break.

As a senior preparing to enter the workforce full-time while also in graduate school, work-

ing multiple jobs has been my reality. I had my first taste of employment working at a deli in my hometown at only 14 years old. Now, I balance three different jobs on top of my full-time academic schedule.

Call me the “workhorse.”

From internships to food service jobs, I usually am always rushing from point A to point B, trying not to miss deadlines and staying up after an eight-hour shift to study for that extra exam.

Although I have learned to pull back when I physically and mentally need a reboot, I have found it often hard to explain myself to other students at Quinnipiac who simply don’t live the same lifestyle.

Given that all of my weekly finances are paid by me, myself and I, one could assume that awkwardness might arise when I have to tell a friend that I can’t enjoy a night out for drinks because I have to fill my car with gas for the week. Or maybe I can’t meet up with that group of friends to get dinner because the utilities bill is higher this month than it was prior.

And my experience doesn’t just ring true to me. This is a picture that many college students all around the United States have painted for themselves, too.

According to 2020 estimates from the U.S. Department of Education, 43% of full-time and 81% of part-time students work while being enrolled in a higher educational setting.

While some might be blessed with the privilege to not have to work while focusing on their educational studies, others face financial hardships from attending expensive colleges and universities, or perhaps may come from a lower economic status.

Given the price tag that colleges present to those seeking to extend their education, as well as additional fees that go along with it such as housing or book fees, there is no surprise that students can’t just be students.

It’s no wonder individuals are forced into this work and college juggling acts. “Working while in college is very common, especially with the rising price of college tuition and the burden of student loan debt,” per a 2023 article from Fortune.

Before I even committed to college, Quinnipiac was not a real option that I was considering

— simply because of the financial debt I would be putting myself and my parents in by attending. Though, education was important to me, and I ultimately made the decision to attend.

However, as a result of that, I had to contribute to the bill. This is a decision I was fine with taking on and willing to do whatever it takes to be located in Hamden, Connecticut, for four years.

At the end of the day, I am still blessed with the opportunity to extend my education — while having a supportive family that backs me up no matter what and are willing to help me face some of my financial hardships from getting my degree. Other individuals, some even being enrolled here at Quinnipiac, have it even worse than I do — and others, worse than them.

While it’s important to acknowledge that, it’s OK to highlight that working students sometimes need a break from putting their all into getting their education. I am grateful to have the drive and dedication to work, gaining life lessons even from a simple barista side job.

For those that this issue doesn’t resonate with, be grateful — but more importantly, be kind to your peers around you who might not have those same advantages while working toward the ultimate end goal diploma.

For professors, remember there are students sitting in your seats that are trying to make ends meet just to be face-to-face with you.

For students in the same position, I understand how you feel. Just know there’s a whole community of college students in the same boat — just keep swimming.



ILLUSTRATION BY CONNOR YOUNGBERG

Arts & Life



DANIEL PASSAPERA/QUINNIPIAC UNIVERSITY

Nearly 900 students show up for Quinnipiac's biggest day of service

By **ZOE LEONE**
Associate Arts & Life Editor

After a week of scorching heat and thick humidity, the temperature cooled just in time for The Big Event on April 15. Quinnipiac University students were assigned to do community service at job sites across Hamden and New Haven, with upwards of 875 student volunteers.

“Before COVID, we used to break 1,000 (volunteers),” said Rebecca Seganti, one of the co-directors of The Big Event and a junior 3+1 finance major. “But it’s been slowly coming back, which is good.”

The Big Event originated in 1982 at Texas A&M University. Over the past 40 years, the event has expanded annually to over 100 colleges across the country. It has become the largest national, student-run, one-day service project, according to the TAMU Big Event.

The Quinnipiac version of the Big Event was founded in 2010 by Jennifer Walts, the then-vice president of public relations for the Student Government Association. In a speech given to volunteers in 2016, Walt explained that she was inspired to bring the event to the university after attending

a student government conference at TAMU in 2009.

The planning for this year’s Big Event started virtually over the summer before moving to in-person meetings every other week in the fall. Seganti said that when spring rolled around, the meetings changed to every week as the team finalized volunteer groups and job sites.

With so many students on the docket to volunteer, the process of making sure that there are enough job sites to spread the teams out across is no small feat.

“We go to our previous people and reach out to them. Honestly, we just look for non-profits in Hamden,” Seganti said. “One new one we found this year was an animal service because I was at QTHON and they had the emotional support animals ... so now people are going to their site.”

The big day

My team started our day at Dunkin Donuts, before we arrived at the Mount Carmel Campus right at 9 a.m.. We cheered happily as we drove past the rather large line of cars to pull into our color-designated loading lane. As Taylor Swift played softly

out of my car windows, we were greeted by an enthusiastic group of Big Event volunteers who directed us through all the stops with the rather intense waving of clipboards.

Soon, we were on the road to our job site with rakes in my trunk. We had been reassigned shortly before the day of, so we had virtually no idea where we were going or what we were doing.

When the GPS alerted us we had arrived at our destination, we looked rather wearily at the large driveway Google Maps instructed me to pull into. A green yard adorned with dandelions and a blue house with the shades pulled down greeted us as we parked at someone’s home.

Alarm quickly filled the car as a face suddenly appeared in one of the house’s windows, but we calmed rather quickly when we realized it was an older woman smiling kindly at us. After a quick chat through her screen door, she assured us that we were, in fact, in the right place and that she was hoping we would be able to rake the leaves in her front and backyard.

In the process of putting on our supplied Big Event shirts, the other team that was

joining us pulled up. Introductions were made as we assembled our rakes, tightened our ponytails and dragged Home Depot lawn bags to the yard with us.

The next three hours were spent raking piles of leaves across the yard while we thanked whatever higher power exists that there was a pleasant breeze blowing instead of the 85 degree heat we’d been enduring all week. While it easily could’ve been monotonous, laughter filled the backyard as we gathered leaves and steadily covered ourselves in a thin layer of sweat and dirt.

“I think no matter where your site is, you’re there for a reason,” said Zoe Trotta, the team captain and a senior athletic training in the 4+3 doctor of physical therapy program. “Like this all is for a good cause to help people in need.”

After sustaining only one small injury (I accidentally stabbed myself with a stick while grabbing leaves from a flower bed), we bid our goodbyes and piled back into the glorious car air conditioning. We returned our supplies back to the volunteers on main campus and returned to our suite to take some much-needed showers and naps.

Celebrating drag at QU

Former ‘RuPaul’s Drag Race’ contestant and New Haven-native hosts GSA’s annual Drag Show Bingo

By DAVID MATOS and CASEY WIEDERHOLD

Community members gathered Saturday night for an evening of fun, laughter and drag queens at Quinnipiac University’s Gender and Sexuality Alliance annual Drag Show Bingo in the Carl Hansen Student Center Piazza.

Amethyst, a West Hartford, Connecticut native and “RuPaul’s Drag Race Season 15” contestant, and Lucia Virginité, a New Haven-based drag queen, hosted the night.

“The goal is just to create a safe, queer space where people can be themselves and have fun,” said GSA President Emily Bartlett, a junior health sciences studies major.

The queens carried out five rounds of bingo with prizes. Between each game, the queens performed a lip sync number for guests. In addition, GSA laid out pride flags, snacks, refreshments and pride-themed stickers for guests to take and enjoy.

“Events like this on a college campus are important because you are making sure that students of all different identities and representations have a place to go to feel comfortable and loved and accepted,” said Rebecca Huyck, a first-year interdisciplinary studies major.

Gabby Inacio, GSA’s treasurer and a sophomore behavioral neuroscience major, said carrying out their yearly Drag Show Bingo event is important because a few attendees haven’t had the privilege to attend a drag show before coming to Quinnipiac.

“Not every student has had exposure to things like drag shows in the past,” Inacio said. “They might come from families who aren’t super supportive or come from hometowns that are a little more conservative. So this might be their first exposure to something like this.”

When Bartlett started at Quinnipiac, it was

events like these that helped her feel more comfortable with her identity.

“When I came into Quinnipiac as a freshman ... I was closeted. I was shy and once I joined GSA and I started making friends, I started meeting other LGBTQ+ people,” Bartlett said. “It made me feel really comfortable and realize how amazing it is to be yourself and how debilitating it is to try to hide.”

This year’s drag show comes after Tennessee Republican lawmakers led efforts to ban drag performances in the state. In February, Tennessee became the first state in the U.S. to sign a bill prohibiting public drag performances. Inacio said attending and carrying out local drag events is crucial amid the current political climate.

“It’s just really frustrating,” Inacio said. “It feels like we’re kind of moving back in time.”

Inacio said going to drag events can be a great gateway for those unfamiliar with drag shows to learn something new, changing their perspective on the art form altogether.

“A lot of (anti-LGBTQ+ laws) come from people who are uneducated and just don’t know any better, and it comes from fear,” Inacio said. “So, if they have more exposure to things like drag shows and just queer people in general, much of that fear goes away. They might realize, ‘Oh, these people aren’t out to get me ... it’s just a fun celebration for people...to have a good time.’ There’s no secret gay agenda underlining all of it.”

In past years, GSA has seen allies, professors and even dining workers participate in their events. Inacio explained that GSA creates safe spaces for everyone, regardless of their identity.

“It’s important to have events like this where everybody feels comfortable and safe, and it’s just really a celebration,” Inacio said. “I know a lot of stuff about the LGBTQ culture



CASEY WIEDERHOLD/CHRONICLE

Lucia Virginité, a New Haven, Connecticut-based drag queen, hosts Quinnipiac’s Gender and Sexuality Alliance annual Drag Show Bingo on April 15 in the Carl Hansen Student Center Piazza.

sometimes can be a little more negative. So this is just something where anybody can just come and celebrate and just have a good time and win some prizes and do bingo and just be with a bunch of people who are either part of the LGBTQ+ community or just an ally.”

Inacio said one of the objectives for this year’s drag show was to bring more distinguished drag queens to campus. With that, the organization chose Amethyst, a competitor on the most recent season of “RuPaul’s Drag Race” and a prominent name in the Connecticut drag scene. Also, Lucia Virginité has been a friend of GSA’s faculty advisor, William Jellison, and a well-known performer in the New Haven drag scene for 14 years.

“I came to this event because I support GSA ... I am also a fellow gay student and Amethyst is

a queen,” Huyck said.

While at the event, students were allowed to meet and take pictures with the queens. The two queens performed hit songs by Rihanna and created their mixes to the popular single “Me Too” by Meghan Trainor.

There was a half-time event between the third and fourth rounds of bingo. In addition, students were able to sing karaoke. “Kisses of Fire” by ABBA and “When We Were Young” by Adele were the event’s opening and closing songs. Finally, five students were selected to compete in a lip-sync battle to “Born This Way” by Lady Gaga to close the event. The two queens stood to greet the students and judge the lip-sync battle.

“I learned that drag is not a crime,” said Cara St. John, a first-year psychology major. “I would definitely come back to another event like this.”

PHOTOS: QU Car Club Spring Car Show

By PEYTON MCKENZIE
Creative Director

The Quinnipiac University Car Club hosted its fifth annual Spring Car Show on Saturday, filled with food, vendors and—of course—cars. Thousands of students and Hamden locals arrived at the York Hill

campus to enjoy all of the offerings. The club held events including car limbo and an exhaust competition, which drivers could compete in. A portion of the proceeds from the event were donated to the Breast Cancer Research Foundation to raise awareness for the disease.



Let's talk about gay sex

By **DAVID MATOS**
Arts & Life Editor

Sex between two men is often a passionate, dazzling and enlightening experience. You can learn a lot about yourself after getting intimate with someone of the same gender, no matter how you may identify in the LGBTQ+ community, if at all.

However, how traditional gay male intercourse operates is somewhat complex and remains a mystery to many, including some gay people.

The lack of knowledge of the do's and don'ts of gay sex can be attributed to a significant lack of sex education in U.S. schools, especially Catholic schools. Currently, there are 6,429 total Catholic schools in the U.S., according to the United States Conference of Catholic Bishops.

I attended Catholic school from kindergarten until 12th grade — yes, I'd feel sorry for me too. Inevitably, I most certainly didn't grasp any mastery of the mechanics of gay intercourse from my middle through high school education.

Catholic school sex education failed me. I learned everything I thought I needed to know about gay sex through gay porn. Thank heavens Jesus couldn't see my 13-year-old self's Google search history; otherwise, I'd really be in trouble.

Unfortunately, like professional wrestling and my patience for Tennessee lawmakers, gay porn is equally fake. Every jizz shot, grunt and moan is scripted and staged for the cameras.

Thus, much of my expertise — if you can even call it that — comes from real-world experience instead of the fictional world of gay erotic cinema. I've made mistakes, and I'm still learning new things about myself and my body every time. So don't feel like you need to know everything from day one and enjoy your sexual journey.

Albert Einstein might not have thought of gay sex when he said, "The only source of knowledge is experience, you need experience to gain wisdom." However, it still applies.

Within gay and bisexual communities, men use the terms "bottom" or "top" and

"vers" in describing their sexual preferences and penetrative role(s) during intercourse. However, the meaning of each term varies from person to person.

But generally, a "top" prefers to take control and typically penetrates and receives oral sex. A "bottom" takes on the more receptive role, gives oral sex and is penetrated. Finally, someone who is "vers" is willing to take on either position.

Contrary to popular belief, these descriptors are not exclusive to queer men and each category is not all-encompassing. For example, being a "top," "bottom" and "vers" is multiplex, but here is a fundamental overview of what it means to be a top and bottom.

Mom, this is your time to leave if you're reading this.

'Bottoming' is a pain in the butt, literally

Though "bottoms" have a more passive role during intercourse, the preparation "bottoms" go through is admirable.

For one, many douche before "bottoming." Douching is using water to clean the lower part of your rectum, flushing out the excreta, according to WebMD. One of the simplest ways to do this is by using a disposable enema which can be found at any drugstore.

Before "bottoming," I suggest avoiding eating hearty meals from places like Taco Bell and Chipotle. Keep it light if you absolutely must eat before "bottoming," which I would never recommend. Using flushable wipes is also a great way to keep clean and smell great downstairs at all times, which is just sound advice for anybody.

Truth be told, "bottoming" hurts and is hardly enjoyable the first couple of times. Your anus isn't made to accommodate a penis, so it might feel like you're forcing a square peg into a round hole at first. However, after a few tries and the right amount of lube, it can feel great.

Masturbating with a dildo or finger is also

a great way to prepare your rectum for the real thing. Once you're in the act, take a deep breath, push out and relax your muscles while your sexual partner enters you to minimize the pain.

Being on 'top' isn't for the faint of heart

A "bottom" isn't a "bottom" without its "top." Truthfully, there is no right way to top someone during sex, but it does come with a lot of responsibility.

While in the act, it's good to consider a few pointers. First, start penetration slowly. Bottoming hurts, so be sure all muscles are relaxed before going in balls deep. Next, vary your speed levels and don't be afraid to switch up positions, consensually, of course. If you're anything like me, I get bored quickly, so changing it up can lead to a more pleasurable experience for both parties.

Lastly, pay close attention to your sexual partner's body language and words. If your partner is expressing pain, maybe it's best to take a break. Asking your partner what feels good and what doesn't is a great way to ensure everyone is having fun. It's easy to get caught up in the moment, but what's the point if you're not both on the same page?

Safe sex is the best sex, no, really

Finally, everyone should prioritize safe sex. Penetration, especially anal, can lead to the risk of sexually transmitted diseases. Therefore, it's great to use condoms and other preventative medications, like Pre-exposure prophylaxis, or PrEP. This daily prescription pill reduces the risk of HIV if you plan on engaging in sexual intercourse with a new partner.

Engaging in sex, no matter how you identify, can be an enjoyable and liberating experience. However, don't feel pressured to do anything outside your comfort zone, and don't think too hard about the labels. Have fun and always play it safe.



ILLUSTRATION BY PEYTON MCKENZIE

The thirst trap analysis

By **NEHA SEENARINE**
Arts & Life Editor

When I first made my Instagram account in fifth grade, my page was dedicated to the boy band Big Time Rush. Now that I'm a senior in college, my Instagram feed has "glo'd up" for the better.

My account, in plain terms, is very me. You could take one glance, and it is bombarded with selfies leaving a little to the imagination, also known as thirst traps.

Cambridge Dictionary defines thirst traps as "a statement by or photograph of someone on social media that is intended to attract attention or make people who see it sexually interested in them."

However, the dictionary has the definition all wrong.

When I take selfies, I don't think of anyone but myself. There is no way in hell that I stand in my kitchen facing the glaring sun through the window to impress somebody. The main idea is that I look and feel good, and there's no harm in sharing that with my friends online.

Selfies tend to come from the perspective of vanity. People may think I'm self-absorbed because I post a picture in a tank top with a Ja Rule song in the background of my Instagram story.

In an International Business Times article, Pamela Rutledge, director of the Media Psychology Research Center in Boston,

stated, "Selfies frequently trigger perceptions of self-indulgence or attention-seeking social dependence that raises the damned-if-you-do and damned-if-you-don't specter of either narcissism or very low self-esteem."

Rutledge is wrong.

There is no reason why people shouldn't take photos of themselves. Vanity and confidence can be misconstrued. People should be able to enjoy how they look after a new haircut, spending hours getting ready to go out for the night or even if their skin looks good on a Tuesday afternoon. It's been almost a decade since Nicki Minaj released "Feelin' Myself" and the sentiment sticks.

As a college student praying to get a job after graduation, I've often been told to watch what I post online. I'm aware of what the damage of a digital footprint can do and I can assure myself that you won't find a tweet from me insulting others. However, I don't think a thirst trap will stop me from investing into my 401K. A photo of me in a bikini with a Miami Vice in my hand doesn't define my skills and capabilities.

Although I willingly post thirst traps, I didn't ask for the reception that follows. When my friends comment "SLAY" or a few heart-eyed emojis that's all the appreciation I can ask for. It feels nice knowing that my friends are supportive. However, when I post thirst traps that leave little to imagination,

there are times when I get bombarded with messages from males. Some comments are harmless, but other messages make judgments on my body or suggest I should hook up with them. My thirst traps or any photo are not meant to allude that I'm looking for sexual endeavors. I'm just a girl

that likes to wear crop tops.

However, social media can spin that in a different direction and the photo may send the message that I'm looking for attention. I can't control the way people view me in-person or online, so might as well post the selfie. After all, a little boob never killed anybody.

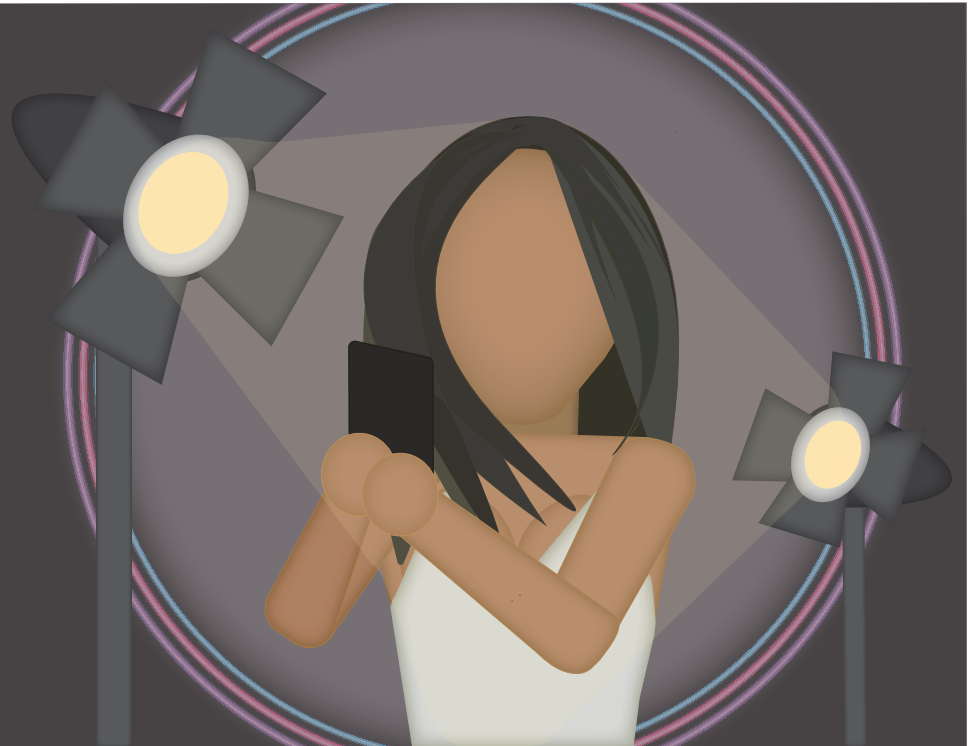


ILLUSTRATION BY KAYA DONAH

Taylor Swift’s breakup is not the end of your world

How parasocial relationships with celebrities are affecting fans

By **JENNIFER MOGLIA**
Staff Writer

I’ll be the first to admit that I tend to get overly attached to whatever piece of media I’m hyper-fixated on at the time. One obsession that I haven’t grown out of is my love for Taylor Swift.

I heard one of her first big hits, “Our Song,” on the radio for the first time when



ILLUSTRATION BY SHAVONNE CHIN

I was just five years old, and now, 15 years later, I’m jamming out to her latest single, “Anti-Hero,” every time I get into my car.

When you feel like you’ve grown up alongside an artist, it’s easy to feel like you’ve bonded with them. I’m not ashamed to say that I’ve cried watching videos of Swift thanking fans who have been following her career since she started making music because sometimes it really does feel like she’s talking right to me. However, it’s important (and sometimes difficult) to remember that she isn’t speaking directly to me, because I don’t want to develop a parasocial relationship.

According to FindAPsychologist.org, “Parasocial relationships are one-sided relationships, where one person extends emotional energy, interest and time, and the other party, the persona, is completely unaware of the other’s existence. Parasocial relationships are most common with celebrities.”

The Swifties engaging in parasocial relationships with their idol were devastated last week when People Magazine reported that Swift and her boyfriend of six years, actor Joe Alwyn, had broken up a few weeks prior.

The way that some of Swift’s fans, or Swifties, act falls in line with the aspects of a parasocial relationship. They are the ones putting time and effort into following Swift’s career, and in most cases, the star doesn’t even know who they are.

This isn’t to say that Swift doesn’t care for her fans. Out of all of the celebrities

making headlines, I would argue that she is one who is genuinely thankful for her supporters.

According to Twitter user @SwiftNYC, the artist said on stage this past weekend, “I’ve always loved putting on shows, always loved that connection ... knowing you have felt the same way... I need you guys very much for my well-being.”

Now, I completely understand being attached to an artist when they say they need you “very much” for their well-being. However, taking this sentiment to heart can be dangerous.

Some of the negative impacts of parasocial relationships can include anxiety, loneliness, isolation and even strained real-life relationships, according to Medical News Today.

Since the news broke, fans have seemingly turned into FBI agents, assuming that every move the singer makes is a comment about her relationship status. Whether it was switching out a love song for a breakup tune at a concert or getting dinner a few blocks from an apartment she once shared with her partner, fans have been overanalyzing Swift’s every move.

In addition, they’ve been making social media posts about how they no longer believe in true love or can’t listen to certain songs in the artist’s discography anymore because they were allegedly about Alwyn. For example, on April 8, Twitter user @TiedWithASwift said, “I will not be believing ANY break up rumours because you cannot tell me that Taylor Swift wrote

Cornelia Street, The Great War and Sweet Nothing about this man only to have an ‘amicable’ breakup.”

Some fans seem to be aware of their attachment to Swift reaching unhealthy levels in light of the breakup. For instance, Twitter user @holy_schnittt wrote, “doing a funeral procession down cornelia street because I am a totally normal person with a healthy amount of love for my favorite musical artist,” referencing the location where Swift and Alwyn got their first apartment together and her song “Cornelia Street.”

It’s important to realize in situations like these that our experiences are not universal. Just because your favorite pop star had a bad breakup with someone she thought she’d spend her whole life with doesn’t mean that your relationship is bound to fail.

Furthermore, unless we know Swift personally (which a large majority of us do not), we don’t know all of the details of the split. Maybe they really did just grow apart. No matter what we think, we will most likely never know what really happened behind closed doors.

So, the next time you find yourself bummed over a celebrity breakup or picking apart every nuance of your favorite musician performing a certain song, take a step back and remember that it’s okay that you don’t know the full story. Taylor Swift isn’t your friend, so you shouldn’t act like it – unless you’re reading this and your name is Selena Gomez, in which case, go crazy.

‘Wasteland’ is not a waste: A new EP from Hippo Campus

By **CASEY WIEDERHOLD**
Associate Photography Editor

The band Hippo Campus stays in my memory as one of my favorite bands. Its new EP “Wasteland” is no different. The EP, released on April 14, is a five-track album. Three of these five songs were released as singles throughout February and March, each creating more anticipation among fans as the days passed until the release.

While this EP contains only five songs, Hippo Campus makes each one memorable. The opening track, “Moonshine,” released as a single three days before the EP, is easily a song I can envision myself listening to while driving on the highway, windows down. The song has an upbeat sound to it, as the band sings about being in love with someone. The lyrics, “Shot of moonshine, makin’ you shine too” stand out in particular, as well as the final line, “How the hell did we get here?”

The second track, “Yippie Ki Yay,” was released as a single, as well as the closing track, “Kick in the Teeth.” Both singles are reminiscent of earlier tracks that the band has released, such as “Suicide Saturday” and “Way it Goes.” “Suicide Saturday” is one of the most popular Hippo Campus tracks. I’ve been told by friends that the band still frequently plays the song when they go on

tour. According to genius the song is about maintaining a healthy relationship with yourself. Looking at the lyrics of the song this makes more sense than what I originally thought. “Way It Goes,” according to leade singer Jake Luppen, the song is about poking fun at the world and the social media fads that the world sees currently.

However, all four for these songs are similar in terms of music. They all have the light-heartedness of the guitar and bass, as well as the keyboards and drums. The music creates a cheery way of listening and allows for listeners to enjoy their songs.

I personally prefer “Kick in the Teeth” over “Yippie Ki Yay” because it’s a laid-back track that has the elements of acoustic guitar, whereas the latter is livelier. It is still a fun song to listen to, but “Kick in the Teeth” includes some my favorite Hippo Campus lyrics, “I’m about as lonely as a cowboy can be.”

Track three, titled “Honeysuckle,” features an acoustic-electric guitar, as well as a bassline performed by Zach Sutton that can actually be heard fairly well. Typically, I find it hard to hear the bass line unless I boost the bass myself in settings. Sutton always has a way with the the bassline that

makes it heard throughout the bands’ songs.

The song speaks about going through changes in life and trying to make sure you can get by without holding on too tightly to certain aspects of your life. This song works well with the other tracks on the EP and creates a combined upbeat summery-on-the-beach type of vibe when listening.

Every album or EP needs an emotional song. One song from this EP in particular tugged at my heartstrings. “Probably” by Hippo Campus is my favorite song of the entire EP. It’s created using just piano and acoustic guitar. The song is about the heartbreak that comes with breaking off a relationship. I could sit here and read off the lyrics, but I would rather leave my favorite ones, “This was bound to happen, if not now, then someday / It was nice calling you babe / For a while.”

These lyrics stood out to me the most because they were so relatable. The band does a fantastic job in creating a lighthearted and slower song that creates so much emotion in it. Luppen, creates a touching performance of going through a breakup and putting how it feels into words.

The release of this EP generates more excitement for me as I prepare to see the band

in concert on June 3. These five songs are ones that would sound just as great live as they do when I listen to them with my headphones on full blast as I walk to my classes.



ILLUSTRATION BY SHAVONNE CHIN

‘That’s a Cinderella story’

Fifth years leave a lasting legacy on men’s hockey program



Graduate students, from left, forward Michael Lombardi, defenseman Zach Metsa and forwards Ethan de Jong, Desi Burgart and TJ Friedmann all returned to Quinnipiac for a fifth year 2022-23.

By COLIN KENNEDY
Staff Writer

TAMPA, Fla. – One year ago, the Quinnipiac men’s hockey team failed to reach the Frozen Four, losing to Michigan in the NCAA Regional Final. At that moment, seven seniors had a decision to make: stay at Quinnipiac for one last run at glory, or move on to their next chapters.

TJ Friedmann, Zach Metsa, Michael Lombardi, Ethan de Jong and Desi Burgart all returned to the team. And because they stayed, they are now immortalized as national champions.

“This is exactly what we came back for,” Friedmann said. “We knew we had unfinished business.”

A common goal among all the fifth years was accomplishing a dream 29 years in the making — winning a national championship for head coach Rand Pecknold.

“It’s great winning a national championship, but doing it for Rand after what he’s done with the program over the last 30 years is unbelievable,” Friedmann said. “That’s a Cinderella story.”

This group of fifth-years had no shortage

of tournament experience, with three appearances prior to the championship season. But all three times, the losses came in the regional round, with two in the regional final.

“Coming up short for four years, I just couldn’t be more proud of this group,” Friedmann said. “Everyone doubted us and we came here and got the job done, it’s unbelievable.”

In 2016, Quinnipiac lost the national championship to North Dakota in the same place that they won it this year. In many ways, it was the perfect bookend for the Bobcats who committed shortly after the loss.

“I committed here in the winter of 2017, so following the (2016) championship appearance,” Lombardi said. “I’ve always been a fan of Quinnipiac and the way they play, and it was a dream for me to have the opportunity to come play here.”

Joining the team at the beginning of the 2018 season, the players were indoctrinated with the Quinnipiac culture. It wasn’t long before they found out how special it was to don the gold and navy blue.

“Our freshman year we had Chase Priskie who has played for the (Florida) Panthers, he just taught us the way,” Lombardi said. “A lot

of the things we still do are carried on from things from alumni.”

All week in Tampa, the fifth years harkened back to the alumni support, both from players they skated alongside and those who came before them. It gave them an added insight into what it meant to be a Bobcat, and to what has been building for the last three decades.

2022 Stanley Cup champion Devon Toews even shared a phone call with the captains pre-game, giving them some advice for their games in Tampa. Toews gave them an insight on his perspective of falling short in the national championship in 2016.

“As long as you show up and give it everything, don’t have any regrets on effort and commitment five, 10 years down the road, you guys will be totally fine,” Metsa told Joe Smith of the Athletic.

The fifth years are certainly continuing the tradition of instilling the culture in the younger players. With many picking up on it in just a matter of months.

“Having a lot of seniors and fifth-years definitely have helped show me the way,” sophomore forward Collin Graf said. “Especially Ethan de Jong, really showing me what skills

I can work on.”

De Jong might be one of the better players to learn from, especially with his experience wearing the Bobcats’ uniform. The North Vancouver native set the program record for most games played with 184.

Many of the other fifth years aren’t far behind de Jong in the record standings with Metsa at second with 177, Lombardi at second with 175 games and Friedmann in third at 170.

“You don’t want to leave, if we could do a sixth year, I’d keep playing here if I could,” graduate student defenseman Zach Metsa said. “I’m sure Rand would want to kick us out the door at some point.”

With 858 combined games played among the fifth years, it won’t be the easiest leaving the program. It certainly helps that they are leaving behind a lasting legacy with the university’s first national championship.

“I love you guys. I love this program. I love this team,” Lombardi said to the team in the locker room after the Bobcats’ national championship win over Minnesota. “I’m sad this is the last time I’ll get to wear this jersey, but I’m glad we’re going out on top.”

MBB from 12

.....

Dunleavy accepted a position as general manager at Villanova, where he played from 2003 to 2006 and served on the coaching staff from 2010 to 2017.

“This is such an important addition to our program,” Villanova men’s basketball head coach Kyle Neptune wrote in the press release. “The basketball world we live in now looks vastly different than it did even a few years ago. Baker has navigated that world as a head coach and this experience, coupled with longstanding ties to the NBA, will be an invaluable resource for our staff moving forward.”

He becomes the first person in the school’s history to hold the title of general manager, which was made to create “opportunities and education around Name, Image, and Likeness; the transfer portal; student-athlete brand-building and marketing; and advancing institutional fundraising in partnership with University Advancement,” according to the school’s April 13 press release.

Tom Pecora, the former special assistant to the head coach, officially assumed head coaching duties of the Quinnipiac men’s basketball team, according to an April 13 press release from Quinnipiac Athletics.

Pecora, a former head coach at Hofstra (2001-2010) and Fordham (2010-2015), joined the Bobcats staff in 2017 when now-former head coach Baker Dunleavy was hired from Villanova.

Following the announcement of Dunleavy’s resignation, Pecora becomes the eighth head coach in program history and fourth at the NCAA Division I level. The contract details of Pecora’s promotion have not been made available.

As the head coach at Hofstra, Pecora compiled a career record of 154-126 and led the Pride to four postseason tournament appearances. He also recruited three eventual NBA players to his program. At Fordham, his 44-106 record in five seasons was the reason for his firing in 2015.

The 2023-24 season will be Pecora’s seventh with the Bobcats and first in the new role. In his time at Quinnipiac, the Bobcats have gone 86-93

and have yet to make the NCAA Tournament.

Pecora already started on his new role, being spotted recruiting at Archbishop Stepinac High School in White Plains, New York, Monday. Along with Manhattan head coach John Gallagher and assistant coaches from both Brown and St. John’s, Pecora was at the school’s open gym, according to Andrew Slater.

Quinnipiac has been going heavy into the recruiting game, as well as the transfer portal. The new-look coaching staff could have a number of new players on the roster. Players like Boise State forward Burke Smith, Assumption guard Isiah Gaiter and Southern New Hampshire guard Ethan Okwuosa have all reportedly received interest from the Bobcats program.

The promotion of Pecora was a surprise to some, as the team completely avoided a head coaching search. However, keeping a familiar face helps ease the transition period often seen with new coaches.

According to a Chronicle source close to the men’s basketball team, Pecora is well liked within the Bobcats locker room and has earned

the trust and support of the players on the team.

“He’s our guy going forward,” Amodio said on April 13. “We’re coming off a really good year and have great confidence that Tom can continue to build on that moving forward.”

On Monday night, Pecora joined the College Hoops Chat Radio Show to discuss his new title and how the Bobcats program seeks to improve in 2023-24.

“They approached me as becoming the new head coach, I’m going to keep our entire coaching staff,” Pecora said. “It is not a total rebuild that you see at other places ... I think it speaks a lot about the experience of being a Quinnipiac Bobcat.”

Pecora spoke on the new-era things that the world of college basketball has to deal with, including the NIL deals and monetary opportunities. He also mentioned some notes about the roster, including announcing junior Paul Otieno as the team’s starting center.

“It’s an exciting time at Quinnipiac,” Pecora said. “There’s a great commitment at Quinnipiac for athletics at all levels.”

Sisters EllaGrace and Mia Delmond lead new charge for women’s lacrosse program

By ZACHARY CARTER
Staff Writer

EllaGrace Delmond, a sophomore midfielder on the Quinnipiac women’s lacrosse team, took the MAAC conference by storm in 2022. During her first year in Hamden, she scored 25 goals in just 16 games for the Bobcats. What no one expected, however, was that just one year later, a second Delmond sister, Mia, would also surge onto the scene to make a name for herself and her family.

“It’s always been (our) parents’ dream for us to play together from high school to college,” EllaGrace said. “So we just said, ‘you know what, let’s do it, it would be awesome and just the best thing ever.’”

To the Delmonds, this comes as no surprise. It has been a lifelong dream for the two sisters to share the NCAA Division I field together. Now, both EllaGrace and Mia fit into a much larger family, a family that has worked tirelessly to redefine its image and raise its program to new heights.

Throughout their childhoods, EllaGrace and Mia would roam the soccer and lacrosse fields in their hometown of Rockville Cen-



PHOTO VIA QUINNIPAC ATHLETICS

Freshman Mia Delmond is tied for first on the team in goals scored this season (24).

tre, New York, pushing and challenging each other to be their best. In EllaGrace’s senior year at South Side High School, she joined three other seniors as captains of the school’s lacrosse team. The year after, Mia followed in her sister’s footsteps, stepping up as one of the team’s four captains.

This path of succession within the Delmond family has led both sisters to Quinnipiac. While EllaGrace was still a freshman, Mia made sure to ask her sister if Hamden was a place where they would both be able to thrive, but also live happy lives off the field.

“I always had to double-check with her, because if she didn’t want me here then I probably wouldn’t have come (here),” Mia said while laughing. “But she definitely encouraged (Quinnipiac) a lot.”

As for EllaGrace, she knew all along that Quinnipiac had eyes on her younger sister, but made sure not to intervene in what was already a stressful recruitment process. With the pandemic putting a strain on Mia’s ability to promote herself as a player, Quinnipiac soon became a top option.

To have her sister go through the process once before was extremely helpful for Mia, because EllaGrace was able to give her insight into how the Bobcats’ program was run. Luckily for both of them, EllaGrace had only positive things to say.

“It honestly kind of just happened ... it’s a good school and we knew the coaches,” EllaGrace said. “Everything just fell into place.”

The brains behind the entire operation to bring the Delmond sisters to Quinnipiac was head coach Tanya Kotowicz, who learned about the sister duo simply by recruiting EllaGrace. When she saw the potential that they both had, Mia’s addition to the team the following year became a no-brainer decision.

“We’re trying to build a family, and you don’t let your family fail,” Kotowicz said. “If we were going to build a family with family then we were gonna do it, and getting the Delmond sisters just helped that.”

With things falling into place off the field, it allowed for success on the field to take its natural course. The Delmond sisters’ connection has been in full effect in the

2023 season, and the two have excelled between the lines in an unprecedented fashion.

While EllaGrace has scored an impressive 17 goals in the team’s first 14 games this season, it is her counterpart Mia who has shined brightest, netting 24 goals in 14 games, tying herself with senior attacker Desiree Kleberg for the highest total on the team.

“They’re a joy to play with,” Kleberg said. “We have the Long Island connection, so it’s very cool to see them play together and work together.”

The connection between the two sisters is undeniable, and they have certainly made their first season together at the collegiate level a memorable one. As members of the Bobcats, both EllaGrace and Mia are ecstatic to share the biggest stage of their collegiate careers and their lives together.

“We’ve been playing our whole lives together and we’ve been doing everything together,” EllaGrace said. “To keep that going on a bigger stage where there’s more at stake and there are more risks going on ... it’s a huge deal.”

As an older sister, it is natural to wish for her younger sister to adapt quickly to the collegiate level, but to thrive at the rate that Mia has so far this spring, has blown her sister away.

“It is such a great feeling seeing her succeed and do as well as she has been doing,” EllaGrace said.

Mia’s presence has been a much-welcomed addition to the program. While EllaGrace already knew what skills her sister brought to the table, their ability to play in unison with one another has equally impressed other members of the team.

“They’re both insane,” senior goaltender Kat Henselder said. “(They’re) such hard workers and they play super well off of each other, but they also look for everyone else on the field.”

Growing up together, it is easy to understand why the two sisters are so similar. They play the same sport, they play similar positions and they even wear sequential numbers (Mia donning No. 20, and EllaGrace sporting her usual No. 21). But the two contrast in their leadership styles – ones they discov-

ered during their own respective years serving as team captains in high school.

“Ella was more (of) the loud one when she was the captain, and I’m usually the quieter one,” Mia said. “It’s cool to see how different we were, but also the kind of impact we made for the team.

Both EllaGrace and Mia have already entertained a lot of success in their young careers. With the sisters in just their first and second years on the team, they have high hopes for what they wish to accomplish not only for the Delmond family, but for their entire Quinnipiac family as well.

“Obviously (we want to) win a championship,” EllaGrace said. “But we always talk about how we want to see more girls see Quinnipiac as not just a backup school ... but the kind of school where girls say ‘I want to come to this school and be a part of this program.’”

From the backyard grass to the turf of the Quinnipiac Soccer & Lacrosse Stadium, this opportunity has been a long time coming. And as for the Delmond sisters, anything is possible.



DANIEL PASSAPERA/CHRONICLE

Sophomore EllaGrace Delmond has 42 career goals in two seasons at Quinnipiac.

Men’s lacrosse team looks to end regular season on a high note

By ALEX MARTINAKOVA
Staff Writer

After a disappointing season in 2022, the Quinnipiac men’s lacrosse team promised to turn over a new leaf this year. Eight games into its conference schedule, it’s faring better than before.

The Bobcats entered their conference matches on equal footing, with two wins over UMass Lowell and then-No. 13 Brown, and two losses to Bryant and Merrimack.

Quinnipiac kicked off MAAC play strongly, taking a win over Canisius by a tight score of 13-12 off of a last-minute goal scored by senior attacker Jake Tellers.

Aside from the definitive win over the River Hawks, 21-12, every other Bobcats win has been decided by one goal, aside from the two games over Siena and Marist, which both ended 14-12.

While the Bobcats finished last season

2-11, right now they sit on a 50%-win rate, 6-6 in the season and 4-4 in the MAAC.

“We’re four and four in the MAAC, we still control our destiny here, and we’re willing to accept that battle,” head coach Mason Poli said.

Multiple key players from previous seasons returned to the Bobcats roster for 2023, including graduate student goaltender Nick DiMuccio, who is averaging 13.20 saves per game, with a total of 162 saves thus far.

Graduate student midfielder Demetri George, who was the 2021 and 2022 winner of the MAAC Faceoff Specialist of the Year Award, isn’t faring so well this season going 188 for 332 on faceoffs, as opposed to the previous season in which he finished with 115 for 155.

Senior attack John DeLucia is leading the team both in total points and goals scored. DeLucia, who’s also one of the four team

captains, has scored 27 goals and 15 assists totaling 42 points in 12 games this season.

Not far behind him is junior midfielder Steven Germain, who has 20 goals and 37 total points, and closing out the top three is junior attack Dylan Donnery, who has 33 total points with 24 goals.

While the team had a lot of their top scorers return from last year, the addition of 12 new freshmen posed uncertainty about what performances they could give. Players like freshman attack Justin Robbert answered those questions fast.

Robbert has played in all 12 games this season so far, recording 25 points, with 11 goals out of 22 attempts and 14 assists. The Centereach, New York, native averages .667 shots-on-goal percentage.

“We had to throw him to the fire early, not somebody we expected to get on the field this early in his career and this often,”

Poli said. “But he’s a senior, he meshes well with Dylan (Donnery) and (John) DeLucia down there so it’s a great trio.”

Robbert is not the only freshman on the field getting recognition from his head coach.

“We’ve got guys like Luke Hendricks, Chase Young and Tommy Andruzzi, those guys are playing like veterans and as the season goes on we put them more in play and they keep accepting the challenge,” Poli said.

The Bobcats have one game left in their MAAC schedule, for which they return to their den on April 22 to face LIU for senior day. Quinnipiac is deadlocked at fourth place in a conference playoff race with three other teams, including the Sharks.

“(The seniors have) done a big job in helping us kind of mow our culture both in the locker room and on the field here and we’re starting to see it,” Poli said.



Sports

@QUCHRONSPORTS

Dunleavy resigns, Pecora named head coach

PEYTON MCKENZIE/CHRONICLE

Men’s basketball names new head coach for the first time since 2017

By **ETHAN HURWITZ**
Sports Editor

Quinnipiac men’s basketball head coach Baker Dunleavy resigned Thursday after six seasons at the helm of the Bobcats program, according to a press release from Quinnipiac Athletics.

“After a period of post-season reflection, I have decided to step down from my position as Head Men’s Basketball Coach,” Dunleavy wrote in a press release on April 13. “The University and the State of Connecticut will always hold a special place in our hearts and a part of us will always be Bobcats.”

He posted a record of 86-93 (53-60 MAAC) during his time in Hamden, as well as a berth in the MAAC semifinals in 2021-22. He was hired in 2017 to a one-year contract after winning a national title with Villanova, then given a five-year extension the following season, which paid him \$749,728 in 2020-21, second-highest of any university employee.

“On behalf of the Quinnipiac community, I want to thank Baker for his years of service to our institution, our Department of Athletics, and most importantly, to the incredible young men in our basketball program,” wrote Greg Amodio, director of athletics, in a press release. “We wish Baker, Chrissi, and their children the very best as they continue in their journey.”

Dunleavy also recieved kind words from Quinnipiac University President Judy Olian.

“Baker is as much coach, as he is teacher and mentor in supporting our student-athletes’ development as players, and as individuals engaged as role models in the life of Quinnipiac,” wrote Olian in the press release.

See **MBB** Page 10

‘It was a good balancing point’

Strong progress, unanswered questions define Quinnipiac volleyball’s offseason

By **MICHAEL LAROCCA**
Opinion Editor

As cliché as it might sound, most in the sports world understand that championships are won in the offseason. Right now, Quinnipiac volleyball understands that if it wants to defend its MAAC title come November, there is work that needs to be done in April.

Under the leadership of their new strength and conditioning coach, Olivia Kibrick, the Bobcats are already beginning to show signs of being a much more physically strong squad in 2023 compared to their championship run last year.

Volleyball’s offseason workout plan changed from twice a week to five times a week, and that extra effort kicked in during the team’s spring exhibition match against CCSU on April 14. Every player on the court seemed to be sending shots at velocities unseen from them in the past.

The exhibition match was an excellent marker for how the team has progressed since its run to the NCAA tournament back in December. For their first-ever spring exhibition under head coach Kyle Robinson, the Bobcats played a complete match, winning in straight sets (25-18, 25-20, 25-23).

Even if Burt Kahn Court wasn’t as filled as it usually is during the regular season, the dead air was replaced by the sheer passion exuded by the Bobcats, showing that the team chemistry is still there.

“It was a good balancing point to see where we’re at right now and what we need to work on for next season,” senior hitter Aryanah Diaz said. “We’ve had our ups and downs, but I think that’s part of what every team goes through.”

This chemistry is especially important considering 11 of the team’s 13 players from last season are returning, with only graduate student middle blocker Nicole Legg and senior hitter Alisa Mejia graduating. Mejia had an extra year of eligibility due to COVID-19, but chose not to exercise it.

That level of continuity is rare for a college team, and it comes with special perks when a program pulls it off.

“It definitely makes trainings a lot more focused because we have a higher level of cohesion,” Robinson said on March 31. “We have a lot of dedicated young athletes, just a dedicated team right now.”

Heading into the CCSU match, there were two main questions that the Bobcats needed to answer: with Legg graduating, who is going to step up at the middle blocker position, and what will junior setter Chloe Ka’ahanui’s role look like after freshman Damla Gunes’ MAAC All-Rookie campaign last season?

Those three sets against the Blue Devils did not give complete answers, rather hints at what they could be.

The MVP of the exhibition match was freshman middle blocker Bailey Brashear.

Compared to what she showed in 2022, this was a completely different player. Brashear was strong at the block, hit well and found ways to take advantage of the opportunities the offense generated for her.

“She did well,” Robinson said. “She’s always been a very good blocker. We’ve been working on some stuff with her attackers. She’s coming around finally.”

In any other scenario, it might be safe to say that Brashear’s the front runner for the middle blocker spot in 2023, but she was the only one to play against CCSU. Freshman Milena Silva, formerly listed as Milena Martinon, did not play in the match after injuring her ankle during warmups, and junior Lexi Morse was kept out of the lineup with a shoulder injury, according to Diaz.

As a result, Robinson did not want to draw any conclusions with the season so far out.

“Right now, I just want to get them all here healthy and then we can see who’s ready to compete,” Robinson said. “If they’re all competing at a really high level, then good for us, because we’ll find a way to play them all.”

On Ka’ahanui’s end, she and Gunes played a near equal amount in the match. Despite some shaky moments, she generally played well, making it reasonable to assume she might receive the same treatment come August.

However, the confusion at the setter position comes with the signing of Sophia DeBosis out of Bay Shore, New York. With her ad-

dition, Robinson now has three setters on the roster for the first time in his Quinnipiac tenure. However, he assured that this move comes with some roster flexibility.

“She can also play as a libero,” Robinson said. “So she gets some training there and you see how she develops. She knew she’s coming to a situation with two established setters, which is an uphill battle for a third setter ... We’re going to do a good job of training her and getting her to compete at a high level and we’ll see how it shakes out.”

The team’s only other signee is Cynthia Skenderi of Little Neck, New York, who will play opposite side hitter. With Mejia graduating, this seems like a roster move that will fill out the position for the team moving forward.

All of these moves amount to an offseason that is crucial for the team’s success heading into what will be a difficult 2023 schedule. With a challenging MAAC slate remaining a constant, Robinson is also back to his ways of scheduling ruthless non-conference opponents. He confirmed on March 31 that the team will play Power Five teams, including Virginia and Virginia Tech, as well as tough mid-major schools such as Fordham and Columbia.

There’s a long way to go until August, but Quinnipiac volleyball shows the offseason can be just as, if not more active than the season itself. This team’s title defense will be here before you know it.