



AIDAN SHEEDY/CHRONICLE

Law alumna founds \$500K scholarship program

By **ALEXANDRA MARTINAKOVA**
News Editor

Pay it forward. That is the idea behind Quinnipiac School of Law’s alumna Brooke Goff’s \$500,000 scholarship commitment. To create more success stories, just like her own.

“Quinnipiac is the school that always believed in me,” Goff said. “I wanted to give back to not only the school but to give back to young women that were like me.”

On March 18, Quinnipiac University’s School of Law Dean Jennifer Brown wrote a message to the school of law community, announcing the creation of the Goff Law Group Endowed Law Scholarship.

“With tremendous pride and gratitude, I am delighted to share with you the good news,” Brown wrote. “(This) scholarship will benefit women students in the School of Law with demonstrated financial need, with preference given to LGBTQ+ students and allies.”

Anyone is able to apply for the scholarship, which will be awarded to two applicants per year. Every application will be closely reviewed by both Goff and the Registrar.

Goff grew up in a low-income community and is a member of the LGBTQ+ communities. To her, she said, “it was very important to bring these two pieces together” — the elements of her background she said have defined the person and the lawyer she has become.

“I tend to find that many scholarships go to the kids that need it the least, because they have

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Grove mentors to help students transition to college

By **KRYSTAL MILLER**
Associate Arts & Life Editor

The Grove, Quinnipiac University’s new Mount Carmel Campus dorm building, will have 100 volunteer residence hall mentors to guide and support first-year students through their transition into college.

The volunteer residence hall mentors are all upperclassmen and will be assigned three to four peer mentees before beginning their new positions on Aug. 20. Mentors will then have various mentees throughout the semester.

Mentors will also help with the move-in process for first-year students. Unlike the residential assistants — who will still be present in the building — they are not required to be on duty, handle crisis issues or mediate roommate conflicts.

“The Volunteer Residence Hall Mentors are positive role models and engaged members of the community who will lead projects, attend and motivate residents to participate in programs, and help build a sense of belonging around the theme for their area,” wrote Thomas Rouse, director of residential life in an email to The Chronicle.

On Feb. 18, Rouse emailed first-years, sophomores and juniors a mentorship application. The Office of Residential Life received 113 applications before the window closed on Feb. 22, Rouse said.

Mentors will not receive financial compensation, and students will still be required to pay for room and board.

But many students who applied for the mentorship program said the financial aspect did not matter to them — they applied, they said, because they wanted to serve as role models for new students.

Yasmine Amezzane, a first-year biomedical science major, said she was interested in the mentorship program because she wanted to help the university community and get to know the incoming first-year students.

“I was really excited,” Amezzane said. “I was in the room with my friends when the email came through, and we were all on our phones and I shook them and I was like, ‘Wait, you need to check your email right now to see if we got it.’”

Amezzane said she is especially looking forward to her role as both an academic and experiential mentor.

“I think what really interested me was being able to work with incoming students, but in a more academically oriented setting,” Amezzane said.

Marjae Beasley, a sophomore double majoring in behavioral neuroscience and film, television and media arts, applied to be both a residential assistant and a mentor. She was only accepted to the latter position, but she said she is happy either way because her goal

is to work with first-year students.

“I’m really passionate about community building and making sure that we build an inclusive environment and I feel like this mentorship position is really the perfect outlet to do that,” Beasley said.

Jayden Benichak, a first-year psychology and Hispanic studies double major, noted that incoming students — many of whom will come to Quinnipiac not knowing anyone — will be able to rely on their mentors during the initial transition to college. As a mentor, she plans to write letters to her first-year mentees during the semester.

“I think that the mentor position offers a great accessibility for engaging with the younger class of freshmen, but also fostering that community in a different sense from the RAs,” Benichak said.

Benichak wants first-years to see their mentors as someone they can look to for both friendship and advice. She said mentors are on a more equal playing field compared to RA’s because they don’t have the same responsibilities and duties that the latter position has.

Damon Adams, a sophomore health science major, also aims to make the first-years feel comfortable adjusting to the college atmosphere.

“I think the most important thing is just showing (what) college is all about, it’s not all fake toxic people,” Adams said. “It’s not all about parties and stuff. It’s a matter of forming a strong connection with people and the organizations you’re a part of, the people you live with, so it’s just making a more positive working environment and living community for everyone.”

Amalia Barroso, a junior psychology major, said not being paid is not a deterrent for her because of how much she wants the position. She said this will also be something she is doing alongside her academics, rather than her main focus.

“The compensation part would definitely be helpful considering tuition here isn’t the cheapest, but I enjoy doing this type of work and helping others,” Barroso said. “That’s one of my biggest things, I like bringing others up and so I honestly didn’t mind not getting compensated for it.”

Amezzane was uncertain about how she felt about not having any financial benefits, but said she was happy about getting guaranteed housing in The Grove because it is an ideal location around other residence halls and classes.

“It would be nice to have the financial compensation in any form,” Amezzane said. “I also think you are benefiting from it personally, you’re getting to have the experience of it and you’re getting to live in the newer building.”



TRIPP MENHALL/CHRONICLE

Quinnipiac University is building The Grove Residence Hall as part of its ongoing South Quad project. The building is slated to open in August 2024.

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Student proposes inclusive name change for WGS minor

By KATIE LANGLEY
Editor-in-Chief

The department of gender, sexuality and intersectional studies at Connecticut College. Cornell University’s feminist, sexuality and gender studies program. Gender and sexuality studies at Brown University. As colleges and universities move toward more inclusive language to describe their gender curricula, why does a similar program at Quinnipiac University still carry the binary term “women”?

This is the question that a Quinnipiac women’s and gender studies minor asked herself, and what inspired her to petition the university to change the program’s name to gender and sexuality studies.

Francesca Kama, a senior political science major, first took notice of her minor’s exclusive language last spring when talking to another college student at her internship in the QU in D.C. program.

“We were both talking about our minors, and I said, ‘Oh, I have a minor in women’s and gender studies, and she said, ‘Oh, I also have a minor in gender studies, but it’s so weird that the term ‘women’ is part of it,” Kama said. “And that was the first time that I was like, ‘Oh my gosh, that’s true’ because whenever I explain to someone ... what this minor entails, the term ‘women’ kind of has a pejorative sense to it.”

Then in the fall 2024 semester, Kama took a role as an intern for the WGS program — where she brought up the idea of changing the name altogether to something that more accurately reflected the topics covered in the minor’s classes.

“People that are nonbinary, people that are a member of the LGBTQ+ community don’t affiliate with that word (women) necessarily, so it kind of creates exclusion, specifically (for) trans people on our campus,” Kama said.

Kim O’Neill, associate professor of English and women’s and gender studies and the director of WGS, agreed that this conversation was worth having.

“Putting ‘women’ at the beginning of women’s and gender studies, seems to inadvertently

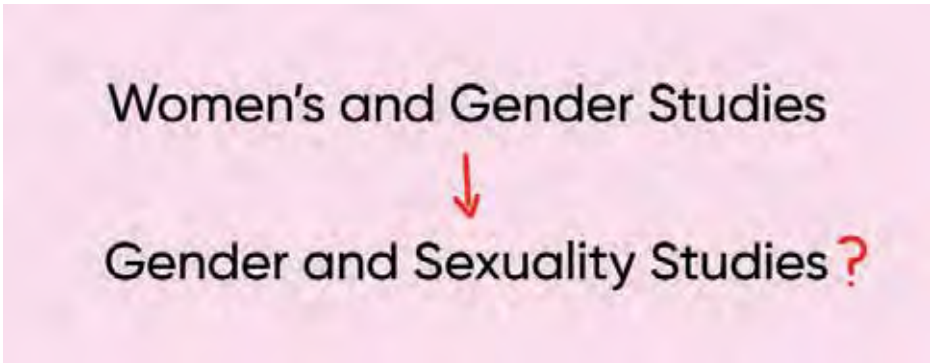


ILLUSTRATION BY PEYTON MCKENZIE

send a signal to people who don’t identify as women that this isn’t for them, and that is not its intention,” O’Neill said.

With O’Neill’s help, Kama created a proposal outlining the reasons that “women’s and gender studies” should become “gender and sexuality studies.” Among these, she pointed out the program’s already existing emphasis on intersectionality and wrote that the proposed switch would put Quinnipiac more in line with similar institutions and attract more diversity to the university.

“It’s not only a change in terminology, it’s also a pledge to create an environment that respects and studies the vast diversity within our society,” Kama said, echoing her proposal.

The next step was to encourage members of the Quinnipiac community to sign the petition supporting the change. The petition had just more than 50 signatures as of March 22, but Kama hopes to see that number reach at least 75 by the time she presents her findings to a steering committee in April.

But this is not the first time the program has gone through a name change process. Half a decade ago, the Quinnipiac “women’s studies” minor adopted an “and gender” distinction.

WGS at Quinnipiac exists under the umbrella of the interdisciplinary studies department. There is no department, and therefore no dedicated faculty, of women’s and gender studies, though faculty members from across the university teach WGS courses. The program offers a minor, but not a major.

O’Neill — who herself identifies as non-binary — said they see this petition as an opportunity for students and faculty to answer the question of if they feel like the name should be changed.

“As the director of the program, I don’t want to put my thumb too hard on the scale, I’m always trying to assess what would be best for students, rather than what I personally would prefer,” O’Neill said.

The “question,” O’Neill said, has to consider and balance affirming those who identify as women and their marginalization while also making room for those that don’t fit under the term — including cisgender men.

“In WGS courses, cisgender, heterosexual men are really, really underrepresented, and I would argue that they are some of the people who most need to take the (courses), who get the fewest opportunities to talk about norms ... and problems around gender and sexuality,” O’Neill said.

If approved by the steering committee, the program and the Registrar’s Office will have to work on changing the course distinctions in registration programs like Self Service and Stellar. But for now, Kama and O’Neill are hoping to start a conversation about inclusion — and it all comes down to the words we use.

“People think that we only focus on ‘women issues,’ but it’s so much deeper than that,” Kama said. “It’s really like (the) intersectionality of race, gender, sex, sexuality, gender, social class and it’s all of it together.”

SCHOLARSHIP from cover

the access to the education that people who are low income don’t,” Goff said. “We want to heavily look at the members of the LGBTQ+ community because they are so underrepresented in law. If I can help make a dent in that, I want to do that.”

A 2022 survey conducted by the National Association for Law Placement found only about 4,000 lawyers who identified as members of the LGBTQ+ communities out of more than 1.3 million active lawyers across the country.

When Goff first applied to the law school, she got placed on the waitlist. Two weeks before the semester started, she made her way to then-Associate Dean David King’s office — who died in 2016 — and sat outside it for two hours.

“I really wanted him to meet me, so that he could see that it’s not just about what the LSAT shows, it’s more about me as well,” Goff said.

Goff spent hours with King walking around the university, and a week later, she got accepted into the law school.

“Dean King was my somebody,” Goff said. “I had somebody to give me that reassurance, that belief that he had in me and it changed my life. So I look at this scholarship as doing that.”

Goff looks back at her time at Quinnipiac with fond memories and feels she “got every penny worth.”

“Quinnipiac kind of walks around, as it should, like it’s got something to prove and it’s not just going to give things to people,” Goff said.

Which is why she settled on the number

of \$500,000 for the scholarship. Full-time law school enrollment for the 2024-25 academic year climbed up to almost \$85,000. For part-time, the cost is almost \$68,000.

“I wanted it to be enough to make a difference, but not enough to just flow through,” Goff said. “To me the number seems, I don’t want to use the word worth it, it seems adequate.”

Goff couldn’t answer when exactly the scholarships will be open for applications due to endowment funding rules, but her hope is to start as soon as possible.

“I expect another successful Quinnipiac Law graduate will give Brooke some of the credit for their career,” Brown wrote. “Brooke is demonstrating what it means to ‘pay it forward,’ setting an incredible example of philanthropy and leading her fellow QUSL grads by example to support the students of the future.”

The Goff Law Group is the largest female owned and operated personal injury law firm in the state of Connecticut — with a 99% success rate — that operates out of seven different locations. At only 37 years old, Goff is the CEO with almost 50 staff members behind her.

The firm is also known for its creative advertisements along Connecticut’s interstate highways.

“I knew the business I wanted to create,” Goff said. “I knew what I wanted the vision to be. I took all of the money I had been able to save and I just dumped it all into the firm when I was 29 and here we are.”

In recognition of Goff’s generosity and leadership, Brown also announced that the School of Law is renaming the Ceremonial Courtroom

the Brooke A. Goff Courtroom.

“I am honored to have my name displayed for many young women to see that the sky is the limit,” Goff wrote in a LinkedIn post. “To all of the future students that sit in that courtroom- remember- no one can take opportunity away from you besides yourself. Anything is possible- you just need to want it more than the person next to you.”



PHOTO CONTRIBUTED BY BROOKE GOFF

Quinnipiac University School of Law alumna Brooke Goff, best known for her firm’s creative billboards, committed half a million dollars to found a scholarship for women and LGBTQ+ law students.

QTHON raises \$141K for local children’s hospital

By AMANDA MADERA
Copy Editor

Quinnipiac University held its annual QTHON dance marathon on March 23. The event accumulated \$140,997.49 over the past year — nearly \$40,000 more than QTHON 2023.

The student-run philanthropy program raises funds and awareness for the patients at Connecticut Children’s Hospital.

The event lasted six hours and included a variety of speakers who shared why they dance. This year, 1,250 students got involved. Fifty-two different teams, including campus organizations, raised money throughout the year for this event. Many local businesses came to support the cause as well as hundreds of students and families.

“It’s great,” 38-year-old Jennifer Carrara said. “We came last year too and they do a really great job of engaging the kids. It’s a great time for a great cause.”

Multiple sororities, fraternities and campus clubs hosted “miracle kids” — patients at Connecticut Children’s — who were of many different ages and backgrounds.



QTHON MiracleChild Maddox Ty, 4, browses through sensory-friendly toys.



QTHON student leaders hold up signs revealing how much money the student-run philanthropy group raised for Connecticut Children’s Hospital over the past year.



The Quinnipiac Dance Company performs at the QTHON dance marathon.



Lola Ty, QTHON MiracleChild Maddox Ty’s grandmother, joins Quinnipiac sorority members in a dance circle.



From left: QTHON student leaders Hannah Mall, Sammy Keane, Emma Conklin and Ashlyn Manuel pose with a giant check boasting nearly \$141,000 in raised funds. The annual event raised almost \$40,000 more for the local children’s hospital than in 2023.



Effy O’Mara, a 5-year-old sister of a MiracleChild, dances in a flash mob during Quinnipiac’s March 23, 2024 QTHON event.

Quinnipiac launches AI in the Classroom Hub

By ALEXANDRA MARTINAKOVA
News Editor

The use of artificial intelligence in classrooms has been a heavily debated topic since the emergence of chatbot sites like ChatGPT in 2022. This is why Quinnipiac University’s Office of Learning Design and Technology partnered with the AI Teaching and Learning Subcommittee to establish the AI in the Classroom Hub website — to answer any questions that might arise.

Artificial intelligence is the ability of a computer or computer-controlled robot to perform tasks commonly associated with intelligent beings, according to Britannica.

Adam Nemeroff, director of instructional design and technology, oversees the Office of Learning and Design and is in charge of the team behind the Hub. He recognized faculty and students’ needs for understanding just to what extent they are allowed to use AI.

“People want advice and resources and a place to go to collect those things together,” Nemeroff said.

The website clearly and concisely summarizes all of that information in one spot for stu-

dents, faculty and staff to see and learn from.

For now, the AI in the Classroom Hub houses only the starting information.

This includes what sites are out there, what information professors should include in their syllabus about AI, how Quinnipiac’s academic and integrity policy play into it, how to cite it, how professors should teach with it and how students can use it responsibly.

A November 2023 survey by Inside Higher Ed reported that more than 30% of university leaders are concerned that AI is unethical and could result in plagiarism. That same survey also revealed that 38% of students use it anyway.

“I think in some case scenarios (AI) could be used because it does help with structuring and editing,” said Mateo Raiano, a first-year 3+1 media studies major. “It also gives reliable information about a certain topic if you can’t find it. I think it should be used, I don’t see a general problem with it.”

Nemeroff also works as an adjunct instructor in the instructional design and technology master’s program. He used AI to help him with preparing his syllabus.

“I don’t see how it can’t be used,” Nemeroff said. “I didn’t ask (AI) to write (the syllabus) for me, but I was like, ‘Is this language clear enough for students, would you encourage me to change that?’ I almost always have it (open) in a separate tab.”

He also used AI to help him make sure all of his instructions were clear to students, as well as generating rubrics and designing various activities.

“There’s some real concerns about how does it change the way we think and the way we learn,” Nemeroff said. “That completely changed overnight to some extent. What you have to do with it is showing people where it is useful.”

Nemeroff and his team are currently working on launching an AI user’s guide for Quinnipiac as well as offering AI teaching and learning consultations.

Quinnipiac offers two different AI tools. Copilot, a Microsoft product, is now available in the Quinnipiac-Microsoft agreement. Anyone who has a subscription or a Quinnipiac login to the Adobe Creative Suite also has access to its AI engine, Firefly.

The process of starting up the Hub was very collaborative. As Nemeroff said, the library played a big role in helping with the citations, while other committee members participated in oral surveys.

“My goal is to have this as a resource available on the search engines,” Nemeroff said. “A lot of spaces like these in higher ed tend to share a lot with each other, so from an ethics stand point I want to make sure we engage in that dialogue.”

Nemeroff pointed out that students will likely have to learn how to use AI in their future careers.

“Realistically, (AI) most definitely will have a major impact on that regardless of what space you’re going into,” Nemeroff said. “It really goes across disciplines, so really having (the Hub) built is a key part for helping students to have a space to ultimately learn how to use it in the right ways.”

If students or faculty have questions the Hub cannot answer just yet, Nemeroff encouraged them to reach out to the AI Subcommittee or schedule a meeting with a member of the Learning Design and Technology team.

Opinion

The rise of ‘sad beige babies’ Stop prioritizing modern aesthetics over children’s development

By **GINA LORUSSO**
Staff Writer

During my childhood, vibrant colors painted every corner of my world. From the array of toys scattered around my bedroom to the pristine aisles in the grocery store, everything was a symphony of eye-catching colors.

Now, in an age where desaturated palettes have taken over, there is an enormous lack of color to make room for modern aesthetics. It’s depressing and makes our world boring. Color plays a crucial role in shaping our perceptions, emotions and experiences, espe-

cially when we’re young.

When did the world decide to embrace this fad? This modern style has taken over interior design, advertising and even parenting — it’s draining the color out of our lives and we don’t even realize.

“Sad beige babies” are children whose parents opt for neutrals when choosing color palettes for their child’s clothes, toys and bedroom decor. Author Hayley DeRoche coined the term in a TikTok while mocking the luxurious children’s furniture brand Gathre.



ILLUSTRATION BY ALEX KENDALL

The company’s website features overpriced, minimalistic toys that are different shades of beige and gray, allowing no room for imagination.

Even if parents aren’t purchasing from companies like Gathre, they find a way to adhere to their ideal style.

All over social media, I see parents painting their children’s toys to match the aesthetic of their home. Mother and TikTok influencer Nattie Jo Powell posted a video in December of her painting her child’s Christmas toys, changing the bright colors to muted hues. In the clip, she even mentioned the negative comments she would receive after doing this.

This decision to prioritize aesthetic of their homes over the developmental needs of children shows that some parents have misplaced their priorities. If anything, children should be encouraged to explore things that spark their imagination, not forced to play with toys that have no visual appeal.

When I was a kid, I was certainly attracted to the most colorful toys on the shelf and I doubt children today are any different. It’s enraging that some parents are so selfish that they are willing to put their own interests above the well-being and development of their children.

There’s an argument circulating online within the “sad beige” community that earthy tones are calming and create a serene environment for children to unwind. While I somewhat agree with this, bright hues are especially interesting and better for development.

Contrasting colors and patterns are easier for babies to see and process compared to mut-

ed tones, according to The Bump. There needs to be a balance between relaxing spaces and providing children with sensory stimulation.

Homes are not the only spaces for children that are taking up this trend.

All over online platforms like TikTok, teachers in early education classrooms are starting to opt for the desaturated look. If I was still a child and my classroom was dull, I would be unfocused and drowsy because my brain isn’t being stimulated by radiant colors. Teachers should make students excited to learn in a place that triggers their imaginations.

Moreover, lively colors foster a sense of joy and excitement, which are essential for healthy psychological growth. On the other hand, soft colors like gray, brown and beige are linked to feelings of sadness, hence the terms “sad beige babies” and “sad beige parents.”

If “sad beige parents” are willing to put aside their obsessions with visually appealing homes and incorporate a variety of textures, patterns and colors into their child’s surroundings, it will help create a dynamic and enriching space to support creativity.

Nowadays, it feels like parents are using their children as an accessory, dressing them in neutral-colored clothes and buying them the duller toys the world has to offer. This trend reflects a certain cultural preference, but it certainly shouldn’t overshadow the importance of providing children with visually stimulating environments.

It’s time for parents to reassess and bring back colorful toys and decor for the sake of their kids.

Your housing situation determines your college experience

By **GRACE CONNEELY-NOLAN**
Staff Writer

College is known as the time when you meet lifelong friends and dorms are notorious for bringing people together. Where you live bonds you, for better or for worse.

Think back to your first year of college. Do you think that you would be friends with half of the people you are with now if they didn’t live close by?

In the weeks before I left for college, I didn’t realize the importance of where I would live. During Quinnipiac’s summer orientation, I found out I would be in a suite with seven other women. At first, I was nervous about sharing a space with that many people. But now, in the middle of my second semester, I could not recommend living in a suite enough.

In the beginning of the semester, I met so many people, especially living in the 3+1 Communications Living-Learning Community. It was a great way to get out of my comfort zone and get to know everyone. More conveniently, the people in the surrounding suites on my floor were also the people in my classes, fostering an instant community.

Location means everything. Living in a forced quad room versus being in a suite creates two completely different college experiences. Having three other roommates in one room compared to one roommate with a common room and bathroom to share with seven

other students is entirely contrasting.

Students of the class of 2027 who were placed in forced quads due to overcrowding went into the housing process thinking they would just be with one roommate, either of their own choosing or at random, only to be blindsided and placed with two additional random roommates.

Living in a quad, you have limited privacy and limited space to grow as you start to live on your own. With no common area, students living in quads live in the same room with little to no time to themselves.

Your living situation has a significant impact on your mental health and your overall college experience. Having your own space is crucial as you begin to live independently, and it’s important to have a safe place to retreat back to. The environment in which you live creates a routine that surrounds you with the people you see daily.

A roommate dynamic can have a direct impact on your quality of life and living experience while at school, according to The Washington Post. It can cause you to become anxious about your home away from home, somewhere that is supposed to be your safe space. This puts all the more emphasis on finding an alternative space that is just yours.

In the beginning weeks of the fall semester, the people you cross paths with the most based

on where you live and spend most of your time are the most likely people to become your friends. One of my best friends is the only person in my suite who is not a communications major. If she hadn’t been randomly placed in our LLC dorm, the chances I would be friends with her are much slimmer.

It all comes down to personal preference, but regardless, not being in your preferred housing choice can negatively affect your mental health, education and social life. Feeling isolated or overcrowded and not knowing how to fix a situation you’re permanently stuck in for the rest of the academic year can spoil your experience at school.

As the deadline approaches for housing selection next year, I am concerned about being placed in a housing situation where I feel cramped. Because of the random lottery system, I have little control over where I live.

The guidelines surrounding the housing selection process are flawed. There is no guarantee that you will get your preferred living choice. This becomes an issue, especially when Quinnipiac requires students to live on campus for three years. I am crossing my fingers to get another suite next year with a shared common room, bathroom and possibly our own kitchen.

Fundamentally, social life is more important than we give credit to. While picking col-



ILLUSTRATION BY KATERINA PARIZKOVA

leges and deciding where I wanted to go, I mainly focused on the educational benefits and economic standpoints, not knowing that social life would mean just as much as an education.

College is filled with academic pressure, homesickness and stressors. Having a support system is essential to feeling happy at school. It’s so important to understand how much your living situation impacts that support system and your social circle. Social life in college can be the reason you stay and the reason you leave.

Opinion

Inappropriate jokes don't reflect maturity

By BENJAMIN YEARGIN
Managing Editor

Do you like “Dune?” Dune your Mom.

That was a popular joke when the first “Dune” movie came out, and with “Dune: Part Two”’s release this month, it’s made a resurgence online.

But when people tell those jokes, there’s always some underlying sense of shame, like you’re not acting your age or you’re being immature. That shouldn’t be the case— toilet humor and silly jokes don’t reflect someone’s maturity or lack thereof. Instead, it shows a healthy and socially aware adult.

But what does maturity or “acting your age” even mean?

Acting your age automatically puts an expectation on someone to act a certain way. If a 20-year-old adult tells a fart joke, then they’re acting “juvenile.”

That’s a load of crap and an easy, one-dimensional way to view maturity. Sure, don’t throw temper tantrums and don’t act like a degenerate, but toilet humor shouldn’t be in that same boat as a marker of maturity. Instead, the definition of maturity is far more complex.

Maturity is defined as “the behavioral expression of emotional health and wisdom,” according to Psychology Today.

It’s being able to react to the emotions in your life in a healthy way, have some sort of humility and to take responsibility when you do something wrong.

Using “toilet humor” or telling a “your mom” joke does not make you immature or less of an adult. If anything, it’s a sign of the opposite.

Moreover, humor is a valid coping strategy in a stressful world. It can be used when facing your own negative emotions while also navigating stressful group situations, whether that be professional or personal.

“When people are stressed or anxious, they become calmer after enjoying a good joke,” according to the JED foundation — a nonprofit that works to reduce teenage suicide.

Being able to make a pun or lighten up a tense environment with a joke is a vital skill that more people should utilize. It can relax you, enhance your memory and reduce inflammation, according to the American Institute of Stress.

But don’t confuse cracking a harmless or slightly inappropriate joke with being offensive or putting someone down. That’s not humor and those kinds of jokes show immaturity and insecurity.

Putting someone down is not a good joke. It makes everyone involved feel worse. That’s real immaturity.

Cowards tell jokes about other groups of people, or put someone down then hide behind the veil of “it’s just a joke.” It trivializes the people in the joke and relies on the subject of it to be humorous, which it never is.

Punching down — which famous comedians Eddie Murphy and George Carlin both addressed — is never cool. Putting someone down while elevating yourself never is.

But do you know what is cool? My Mom! (thanks Muscle Man).

“Your mom” and “toilet humor” jokes

are juvenile, but they’re harmless. They show maturity, social awareness and emotional intelligence.

Next time you judge someone for telling a harmless but inappropriate joke or want to tell one yourself, take a look at yourself to see how you’re “Dune.”



ILLUSTRATION BY PEYTON MCKENZIE

No Labels should only be labeled as a bad idea

Why a united bipartisan ticket is worse than a single-party setup

By NICHOLAS PESTRITTO
Staff Writer

A bipartisan White House for the next four years will bring about more political struggles and will drastically change the already fragile political system of the U.S.

A political organization called No Labels has an idea for potentially ending the country’s political turmoil: running a third-party “unity ticket” in the upcoming 2024 presidential election.

A unity ticket would allow a presidential candidate and a running mate from two different political parties to run together.

In other words, No Labels’ unity ticket would put a Republican in the presidential seat and a Democrat in the vice presidential seat, or vice versa.

Having a potential Republican and Democrat joined together as president and vice president in the White House is not only a horrible idea, it would be disastrous for the U.S. and will only further divide the country to a point of no return.

In a September 2023 research report, some scholars claimed that Americans are so polarized that they are on the brink of civil war, according to The Carnegie Endowment for International Peace.

However, one must look well beyond that singular idea. No Labels should immediately look at the catastrophic consequences that could occur if it is able to run its unity ticket

during the 2024 presidential election.

The thought of No Labels running a bipartisan ticket for the upcoming election should scare all Americans. If this organization decides to try for a third-party bid, it could severely spoil President Joe Biden’s chances of remaining in the White House for the next four years and have many more negative and possibly never-before-seen effects on U.S. politics.

According to the No Labels website, it is a social welfare organization established in 2009 with a goal to give a voice to America’s commonsense majority.

No Labels aims to unite Democrats and Republicans trying to solve Congress’ most intractable problems.

However, this is easier said than done. In fact, Mother Jones, an investigative news organization, revealed in 2023 that many No Labels donors have conservative

roots. One person on this list, billionaire and CEO Michael Smith, has donated to No Labels while most of his other donations have gone to conservative causes.

Conservative donors know that giving money to No Labels so it can run a third-party ticket on the ballot this fall will help defeat Biden by taking votes from him.

The chances of the No Labels unity ticket winning in the election is slim. According to a March 2024 poll conducted by Third Way and G Squared Public Strategies, the potential No Labels ticket was predicted to finish last.

This just goes to show exactly how pointless a potential third-party bid would be and that conservatives are only donating to No Labels to take votes away from Biden. POLITICO even reported that No Labels does not have access to the ballot in all 50 states yet, just showing how discom-

bobulated the organization is as a whole.

Democratic lawmakers on Capitol Hill have grown increasingly angry at No Labels and are concerned that if the group runs a bipartisan ticket in the upcoming fall election that it will siphon votes from Biden, according to NBC News.

Along with that, most of No Labels’ decision making has been kept private, thus making it hard for people on the outside to even know what is happening with the organization.

This just goes to show how much No Labels is disliked among members of Congress.

I think many people can agree with these members of Congress. Just because the idea of having a bipartisan presidential ticket has been talked about in the past, does not mean it is a good idea today.

The U.S. will continue to be in this unending spiral of polarization and political ineffectiveness. If No Labels decides to bid for the White House, it will only make things worse.

No Labels will only help former President Donald Trump get back in the White House and this should alarm all citizens. Another four years under Trump or a test with the No Labels unity ticket will undo democracy so badly to where it may be unretrievable.

No Labels should be labeled as a horrible idea at an even worse time.

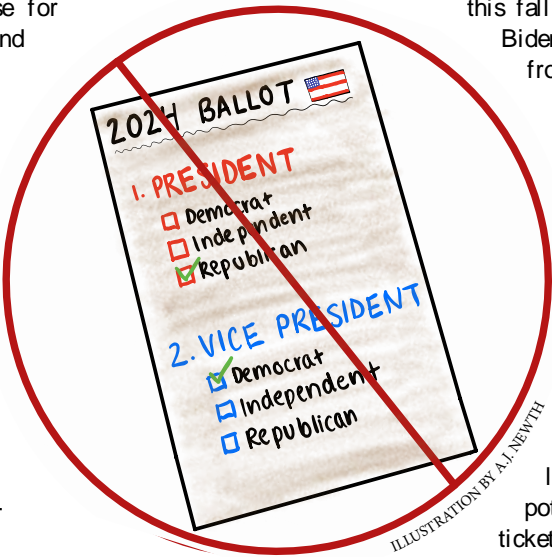


ILLUSTRATION BY A.J. NEWTH

Arts & Life

The truth behind the Kate, Princess of Wales, rumors

By **AMANDA MADERA**
Copy Editor

The speculations of journalists, citizens, fans and gossipers were all silenced after viewing a video message posted on March 22 by Kate, Princess of Wales, revealing her cancer diagnosis. Kate's disappearance sent the media into a frenzy. Despite the royal palace notifying the public that she would not be seen until Easter, they would not take that for an answer. When the palace announced that Kate underwent a successful surgery on Jan. 16, she asked for privacy, attempting to ensure normalcy for her kids.

However, conspiracies began flying around in February after Kate had not been seen or heard from for two months. This prompted the princess to return to her Instagram on March 10 to celebrate the U.K.'s Mother's Day.

If you saw the photo, you may not have noticed anything upon a quick glance. However, people — who frankly have too much time on their hands — observed that the photo had been altered and took to social media platforms to discuss.

The Instagram post pictured Kate hugging her children, who were beside her as she sat in a chair. When the photo is zoomed in, editing errors are evident in multiple spots of the picture.

After being called out by virtually everyone, Kate apologized for the post on X, formerly

known as Twitter, and removed it from Instagram the next day. The post read, "Like many amateur photographers, I do occasionally experiment with editing. I wanted to express my apologies for any confusion the family photograph we shared yesterday caused. I hope everyone celebrating had a very happy Mother's Day. C."

I definitely found the message to be weird and convenient and began to wonder what could have happened to Kate for the family to post a heavily altered photo.

It was especially strange because a photo of Kate allegedly driving with her mother was released by TMZ a week earlier. The photo also appeared to be edited and caused watchers of the royal family to suggest that it wasn't actually the princess in the photo.

On March 16, Kate and Prince William were seen running errands together. The video from TMZ furthered the conspiracy that it was a doppelganger impersonating Kate.

With all this evidence piling up, people began to assume the worst. Many brought up Prince William's alleged affair with British model and marchioness Rose Hanbury and thought that this was going to be another "Princess Diana situation" — who many believe was murdered by the royal palace.

The photo shared on March 10 showed Kate

without her wedding ring, making people assume she was finally "fed up" with her marriage.

Hanbury responded to the rumors through her lawyer and stated that they were false.

If the royals were trying to silence conspiracy theorists, why would they release a photo that shows Kate without her wedding ring? With King Charles' past of cheating on his wife, I would think that the palace would be more intentional about their actions regarding an alleged affair.

Despite the palace dismissing many of the rumors, the public continued to question where the princess was.

After months of being hounded by the media and concerned fans, the palace released a video message from Kate on March 22. In the video, she stated that she had been diagnosed with cancer after undergoing abdominal surgery.

She also added that she is receiving preventive chemotherapy treatment.

Kate doesn't owe anyone an explanation as to why she was absent for so long, but it's odd that the palace released all of these clearly edited photos.

When I watched the video, I sympathized with Kate as she shouldn't have had to share her private life to end rumors. I noticed that a lot of people switched their stances after she revealed her diagnosis, saying she deserves privacy and to be left alone.

This entire issue could have been avoided if either people minded their own business or if the palace had been more careful about the media it released. Since people will never mind their own business, the latter was a more plausible solution.

Don't be a royal pain in the ass. Kate deserves time to heal from her surgery and spend time with family, and she doesn't need people constantly invading her privacy.



FIREBRANCE/WIKIMEDIA COMMONS

Kate, Princess of Wales, was the subject of internet rumors for months before revealing in a March 22 video that she had been diagnosed with cancer.

Women, writing and murder: Fourth Wall Theater's 'Murder by Membership Only'

By **QUINN O'NEILL**
Staff Photographer

Fourth Wall Theater put on its first performance of English murder mystery comedy "Murder by Membership Only" on March 21. The play, directed by junior film, television and media major Alyssa Drumm, features an exclusive murder mystery writers club for women in London called the Orczy Club. But when the team's most prolific writer suddenly dies, the women need to solve a whodunit of their own.

While laughter and puzzling questions filled the room, Drumm thinks the most outstanding component of the show was the team of students around her.

"If I did not have such a strong cast and crew around me, this show would not have worked," Drumm said. "I have been in a lot of shows at Quinnipiac and I think this is the best-looking show that we've had."



QUINN O'NEILL/CHRONICLE

Paige Pezzella, a senior English and media studies double major, plays Eve Hawkins.



QUINN O'NEILL/CHRONICLE

Mrs. Plimpton, played by junior media studies major Lizzy Carpenter, stands in the shadows as she studies the other authors in the room.



QUINN O'NEILL/CHRONICLE

The cast of "Murder By Membership Only" celebrates in front of the set at the end of their last rehearsal on March 21.



QUINN O'NEILL/CHRONICLE

(From left) Marisa Simone, first year theatre and applied business double major plays Madame Lecoq, and Christina Stoeffler, senior English and theatre double major, performs as Hester Tandy.



QUINN O'NEILL/CHRONICLE

(From left) Pezzella, Stoeffler and Sasha Karzhevsky set the scene for the upcoming acts of murder and novels in Fourth Wall Theater's latest production.

'Quiet on Set' exposes hidden secrets and the reality of Nickelodeon’s toxic environment

By **SAMANTHA NUNEZ**
Staff Writer

Kids today enjoy “Bluey,” “Cocomelon” and “Ms. Rachel,” but they’ll never experience the golden age of Nickelodeon.

During the late ‘90s and early ‘00s, producer and writer Dan Schneider created hit TV shows that boosted Nickelodeon’s ratings, including “All That,” “Drake & Josh,” “Zoey 101,” “The Amanda Show” and “iCarly.” Though he created stars out of many young actors, Schneider’s work at the station also contributed to the dark side of Hollywood.

The Max documentary, “Quiet on Set: The Dark Side of Kids TV” released on March 17 and explores Nickelodeon’s toxic work environment during the Schneider era. Former cast and crew members tell their stories regarding Schneider and other employees, including cases of racism, sexism, inappropriate behavior and abuse.

I don’t usually watch documentaries unless required for an assignment or project, but I was always a “Nickelodeon kid.” I grew up waiting at night for new episodes of “iCarly” and “Victorious.” Even now when I’m bored, I watch Schneider-produced shows to relive my childhood and feel the nostalgia.

But, hearing the abuse stars have endured over the years and watching the documentary with full proof of who Schneider is disappointed me. I cannot think or watch my favorite shows without wondering how these child actors were really feeling.

Schneider created, produced and wrote his first children’s show, “All That,” a sketch-comedy show starring Amanda Bynes, in 1994. Though the cast brought laughter to their skits, there wasn’t any behind the scenes. The first episode of the documentary reveals major issues, including discrimination against some cast members, uncomfortable skits, sexism and Schneider’s alleged harassment of writers.

In 1996, 10-year-old Amanda Bynes was discovered by producers after a comedy routine at the Laugh Factory. By 2002, her career flourished. Wanting more hours to act as she got older, she asked for Schneider’s help to get emancipated since they were close. Bynes’ parents did not appreciate Schneider helping her, straining Bynes’ and Schneider’s relationship.

To make matters worse, In 2003, “All That” production assistant, Jason Handy, and “The Amanda Show” dialogue coach and actor, Brian Peck, were both convicted as sex offenders.

Devastatingly, former “Drake & Josh” star Drake Bell revealed in the documentary that he was abused by Brian Peck. Telling his story publicly for the first time, Bell recalls the gruesome sexual abuse he endured over six months in 2003.

Many who worked in this toxic environment were previously afraid to speak out about their experiences due to fear of consequences. Child stars tend to “act out” as adults and get into trouble with the law, but we don’t know their childhood trauma and how it projects into their future.

Watching Bell and his father get emotional broke my heart. At the hands of an abusive environment, he suffered pain and trauma that no child should ever experience. Even hearing the stories from crew and cast members makes me question if the industry is doing enough to protect children.

Nonetheless, Schneider continued to create hit shows during the mid to late 2010s, but received backlash for sexual jokes in “Zoey 101,” “Victorious,” “iCarly” and “Sam & Cat.” Despite facing allegations, no action was taken until Nickelodeon parted ways with Schneider in 2018, due to the rise of the Me Too Movement and a cultural shift around abusive workplace behavior.

Nickelodeon kept Schneider employed for all that time just to profit from him and did not

take into consideration the victims of his abuse.

After the documentary’s release, the public applauded Bell for sharing his story and advocating for sexual assault. “Drake & Josh” co-stars Josh Peck (no relation to Brian Peck) and Nancy Sullivan reached out to Bell to praise his vulnerability and strength.

On March 19, Schneider released a 19-minute video on his Youtube channel discussing the documentary. He apologized for his behavior and became emotional when recalling a moment where Bell’s mother called to ask for help with her testimony during Brian Peck’s trial.

Schneider’s response seems calculated. Why speak up now after years of proof and allegations? And why wait more than 20 years to apologize?

Former “Zoey 101” star Alexa Nikolas, who was featured in the documentary, released her own public statement regarding Schneider’s video.

“When someone doesn’t personally come to

you and apologize, it’s not an apology,” Nikolas said. “If you hear about it through other people, it’s not really an apology, right?”

Not all former Nickelodeon stars have been equally appreciative of the new Max documentary. Actors Devon Werkheiser, Lindsay Shaw and Daniel Curtis Lee laughed and joked about “Quiet on Set” and how they were treated during a TikTok live video. The actors starred in “Ned’s Declassified School Survival Guide” from 2004 to 2007 and co-host “Ned’s Declassified Podcast Survival Guide.”

It’s hard enough to tell your story. When abuse is made into a joke, it’s obvious why people don’t come forward. If we continue to discredit people’s stories, it will be harder to expose toxic environments.

“Quiet on Set” certainly exposed some hard truths about Nickelodeon and the ethics around exposing young and impressionable actors to potentially predatory adults. I highly encourage this documentary to anyone who wants to learn the truth about all that Nickelodeon was hiding.



ILLUSTRATION BY ELIZABETH LARSON

Don't let Trader Joe's recalls stress out your snacking

By **CHARLOTTE ROSS**
Staff Writer

At the end of a long, hard week, who doesn’t love sitting down with a bowl of your favorite snacks or a warm comfort meal? Well, a recent uptick in the number of food recalls is making many think differently.

Trader Joe’s, popular for its many private-label products, regularly attracts media attention from food bloggers and food lovers alike for its seasonal releases and classic staples. It is one of the best grocery options for college students in particular, for its convenient, affordable non-GMO products that are both healthy and delicious.

But more recently, the store has gained traction for recalling several products. Over the second half of last year, Trader Joe’s made a total of six recalls involving issues that range far and wide: foreign plastic material found in steamed chicken soup dumplings, multigrain crackers containing metal and even insects found in frozen broccoli cheddar soup. Since the new year, the recalls have only continued.

In at least half of the cases, the retailer held the manufacturing processing factories at fault. Shoppers were encouraged to either bring any purchased products back to a store for a full refund or discard the product altogether.

You would think that after the six recalls in six months that some kind of manufacturing changes would take place. But, here we are three months into the new year, and Trader Joe’s has seen at least three

more cases, including the most recent and perhaps the most unexpected — salmonella-contaminated roasted cashews.

Part of the reason for the increase in recalls is the Food and Drug Administration tightening its safety regulations and monitoring over the past couple of years, especially following the COVID-19 pandemic.

Even for those who don’t regularly shop at Trader Joe’s, this reality is still alarming. No injuries or illnesses have been reported from any of these products thus far, but that’s not to say all incidents were reported. Unsafe, contaminated food accounts for an estimated 76 million illnesses each year, according to the FDA.

Not to mention food recalls often take months to identify and carry out, and by the time they come out, many people have usually already gotten sick.

So besides staying up-to-date on recent recalls and paying attention to the dates of the foods you buy, is there any way to prevent getting sick, or worse?

It is too much to ask all Trader Joe’s regulars and meal-prepping college students to avoid the store entirely because in reality, food recalls happen every day, and have been occurring since 1920.

Physical contaminants, undeclared allergens, bacteria, misbranding and defective packaging are some of the most

common causes, to name a few. Because of both recent improvements in available detection technology, as well as updated FDA regulation standards, the cases have been on a steady incline since the 2010s, and will just continue.

We are in an age where we must be hyper vigilant about everything we consume: media, products and now, food. A deemed “safe” product like packaged roasted cashews or frozen soup dumplings wouldn’t usually come to mind as the culprit when one becomes sick, but based on recent cases, many now worry they should.

So if you feel worried about the recent uptick in cases or feel they are getting in the way of your usual Sunday night meal prep routine, try your best not to fret. As a bit of a hypochondriac myself, I know firsthand how difficult that can be. But rather than waiting for technologies to one day be able to magically catch all the cases before they are packaged, it is better just to accept the reality and do what is recommended by the FDA to avoid getting sick.

Pay special attention to your food’s lot and expiration dates and subscribe to the FDA’s recall subscription service, so you can get alerts and know immediately which foods have been recalled and you can get your money back.

Recalls can be alarming but don’t necessarily have to mean the end of your snack time, so allow the FDA to do its job and just keep on snacking.



ILLUSTRATION BY AMANDA RIHA

Mychal Threats won’t let trolls take his 'library joy'

By BENJAMIN YEARGIN
Managing Editor

When I think of the word “hero,” some occupations come to my mind: teachers, doctors, firefighters and first responders are a few.

But now, I can confidently add “librarian” to that list, and it’s all thanks to Mychal Threats.

Threats is a librarian from Fairfield, California, who worked at the Solano County Library — the library that he used to go to as a child. He worked his way up from shelving books to library supervisor.

The reason I wrote “worked” is because he no longer does. He announced his resignation on X, formerly known as Twitter, on Feb. 23 to prioritize his mental health.

He resigned not because of some terrible scandal, but because he was a victim of cyberbullies and trolls on social media.

How I, and many others, learned about Threats was via his massive social media presence. He has hundreds of thousands of followers on X, Instagram and TikTok, and with that inevitably comes trolls.

But I’ll never understand why, besides the fact that some people are just miserable.

Nearly all of his posts show him exuding “library joy,” — good things he’s seen or experienced at the library — promoting literacy or telling a wholesome story of an interaction he had at the library.

For example, Threats posted on Feb. 22 a story about a “library kid”’s enthusiasm when Threats gave him a signed copy of “Diary of a Wimpy Kid: No Brainer.”

But despite the overwhelming positivity, people online still took the chance to jump on Threats.

“Love that y’all ‘ride at dawn’ on my behalf! Please don’t go after people who resort to darkness as they pursue their light,” Threats

wrote on Feb. 24 on X in response to the bullying. “If I’d left my library because of people ‘being mean’ I’d have left long ago. Does it hurt? Sure! I’m human.”

First off, I’m amazed at the kindness that Threats expresses himself with, even at a low point in his life. I think the strongest people in the world are the kindest — Threats, Fred Rogers, Dolly Parton and Bob Ross, to name a few.

It’s easy to be mean and throw the negative emotions you feel on to others. It’s tougher to express that healthily and be kind.

Secondly, it makes me furious to see someone as wholesome and kind as Threats be bullied.

Why would you ever cyberbully someone who’s doing good and promoting something constructive like literacy?

Public libraries are crucial to U.S. communities and offer computers, free internet, printing, movies and even musical instruments to check out and borrow.

They provide a quiet place to work and a cozy getaway from the hectic outside world. After all, I wrote this article in Hamden’s Miller Memorial Library and Quinnipiac University’s Law Library.

But libraries — especially the 16,607 public libraries in the U.S. — find themselves in the

middle of the culture wars that divide the country.

Republican lawmakers and some parents are pushing for banning books that focus on race and sexuality in public and school libraries. Libraries, and specifically librarians, are at center stage for politicians and parents’ wrath.

So it’s amazing to me to see Threats courageously advocating for literacy and more people to get library cards, and have some fun with it.

He even joked about banned books, comparing the spreading of them to a drug deal.

Which again, brings me back to my anger toward the cyberbullies and trolls online.

If there’s a space that so many people value, that’s ever-crucial to our democracy and is also just fun, then why would you feel the need to hate on someone advocating for it?

Because he’s different? He’s not like you? He’s passionate about something a lot of people don’t care about? Why? It confuses me.

Threats’ last day at the Solano County Library was March 1, but this chapter in his life doesn’t end negatively.

The Public Broadcasting Service noticed Threats’ social media presence, and decided to collaborate with him. Threats became PBS Kids “resident librarian” on social media.

That way, Threats can still be a librarian.

One of the worst parts about social media is its ability to tear people down, and it’s so disheartening to see that happen to someone so undeserving as Threats. To have it become so much where Threats has to resign from his dream job is the worst part.

Library kids at the Solano County Library lost a library adult who they can trust.

That’s the worst part about this — the robbery of “library joy.” But PBS is giving Threats a new platform for it.



ILLUSTRATION BY AMANDA RIHA

Putting a bookmark in TV shows and movies: Why I'm tuning in to reading

By ZOE LEONE
Arts & Life Editor

I have to get something off my chest.

It’s a confession I’ve been keeping a secret for months, worried about others’ reactions and the implications it could have on my work. But it’s been eating me alive and it finally feels time to come clean.

I’ve grown sick of TV shows and movies.

Over the past few months, I’ve been in a serious slump. I’ve started 25 different TV shows and have watched a grand total of five in their entirety. The only movies I’ve been able to watch from start to finish in one sitting have been in movie theaters, and even that number has dwindled drastically.

I also realized fairly recently that I’m truly just sick of looking at and scrolling on a screen. Most of my day is spent staring at some form of an electronic, whether it’s doing homework, looking at a PowerPoint during class or chipping away at my responsibilities for extracurriculars.

Not only am I tired of staring at blue light by the end of the day, but the added stressors of the looming future (hello, graduation) and recent medical developments that have left me dealing with migraines and auras has made my tolerance for devices next to zero.

And while there is certainly an abundance of excellent media available at our fingertips, most shows barely make it past the single eight-episode season mark, while films rotate on and off streaming platforms like a game of musical chairs.

To say I’ve been bored would be an understatement. The limited free time I have that was once devoted to frantically and excitedly consuming as much visual media as I could was eventually replaced by staring absently at my wall.

But a couple of months ago, that all changed. I found myself retreating to the safe space of my childhood, to the hobby that I once devoted myself to like no other: reading.

Once upon a time, I favored the joy of a good book over watching a screen. My backpacks used

to grow frayed and ripped from the sheer amount of novels I carried around with me, while my occasional punishment as a child was often no reading for fun.

But I do have to admit, this obsession respawned itself thanks to television. Over the summer, I binge-watched AMC’s adaptation of “Interview with the Vampire” and I got totally hooked. And while the show is based on “The Vampire Chronicles” series by Anne Rice, the thought of reading the source material didn’t cross my mind for a while.

It wasn’t until a day of boredom sent me out to the Miller Memorial Library here in Hamden. I had visited the branch on and off since the summer, but hadn’t found

myself making the dedicated effort to check out books and keep up with my reading. But as I found myself absently wandering the stacks, a familiar title caught my eye.

Next thing I knew, I had peeled through the gold hardcover in the mere span of days. While the revisitation of my favorite vampires certainly sparked some motivation to keep reading, I also felt a sense of peace I had been desperately missing in all my weeks of trying to force myself to watch media.

And the zen I felt wasn’t imagined either. Reading silently for a mere six minutes can reduce stress levels by a whopping 68%, according to a study by the University of Sussex.

In comparison to television and films, reading books is actually better for a brain that feels disordered or anxious. Because the only visual in front of your eyes is words, it forces the brain to be active in consuming media, which provides a more involved escape from stress, according to the BBC.

Reading is certainly not the be all, end all when it comes to stress. Even during the weeks I find myself able to read three to four books, I have times where I need to reach for my bottle of Ativan. And while I certainly do miss finding sparks of joy from movies and TV shows, the comfort of a good book has been a welcome rediscovery.

I’m sure one day I’ll find myself returning to my binge watching ways. But for now, I’m putting a bookmark in it. I have some reading to do.

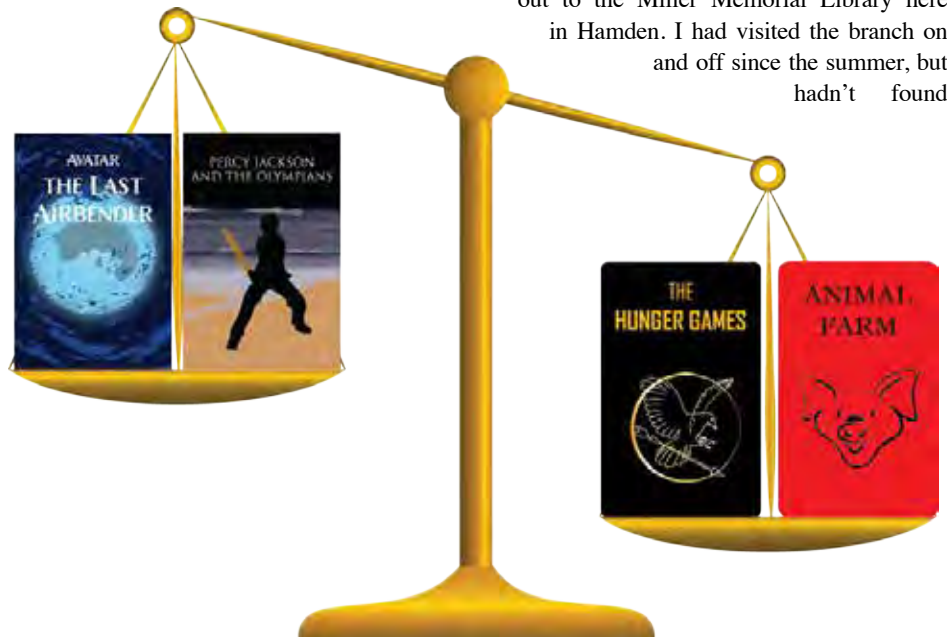


ILLUSTRATION BY SHAVONNE CHIN

Be a Change Maker.
Volunteer Today!

The Pfizer New Haven Clinical Research Unit is looking for healthy volunteers age 18-49 for a clinical trial of a study vaccine for flu. This study will look at the effects of the study vaccine compared to another vaccine which is used as a control.

You will be compensated for your time up to \$3,000* for completion of the study, plus a bonus amount for the cost of covered travel to and from the unit.

**Based on 7 planned visits, inclusive of screening. Some participants will be asked to complete additional visits. These will be compensated at a rate of \$300 each.*

This study involves:

- 7 visits to the PCRU, about 2-4 hours each, over 7 months
- 2 doses of study vaccine or comparator vaccine/placebo

Don't go it alone

Bring a qualified friend to your appointment and you could receive up to \$100 as a referral bonus.

It's easy — have them give us a call too and mention your name while scheduling, and if you both attend your appointments you'll receive the bonus within 2 weeks. Visit our website to learn more about our referral program.
Note: we cannot guarantee availability of appointments on the same time/day. You can ask about scheduling when calling.



Study Number C5561001



/PfizerClinicalTrials



LaRocca: ECAC Tournament struggles have no bearing on NCAA success

By MICHAEL LAROCCA
Opinion Editor

The more trophies, the better. It's hard to argue with that assessment. However, it's even harder to argue against the fact that the trophy that matters most in college hockey is the one that will be awarded on April 13 in St. Paul, Minnesota.

Sure, Quinnipiac men's hockey missing out on ECAC Hockey's Whitelaw Cup for the eighth-straight year, and 19th time in 20 seasons, isn't optimal, but recent history has shown that it might not matter, at least not on the NCAA stage.

Winning a conference championship almost always secures you a spot in the NCAA Tournament. It helps teams playing in smaller conferences, like Atlantic Hockey, that might not compete at a high enough level to secure an at-large bid to the dance. Or it can be an avenue for bubble teams to guarantee a spot, leaving no room for doubt.

Schools like Quinnipiac tend to aim for it as a point of pride for the program. A trophy case full of Cleary Cup victories, representing a regular season ECAC championship, shows that the Bobcats are always very good. Winning a Whitelaw Cup can prove to the team, university and country that they are great.

For the Bobcats, their regular season performances in recent years already put them in a position that guarantees a spot in the national tournament regardless of how they

played in Lake Placid, New York. Winning ECAC Hockey only acts as something extra to strive for, not something to keep a season alive.

The 3-0 loss to St. Lawrence on March 22 didn't end Quinnipiac's season. It actually might have made it more comfortable, at least geographically. Getting placed in a bracket with No. 1 Boston College is rough, but the Bobcats played the Eagles tough before, and they can do it again.

Quinnipiac lost out on another Whitelaw Cup and a chance at being a higher seed at either the Sioux Falls, South Dakota, or Maryland Heights, Missouri, regionals, but received the consolation prize of being a lower seed at the Providence, Rhode Island, Regional. A 90-minute drive beats a six-hour flight any day of the week.

In fact, the numbers imply that teams might be better off not winning their conference championship as long as they are good enough to make it as an at-large. In the past 10 NCAA men's hockey tournaments, seven teams that won the national championship made it to the tournament as at-large bids, including Quinnipiac last year.

On the other hand, the 2023 ECAC Hockey champion Colgate, who beat Quinnipiac in the ECAC semifinals that year, lost in the first round of the NCAA Tournament to Michigan 11-1. Winning your conference does not automatically mean you're a national title contender.

Quinnipiac has only won the Whitelaw

Cup once in program history (2016). The Bobcats ultimately fell in the national title game to North Dakota 5-1 three weeks later. What trophy do you think the team would have rather had that year?

On a greater scale, over two-thirds of teams to reach the Frozen Four entered the tournament as at-larges, never seeing less than two at-larges in any given Frozen Four over the past 10 tournaments. What's important is making it to that stage, the real work comes when you get there.

It's not just hockey where this is the case. Seven of the last 10 men's March Madness winners were at large. The only time the Final Four saw less than two of its participants be at-large bids in the same timespan was 2018, when Villanova, Michigan, Kansas and Loyola Chicago all made it as conference champions. That instance seems to be the exception rather than the rule.

The Bobcats definitely want to win a conference title. This isn't minimizing what the Whitelaw Cup means to members of ECAC Hockey. However, history has inferred that there seems to be no correlation between conference success and national success. It actually shows that the opposite might be even more true.

So if Quinnipiac fans out there are worried about the team's ability to perform based on how it played in the ECAC semifinals, don't be. The Bobcats were in the same boat last year, and you know how that worked out.

Men's lacrosse nation's last unbeaten team

By CAMERON LEVASSEUR
Sports Editor

On the back of seven-straight wins to begin the season, Quinnipiac men's lacrosse finds itself squarely in NCAA Tournament contention as the last undefeated team in the nation, earning a spot in the national poll for the first time since 2013.

The Bobcats clocked in at No. 20 in this week's Inside Lacrosse media poll, marking their first appearance since the final poll of the 2016 season, where Quinnipiac slotted in at No. 18 after an NCAA Quarterfinal loss to eventual national runner-up Maryland.

"I think we just have guys that understand what we're trying to do here," head coach Mason Poli said on Feb. 17. "They're really buying in to that team-first mindset. ... It's from top to bottom on the roster."

With victories over St. John's, Brown, Bryant, Merrimack, Canisius, Wagner and Marist, Quinnipiac is off to its best start since 2001, and is one win away from clinching its first winning season since 2019.

The Bobcats are backstopped by junior goaltender Mason Oak, whose 15.57 saves-per-game leads the nation. He was named to the Tewaaraton Award Watch List, given to the top player in college lacrosse, on March 7.

"Heading into this year, we knew we had a lot of veteran depth returning," Poli said. "The positions that were kind of question marks for us are starting to settle down."

Overall, Quinnipiac has the country's eighth-best scoring defense, allowing just 9.29 goals-per-game, while its 14.14 average on offense sits 12th nationally.

Senior attacker Dylan Donnery paces the team's attack, averaging three goals-per-game. Graduate student attacker John DeLucia is not far behind, as his 2.57 goal average is also top 50 in the nation.

Entering the heart of conference play, the Bobcats' 3-0 MAAC record has them on track for their third conference regular season title in program history (2016, 2018), but their toughest opponents still lie ahead.

LIU (6-1) and Sacred Heart (5-4) are the only other teams in the MAAC above .500. Quinnipiac won't face the Sharks and Pioneers until April 10 and 20, respectively.

The Bobcats are back in action against Manhattan (2-6, 2-1 MAAC) on Wednesday, with eyes set on their eighth-straight victory, inching toward the program's record 12-0 start from 2001.

"We work as a team," Oak said on Feb. 17. "(We) try to do everything together."



Senior forward Travis Treloar battles along the boards during the ECAC Semifinals in Lake Placid, New York, on March 22.

SCRIVINES from 10
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ry. We know what a high school runner is running right now, the question is: what's that runner going to do two, three, four years from now?"

It's one thing to know who you want to recruit, it's another to go out and get the athletes. Scrivines' first recruiting class with Quinnipiac in 2023 was a single runner: freshman Michael Strain.

To his credit, Strain was a top-three runner for the Bobcats in the late fall, but his development alone can't propel the team forward. He fits into a larger picture of Scrivines' vision for the future of the program, which starts with depth.

"We're going to need more depth than where we are right now," Scrivines said. "But we feel like that'll happen over time, and then it's about like, OK so we've got to get the depth and then we've got to get more front end runners."

The problem with securing those front-end

runners — or any runners for that matter — comes down to one simple fact about Quinnipiac cross country: it's just cross country. Quinnipiac has no men's track and field team. It was axed with men's golf in a sweeping round of budgetary cuts and ensuing Title IX lawsuit in 2009 that saved the volleyball program and ended with the school adding acrobatics and tumbling, women's golf and rugby.

"It cuts that recruiting pool in half of the people that need track," Scrivines said. "So there's pros and cons, but we're going to tell the recruits all the pros."

Despite not being championship-eligible, Quinnipiac still competes in several meets during the indoor and outdoor track seasons, making the disparity minimal for those in the program.

"I was definitely more of a track guy coming into it, but it didn't seem to bother me that much because we still run a good four, five meets in spring track," Kuss said. "So I feel like you still get

that track season even though on paper, technically, we don't have a track team."

It's not an unfamiliar position for Scrivines, who was previously the head coach of both the men's and women's cross country teams at Fairfield, one of two MAAC schools besides Quinnipiac without men's track. His job is to leverage what may seem like a major con into the reason a runner commits.

"We pitch the whole like, 'What are the advantages of cross country only?'" Scrivines said. "And its less injury rates, lower burnout rates, after our season we can take the recovery time in November and December that we need ... and then there's the academic piece where hey, 'We're not traveling as much,' all that stuff."

And the atmosphere that Scrivines has created in his short tenure gives another boost to the one-dimensional program.

"He kind of brings a fun light to the sport. Under no coach have I enjoyed run-

ning as much as I do under coach Scrivines," Kus said. "He really makes me enjoy it. He's tough on us, (but) he knows what to do."

Quinnipiac will not skyrocket to success overnight. It will see the bottom of the MAAC long before it sees the top. But with time and new talent, Scrivines is hopeful his team will get there.

"It's a process. It's going to take a little while. But we're just trying to each year build and keep building and we'll get there eventually," Scrivines said. "We're making improvement. It's a little bit slower right now, but I think with a couple of good recruiting classes that we anticipate in the next couple of years, we'll keep climbing."

With the groundwork laid in his first two years in Hamden, Scrivines has his eyes toward the top of the mountain, and the runners he'll have to recruit to get there. It's a question of who will go the first mile — and where they will come from.

Maybe Scrivines will find the answer on another sunny day on Long Island.

AGAIN



PEYTON MCKENZIE/CHRONICLE

Quinnipiac comes up short in Lake Placid, shutout by St. Lawrence in ECAC Semifinal

By AMANDA DRONZEK
Associate Sports Editor

LAKE PLACID, N.Y. — Maybe it was because senior forward Christophe Fillion’s chain snapped mere seconds into the game. Maybe it was because of a controversial call on a St. Lawrence goal that was reviewed for a kick.

Or maybe Friday night’s 3-0 ECAC Hockey Semifinal loss to No. 7 St. Lawrence happened because No. 1 Quinnipiac had its worst outing all season, being shut out in a playoff game for the first time since 2018.

“Honestly, I’m embarrassed,” head coach Rand Pecknold said. “I think as a staff or myself personally we take a lot of pride in being one of the best coached teams in the nation. I think that’s why we win over the last 10 to 12 years. Details, little things, executing. Again give St. Lawrence credit. I won’t take anything away from it, but I’m embarrassed.”

For the first five minutes of the game, the

reigning national champions dominated. But the other 55 minutes was all St. Lawrence.

“I think we played (to) our identity,” Saints graduate student goaltender Ben Kraws said. “That’s what we’ve been doing the last month and we’ve been having a lot of success, so (if we) stick to our identity we can beat anybody.”

St. Lawrence hasn’t exactly had a memorable year, going 13-18-6 prior to the semifinals. But one of those wins was a 3-1 upset over Quinnipiac on Feb. 9. And that victory just happened to put the Saints into hyper-drive for the postseason.

“We’ve got a sign on our wall in our locker room that says, ‘Your responsibility as a member of this program is to help others be great,’” Saints head coach Brent Brekke said. “It’s not about you, it’s about the guy next to you and across from you. (Players and staff) bought in and you’re going to see the results of it.”

Sure enough, that’s exactly what happened.

The first frame was a defensive duel, with Kraws and Quinnipiac senior goaltender Vinny Duplessis making big-time saves under high-stress opportunities.

And despite what the score showed, the Bobcats still had 22 shots on net. The issue wasn’t offense, it was discipline. Ugly turnovers and misplaced passes in the offensive zone came back to haunt Quinnipiac. It felt practically identical to its 3-2 double-overtime ECAC Semifinal loss to Colgate in 2023.

“They’re devastated,” Pecknold said of the team. “The staff, we’re devastated.”

What really stunned the Bobcats was the penalty kill, their biggest rival to date. Sophomore forward Sam Lipkin went to the box for slashing midway through the second frame, giving St. Lawrence a golden opportunity to build on its 1-0 lead. And it did.

Sophomore forward Felix Gavars crossed the puck to senior forward Max Dorrington,

who appeared to intentionally direct it into the back of the net with his foot. Or at least that’s what it looked like. Quinnipiac challenged the call, but ultimately it stood. The Saints were up 2-0 and time was running out.

“We have a certain way that we kill penalties and we didn’t kill properly,” Pecknold said. “We’ve been doing it all year and we just haven’t executed. That’s not what we’re about.”

To truly stick the knife in Quinnipiac’s coffin, the Saints scored an empty-net goal with less than two minutes in regulation — an extremely uncharacteristic result for the Bobcats. Pecknold is known for having success with the 6-on-5 advantage when a game is on the line. But Friday just wasn’t the day for miracles.

“It’s a wake up call for sure,” graduate student defender Jayden Lee said. “You just have to forget about this one and move on.”

Bobcats draw Wisconsin in first round of NCAA Tournament

By CAMERON LEVASSEUR
Sports Editor

No. 9 Quinnipiac men’s hockey will face No. 8 Wisconsin in the opening round of the NCAA Tournament on Friday, beginning the journey to repeat as national champions in the Providence Regional.

The Bobcats could have risen as high as No. 4 entering conference championship weekend, but an upset by St. Lawrence in the ECAC semifinals plummeted their standing in the Pairwise, the mathematical tournament determinator.

“Part of the problem all night (was) we kind of went rogue a little bit in a lot of situations and that’s not what we’re about,” Pecknold said following the March 22 loss. “We’re about our identity and our culture and it was not on display tonight.”

Wisconsin — which hasn’t played since March 10 — was also upset in its conference tournament. The Badgers finished the regular season No. 2 in the Big Ten, but lost to bottom-seeded Ohio State in a best-of-three quarterfinal series.

Quinnipiac has faced Wisconsin only twice in program history. It was swept by the Badgers in a two-game road series in October 2003, just six seasons after the Bobcats jumped to Division I.

The two teams will square off at Amica Mutual Pavilion in Providence at 5:30 p.m. on Friday, with the winner set to face the winner of No. 1 Boston College and No. 16 Michigan Tech on the other side of the regional.

BC enters the regional as the overall top seed in the tournament, cementing its status

with a dominant performance in the Hockey East Tournament, outscoring No. 14 UMass and No. 2 BU by a combined 14-3 in the semifinal and title game.

Michigan Tech earned the tournament’s last auto-bid with a 2-1 upset over Bemidji State in the CCHA Championship. It’s the third-straight tournament appearance for the Huskies — who sit No. 32 in the Pairwise — though they were ousted 8-0 in the first round by Penn State in 2023.