

By CAT MURPHY

News Editor

Quinnipiac University leaders have for years contemplated the future of the school's dwindling theater program. And in late January, administrators came to a bleak but expected consensus: it does not have one.

The Faculty Senate voted on Jan. 22 unanimously to sunset Quinnipiac's theater major, formalizing what was effectively a forgone conclusion.

"Quinnipiac is not a destination for students

who want to pursue a career in theater and our faculty and staff spend an inordinate amount of time unsuccessfully recruiting students," Provost Debra Liebowitz wrote in a November 2023 memo to the committee responsible for academic programming decisions. "Regrettably, we cannot provide the enriching cohort experience our students deserve."

The university's theater program has faced consistent enrollment challenges since its 2009 establishment. Even at its height, the program was only graduating an average of four

students per year. But over the last six years, the major's enrollment levels have fallen to all-time lows. Case in point, of Quinnipiac's roughly 6,000 current undergraduate students, there are just 10 primary theater majors and four theater double majors — only one of whom is enrolled in the class of 2027.

"The Theater Major is consuming a disproportionate amount of resources relative to the number of students in the major and compared

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Mountainview residents still dealing with aftermath of flooding

By ALEXANDRA MARTINAKOVA

News Editor

Some Quinnipiac University students are still displaced more than two weeks after a burst sprinkler caused severe flooding in the Mountainview Residence Hall.

On Jan. 17, three days before spring 2024 move-in was scheduled to begin, a burst sprinkler caused flooding on the second and third floors of the first-year residence hall. Thomas Rouse, director of residential life, confirmed in a Jan. 30 email statement to The Chronicle that six suites were affected by water damage.

SERVPRO, a water damage restoration service, is working with the university's facilities staff to address the damage. Rouse said it is still unclear why the sprinkler burst.

Kennedy Darko, an international student who moved back into his suite earlier than most, was in his third-floor dorm room when the sprinkler burst.

"I don't know how it happened," the firstyear biology major from Ghana said. "My back was facing where the sprinkler had to have burst. All I could remember was the back of my hoodie got all wet all of a sudden, and I saw smoke coming out and all I could do was run. It seemed so strange to me."

The extent of the flooding in Darko's room forced Quinnipiac officials to temporarily relocate him and his roommates to a repurposed study room in Dana English Residence Hall. As of Feb. 3, they were allowed to move back into their Mountainview suite.

Pictures and videos of the damage quickly flooded the Quinnipiac 2027 student Snapchat story hours after the flood occurred, which is how some of the affected students learned what had happened.

"I didn't hear anything about it other than the Snapchat story for like two days," said first-year marketing major Violet Mc-Carthy, whose third-floor suite was also affected by the flooding.

Her suitemate, first-year 3+1 journalism major Evangeline Crossley, said their suite "wasn't as affected" as some of the others.

"All our room had was a layer of water which led to our carpet being gone," Crossley said. "They moved a lot of our stuff onto our beds when the ground was damaged, which was a little weird because it still had water damage."

In a Jan. 25 email to the affected Mountainview Residence Hall residents, the Office of Housing wrote that Travelers, the university's insurance company, was still determining "whether any personal belongings that were damaged will be covered by the university's insurance policy."

"The Office of Housing, under the supervision of Director Mark DeVilbiss, is working closely with the impacted students, providing them with regular updates and offering opportunities to inventory their possessions that were left in the impacted suites over the winter break," Rouse wrote in a Jan. 30 email to The Chronicle. "At this time, we are unable to provide

specific information about the extent of the damage."

Crossley said Travelers representatives came to inspect her suite and gather photos of the damage on Jan. 29.

She also said that she and her roommates have not received any additional information about potential reimbursements and had already purchased new items themselves instead.

"It looked like my laptop, my Kindle, my Airpods, my sound speaker, everything got ruined," Darko said. "I bought my laptop like three days before I relocated to the U.S."

Darko, like Crossley and McCarthy, said he hasn't "heard anything from anyone" about receiving reimbursements for his damaged property.

Before move-in, the Office of Housing regularly updated all affected residents on the statuses of their dorms.

In some of the flooded suites, the water damage destroyed walls to the point that officials had to tear them down and rebuild them.

Since the water damage in their rooms only affected the carpet, Crossley and Mc-Carthy received two separate emails confirming that their suite could move back in at 3 p.m. on Jan. 21. However, delays in the restoration process ultimately prevented their suite from moving in until 5 p.m.

"Most of us were already here so that was annoying," Crossley said.

Quinnipiac names first Black dean in 95-year history

By CAT MURPHY

News Editor

Nadine Barnett Cosby is slated to make Quinnipiac University history this June as the school's first-ever Black dean.

Provost Debra Liebowitz announced in an email Monday that Cosby, Iona University's associate vice provost for academic affairs, will take over as dean of the university's communications school on June 15.

Cosby, an associate professor of media and strategic communication at Iona, will also teach in the School of Communications' film, television and media arts department.

Interim Dean Terry Bloom — the previous associate dean who was appointed interim in the wake of former Dean Chris Roush's resignation last June — will continue to oversee the School of Communications until Cosby takes over.

Cosby joined Iona in 2012 following a 20year career in the media industry, according to her official faculty page. At Iona, she taught a range of courses in, among other things, broadcasting, production and television writing.

The writer, producer and director — who has dedicated her career to exploring media representation of marginalized populations — also co-chairs Iona's diversity committee and co-founded the school's minor in Black studies.

Cosby holds a doctoral degree in communication studies from Regent University. The accomplished academic, who completed her undergraduate education at Lehman College, also holds master's degrees in public relations and media studies from Iona and The New School for Public Engagement, respectively.

Liebowitz said Cosby's "blend of industry, academic and interdisciplinary experience and commitment to student success" stood out to the search committee.

"Dr. Cosby is a seasoned academic leader with a passion for fostering student success, faculty engagement and advancing the academic mission of higher education," Liebowitz wrote in the Feb. 5 email to the Quinnipiac community. "A scholar of theory and practice, she brings a wealth of experience, combining academic expertise, practical skills and application, experience in communications industries, and a strong commitment to diversity, equity and inclusion."



Nadine Barnett Cosby, incoming dean of Quinnipiac University's School of Communication, will become the first Black dean in school history this June.

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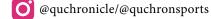
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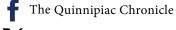
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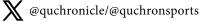
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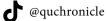
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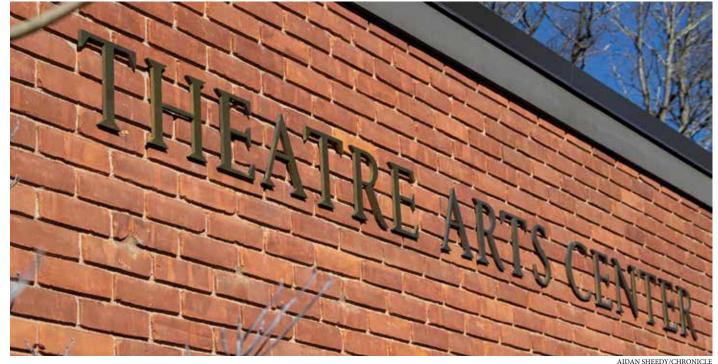
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Quinnipiac University's Theatre Arts Center on Sherman Avenue. Quinnipiac's Faculty Senate voted Jan. 22 to discontinue the university's theater major after 15 years.

Quinnipiac sunsets theater major, citing low enrollment and high costs

THEATER from cover

to other majors in the CAS," Liebowitz wrote. "Those resources take away from experiences that would build the arts at OU and impact a greater number of students."

And according to the provost's Nov. 27 memo, the theater major suffers not only from declining interest but also from "numerous structural (and) institutional deficiencies" that make its enrollment struggles impossible to overcome.

But many of the students in the program attribute the major's low enrollment levels to something else entirely: a lack of advertising.

"They cited a loss of interest as one of the reasons that they were sunsetting the program, but I feel like that's an issue entirely manufactured by the university," sophomore theater major Qadira Shaw wrote in a statement to The Chronicle. "I feel like the program could've survived and we could've had more people interested if the university even slightly acknowledged our existence.'

Or, as Amari O'Connor, a senior theater and game design double major, put it: "They don't advertise it very heavily, and then they act like no one's interested in it."

And even though Quinnipiac's theater major is relatively small, its students would argue that they have always made it work.

"I mean, sure, we don't have the biggest class sizes on campus," sophomore theater major Sonny Ryans said. "We keep selling out our shows. And so to us, we don't understand why you won't just leave everything the way it is."

But by the time the vote reached the Senate in late January, the writing was on the wall. So clear was that writing, in fact, that Abbey Copeland, director of the theater program, notified her students more than eight months ago about the program's imminent discontinuation.

"The school has actually been very impressed with all of our hard work in these last few years, but has to abide by the enrollment numbers which have been drastically down," Copeland wrote in a May 28 email announcement.

Copeland told her students in the same May 28 email that Kevin Daly, the former theater program director, had also chosen not to return to Quinnipiac for the fall 2023 semester.

And although the decision to sunset the theater program was all but guaranteed at this point, the program's three-person staff was not. Daly's position, Copeland said, "goes away with him."

'We have to present our case to the dean in order to get a third full time person in the theater next year," Copeland told students. "I need your help to make the case."

While theater students could no longer fight for their program, they could still fight for their staff.

"They were going to expect two faculty members to run their full mainstage theater schedule on their own," O'Connor said, calling this prospect "absolutely wild." "People wrote some letters and emails ... trying to show that the theater department was important and we still needed things to be happening in it."

Copeland declined to comment on the decision to shutter the theater program. However, the university did ultimately bring on a visiting assistant professor of theater, Ariel Sibert, to serve as the university's third fulltime theater faculty member.

'We were successful, at least with convincing them of that," O'Connor said.

Importantly, the move to discontinue admissions to the theater major will not impact currently enrolled theater majors. Rather, the university intends to "teach out" the program's 14 remaining undergraduate students, seven of whom will graduate this May.

But the guarantee of graduation pro-

vides very little comfort to Quinnipiac's final theater majors.

"It feels like they're telling us we're not worth it," Ryans said. "For them to tell us that our major is gone, it's like they're telling us that our safe space isn't worth it."

And for Ryans, that feeling of abandonment raises a new question: "Is it worth it to stay at Quinnipiac?'

The major's discontinuation also will not affect Quinnipiac's theater minor. If anything, administrators argue that Quinnipiac's theater minors will benefit from the discontinuation.

That is, once Quinnipiac confers its final theater degree in 2027, the university plans to restructure the program to prioritize "activities and courses that will engage a greater number of students in theater at Quinnipiac."

"There is significant interest in theater courses for non-majors," Liebowitz wrote in the memo to faculty. "From the College's perspective, discontinuing the major will allow them to redirect funds currently devoted to upper-level courses to courses and experiences that will benefit a greater number of students."

Without the financial burden of the major, Liebowitz said, the university will have the resources to enrich Quinnipiac's "co-curricular and extra-curricular activities, mainstage performances, student theater groups, campus collaborations, and community partnerships."

"So, in short, we will eventually quit running so many upper level classes needed for the major and offer a more diverse array of specialty ... and or general (courses)," Copeland wrote, listing stage combat and voice acting as examples. This is sort of how the art and music programs currently operate."

Several theater majors pointed out the irony of discontinuing Quinnipiac's last remaining fine arts major.

"It's not CAS. It's kind of CS, if you want to call it that," Ryans said. "Like, the College of Arts and Sciences is quite literally just a College of Sciences. There's no music major, there is no theater major, there is no art major."

But those same students echoed the sentiment: the university's decision may have been shocking, but it was not necessarily surprising.

"I was honestly a bit surprised by the decision, but not fully," sophomore theater major Stephen Russo wrote in a statement to The Chronicle. "Every school I've been in, theater and the arts in general — have always been put on the back burner."

And yet, for the final 14 theater majors, seeing it coming didn't make it sting any less.

"It just feels so unfair," Ryans said. "It's kind of a slap in the face, actually."

"It feels like they're telling us we're not worth it."

- Sonny Ryans

SOPHOMORE THEATER MAJOR

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Two South Quad buildings get official names

By KATIE LANGLEY

Quinnipiac University released the names and additional details about two of its three newest buildings: a 137,000-square foot academic center dubbed The SITE (science, innovation, technology and exploration) and The Grove, a 417-bed residential hall.

The SITE and The Grove are joined by the new School of Business in what will become the \$293 million South Quad.

Provost Debra Liebowitz said the name for The SITE, which was announced on Jan. 22, is meant to reflect the building's "cross-university, interdisciplinary" purpose.

The SITE — slated to open in May 2025 will feature six classrooms, 15 teaching labs, seven group workspaces, communal areas and an auditorium.

Though many of the classrooms will be devoted to the science, technology, engineering and math fields, Liebowitz said the new spaces in The SITE are meant for all disciplines.

"We're really thinking about how to create more space on campus that promotes collaboration and interaction and is multi-use," Liebowitz said.

Included in these spaces is the two-story, 700seat auditorium. The auditorium, Liebowitz said, will include retractable seats so the room can go from theater seating to an open space. In addition, the two levels will be separated by a retractable wall, thus allowing groups to hold events on both levels at the same time.

Officials announced the name and concept of The Grove — expected to open in August 2024 on Jan. 31. Tom Ellett, Quinnipiac's chief experience officer, said the residence hall's name was meant to "pay homage" to the Pine Grove, the path of pine trees that was completely razed during the construction of the South Quad.

"(The Grove) is timeless and harkens back to a beloved area of campus while also being timely and modern," Ellett wrote in a Feb. 3 email statement to The Chronicle. "It aligns with the nature-based names of other residence halls and campus areas ... It connects to the sustainability and environmental elements that are central to the building's design."

In addition to being named after the Pine Grove, the former forest will be a physical part of the dorm. Ellett said university officials had the trees milled so the wood can be incorporated into the South Quad residence hall, which will house students from all classes.

Following Quinnipiac's Instagram post about The Grove on Jan. 31, six users took to the comments to express their disappointment in the naming of the building considering the land's history.

"Cool but you guys still cut down an entire ecosystem for profit," one user wrote.

"Thank god we tore down all those trees to build a 'sustainable' building," another

When asked about those who have environmental concerns - or simply miss the appearance of the Pine Grove — Ellett argued the name was intended to "embrace" the Pine Grove.

"We are not trying to erase history, but simply embrace the former space that stood there," Ellett wrote, noting that a May 2018 tornado severely damaged the forest, which was particularly vulnerable because it was composed of a singular species.

All three buildings in the new South Quad were designed to be Leadership in Energy and Environmental Design certified, and landscapers will incorporate native plants on the site, according to Liebowitz. The South Quad project also includes a high energy efficiency central power station that will serve as the electric source for the Mount Carmel Campus.

With the opening of The SITE, a number of faculty and advising offices will relocate to the new building, including the Mount Carmel Campus offices for the School of Health Sciences and School of Nursing and the main offices for the College of Arts and Sciences.

The university has not yet announced plans for the office spaces that will be vacated upon the opening of The SITE, nor have officials revealed what they plan on doing with the existing Lender School of Business building when the new School of Business is opened.

"We are in the midst of the process of now doing a next-stage analysis of all of the spaces that are going to be vacated," Liebowitz said.





Renderings of The Grove (left) and The SITE, two of the buildings being constructed as part of Quinnipiac University's South Quad project.

Hartford HealthCare partnership brings mental health first aid training to Quinnipiac

By ALEXANDRA MARTINAKOVA

Quinnipiac University and Hartford HealthCare are partnering to offer free mental health first aid training courses to students, faculty and staff throughout the spring 2024 semester.

Mental health first aid is built upon the same basic principles as CPR, teaching bystanders to assist someone experiencing a crisis, according to the National Council for Mental Wellbeing's official website.

Mental health first aid teaches about recovery and resiliency, the belief that individuals experiencing challenges such as depression, anxiety, mood disorders, trauma, psychosis and substance-use disorders, can and do get better, NCMW also states.

Thanks to a Health and Wellness Education grant from the state of Connecticut, Kerry Patton, associate dean of student affairs for health and wellness, brought the eight-hour long, nationally recognized training to the Quinnipiac community at no cost.

Quinnipiac, in partnership with Hartford HealthCare, is offering these courses both virtually and in-person.

The next available sessions are scheduled for Feb. 16, Feb. 24, March 2, April 5 and April 20. Every course starts at 8:30 a.m. and ends at 4 p.m. March 2 is the only in-person session offered in Recreation and Wellness Center Room 218, with the other ones to be hosted on Zoom.

However, Patton noted that she can also try to accommodate any groups of faculty or students who might want a certain date or time.

"My goal is to try and have as many students, faculty and staff sign up and attend," Patton said. "The goal is to really try and increase awareness of mental health and this is the one particular training that is highly recommended."

Patton said, 150 participants have signed up for the course - 34% of which are students, as of Feb. 5.

Bernadette Mele, chair and clinical professor of diagnostic imaging, attended one of the Zoom sessions. She said the sign-up process was easy, with very clear expectations for attending.

"We had some two hours of paperwork that had to be done prior to the day, to help you prepare and be ready for discussions, and you had to be available for the entire eight hours," Mele said. "We had opportunities for group discussions, there were a lot of scenarios, videos that were helpful as well as break-out sessions with smaller group discussions."

The course teaches individuals to apply the knowledge they learn in a variety of crisis situations. Specifically, they learn how to properly help someone experiencing panic attacks, suicidal thoughts or behavior, nonsuicidal selfinjury, acute psychosis, a trauma response, overdose or withdrawal symptoms.

The training teaches a multi-step action plan that includes: assessing for risk of suicide and harm, how to listen nonjudgementally, giving reassurance and information, encouraging appropriate professional help, encouraging self-help and other support strategies.

At the end, participants receive a three-year certification in mental health first aid.

The NCMW website states four reasons to take this course: to be prepared, to be able to help, to educate that mental illnesses are common and to show that you care.

"I thought it was very helpful in my role as a faculty member, a program director and department chair," Mele said. "It wasn't just having the knowledge behind me to be able to address crises in students, but it was also to be able to recognize it in my faculty as well as myself, and even in my teenage children and their friends."

Hartford HealthCare trainers are leading the courses, but Patton hopes to soon have members of the Quinnipiac community become trainers.

"What we are going to do is develop a train the trainer this summer," she said. "Hopefully, ongoing, we'll have our own trainers to be able to hold this, and not just end it in spring."

This is the second training Patton brought to Quinnipiac thanks to her grant — the first one being the QPR training back in the fall 2023 semester — and she said she does not want these training to end.

"One of the things that I found really interesting was asking somebody if they are thinking about suicide," Mele said. "I never thought you could come right out and ask the question, but you have to. To hear that it was okay and not be afraid of it was actually pretty freeing."

In October 2022, Quinnipiac was one of 400 schools to participate in the Healthy Minds Study conducted by the University of Michigan's School of Public Health.

According to the key findings, 41% of respondents reported some form of depression, 36% admitted to anxiety disorders, 29% inflicted a nonsuicidal self-injury and 36% received any form of mental health counseling or therapy.

College students are affected by a range of stressors, including academic and social pressure, balancing obligations and societal concerns, according to the American Psychiatric Association. With this in mind, Patton stressed the importance of access to resources.

"I would love for as many people in our community to be able to take on this opportunity," Patton said. "Sometimes the eight hours is a commitment but when people are finished with it, I think the reward that they feel of getting that support and knowledge is just so helpful for them."

Mele also argued that one does not need a specific reason to be able to attend.

"It can be just for the people in your life that you are concerned about." Mele said. "I don't think there's a reason that you won't be able to set aside eight hours to be able to do

Opinion

Double standards in pop culture

Taylor Swift vs. the 'dads, Brads and Chads'

By AMANDA MADERA

It's clearly a "Love Story" between Taylor Swift and the NFL, so why all the negative reactions from football fans — specifically men — to her attending games?

The answer is plain and simple. Swift has been dealing with misogyny her entire career, and when the world got word of her and Travis Kelce's romance, it peaked once again.

I find it extremely hypocritical to be angry at Swift for being on camera when this isn't the first time celebrities have attended football games.

Even though those celebrity appearances weren't all season-long like Swift's, she's there to support her boyfriend and isn't doing anything wrong.

Many will say Swift is shown on camera during the games too much, but a recent study from The New York Times showed that the longest Swift was on camera during an entire game was for one minute.

"She is typically onscreen for less than 25 seconds over the course of broadcasts that run longer than three hours," wrote The Times' Senior Editor Benjamin Hoffman.

With Swift expected to be in attendance this Sunday, the argument that people just want to watch football could not be farther from the truth. Super Bowl advertisements are almost as anticipated as the actual game.

In fact, a Statista study found that "three out of 10 Americans said the commercials were their favorite part of the (Super Bowl)."

While game-watchers and commercialwatchers might not overlap, it's not like people turn off their TVs everytime the advertisements or the halfime show comes on.

There are no negative ramifications of Swift attending football games. Her screen time has



sparked an interest in football among many Swifties, myself included.

According to CBS News, Kelce and Swift's relationship caused 24% of Gen Z and 20% of millennials to turn on their screens and

Many young girls are watching football games with their families in hopes of seeing Swift pop up on the screen.

Her appearances give people with dueling interests a chance to connect, specifically between Swifties and football fans.

All along, the NFL has been reaping all the benefits from the "Tayvis" romance.

The Kansas City Chiefs, as well as the NFL, have gained \$331.5 million in revenue just by Swift showing up to the games, Apex Marketing Group tells Front Office Sports.

"That number, calculated Jan. 22, comes from print, digital, radio, TV, highlights, and social media mentioning Swift going back to her first game on Sept. 24, then figuring out the equivalent dollar value for each instance based on reach and impact," according to Front Office Sports.

Despite this, her appearances have generated negativity from football fans. Once a woman expresses that she likes a male-dominated activity, it's the end of the world. I believe that people are afraid of a powerful, outspoken and talented woman enjoying the same things they do.

Why is it that when Kelce made an appearance at Swift's Era's Tour performance in Buenos Aires, Argentina, he was applauded by Swifties for being a supportive boyfriend, but Swift is booed by NFL crowds when she steps into the stadium?

It's honestly exhausting having to hear people say how Swift can't sing and she only makes songs about her exes whenever I mention I like her music. I don't insult people every time they express they're a fan of Ye, formerly known as Kanye West, so what's the difference?

Not only does hate come from men, a lot of women have hopped on the bandwagon of tearing

Growing up, I didn't like Swift because everyone around me didn't. It was around the "1989" era where she was receiving mass amounts of hate for making music that was popular on radio stations.

When Swift released "folklore" in 2020, I decided to give her music a shot. I instantly fell in love with her creativity and lyricism, and since then, Swift has climbed to the top of my

Her versatility and devotion to her fans from the very beginning makes her unlike any other artist to me. She truly can make any genre of music sound good.

There's a reason she's currently the biggest pop star globally. If people really sat down and listened, they would find at least one song out of her entire discography that they love.

Swifts' name comes out of the mouths of haters more than the mouths of her fans. If you really hate her that much, talk about your own interests instead.

Hating on something or someone that's popular doesn't make you special. Swift can't control how many times she's shown during football games, and the NFL doesn't seem to be opposed to her appearances.

Swift, on her own, generates publicity wherever she goes, whether it's negative or positive. Haters are going to hate, but she will continue to "Shake It Off." All it's doing is helping her in the

It's one thing to dislike her music, but to treat her with the amount of disrespect she receives is ultimately insulting to women. If Swift was a man, then she'd be the man.

'Don't yuck my yum': My stance against unnecessary criticism

By A.J. NEWTH

I never thought that a phrase coined on social media would become the heart of one of my most significant opinions, yet here we are.

The phrase "don't yuck my yum," otherwise meaning don't disparage my personal tastes simply because they're not your own, has become more and more meaningful to me in the last year.

When it comes to personal preference, I always try not to project my own thoughts and feelings onto others, whether that's foods, clothing, entertainment or their choice in friends. Because of this, I find it difficult to understand why others feel the need to comment on what I like.

Why do you care?

It's one thing to voice your opinion when asked, but unsolicited and often negative advice from others always leaves me with a bad taste in my mouth and feelings of self doubt in my mind.

Judging other people is not new. It's been around forever, and the reason we do it is to avoid dealing with potential feelings of inferiority and shame. Since judging others can never give a person what they really need, they feel like they need to keep doing it creating an endless toxic cycle, according to Psychology Today.

A recent "yuck" that has been bothering me is the need to comment on my choices on beverages and style. If I had a nickel for everytime someone told me I was hurting myself by drinking a Celsius, I would have enough money to buy the company.

The same goes for the water bottle I carry with me. I'm either told I'm "too boring and basic" or that I simply own something because it's trending. There's also my personal favorite, "you can't even think for yourself." All of this because of a Stanley-brand cup is mind-boggling, to put it lightly.

My roommates and I use the phrase "don't yuck my yum" pretty frequently in our suite. While we use it mostly because it sounds funny, it's also a gentle reminder to be considerate of others' thoughts, feelings and preferences. You never really know how your words affect people, and it's important to not make someone feel lessthan for their choices.

Without beating on a dead drum, I have to mention the negative impacts of social media

If you really think about it, there's nothing that impacts judgment more than social media; caring about what others think is the entire backbone of the online community. It's the reason Instagram added a "hide likes" feature because the same platform was pushing younger generations toward self-harm. It's why 90% of young women report using a filter or editing their photos before posting. It's also how a simple Google search of "why is social media toxic" prompts thousands of scholarly articles linking mental health disparities to online platforms.

While this is part of a much bigger problem, my point is to stop commenting on what other people do with their lives. I'm not saying you can't have your own opinions, just be more mindful of the way you share them.

In a world where there's so much hate on the internet and with how we interact with others, why do we need to judge them too? Can't we just let people live their lives?

I'm not saying I'm perfect; I definitely do slip up and judge people without thinking because it's so ingrained into our culture. It's something I'm working on, and something you can work on too.

Some helpful tips for reducing judgement are noticing what triggers your judgmental thoughts and pushing yourself to interact more with new people, places and ideas. At the end of the day, forcing our thoughts onto others can be summed up into one word: intention.

If we make an effort to be more intentional with our trains of thought, our words, the meaning behind our words and the way we perceive others, we can solve a whole lot more than "yucking someone's yum."

It's so easy for individuals to make assumptions from the outside without even knowing someone. And honestly, what I choose to drink, wear or carry around with me is none of your business. If I wanted your opinion, I would ask for it.



Opinion

Victims of abuse don't deserve life sentences

By LILLIAN CURTIN

Associate Opinion Editor

Since her release from prison in December after serving eight years of her 10-year sentence, Gypsy-Rose Blanchard-Anderson tasted freedom for not just the first time in almost a decade, but the first time in her life. That freedom came out of her tragic past that sparked the attention of many.

Blanchard-Anderson helped plan the murder of her own mother at 23 years old. For her, it was an escape from lifelong torture. But, for her thenboyfriend Nicholas Godejohn, who physically did the crime, it was fun to kill.

Now, after her release, she has gained endless support from strangers in-person and online.

She is just one of many victims of abuse that escaped by killing their abuser. Though her actions were misguided by her suffering, she felt that killing her abuser was her only way out.

She is a victim of Munchausen syndrome by proxy — where parents knowingly portray their healthy child as sick.

Blanchard-Anderson is not the only one who thought this way though. Erik and Lyle Menéndez confessed to killing their parents to escape sexual abuse, which gained them notoriety in the early 1990s when they were sentenced to life in prison.

The Menéndez brothers claimed they committed murder out of fear that their father was going to kill them.

Victims of abuse should not be kept in prison for a disproportionate amount of time for killing their abusers as a means to escape. These criminals are imprisoned for freeing themselves in the only way they knew how. Frankly, I think it's unfair and unethical.

Although the perpetrators should spend some time in prison for their crimes, especially because in these cases they were gruesome murders, life in prison is unreasonable.

I believe a 10-year sentence, using Blanchard-Anderson as a precedent, would suffice. It allows the possibility to help others when released. Blanchard-Anderson is using her freedom to be an advocate for Munchausen syndrome by proxy, the brothers could use theirs to further their support for victims of sexual abuse.

Prison is meant to be a punishment. But how can it be a punishment when the life inmates were already living was worse? The justice system has failed them. Blanchard-Anderson and the Menéndez brothers are the real victims. In my eyes, the crimes that they committed were self-defense. Their parents' abuse was more of a prison than actual prison was.

For Blanchard-Anderson's whole life, she was helplessly isolated. Blanchard-Anderson's mother, Clauddine "Dee Dee" Blanchard, was a perpetuator of Munchausen syndrome by proxy. Blanchard-Anderson was forced to undergo unnecessary procedures and extreme treatments such as having a feeding tube inserted and receiving chemotherapy. Why? Dee Dee claimed that Gypsy-Rose had leukemia, muscular dystrophy and epilepsy among other disorders.

After a failed attempt to flee, the only way out in her perspective was if her mother couldn't hold her back anymore. She said in a statement to ABC News that she felt freer in prison than in her own home with her mother

Some users on social media claim that the perpetrators did not try everything to escape abuse, but I believe they did as much as they could. Blanchard-Anderson attempted to run away and the Menéndez brothers told others about what was happening in their home, informing a cousin that they were being sexually abused. Yet, none of them were freed from

During the time of the killings, Lyle Menéndez was 21 years old. According to Child Protect, a children's advocacy center, "80% of 21-year-olds who were abused as children met criteria for at least one psychological disorder."

Blanchard-Anderson and the Menéndez brothers could've had battered child syndrome, a condition where a child has sustained injuries due to mistreatment and abuse. They had reached a point where the abuse was no longer tolerable. In fact, a psychologist agreed that the Menéndez brothers had this during the trial, but the prosecution stated that BCS "does not exist," and "It is not a proper diagnosis ... It is not a mental disorder," according to CNN.

The U.S. Department of Justice recognized BCS a month after the 1996 Menéndez trial. With these developments, I think the court should revisit the case, with updated findings and

Think about your loved ones. If they were in the same situations as these "criminals," would you want them imprisoned for escaping a life of abuse?

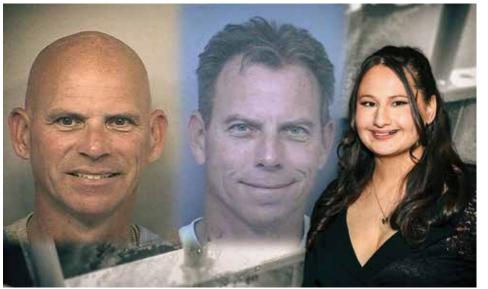
WWL-TV, a news station in Louisiana, conducted an investigation in 2018, found that "21 women out of more than 100 serving life sentences" in Louisiana were convicted for murdering their abusive partner.

Life sentences for killing an abuser sends a message that it's better to suffer than try to free yourself. That's not something I would want my loved ones to deal with.

The Menéndez brothers have done their time, and are using it to help others by counseling other victims of abuse in prison. They should be released and allowed to live a normal life with their families, a life they've never lived before.

I'm grateful for Blanchard-Anderson's release because it sets a precedent for imprisoned victims of abuse, but this is only the beginning. Time in prison is reasonable for murdering one's abusers, but a life sentence is not.

Blanchard-Anderson is one of many victims of abuse that only killed to live. We need to send the right message to those incarcerated for the wrong reasons and support abuse survivors.



How Quinnipiac University made me fall in love with college

By CARTER KANE Contributing Writer

What makes you happy when it comes to college? Really think about it for a minute.

For me, it was the chance of a fresh start at a new school that was the perfect fit for me. It took five months, four advisor meetings, three transcripts, two recommendation letters and one application for me to finally become a Quinnipiac University transfer student as a sophomore.

No matter where you're coming from, if you're thinking about transferring to this school, I would highly encourage you to do a bit more research. I can hands-down say this has been one of the best decisions of my life. It's been so rewarding to be able to finally call my college my home.

The second I stepped foot on campus for orientation, I knew this was going to be better than my previous college experience. Going from the University of Connecticut, which has about 40,000 students, to a student population of around 9,000 was definitely a change in pace on every level.

One thing that stood out to me and my parents happened at our first visit for an open house. Our tour guide was energetic and fun, but not fake about it. Even if she was, she fooled me that day because she really showed this place off to be the best school anyone could apply to.

That made the stress of the transfer pro-

cess almost disappear from my mind as soon as I saw how simple it was to pack up my bags, send in my forms and wait for a response from Quinnipiac.

Another reason that pulled me toward this school was the help and resources available 24/7.

UConn was a hard environment to adjust to after high school. Going from a high school with a graduating class of 200 to a huge campus was a big step that I may have underestimated. The school didn't have a great welcoming committee and my parents picked up on how I was feeling the second we second on campus sitting in my dorm alone utes away? stepped on campus.

After being on campus for a little over a week, I saw just how beautiful this school is. There's always something going on and always a familiar face to smile at. Going from meals alone to having nightly dinners with good friends has been my favorite part of being here so far.

UConn's dining halls are each close to a dorm and the dorms are all spread out over campus. The struggle came in when my few friends' dorms and mine were all 20 minutes away and we couldn't find a good time or place to meet because of the amount of planning that had to go into a simple thing like getting dinner. At Quinnipiac, I can send a text and have a group dinner set up in five minutes.

Another big change was the learning experience as a whole. I definitely had some trouble

focusing in giant 200-person lecture halls, and looking around, it seemed like 90% of others paid about the same attention as I did. Smaller classrooms not only allow me to engage better with the material but also get to know other classmates and my professor better.

I spent way too long just sitting in my dorm giving up on any hope to achieve anything in college until I thought of the idea of transferring. I realized there was a fresh start in front of my eyes, and I knew when I got the decision letter that I wasn't going to waste a single

thinking about what I could be doing out there.

I got up and joined clubs, talked to new people and made sure that I was sticking to my promise that I would make things better, working toward that fresh start I promised myself five months ago in my old dorm.

So now I ask you the same question: what makes you happy when you think about college? Is it the new life of independence still kicking in, the clubs, greek life or athletics teams you might be a part of, or is it just the fact that there's a Starbucks always five min-



Contributing writer Carter Kane transferred to Quinnipiac University from the University of Connecticut in the spring 2024.



(From left) Founding members Ashley Usewicz, Kelsey Leighton, Abby Albert, Kaitlyn Salaris and Meagan Kogan of the Girls That Invest Club have created a new space on campus for women who want to get involved in the world of finance.

Females in Finance

Girls That Invest club emerges at QU

By JACKLYN PELLEGRINO
Arts & Life Editor

Whether you're a beginner, a seasoned investor or simply someone wanting to take a risk to try to make a little money, you should consider joining Quinnipiac University's new Girls That Invest club.

This semester, five female students created a safe space for women to learn about basic business principles and personal investing on campus.

On Mondays at 9:15 p.m. in SB 123, members can play finance themed Kahoot! and hear from several guest speakers who are successful women in finance. Additionally, they will work with the M&T Bank Center for Women & Business alongside Tuvana Rua, co-director of M&T Bank Center for Women & Business.

Abigail Alpert, a senior political science major and Girls That Invest president, said she started the club to empower young women in the world of basic finance and to educate them about personal investments.

Alpert started the club along with Kelsey Leighton, Ashley Usewicz, Kaitlyn Salaris and Meagan Kogan, who were all in MBA-615 Skills for Contemporary Business Issues together.

"We just wanted to create an atmosphere for females to come and ask questions about investments and learn about basic finance and we're starting at the get-go," Alpert said. "We're not going to go all the way down to the nitty-gritty with calculations."

Alpert said some of the specific industry-

based skills that women can learn at the meetings are how to look at different market capitalizations, how to allocate money to a specific stock and when is the best time to buy, sell and trade stocks.

Finance as a whole is a male-dominated industry. In financial services, 46% of employees are women, but they only make up 15% of executive positions and hold only 9% and 6% of senior roles in venture capital and private equity firms, respectively, according to Daniels College of Business at University of Denver.

"We realize that the finance and investment world is very male dominated and it's hard for women to feel comfortable and safe and really express themselves, so we created this club because of that," said Leighton, a senior applied business major and Girls That Invest vice president.

Quinnipiac currently has an investment club on campus that mainly male students attend, the executive board members said.

"(Investment club) is really more catered to people who are in finance and given that finance is such a male dominated sector, there isn't really much female representation," Alpert said. "It could be a little bit scary to attend a meeting that is very male dominanted, through no fault of anybody."

There are several other national organizations that focus on providing a network for women in investment-related fields, such as Girls Who Invest.

"Globally, the percentage of female fund managers has consistently hovered around 12% over the past two decades," according to Girls Who Invest website.

When just getting into investing, there are several different resources that people

Five steps to learn how to invest are to start as early as possible, decide how much to invest, open an investment account, pick an investment strategy and understand your investment options, according to NerdWallet.

Some of the e-board members gave tips on how people can easily learn about investing and even practice without the risk of losing money.

Alpert said there are several simulators such as Investopedia, where people can practice investing in different companies without using actual money.

Kogan, a senior accounting major and Girls That Invest vice president of membership said people can start by doing research and collaborating with others.

"Even I don't know that much about investing and I'm still learning as we're doing this club and learning together," Kogan said.



In a male-dominated industry, the Girls That Invest club want to teach basic finance principles and personal investment goals in a more comfortable space.

The boys are (out of) town

boygenius' graceful exit from superstardom

By KATIE LANGLEY

Editor-in-Chief

After a year of frenzied success that saw boygenius release two stellar bodies of work, earn seven Grammy nominations and recruit a brand-new legion of teenage fans, it seems like the supergroup of every angsty lesbian's dreams is ready to step out of the spotlight.

At an exclusive acoustic set in Los Angeles on Feb. 1, boygenius - comprised of rising solo indie artists Lucy Dacus, Phoebe Bridgers and Julien Baker — shared a message with fans: "We're going away for the foreseeable future."

"We're doing like Bilbo Baggins, like sailing into the sunset, like, 'I don't know when I'll be back," Baker added. "I'm not dying ... but I'm not going away forever."

"We're going to sea," Bridgers and Baker said in unison before joking that they had "spent too much time on a bus together."

In many ways, the group's metaphorical sail into the sunset — coming just more than a year after the announcement of their debut album, "the record" — feels like the bittersweet culmination of a cultural moment and an apt way for Dacus, Bridgers and Baker to graciously move on to the next steps in their respective careers.

Maybe that's my perspective because I never thought I'd get a follow-up to the project that was boygenius' initial collaboration, a six-song, self-titled EP released in 2018. And then I did.

Not to be all "I knew them before they were big," but I've been a boygenius faithful since I was 17 years old, listening to "Salt in the Wound" on my way to high school. I had just discovered Bridgers' "Stranger in the Alps" album, her 2017 solo debut. Wrapped in by Bridger's songwriting, I set out to consume all

the music she had produced, and met her friends Lucy and Julien along the way.

By the time I discovered the EP - a gut wrenching handful of songs by three long-time friends — boygenius was already dead. I thought the moment that was boygenius would be a flash in the pan. As "The Boys" went on to solidify themselves as solo artists in the indie music scene (and I continued to follow their every moves) I thought, how cool would it be if they reunited one day?

And then, seemingly out of nowhere, came a Coachella announcement and an album drop at the start of 2023, five years after The Boys' last collaboration.

"the record" shot boygenius into queer internet superstardom. The group's matching suits became iconic and their performances always closing with The Boys screaming into mics, tackling and making out with each other on stage - were bold and unlike anything fans had seen from other musical artists.

I saw boygenius twice in concert during its whirlwind year, and honestly, it felt like a pilgrimage for gay people.

But The Boys didn't stop with "the record." Seven months later, the group dropped yet another EP, titled "the rest." "the rest" was everything The Boys had left to say after "the record," a collection of four lyrically captivating songs: "Black Hole," "Afraid of Heights," "Voyager" and "Powers."

But above all of their hits, "We're in Love" took on a new life for fans. In the song from "the record," Dacus sings about reincarnation and finding those you love in each life.

The lyrics "In the next one, will you find me? / I'll be the boy with the pink carnation / pinned to my lapel, who looks like hell and asks for help / and if you do, I'll know it's you" inspired fans to don the same pink flowers during boygenius shows and present them to Dacus.

That's why it was so fitting for Dacus, Baker and Bridgers to wear pink carnations on their lapels at the 2024 Grammy Awards on Feb. 4, what could quite possibly be one of their last appearances together as a band for some time. It speaks to what brought these three people together — they would be friends in any life.

And it feels even more appropriate to say that a small indie project created by three friends is now a three-time Grammy winner, with "the record" earning Best Alternative Music Album and the single "Not Strong Enough" taking Best

Rock Performance and Best Rock Song.

More than anything, the group's exit from the cultural zeitgeist shows its healthy approach to fame and its refusal to be sucked into the revolving door of relevancy and creating content for content's sake.

Or, as Bridgers put it on the Grammys red carpet: "It's been a question since our first week of promoting the album, 'What are you guys doing next?' and we're like, 'What do you mean? We have a plan to watch 'Paddington 2."

And personally, I'm thankful that I get to see The Boys drift off to sea at the peak of their fame with Grammys in hand, and I'm excited for more solo work - and the inevitable reunion — on the horizon.



Percy Jackson and the unrealistic expectations set by fans

By ALEXANDRA MARTINAKOVA

Look, I have always wanted to be a halfblood — which is why I had to think long and hard about my honest opinion on "Percy Jackson and the Olympians."

It's easy to get swept away in the expectations that fans of the Rick Riordan series have set for the Disney+ show, especially after the brutal disappointment of the two "Percy Jackson" movies from a decade ago.

I was among those impatiently waiting years for Riordan to bring the extraordinary, beautiful story from his pen to our TV screens.

Unlike the previously mentioned traumatic movies, the first season of the show actually follows the events of "Percy Jackson and the Olympians: The Lightning Thief," the first book in the Percy Jackson series.

And honestly, the show was as good as it could've been. This might seem like a mediocre review, but there's no other way to put it.

As much as the internet exploded after the casting was revealed, I chose to trust Riordan in his choices as he was the one who created the beloved characters in the first place. And really, he did not disappoint.

Walker Scobell — even though he was missing some colored contacts, black hair-dye or maybe a wig — was Percy personified. Percy's quick wit seemed natural in his performance. The powerful emotions behind his eyes often made me forget Scobell is just 15 years old, and not a seasoned actor.

Charlie Bushnell — seemingly having the same problem of finding a blonde wig on the set — truly was the perfect Luke Castellan. He showed Luke not just as the ruthless villain we believed him to be at the end of the book, but rather as the broken kid he truly is. The emotions coloring his voice makes his betrayal scene land so much harder.

Leah Jeffries and Aryan Simhadri did a great job as Annabeth Chase and Grover, respectively, even though the show simplified their characters from the roles they played in the book.

It's important to also mention Lance Reddick's performance as Zeus, his last appearance on TV almost a year after his death. Despite having about five minutes of total screen-time, he delivered the signature arrogance and entitlement of Zeus to perfection and it's tragic that we'll no longer be able to see him in

There's so many more names I could list out, as every cast member acted as if their rent

However, my biggest issue was the fact that the season only had eight episodes, meaning it felt incredibly rushed. While I agree adapting every single part of the book, like some fans hoped for (myself included, I'm not going to lie), would result in some boring scenes, the show felt like someone pressed double speed on the remote.

Glazing over important plot points and basically spoon feeding most of the information to the audience rather than letting the secrets unravel naturally over time took away from the viewing experience. Most of the characters and plot points fell a little flat because of it.

It also lacked the comedic character that was so prominent in the books. Where are the scenes of Percy saying hi to a pink poodle, Grover snacking on aluminum cans and the annoying elevator music in the Empire State Building?



ILLUSTRATION BY SHAVONNE CHIN

It felt like someone threw a blanket over

Nectar and ambrosia, essentially the medicine for demigods, didn't even make an appearance, because the characters barely got a scratch on them. Percy's abusive stepfather Gabe Ugliano (Timm Sharp) was reduced to a comedic annoyance rather than the cause of Percy's and Sally's heartache like in the books.

There was a singular nod to the fact that Greek demigods are dyslexic and no mention of their ADHD at all.

However, I did like the addition of the flashbacks throughout the episodes. It gave characters like Luke and Sally, who didn't have much screen-time otherwise, much needed personality.

Objectively though, the show didn't do anything wrong. It had great casting, it followed the plot of the book (with minor changes here and there) and essentially did what it was supposed to.

But that's just the thing. For someone who has never once picked up a book from the "Percy Jackson" universe, it is a great watch. For those of us who have read every single book that Riordan ever put out, it felt like something was missing.

Putting all of the thoughts that now-me has aside, the me that was a little girl reading Riordan's books with a night light under the covers cannot stop jumping for joy. I guess that's why fans are so judgmental about the show. Because the story means that much to us.

It was a good first season. It was almost a "dam" great first season. Hopefully we won't have to wait another decade for the second one.

Billy Joel is keeping the lights on

By A.J. NEWTH

I've been a fan of Billy Joel's music ever since I was 6 years old singing "Piano Man" in the kitchen with a wooden spoon for a microphone. So much so that my right arm dons a tattoo that reads "Vienna waits for you." When I discovered he was releasing new music for the first time in nearly two decades, I was ecstatic.

Joel's last releases in 2007 were "All My Life" and "Christmas in Fallujah," with his last album, "River of Dreams," released in 1993. Now Joel is finally back for an encore.

Joel released his new single, "Turn the Lights

Back On," on Feb. 1, and it's quite obvious that even at 74 years old, Joel has no problem keeping the lights on.

There's a variety of interpretations on the internet of the new song. ABC News views it as Joel regretting his behavior in a relationship and promising to mend his ways, while Billboard states that Joel is paying tribute to "time's inexorable march," touching on regret and waiting too long to do or say things we are meant to.

The speculations stretch far and wide across pop culture magazines and newspapers, but I think Joel had a different goal in mind while themes and similar rhythms from hits throughout working on this song.

I interpret "Turn the Lights Back On" as a tribute to Joel's fans. This could arguably be the last song he releases before he retires from the music industry, and I think it's the perfect ballad to end a monumental career.

Where one could relate the lyrics to a lover, I think lines like "I'm late, but I'm here right now/And I'm tryin' to find the magic/ That we lost somehow" could also pertain to reconnecting with his listeners. Since it's been 17 years since his last release, he really is "late" when it comes to new music.

I'm not saying Joel's music only has one meaning, because all fans know that contemporary geniuses like Joel leave the purpose behind their words up to the discretion of the listener. The song could also correspond with some of his typical themes like coming of age, life lessons and the passing of time, like in "Vienna," "And So It Goes" and "We Didn't Start the Fire."

While the themes of his music are constant, the style of "Turn the Lights Back On" resonates with some of his classic pieces. It bears similar chord progressions to "She's Always a Woman" and "Just the Way You Are," with bass and snare drum patterns similar to "The Downeaster 'Alexa.'" I can't neglect to mention the piano solo that resembles "Scenes from an Italian Restaurant" as well.

The new release not only perfectly encapsulates his career, but also all the best his years of creating top-tier music.

Joel is unique in the industry, as most artists from his period became more famous after death, or after they're done making music. With Joel, he is a legend in the making, releasing a new album every 12 to 16 months between 1970 and 1993 and creating more than 120 songs.

Not only is he a fantastic artist, but he's an even better performer. I saw Joel in concert with Stevie Nicks this past September as part of their ongoing Two Icons, One Night Tour. Seeing him live was so surreal, and a true test to how talented he really is.

His music has always resonated with a certain feeling of nostalgia, similar to the works of Elton John, Queen, The Eagles and The Beatles (who also had a new release just last year). Not to discredit the artists of today, but there's something about the way musicians from this time period and genre seem to put their whole soul into their craft, and as a listener, I can feel it in every word.

Hearing new music from Joel during a time where I feel passion is missing from a lot of modern-day tunes feels refreshing. It makes me appreciate his music so much more.

There's no announcement as to whether or not more singles or even an album will follow the recent release of "Turn the Lights Back On." I can only hope Joel's not done with music, but if he is, this is quite the exit track.

No matter what comes next, you really do know how to keep the lights on, Billy.



Billy Joel released his new single "Turn the Lights Back On" on Feb. 1 after 17 years

Apple Vision Pro: A student's perspective using **Apple's first 'Spatial Computer'**

By A.J. GUGLIOTTA

What if you could have unlimited screens in front of you whenever you wanted? What if you could finish your homework on massive displays all in the palm of your hand?

Apple introduced a headset called Vision Pro, that's base price is \$3,500, on Feb. 2 that allows all of this to be accomplished.

Vision Pro is, to put it simply, a headset equipped with a blend of augmented reality (a mix of digital and real world displays) and virtual reality (all digital). It is entirely controlled with your eyes, hands and voice, making it an extremely unique headset as no controllers are needed. Apple calls it "spatial computing," which means that instead of interacting with a physical computer in front of you, the Vision Pro is reacting to the space around you.

Trying this headset on for the first time is nothing short of spectacular. You're welcomed by the familiar Apple interface that anyone who uses its products would recognize. Apple also built a brand-new operating system from the ground up exclusively for Vision Pro called VisionOS. The Vision Pro App Store has more than 600 native apps on the platform such as Disney+ and Microsoft Word.

Navigating the interface is very different from an iPhone. Simply join two fingers and tap them together to select something while looking at it (the built-in cameras that track your eyes do the rest).

The first thing I did was open the Apple TV app, find "Avatar: The Way of Water" and watch as the background dimmed and I was transported to what felt like an actual theater. Seeing the film playback in 3D with eye-popping effects was very immersive. It was mind-blowing.

Ok, that's cool, but what else can you do? I opened another virtual window next to "Avatar." Now I had iMessage open next to my movie, playing all virtually in front of

Typing with the Vision Pro is what you would expect — it's pretty slow and you're touching invisible space unless you connect a physical bluetooth keyboard. Luckily there's Siri, who's available to send texts, open apps and accomplish everything else Siri can do on other Apple devices.

Now that there were two virtual windows open, I decided to add another. I opened FaceTime and called my friends. I finally saw the true potential of the Vision Pro. I have a movie playing back in 4K resolution. I'm sending texts and making a FaceTime call — all with no lag, all in front of me, wherever I go.

As a film major, I do all my work on a computer. The most appealing aspect of this device is being able to extend my Mac's display to Vision Pro. Seeing my Mac turn into any size window I want, and still being able to use apps in the Adobe Suite is awesome.

All I have to do is look at my Mac while aring Vision Pro, and it will connect seamlessly. Vision Pro still lets you use VisionOS while In my testing, the display is pretty poor and it screens, no more limitations.

displaying your Mac, which means I'm able to makes it hard to see the user's eyes. It's a nice combine both the Mac and Vision Pro operating systems, meaning unlimited multitasking.

The Microsoft Suite also has native apps for the headset, and I can access BlackBoard using Safari. Zoom launched a native app on the device, meaning I can attend all my virtual classes on Vision Pro. But how do other people see my face on a call?

Apple has a solution to this, and it's called your "Persona." By scanning the user's face and capturing facial expressions, it creates a digital avatar of yourself. On FaceTime calls and anytime the device needs the front-facing camera, your digital "Persona" appears. It's freaky, and it looks like a last-gen video game version of yourself.

While I'm wearing the headset, people in the room around me can see a real-time, AI-generated re-creation of my eyes on the device's front display. When I'm viewing content, a blue shield joins above my eyes letting outsiders know I'm consuming content.

touch but is more unsettling than useful.

One of the best things about the Vision Pro is that I can be in my own personal space no matter where I am. Transporting myself to Yosemite as my virtual background and throwing "The Office" on before bed is very relaxing. I also found myself being able to focus much faster and being more productive. Typically, I fidget with my iPhone when attempting to do my homework on my Mac, but that was not the case with this headset.

Can this replace a computer or a monitor? Yes, but not right now. The battery attached to the headset only lasts up to around two hours, but can still be used while charging. The weight and strain of this headset is still a huge factor. After a few hours, you're going to want to take a break. I found myself happy to take it off, but eager to go back to the digital world soon after.

As I finish writing this review, only using the Vision Pro and a keyboard, I think to myself, this is the future. No more physical



Contributing writer A.J. Gugliotta uses his Apple Vision Pro headset to do school work, watch TV and talk to friends simultaneously.

The angelic and luxurious feeling of Kali Uchis' 'Orquídeas'

By SAMANTHA NUNEZ

The transition to adulthood in college has been a work in progress for me. I am learning how to balance my personal life and my academic life, while maintaining my own well-being. As someone who is halfway done with their bachelor's degree, it can get intense at times.

However, music is my safe space. It allows me to escape stress and makes me feel happy and relaxed. One release I found to keep me feeling this way is Kali Uchis' second fully Spanish album, "Orquídeas," which translates to "Orchids." The album was released on Jan. 12, the perfect time for me to go into the new year with new beginnings and aspirations.

Uchis released her first English album, "Isolation" in 2017, which featured her first Spanish song, "Nuestro Planeta" (translating to "our planet"), but did not chart well. And after releasing her first Spanish album, "Sin Miedo (del Amor Otros Demonios) ∞," Uchis told Vulture that her label was not supportive of her decision to drop an album in Spanish.

Regardless of her label's thoughts, "Sin Miedo" - which translates to "Without Fear" managed to chart No. 1 on Billboard albums and returned to the chart a year later. Currently, "Orquídeas" was No.1 on Billboard Latin pop album charts for two weeks.

Although Uchis is new to the Spanish market and not as popular as Bad Bunny, Daddy Yankee or Shakira, she proudly embodies her Colombian roots in her music.

"When I created this album I wanted to bring a fresh energy in how people see Latinas in the music space," Uchis said in a Spotify video.

The album starts off with "¿Como Asi?." The song begins with a '90s house beat, which caught me off guard since Uchis is known for having a soft, angelic voice. However, the song was well produced and showed her versatility as

The next song, "Igual Que Un Ángel" is one of my favorites. The artist teased a 15-second

snippet on TikTok and I was thrilled to find out that Mexican urban artist Peso Pluma was featured on the song. Though their musical styles are different, they sure made up for it as their voices complemented each other.

The song is about a heartbroken woman who realizes she is worth more than she thought and gains an angel to protect her from harm.

Uchis sings, "They just can't reach her / princesita inalcanzable / Le rompieron el cora, pero nunca se la perdió, oh" which translates to "They just can't reach her / unattainable princess / They broke her heart, but she never lost it, oh."

Since I was young, building friendships has never been easy for me. Oftentimes, I would give my all, only to receive nothing in return. This struggle continued into college, where it seems like everyone is searching for their place and the people they fit in with. It's important to remember who you are, what you are worth and to never conform to someone else's expectations.

The next two songs "Te Mata" and "Labios Mordidos" are both the best directed music videos Uchis has ever done. I anxiously waited for the release of these two songs as I heard them teased at her Red Moon in Venus tour last May.

The "Te Mata" music video Uchis is abused in a toxic relationship and breaks, representing how she is breaking free from this relationship and wants to find herself. She starts off singing sad, but then proceeds to increase her vocals, showing her confidence.

This was my favorite song of the album by far as I can relate to the experience of toxic relationships and the courage it takes to stand up for yourself and not look back.

During the Atlanta show of the RMIV tour, Uchis expressed how the song is inspired by her own life and how she learned to develop thicker skin, while dealing with people's perceptions of her.

At the end of the video, she is seen looking for a gun angrily, emphasizing how she is now the "toxic" one.

"Labios Mordidos" is a reggaeton song

that promotes liberation within yourself and your sexuality. Uchis collaborated with reggaeton artist Karol G. This is their second collaboration, the first being on Karol G's second mixtape, "Mañana Será Bonito (Bichota Season)."

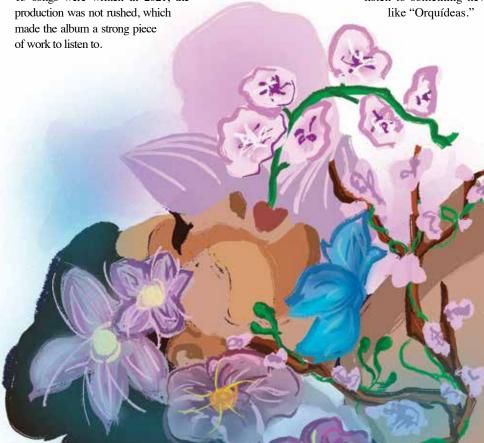
The last song on the album "Dame Beso// Muevete" surprised me the most. Uchis is more of an R&B, soul and reggaeton kind of girl, but with this song she went outside of her comfort zone. The song has merengue beat, a genre originating in the Dominican Republic, that is typically fast. It was a fun way to end such an emotional album.

For only being her second fully Spanish album, I feel like Uchis has progressed as a songwriter and from "Sin Miedo." Though most of the 13 songs were written in 2021, the

As I continued to listen to the album on repeat, I stopped to think how each song is lyrically meant for the listener to resonate with and relate to. With themes covering heartbreak, self-love and expressing your sexuality, I think "Orquídeas" is a positive energy listen and an album for anyone looking for something calming. A wide variety of genres show her uniqueness as an artist and how she is able to cater to her audience in both English and Spanish.

This album has truly been a source of comfort to ease the stress of my personal and academic life. The next time you feel alone or overwhelmed, try listening to an album that gives you that sense of comfort, or

listen to something new



'Anyone But You' is leading the rom-com renaissance

By ZOE LEONE

Everyone knows that the best romantic comedies are based on William Shakespeare's work.

From "She's The Man" finding its roots in "Twelfth Night" to the genre's crowning achievement "10 Things I Hate About You" drawing its inspiration from "The Taming of the Shrew," the famous writer has long been shaping the art of a good rom-com.

But there's been notable gaps, not just in Shakespeare-driven films, but of any real romcoms of substance. Most of the newest releases have been relegated to streaming networks, while the few that have hit the box office have been dry, boring and painfully devoid of any real chemistry.

But thanks to December 2023's "Anyone But You," the Bard — and the rom-com genre — are back in a big way.

Loosely based on Shakespeare's "Much Ado About Nothing," "Anyone But You" follows Bea (Sydney Sweeney) and Ben (Glen Powell) as they must keep their hatred for each other on a low-boil to keep from ruining their loved ones' upcoming nuptials.

Thanks to untapped tension from a one-night encounter riddled with miscommunication, meddling family and friends and the unexpected appearances of ex-partners, Bea and Ben decide that the best way to power through is with one of the best tropes the genre has to offer: a good, old-fashioned fake dating con.

As Bea and Ben try to find a way to convince everyone they know that they're a real couple and aren't completely falling apart on a personal level — the antics get higher-stakes and a whole lot more heated

I'll admit, I was skeptical going into the film. I'd seen clips on social media that had inadvertently made me cringe. I was afraid that "Anyone But You" would be just another 21st century rom-com write-off.

And I'll also be the first to admit that I was wholeheartedly wrong.

Sweeney and Powell are two of the most charming movie leads that have graced the big screen in recent memory. Powell is the reigning champ of the modern rom-com - 2018's "Set It Up" is one of the few bright exceptions of the disastrous attempts at reigniting the genre — but the film marks Sweeney's first foray into the world of the romantic comedy.

Sweeney's Bea is incredibly easy to root for, and the actress delivers a character riddled with complications that you actually hope finds a happy ending instead of wishing she would just call a therapist. Her performance was so enjoyable to watch that I found myself walking out of the theater with high hopes that the actress would become this decade's Katherine Heigl or

Powell and Sweeney have the chemistry of legends, becoming the kind of scene partners that had the audience in my Sunday matinee showing audibly squealing with each new romantic development — and I will proudly admit that I was no exception.

The build-up of Bea and Ben's will-theyor-won't-they relationship is wholly consuming to watch. Even when the hiccups get rom-com ridiculous (the appearance of a spider on a hike leads to Ben throwing his clothes off a mountain in fear), they somehow manage to never tip into second-hand embarrassment territory.

And while it's undeniable that the captivating leads drive the film forward, the cast is full of endearing performances. From Alexandra Shipp and Hadley Robinson as the soon-to-be-wed Claudia and Halle to Dermot Mulroney, Rachel

Griffiths, Bryan Brown, Michelle Hurd and GaTa playing overinvolved parents and friends, there is no shortage of perfect comedic moments.

The dynamics between the characters friends, siblings, lovers and parents — bring a warmth to the movie that keeps it from feeling too one-dimensional. The relationship between Bea and Ben is undeniably the heart of the movie, but seeing who they are outside of their interactions from one another makes their development throughout the film much more satisfying.

In a time when movie theaters are on the same constant rotation of biopics, indie darlings, major studios' kids movies and action flick rotations, a solid, good romcom is a welcome change to the status quo of Hollywood. And with "Anyone But You" breaking box office records — the film became the most successful R-rated romantic comedy since 2016's "Bridget Jones' Baby," according to Collider — hopefully this is the first step in the much-needed rom-com renaissance.

But for now, "Anyone But You" can sit comfortably as a new step in audiences" "serenity" routine. After all, the rest is still unwritten.

A story isn't complete until THE FINAL CHAPTER



Men's hockey's big three turned down pro offers to stay. Their midseason struggles — and how they recover — will define Quinnipiac's title defense

By AMANDA DRONZEK Associate Sports Editor

Three days after Quinnipiac won the 2023 NCAA men's hockey national championship, forward TJ Friedmann signed with the AHL's Utica Comets. That night, goaltender Yaniv Perets inked a two-year entrylevel deal with the Carolina Hurricanes.

Then went defenseman Zach Metsa two days later, followed by forward Michael Lombardi.

As the dominoes continued to fall for the Bobcats, it seemed like Quinnipiac's top line of underclassmen — Collin Graf, Jacob Quillan and Sam Lipkin — would be next. But the trio stayed, opting to run it back for another — and likely final — season in Hamden.

"Me, Q and Lip talked about it," Graf said.
"It was the right decision to come back. The wins (and) losses you don't really remember.
The games, the goals you score, it's more like the good times that you have."

The good times started during a 4-1 beatdown of Princeton in November 2022. An injury prompted head coach Rand Pecknold to alter the lines, bringing Graf, Quillan and Lipkin together.

"It just sort of stuck and the other lines clicked," Graf said. "We had really good chemistry. We can all pass, we can all shoot. We're multidimensional."

Throughout the 2022-23 season, the three totaled 140 points. Graf tied Quinnipiac's Division I single-season points record of 59,

Lipkin tallied 43 and Quillan reached 38.

As expected, the line continued into the 2023-24 season, but the road to success has become exceedingly rocky.

In an early season 8-0 clobbering of AIC on Oct. 14, the line combined for 11 points. Against Princeton on Jan. 12, it totaled eight. But from Jan. 19 to Feb. 2, the line produced just one point in four games.

Teams caught on to what Pecknold calls "one of the best lines in the country," and the Bobcats couldn't break through the barrier.

"They were just in a little bit of a funk," Pecknold said on Feb. 2.

Midway through the Connecticut Ice Tournament championship on Jan. 27, Pecknold made a change.

Quinnipiac's new first line of Graf, freshman Mason Marcellus and senior Travis Treloar, along with its second line of Lipkin, Quillan and junior Cristophe Tellier have been dominant in the week they've played together.

"It's definitely different, you know?" Graf said. "I played with Lip and Q for two years straight and it was a lot of fun, but there was doubt when we went to UConn."

Since the line has been broken, Graf, Quillan and Lipkin have separately gotten back into a groove. On Feb. 3 against Dartmouth, Graf and Quillan racked up three points each while Lipkin walked away with two.

Most notably, the trio still dominated on the Bobcats' first power-play unit, which has remained the same. Combined with Treloar and graduate student defenseman Jayden Lee, the power play scored three of Quinnipiac's five goals against Dartmouth, including a tic-tac-toe goal from Graf to Lipkin to Quillan for the 5-1 advantage over the Big Green.

"(Quillan, Lipkin, Graf) they're so good together," Pecknold said. "They're so dominant so at some point we will put them back together."

For nearly two seasons, Graf, Quillan and Lipkin were one of the NCAA's deadliest offensive lines.

"When you got guys like Collin Graf and Jacob Quillan it makes it easy," Lipkin said on Oct. 15.

It's no surprise the three piqued NHL interest in the offseason. But it's certainly surprising that they chose to stay in Hamden.

"I'm only 20 years old," Lipkin said. "I didn't think I was fully ready to make the jump. I wanted to be all in."

Lipkin is a 2021 seventh-round draft pick of the Arizona Coyotes and attended their development camp over the summer. Graf went to Nashville development camp, and Quillan to Boston.

"If I played in the AHL I don't know how my development would have been," Quillan said.

In what is likely their last season together, Graf, Quillan and Lipkin are continuing to make the most of what is left.

"I think that was the reason I came back last year, it was so much fun here," Graf said. "You spend every day with (the team) becoming more than friends and becoming brothers. I don't regret coming back at all."

It's a matter of a when, not if the trio moves back onto the same line. But no matter who they play alongside, Graf, Lipkin and Quillan will remain all in as the Bobcats turn toward the postseason and the chance to defend their throne.



Junior forwards Collin Graf (bottom), Jacob Quillan (top left) and sophomore Sam Lipkin (right) connect on a power play goal on Feb. 3.

Quinnipiac showcases state-of-the-art ice hockey lounges in first stage of renovations

By CAMERON LEVASSEUR

Quinnipiac Athletics officially unveiled two state-of-the-art lounges for the men's and women's ice hockey teams this past weekend, marking the completion of the first stage in a total renovation of the locker room facilities.

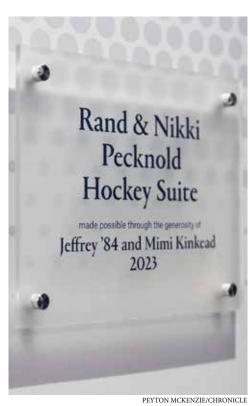
Both lounges feature dedicated spaces for relaxation, work and film study, motionactivated sliding doors and fully-stocked kitchens. The rooms are centered around a colossal LED Bobcat logo inlaid into the ceiling, while the current ECAC Hockey standings are permanently displayed on vertical screens.

"It's beautiful," head coach Rand Pecknold said. "In the world of recruiting right now, you've got to keep pace with the big boys. We did a really good job with it, it's going to help us a lot in recruiting."

The project was funded by former Quinnipiac player Jeff Kinkead and his wife Mimi through the largest donation the athletic department has ever received. Kinkead suited up for the then-Division II Quinnipiac Braves in the early 1980's.

Publicly available building permits indicate that the total cost of the locker room renovations is expected to exceed \$1.5 million.

Kinkead is the president and CEO of Advanced Systems Resources Inc., an information technology company based in Miami. He previously donated \$1 million to the University of Miami, where he graduated with an MBA in 1985, for scholarships and career development for student-athletes.



A plaque outside the men's hockey lounge, commemorating head coach Rand Pecknold and his wife, Nikki.



Quinnipiac unveiled the Rand and Nikki Pecknold Hockey Suite on Feb. 3. "It's awesome," junior forward Collin Graf said. "The boys just hang out there after practice, before class ... I think it's a lot better than the old one that's for sure."



The renovated women's ice hockey lounge features wall-to-wall pictures of landmark moments in program history, including the program's lone ECAC Hockey title in 2016. The main table (right) converts to a ping-pong table and sits alongside a custom Quinnipiac bubble hockey table taken from the previous lounge.

WBB from 12

today against Rider."

Quinnipiac went 4-6 from the line in the third quarter, a frame the Bobcats have not performed well in.

During Quinnipiac's four-game skid from Jan. 18-27, the Bobcats were atrocious

Canisius, Niagara, Fairfield and Siena outscored Quinnipiac 89-55 in the frame. In three out of the four occurrences, that quarter

changed the entire momentum of the game. The Bobcats led the Golden Griffins and Purple Eagles heading into the third, and battled with the Stags until halftime.

However, the Bobcats only lost the third quarter by two against the Red Foxes and won it by five, 19-14 against the Broncs.

"I think both of these games are a direct reflection of not having success earlier when we were up in Buffalo and Fairfield and Siena," Fabbri said. "If we're not learning ... What's the point of trying to improve?"

To keep winning basketball games, Quinni-

piac needs to come out of halftime surging.

Although these back-to-back wins are great signs of the Bobcats' progress, it's important to note that Marist and Rider are currently the respective No. 8 and 10 seeds in the MAAC. Quinnipiac needs to be tested against the upper echelon of the MAAC to find out what it's made of at this point in the year.

The first such test will be on Feb. 10 at Siena, who Quinnipiace lost to 78-60 earlier this season.

The Saints dominated the Bobcats in their first matchup and are currently tied with Manhattan for second in the conference.

But more than ever, Quinnipiac knows that it can grow from its previous losses, and there's no other time to test that than now.

Outside of Saint Peter's (Feb. 8) and Manhattan (Feb. 17), five of the Bobcats' seven remaining games this month are against teams they have lost to.

Their next step is on Thursday against Saint Peter's. Tipoff — and another chance for success is slated for 7 p.m.

"We've gone through so much adversity," LaBarge said on Feb. 3. "Success only comes from failure."

