

ILLUSTRATION BY PEYTON MCKENZIE

Quinnipiac ranked ninth among 12 Connecticut universities in faculty gender pay equity

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PHOTO FROM ERIN CHANG/STANFORD ATHLETICS

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Taxi service aims for safer student transportation

By **KRYSTAL MILLER**
Staff Writer

Quinnipiac University students looking for safe and reliable transportation options to travel off campus can now utilize a taxi service called M7, which launched Feb. 24.

M7 is a taxi company operating throughout several regions in Connecticut, providing traditional taxi cab and handicap-accessible transport services. Rides can be booked through the M7 website or mobile app. The company has also

partnered with other Connecticut colleges such as the University of New Haven and Yale University.

The service was introduced after a member of the Parent's Advisory board reached out to Tony Reyes, chief of Public Safety, to raise concerns involving Uber. The department reached out to M7 to provide services on campus. M7 officials met with the Student Government Association to answer questions and engage students in the process.

"They are not affiliated with the university, but it is a service that I think will meet the demands of the students because they are Uber-like," Reyes said. "They have an app, they're on demand, but they are going to be much more cost effective for students and they are going to be much safer."

Reyes said Uber poses greater safety concerns as drivers don't have to register themselves. Uber drivers will ask students to call their personal number, making their identity untraceable.

"It's that anonymity," Reyes said. "When we had the incident involving the individual that went into one of our student's off-campus

housing, that was an Uber driver. This guy (was) a sexual predator, and it (was) someone that is untraceable."

Public Safety is making it more convenient for students to use M7 over popular taxi services by allowing them to be picked up and dropped off at their dorms. The M7 driver will be identified by the company car and be required to show ID.

"It is a company we can trust, we will allow them into our campus because we know the owners, because it's a company that has been vetted, because that is a company that has the principles and the value system is one that we subscribe to and we feel it's going to be a safer option," Reyes said.

Charlie Lebron, a first-year 3+1 film, television and media arts major, uses taxi services multiple times a month because she does not have a car on campus. Lebron said she has encountered unsafe experiences using UberEats.

"Once we had gotten the food from our driver and begun to walk away, the driver began to cat call us," Lebron said. "We were extremely uncomfortable and to be honest a little scared, we rushed back to our dorm as quickly as we could."

Although Lebron has never heard of M7, she said she would use it if it worked with Quinnipiac more than any other taxi services.

"I know Quinnipiac would do their re-

search on their drivers," Lebron said. "I would feel a lot safer getting into a car with them. Using a rideshare service that's partnered with Quinnipiac would almost guaranteed safety also if the services was cheaper or if we could even use our meal points I would so be on-board to using the service."

M7 has previously worked with Quinnipiac. The company set up taxi stands in local areas such as downtown New Haven, Connecticut. As taxi services such as Uber and Lyft became more popular, the relationship died out.

"Quinnipiac and M7 have had a partnership before and now the university is trying to partner with them to give them more access to campus such as allowing students to get dropped off closer to their dorms," said Christopher Longchamp, SGA vice president.

M7's Director of Business Development Jeremy Scalzi said the company goes through a series of precautions to ensure the safety of students, such as substantial driver background checks and weekly inspections of the cars.

"The service will benefit students because it can provide a safe and efficient way for students to get off campus at any point during the week," Longchamp said. "It will also help students know that they are getting to their destination safely."



ILLUSTRATION BY MARINA YASUNA

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Survey suggests gender pay gap, provost denies

By **CHATWAN MONGKOL**
Digital News Editor

While a national survey suggests a gender pay disparity among full-time faculty at Quinnipiac University, Provost Debra Liebowitz said the survey did not reflect any discrepancy because it lacks specific factors that determine salaries at Quinnipiac.

A survey from the American Association of University Professors showed wider gender pay gaps among full-time faculty at Quinnipiac, compared to some local institutions.

Of 128 full-time professors at Quinnipiac, men earned \$142,900 on average while women made \$23,700 less during the 2020-21 academic year. The gap increased 32% from the year prior, according to the AAUP. For all 379 full-time faculty members, female professors made \$16,300 less than their male counterparts on average last academic year.

However, the survey only detailed salaries by gender and academic titles, not by department and year of experience. Thus, Provost Debra Liebowitz said the AAUP data doesn't completely reflect the gender pay disparity at Quinnipiac.

Even though Liebowitz said Quinnipiac has more women faculty than the national average, there are many more men in the fields that are the highest paid.

"Some of that is about the history of the gender balance of hiring many years ago that still plays out," Liebowitz said. "But there's (also) greater longevity, so people who have been here longer, by and large, get paid more."

Lauren Sardi, professor of sociology and women's and gender studies, said she was "pissed" about the disparity, noting that she believes Quinnipiac has a pay gap issue because she recalled it was a concern among school leaderships in the past.

Quinnipiac's 2020-21 salary gender equity ratio was at 85.9%, where 100% represents equal pay. Fairfield University, Trinity College and the University of New Haven had a better ratio than Quinnipiac, while the University of Connecticut and Yale University saw a slightly wider gap.

Among 12 colleges and universities in Connecticut, the survey ranked Quinnipiac ninth for the salary gender equity ratio. Out of 933 universities participating in the survey, Quinnipiac ranked 716th.

"It wasn't the worst gap of all the colleges/universities, but I was really surprised at how far down the list QU actually was," Sardi said.

Sardi said factors that contributed to the continuing gender pay disparity trend in higher education come from the hiring process. She said that men tend to be hired at a higher rank and

that there are gender norms surrounding which genders are likely to go into particular graduate programs.

"Women are also (disproportionately) affected by the lack of paid parental leave, lack of access to affordable child care, as well as other considerations that do not affect men in the same way, structurally," Sardi said.

At Quinnipiac, Liebowitz said faculty salaries are determined by five factors – market rates of the discipline, faculty rank, faculty position type, faculty credentials and longevity at the current positions.

Julie Dwyer, chair of Faculty Senate's Compensation and Benefits Committee, said the committee has asked the administration about salary equity across a number of different characteristics but the committee isn't investigating this issue further.

"Provost Liebowitz indicated to our committee that she and her office have taken a careful look at faculty salaries across the university and have addressed any glaring inequities," Dwyer said. "She did not specify if the issues that were addressed were related to gaps related to gender."

Liebowitz declined to comment on the specific adjustments to individual people's salaries but said when she looked into them, there weren't a lot of cases that didn't make sense given the five salary factors.

"The provost's office analyzes gender salary equity every year and compares faculty salaries side-by-side by rank, position title, years of experience in the current position and faculty credentials," Liebowitz said. "If an issue is identified, it is rectified."

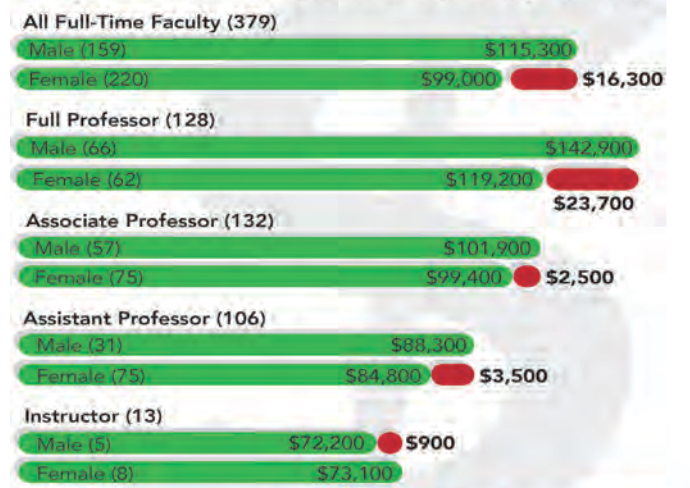
She also said she looks at salaries for other academic staff as well and that she continues to work with the Faculty Senate because there is room for improvement in gender equity.

"If people have any concern about any issue, please, they should always bring that forward because, from my perspective, it's a baseline issue," Liebowitz said. "I would always prioritize solving those things in the immediate term."

The latest data from the U.S. Bureau of La-

Salaries at Quinnipiac University

Survey from the American Association of University Professors



Green Bar = Payment | Red Bar = Discrepancy
Note: Survey data does not include department or longevity, which directly impact determination of salaries at Quinnipiac. Data is from the 2020-2021 academic year.

INFOGRAPHIC BY SEAN FORMANTES

bor Statistics shows that women made 82 cents to every dollar a man made in 2020. However, the gaps for Black and Latina women were even wider – 62 cents and 55 cents to every man's dollar, respectively.

Given the current pay trends, the Institute for Women's Policy Research predicted that women will not see equal pay until 2059. Sardi disagreed, stating "I don't think we will see true equal pay."

"If anything, the pandemic has worsened the gender pay gap, as well as created greater structural inequality as a whole, so any progress we have been making has surely been kicked a few decades back, in a lot of ways," Sardi said.

Supposing that there is a structure for open conversations about salaries, Sardi said there can be a positive change in some sectors. However, ideas of making the compensation information public "(makes) my skin crawl," she said.

"We've been conditioned to think that talking about money is completely inappropriate," Sardi said. "But the more this stays hidden, the less likely we are to do anything about it."

"I think that while women see the pay gap as an issue, many don't consider it something that they personally experience. But men also need to understand that they are a huge part of the solution as well — that it isn't just a 'women's issue' — because men are directly negatively affected by gender inequality as well."

TAXI from cover

The taxi service requires its drivers to have an updated medical physical to ensure adequate health and safety before driving company cars, Scalzi said. Drivers also have a motor vehicle history background check and are drug tested. M7 also generally provides drivers with company vehicles to insure the safety of their cabs. Scalzi said very few drivers use their personal cars.

"I would say the main difference between us and (other taxi companies) is that we go through a lot of training with our drivers, we do FBI-administered background checks, there is a biometric fingerprinting base, essentially you can't just drive here with a driver's license," Scalzi said.

Uber requires a driver's license, proof of vehicle insurance, profile photo and an online screening. Lyft requires a driver's license, proof of vehicle insurance and a profile photo. Uber and Lyft both mandate an annual car inspection.

Taxi apps such as Uber and Lyft can only have cameras recording when the driver is logged in to their app, while M7 has cameras run during the duration of the ride. Uber and Lyft allow both the driver and passenger to record, unlike M7 that only lets the passenger in order to keep their privacy.

"In terms of privacy, we always make the footage available to just the passenger, if they need it, but you sort of have an extra eye watching over you in case something goes wrong we can handle it," Scalzi said.

There is a URide Safe card for students, which is a personal debit card that can be used for any M7 ride in Connecticut. It also allows parents to put money on the card if needed. Even if the card runs out of money, the driver will still bring you to your destination, which is why it is popular among university students, Scalzi said. M7 is interested in starting a program like a URide Safe card using QCash at Quinnipiac.

"So even if you're in New Haven and you don't have money on the card, we will still give you a ride home — like a credit card almost — so that's how we make sure everyone gets home safe," Scalzi said.

The taxi service also accommodates students with special and behavioral needs by providing safe and reliable transportation. Also, because drivers have additional licensure, they can transport to schools and after-school programs.

When it comes to medical transportation, individuals with insurance usually contact the company first. However, anyone is allowed to call for any additional help.

"We have direct relationships with medical facilities in case the patient's insurance does not cover the trip, and also facilitate government subsidized programs in case the patient needs to pay for the ride themselves to lower their personal cost," Scalzi said.

The Connecticut taxi company works with distributors who modify vans to accom-



ILLUSTRATION BY MARINA YASUNA

modate rear entrances for passengers who use wheelchairs.

"It's all about inclusivity," Scalzi said. "M7 works to ensure that we increase the percentage of wheelchair-accessible vehicles in its fleet each year."

M7's Freedom Fund Taxi Voucher Program offers passengers with a disability 50% discount from a normal cab rate, with around-the-clock service that can travel freely as long as they reside in the district areas and are not subject to 24-hour prior notice as required of paratransit booking.

"I really want to make sure that students with disabilities know they have an outlet to go for, that we can help them get set up with our new freedom fund which is the 50% discount subsidized by the state because that's really what it's all about is making sure everybody has a fair access to transportation," Scalzi said.

Any ADA-eligible students can contact Jeremy Scalzi at jeremy@m7ride.com with questions.

Mount 'Caramel': QU installs ice cream machine

By **KRYSTAL MILLER**
Staff Writer

Quinnipiac University students wanted a sweet new treat to indulge in, so the Bobcat Den on the Mount Carmel campus now includes a new soft serve ice cream machine.

It includes vanilla, chocolate and swirl flavor options. Students can also choose from a variety of topping options including hot fudge, caramel, sprinkles, Oreos, mini chocolate chips, whipped cream and cherries. The hours are the same as the Bobcat Den, 2 -11 p.m. on weekdays, 4 p.m. to midnight on weekends, but there have been instances where the machine has run out of soft serve earlier in the night. Dining has been working on having more people to stock more ice cream.

Tom Ellett, chief experience officer, said the soft serve machine is a way to add variety to dining and provide a good late-night option.

"I think the main benefit is that the students asked for something, and we were able to deliver it," Ellett said.

Megan Carpenter, a sophomore nursing major and active member of the sophomore advisory board and dining services advisory board, said the idea was originally pitched during the fall 2021 semester.

"We have a few good ice cream places off-campus, but I really wanted one conveniently on campus," Carpenter said.

The Dining Service Advisory Board and the First-Year and Sophomore Advisory Boards make decisions to improve the dining services on campus. The Dining Service Advisory Board includes Ellett, dining staff and students. The other advisory boards include Ellett and students.

Carpenter said it would be a great addition to have a soft serve machine on the York Hill campus and a sundae bar in the future.

"I had noticed almost every other college had one, and we were missing out," Carpen-

ter said. "Every week I see our dining experience getting better, so this was definitely a step we needed to take."

Ellett said purchasing the machine was difficult due to supply chain issues. Another problem was having electrical capability in an area students could easily access, which prevented the machine from being put in the

Bobcat Den sooner. Despite the supply chain issues with obtaining the machine, Ellett said he does not foresee any challenges with accessing dairy products for the ice cream.

Sheralyn Burke, a sophomore health science major, said she looks forward to getting soft serve after a long day of classes. She liked how there was a good amount of top-

pings to choose from.

"I'm really glad that the school put in a soft serve machine," Burke said. "I feel like sometimes the (Bobcat Den) is completely out of ice cream, so now I can actually get soft serve instead."

The machine is run by a dining hall employee, but Burke wishes it was self-serve.

Being on York Hill campus next year, she said it would be more convenient for a soft serve machine there as well, considering she wouldn't drive to Mount Carmel campus just to get ice cream.

Kate Hanley, a third-year 3+3 physical therapy major, felt the money spent on the machine could've been used for other purposes on campus.

"My roommate is in the nursing program and they made them buy their own needles and stuff, so I think that would be a better expense than the ice cream machine," Hanley said.

Hanley said the soft serve machine does not benefit her personally as she is lactose intolerant. Other students with dairy allergies would need accommodations for the soft serve.

Other students weren't aware of the soft serve machine being in the Bobcat Den.

"I honestly didn't know there was a soft serve machine," said Henry Bonilla, a sophomore health studies major. "I think it's pretty cool, I think maybe they could've waited until after the cold season was over, but I think it's still a good idea. It is probably going to be more popular once the weather starts to get warmer."

Off-campus students are also excited for the new addition to the Bobcat Den despite not living on campus.

"I think that's a great idea," said Maeve Caine, a senior health science major. "I live off campus so I didn't know that was a thing, that's amazing."



ILLUSTRATION BY AMANDA RIHA

Surging gas prices put financial strain on student travel

By **MELINA KHAN**
News Editor

As gas prices exceed \$4 per gallon in Connecticut in the midst of the Russia-Ukraine war, some Quinnipiac University students say they are concerned about the impact of increased costs on commuting.

"As a commuter full-time student, I need to have gas to go to campus," said Alyssa Ciarleglio, a first-year elementary education major. "I have to constantly worry about putting in gas and spending my savings."

According to the American Automobile Association, the national average for a gallon of gas as of March 8, is \$4.17, the highest average since July 2008. In New Haven County, AAA reports the average gallon of

gas at \$4.34, up from \$3.72 a week ago.

Associate professor of economics Christopher Ball said gas prices have been increasing due to inflation, but the ongoing war between Russia and Ukraine has exacerbated oil costs over the last week.

"With the Russia-Ukraine situation, suddenly, gas and oil pipelines into Europe are being disrupted," Ball said. "So you've got this high demand period, and suddenly, we're getting a restriction in the supply of oil in world markets, and that's just driving up the price of oil."

The American Fuel and Petrochemical Manufacturers trade association estimated the U.S. imported an average of 209,000

barrels per day of crude oil and 500,000 bpd of other petroleum products from Russia in 2021, accounting for about 3% of the U.S.'s crude oil imports last year.

President Biden announced March 8, the U.S. would be banning energy and oil imports from Russia. Ball said gas prices may continue to spike if countries across Europe follow suit. According to Eurostat, 27% of the European Union's crude oil imports came from Russia in 2019.

"When Europe also has to back out of (the Russian) oil market and find alternative supplies, now they're trying to replace (27%) of what they needed in alternative sources, and that drives up demand for all those alternatives all over the world," Ball said. "That's what really drives that spike in prices. It's not just America's demand, instead, everybody else is trying to do the same thing, too."

Ball estimated gas prices will reach around \$5-6 per gallon if the war in Ukraine continues.

"If this drags on, and we find alternative supplies, then (gas prices will) probably peak over the next month and then fall back a little bit over the coming months," Ball said. "The only way it goes away quickly is I think if the war in Ukraine stops, and we can resume purchases with Russia."

Ciarleglio said she is worried about the spike in prices as she relies on her car to get to class. While some students rely on part-time jobs to pay for transportation costs, Ciarleglio said she does not have the same opportunity.

"I cannot balance being a full-time student with having a job, so I cannot make money on the side," Ciarleglio said. "When my money runs out, I will have no way to get onto campus."

Christian Nyberg, a sophomore criminal justice major, said the increase in gas prices

has made his commute from Cheshire more expensive.

"I drive a truck, so I'm paying almost \$134 for my tank and when I'm commuting it makes it hard," Nyberg said. "It makes it a little bit harder because everything's more expensive."

With spring break coming up, Nyberg said increased prices may inconvenience students who are traveling.

"I'm not gonna not get gas, so I'm just gonna have to deal with high prices," Nyberg said.

Dylan Albright, a junior business administration major, said the current cost at the pump is similar to that of prices during the Great Recession in 2008. He said he thinks gas prices will influence how people utilize transportation for longer trips.

"I feel that this will push more people to pay a little more to fly to destinations instead of attempting to drive," Albright said.

While Albright is completing the semester remotely, he said he would be likely to pursue alternate transportation options if he was regularly on campus.

"If I was staying on campus, I would definitely be more inclined to use the shuttles even if this meant I had to change around my schedule," Albright said.

Ball said students can economize their transportation expenses by carpooling with others or utilizing ride-share services.

"Something like this also always hits the lowest income people the hardest because you have just fewer options, and it's a bigger piece of your personal budget," Ball said. "Students are in that category, where students are working part-time jobs and trying to get a little bit of money or some experience, and they have very few options to get around higher gas prices."



DANIEL PASSAPERA/CHRONICLE

The Mobil gas station on Whitney Avenue in Hamden, Connecticut, charged \$4.39 per gallon of gas March 8, amid a nationwide surge in prices.

Opinion



PHOTO BY ERIN CHANG/STANFORD ATHLETICS

Stanford University goalkeeper Katie Meyer died by suicide March 2. Her mother, Gina Meyer, said on NBC's 'Today' that Katie felt a 'stress to be perfect' before her death.

By **MICHAEL SICOLI**
Editor-in-Chief

Suicide prevention isn't working.

It's nice to dedicate a month to it. It's kind to send your thoughts and prayers. But when things never change, it's tough to keep the same focus.

Stanford University women's soccer goalkeeper Katie Meyer, 22, died by suicide March 2. She was a few months from graduating college, and I can't help but feel like I knew her.

I didn't, but this culture of suicide and depression created in the depths of Americanism gave birth to a community struggling with its mental health that I feel a part of.

The American Foundation for Suicide Prevention reported that there were an estimated 1.2 million suicide attempts in 2020. Consequently, the Suicide Prevention Hotline received 27% more calls in 2020 than it did in 2019, a sign that while more are reaching out, just as many, if not more, are suffering.

A lot of this can be attributed to a world-altering pandemic, but not all of it. My battle with depression predated COVID-19. I'm sick of writing about it. I've done this all before, I've pulled similar stats and I've made familiar points. So I'm going to try something new, something more personal.

I just can't do it anymore

It's something I've muttered more times than I can count. It goes across my skull like a TV news ticker, bright and present in anything I think of.

Things are going great, though, right? I'm editor-in-chief of this amazing organization filled with brilliant people. I'm at a school I love with roommates I care about. I have a healthy support group and a family that remains my biggest anchor to life. My life, born on Long Island, has not been that hard.

But something's been broken for a while. I can't describe it, but I trust others know the same. There's something that is missing deep in my soul that feels irretrievable. No matter an accomplishment, no matter how great a day can go, it always feels so cold.

The heaviness can just feel too heavy. It's always on my mind that suicide is most

prevalent in middle-aged white males, accounting for almost 70% of suicides in the U.S., according to the American Foundation for Suicide Prevention. I constantly think, "If it doesn't get me now, it will later. So what's the point? How can I possibly fix this?"

Writing helps, but it also hurts. It serves as a coping mechanism, but it's also a ruthless industry. If I succeed how I hope to, there will be hordes of online comments already telling me what my mind has been pushing for years. One day, my family won't be there to tell me they love me. One day I might just go.

I'm 20 years old, and this is how I think. And I'm not alone.

I have nothing left to give

Feeling empty is all too common. A 2020 study by NORC at the University of Chicago found that just 14% of Americans are "very happy" with their lives.

So what are most people doing more than ever as middle-aged people? Working, of course. A long-standing gripe in the U.S. is the current economic system based around long workdays.

Journalists work on an on-call basis. There are many unappreciated hours for breaking news and coverage that runs longer than a 9-5.

This was my choice, my calling. I'm prepared to take it all on. But each hour adds

another weight to my chest. I know every job has its unique stressors that make 40 hours feel like 80.

It's all connected, too much to include in a single article. But we work to our deaths here and all people get are good-intentioned, yet trademark phrases like "I can't believe this" and "I had no idea."

If you're hurting, please seek help

It's the sendoff to every tweet, maybe with a link to a hotline or a source. Those places make a huge difference, offering a last line of defense, so to speak. But they should never be used as much as they are now.

It starts at home and with our educators. Schools of all levels generally don't check in with students unless they self-report or exhibit clear signs that a teacher — who likely is also underpaid and is not suited to handle mental health — brings up with the student or administrators.

I learned the textbook definition of "depression." I sure don't remember it now, but teachers taught me about that and the different illicit drugs that can lead to it. Problem solved, right?

Therapy can help. Offloading any day-to-day issues as well as long-term concerns eases that shouldered weight. It's incredibly rare to have unimpeded, open conversations.

However, even therapy has its drawbacks, namely accessibility. Many college stu-

dents have the luxury of free, on-campus counseling services, but the average session costs \$100-\$200 each for everyone else, according to a 2019 study by SimplePractice. Some are covered by insurance, but that's another luxury many Americans can't afford.

Going to school to become a therapist takes tons of time and money, hence the exorbitant prices. Now you are talking about the student loan crisis led by overzealous millionaires seeking to gain an extra buck.

It's a constant cycle that leaves Americans of all ages and demographics dead by their own hand. In fact, the AFSP reported that firearms accounted for almost 53% of American suicides in 2020. There are more layers than you can count — it's never as simple as increasing awareness.

What's left behind

Even though I feel empty and lifeless at times, I'm still here. I have friends and family to thank for that, but I want to share a quick sentiment with this community.

For the longest time, I kept myself going on the principle that I'd hurt others if I just gave up. I recently realized that this is an unsustainable mindset. Self-worth comes from within and must matter more than outside sentiments or personal regret. Being happy with yourself is an unbelievable challenge, but that's where the search begins.

What you are feeling is unique to you, and I cannot relate to it. However, you must know you aren't alone. I do not know you or your struggle, but I care for your well-being.

Consider it a fraternity. We have to care for each other because we cannot count on things to change. People will always be suffering, and millions have it much worse than I have.

Convey your thoughts to anyone you care about. It's a step toward a better future mindset with a focus on your own mental health.

I wish I could've met Meyer. In a way, I feel like I let her down, and I don't want that for anyone. All I can do is share a message I believe is worth announcing.

Focus on self-worth. Help others do the same. We only have each other, and sometimes that needs to be enough.

"Self-worth comes from within and must matter more than outside sentiments or personal regret. Being happy with yourself is an unbelievable challenge, but that's where the search begins."

— **Michael Sicoli**
EDITOR-IN-CHIEF

Opinion

Ukraine needs compassion, not jokes and performative activism

By **ASHLEY PELLETIER**
Arts & Life Editor

Since Feb. 24, the world has been thrown into international conflict, the likes of which we haven't seen in decades.

Russia's invasion of Ukraine is scary. It is reminiscent of Germany's invasion of Poland in 1939, and many do not want to think about the implications of that. Nobody wants to contemplate the possibility of World War III considering the advances of weapons and nuclear technology.

However, from a social, political and economic standpoint, we're reacting all wrong. As a country, we are thinking more of ourselves than those who are actually facing the brutality of war.

Particularly from mass media, many are shocked by warfare in Europe. People talk about how they never imagined this happening in a "civilized" country. These statements not only disregard warfare in the Balkan states during the 1990s, but are also blatantly racist in the face of ongoing conflicts in the Middle East.

According to an article from Reuters, around one million Syrian refugees have been accepted into the European Union in the past 11 years. In the last three weeks, double the number of refugees have made it out of Ukraine, according to NPR.

While the people of Ukraine deserve the support and attention they are receiving right now, saying we haven't seen a crisis like this in years shows the people of Syria, Yemen and other war-stricken countries that our society does not value them.

Many, also, have turned to "dark humor" or ignorance to lessen anxiety. During the first week of the invasion, there were numerous social media posts in poor taste from Americans joking about being drafted to fight against the Russian military.

The U.S. Selective Service System has been used for conscription of U.S. soldiers since 1917. At the age of 18, all men living in the U.S. must register with the SSS. However, there has not been an active draft in this country since 1973 during the Vietnam War.

The draft was wildly unpopular, regardless of political affiliation, leading to the abolition of it in 1973. It targeted primarily lower-class men while others of higher status could evade conscription. Now, it would take an act of Congress to bring the draft back, and a "yea" vote would not bode well for most politicians.

Not only is saying you're going to be drafted flat-out wrong, it is also extremely offensive. We sit on American soil that has not seen war in over 100 years. We are fortunate to not know what it is like to fall asleep one night and be unsure if our families will be there in the morning.

Some people use humor as a defense mechanism rather than accepting the full weight of a situation. But Americans and others who are not feeling the full impact of this war do not have that right, particularly when it comes to posting it on social media for clicks.

The political situation surrounding Russia and Ukraine are at an intensity that we have not seen since the Cold War, making it difficult for governments to get involved without Russian President Vladimir Putin seeing it as an act of war. As of March 5, Putin said that the sanctions against Russia are "akin to a declaration of war."

However, these sanctions by the U.S., U.K. and the European Union punish Russian citizens who have no say in their country's involvement in an unjust war.

Ordinary Russian citizens have to face several struggles of their own in this conflict. Inflation of the Russian ruble is ram-



PHOTOS BY PALÁCIO DO PLANALTO AND GAGE SKIDMORE. ILLUSTRATION BY SHAVONNE CHIN AND XAVIER CULLEN

bling, making it equivalent to about 1 U.S. cent. Many are struggling to stock up on technology and other imports before they are shut off completely.

European countries have seemingly been open to refugees from Ukraine. While over two million people have made it out of Ukraine, prejudice has seeped into the asylum-seeking process. White Ukrainians have received preferential treatment in their escape, leaving foreign nationals and people of color scrambling for alternatives.

There has also been a lot of performative activism, particularly from businesses, regarding the situation.

For example, restaurants and bars are changing the names of drinks like Moscow mules and White Russians to show their support for Ukraine. But how does that actually help anybody? It's an easy way to say you care about a situation without putting any actual effort into it.

Many liquor stores are also pulling Russian-owned alcohol off their shelves, even though they've already paid for their shipments. There's no point in hiding it from customers. It makes sense not to order more after the fact, but immediately pulling liquor off the shelves is just hurting American-run businesses.

One of the best things you can do is stay up to date on information coming out of Ukraine. I follow the Kyiv Independent and Terrell Jermaine Starr, an American journalist who has been reporting from Ukraine since the beginning of Russia's invasion. Misinformation often runs rampant, especially as we get most of our information from social media. It is important who and where you get your information from.

As Americans, we must remember our privileges. As you go about your day, recognize how lucky you are to be safe.

Ditch dieting, embrace intuitive eating

By **LAINÉ HEALY**
Podcast Host

Navigating your health in college can be hard, especially with the fear of gaining the "freshman 15" looming over your shoulder.

The difficult transition to living by yourself brings new responsibilities of preparing your own meals and finding time for exercise within an already loaded schedule juggling class, work and club involvement.

If you're anything like me, you've searched endlessly for the perfect plan to stay in shape. But what if I told you the best way to meet your goals was by redefining them all together?

Recently, I discovered a hidden gem called intuitive eating. It's a practice — not a diet — that takes the typically rigid weight loss plan and throws it out the window. Instead, it focuses on tuning in with your body's hunger and fullness cues to find a balance.

It has one main rule: ditch the diet mentality. Eat whatever you want, whenever you want and move your body with exercises that you enjoy as often or as little as you'd like.

Two registered dietitians coined the practice in 1955 under the central idea of trusting your body to make choices that feel good for you, without judgment or guilt. It's backed by science and clinical trials, with over 100 medical studies that all revealed positive results.

Sounds too good to be true? Don't worry, I had the same doubts myself.

For years, I had equated eating less with being healthy. As a dancer for the majority of my life, my career revolved around the num-



ILLUSTRATION BY EMMA ROGEL

ber on the scale. To be successful in the art, I had to stay slim by any means necessary.

But I wasn't born with the classic ballerina figure, and my body would never meet my teacher's idea of a delicate frame, no matter how hard I tried.

I thought being bigger than the other dancers in my class meant that I was unhealthy, and it wasn't until I started recovery for an eating disorder when I realized I couldn't have been more wrong.

Health has no size, and restricting food is not good for you. In reality, cutting out certain food groups while dieting is actually linked to overeating tendencies.

When you're constantly telling yourself you can't eat certain foods, they soon become all you can think about. If you add that to an already low intake, you're bound to binge on all those forbidden foods.

According to the National Institute of Health, banishing "bad" foods from your diet activates the brain's stress system and causes anxiety that eventually drives people to overeat those foods when given the chance.

Even if you somehow manage to make it to the end of your diet without "slipping up," the minute you return to eating normally, you're likely to cave to those cravings.

In fact, a 2018 research review in

Medical Clinics of North America revealed dieters tend to regain more than half the weight they initially lost within two years. Why? Restrictive diets aren't sustainable.

The beauty of intuitive eating is that there are no "good" or "bad" foods. Any food that satisfies your body and gives you enough energy to get through the day is a proper choice.

When you start eating intuitively you might gravitate toward all the "unhealthy" foods you had previously sworn off, but with time, you can find a balance between all food groups that are sustainable for life.

While weight loss results aren't guaranteed, you can expect to settle into your body's natural set point range, which can be lower, higher or the same as you are now, according to VeryWellFit.

But intuitive eating has plenty of health benefits beyond the scale.

Studies on the practice showed participants had improved cholesterol levels, increased energy, reduced stress, lower rates of emotional and disordered eating, better body image, enhanced self-esteem, improved metabolism and higher levels of happiness.

The whole point of intuitive eating is to reexamine what health means to you. It's a holistic approach that takes the focus away from losing weight and places it on improving your relationship with food and exercise.

If I have to choose between achieving my ideal body and being happy, I choose happiness. And I hope you do too.

Arts & Life

A MYTHICAL MUSICAL

QU's theater department's new show 'Thebes' is full of fun songs and stellar performances

By **EMILY FLAMME**
Managing Editor

For a musical shrouded in death, "Thebes" was full of life and energy.

Quinnipiac University's theater department put on "Thebes," a new musical that is currently in "workshop." There were four performances from March 4-6.

Emma Hathaway, Katie Hathaway and Solon Snider, the writers of "Thebes," developed the show in May 2020. This is the first live production of the show and I can't wait for it to enter bigger arenas.

I had no idea this show wasn't fully developed until I read the playbill at the end. The show from the start was an explosion of fun and drew me in.

The show opens with Sphinx, played by Emily Eisengrein, a first-year 3+3 physical therapy major, belting out a song that helps set the scene, "Riddle Me This." It was lively and upbeat, and not what I initially expected from a show about a Greek city.

The song explains Thebes is in total disarray. Members of the royal family are dying one by one and the city believes there is a curse on them. Eisengrein's performance was backed by the rest of the cast dancing. I was immediately impressed by this show from the opening number. The vocals were strong and the dancing was good, which is sometimes hard to come by in live musicals.

Ismene, played by Samantha Hart, a junior film, television and media arts major, is the last of her family standing. The current king is Creon, Ismene's uncle, played by Skye McCashion, a junior game design and development major. Ismene talks to her best friend Chrysippus, played by Haley Organ, a sophomore theater major, and says she never wants to rule Thebes.



PHOTO CONTRIBUTED BY CORTNEY HANNULA
Junior game design and development major Skye McCashion played Creon and delivered an exhilarating performance in one of the musical's songs.

Right off the bat, I loved that the casting was not gender-specific. I knew that the show would be good because the best person was fit for the roles. Chrysippus sang the next song. She sings about Zeus, played by Sam Sulz, a freshman communications major.

I loved how Zeus' typical "macho" attitude in other shows and stories of the Greek gods wasn't really present. He was instead snarky and aloof, which made for some hilarious moments. Zeus has a line where he says he wants to stop coming to Thebes because the ruler keeps dying and it's inconveniencing him.

Following the second scene, the audience begins to understand that some of the characters are actually dead and they're ghosts. Ismene's sister Antigone, played by Theresa

Cusson, a sophomore theater major, was the most recent death. There was a joke about how her death wasn't a big deal because she was a ghost and she "hated living anyway." I could tell that the show's comedy was very modern and fit the unapologetic brand of humor Gen Z is known for. I mean, there's a song later on where a line in the chorus is "We're so fucking stupid." That should tell you the tone of this show.

A bulk of the comedy was made up from the ghost characters: Antigone, Oedipus, played by Tobias Adams, a first-year sociology and social work double major, Jocasta, played by Kristen Daly, a junior psychology major, and Laius, played by Erica Pajonas, a senior psychology and theater double major.

The familial relationships, though based on Greek mythology, were funny in itself. Laius and Jocasta are married and have a son, Oedipus. Then, Oedipus and Jocasta had four children: Eteocles, Polynices, Ismene and Antigone. There were several times throughout the show where there were jokes about how Oedipus was Jocasta's son and husband. He would preface lines with something like "as your son and husband."

After establishing that these characters are dead, it is revealed they travel from the underworld to perform the same songs every night at the bar Ismene owns. It is what they are required to do for all of eternity. It is supposedly a fair trade because they get to still be in the mortal world for a period of time and interact with Ismene, their only living relative. I found it hilarious that what they have to suffer through in order to still be in Thebes as a ghost was singing the same songs every night.

Once it is established that Ismene's whole family is dead, it makes you wonder what happened to kill them all. Well, fear not, they brought out puppets to tell this story. Although it sounds like it should have totally lost the audience, I was fully in tune with the puppetry.

Ismene and Antigone each had a puppet representing their brothers. They sang a whole song, "Gods Save Our City," role-playing their fight for the throne, which led to a war and to their respective demise. If you told me when I walked in that there was a whole song sung by puppets that are supposed to just be real people, I would have been nervous to see what that meant.

I am not sure if the puppets were used in place of actors and will not be part of the show in the future, but I think it should stay in the musical. Something about two male characters who die because of their own power struggle being portrayed through puppets made it so much more enjoyable. If two male actors did that scene, I don't think I would have laughed.

Another character, Tiresias, played by Kayla Rose Jarry, a senior theater major in the elementary education program, has a solo where she talks about how she is a prophet and no one listens to her. Overcome with a prophecy, she said "While any crown holds any power, while any head holds any crown, tragedy will devastate this land until the end of times." In other words,



PHOTO CONTRIBUTED BY CORTNEY HANNULA
Junior psychology major Kristen Daly (center) played Jocasta, the matriarch of the royal family of Thebes, a Greek city in the musical.

Thebes is doomed no matter what.

The rest of the show goes through the story of Creon's death, making Ismene the ruler. She doesn't want to be and has to decide what to do. Based on the prophecy, if she rules, she will die and Thebes will fall. If she leaves, Thebes will still fall and her family will be forced to stay in the underworld forever, but she won't have to rule. Talk about easy decisions.

In between Ismene's struggle with what to do, you find out Chrysippus and Laius are secretly dating. Yes, Chrysippus is in love with her best friend's ghost grandfather. But wait, there's more. Chrysippus is the one who cursed the royal family. She made a deal with Zeus and put the curse on Laius so anyone he loved would die. After that shocking revelation, Ismene leaves and Chrysippus takes the throne and is the ruler of Thebes.

Aside from the plot being fun and engaging, the performances were incredible from the whole cast. The whole cast had great comedic timing and excellent vocals. Organ was a stand-out for me, and whoever plays Chrysippus next definitely has big shoes to fill.

The crew also did a great job with the set, lighting and overall production. The set was simple, but I think it worked well because it allowed the cast to really shine. The lighting was done well. It had some great cues to show a certain person for either comedic timing or dramatic effect. The crew deserves recognition for creating a seamless show where I couldn't tell it was still in workshop.

Overall, the music was amazing, and the plot was fantastic. I loved how the whole thing didn't take itself seriously and was supposed to be funny. It's just ridiculous enough without being corny. It's what the ancient Greeks would have wanted.



PHOTO CONTRIBUTED BY CORTNEY HANNULA
Junior film, television and media arts major Samantha Hart, who played Ismene, carried amazing vocals throughout the whole musical.

A night in Bollywood

The South Asian Society celebrates Indian culture

By DAVID MATOS

Associate Arts & Life Editor

As Bollywood music flooded the walls of the Mount Carmel auditorium, students entering this year's Bollywood Fest were met with the smell of the Indian feast that sat across the room and a miniature cardboard cutout of Bollywood actor Shah Rukh Khan.

Quinnipiac University's South Asian Society held its annual Bollywood Fest on March 4, in CCE 101.

Bollywood is the biggest film industry in India, releasing upwards of 2,000 films of every genre each year, making binge-watching movies from the industry quite the challenge. The festival aimed to bring a crucial part of Indian culture to Quinnipiac for students from every background to bond and celebrate through traditional cuisine, dance and music.

"(Bollywood Fest) is important because it just celebrates our culture," said Kripa Patel, president of the SAS. "I know we do have a presence of South Asian people here on campus. So I think with all the events that South Asian Society does, our main goal is to have a way for our members to celebrate their culture as well as have other people come to our events and then celebrate our culture with us."

The night began with everyone's favorite childhood pastime, arts and crafts. After students rushed down the faux red carpet that decorated the stairs, they were met with a wonderfully decorated table full of art supplies.

The table had various materials, ranging from acrylic paint, wood tags, gem stickers, glitter, coloring pages and markers. Among the supplies were stickers of iconic Bollywood figures to take home as a souvenir. Students were encouraged to make whatever they pleased using the provided materials.

As part of Quinnipiac's new mask mandate ruling, which limits required mask wearing to classrooms and health care service areas, this year's Bollywood Fest marked one of the first on-campus events where guests could participate mask-free.

SAS couldn't host its annual Bollywood Fest during spring 2020 due to students being sent home for the remainder of the semester because of the COVID-19 pandemic. Last year marked the first in-person Bollywood Fest since the beginning of the pandemic when masks were still mandatory.

"I do think that an event like Bollywood Fest is crucial to have in-person ... I think that being together and experiencing the event all together is necessary to create a meaningful experience," said Corey Windham, a senior graphic and interactive design major.

The brilliant array of traditional Indian dishes, provided buffet-style, was a major draw to the event. The first entree

in the lineup was paneer makhani, a staple in many Indian restaurants. It consists of doughy paneer cubes cooked in a spicy mughlai gravy of milk, cream, butter, tomato and cashew. Gobi — which translates to cauliflower in Hindi — Manchurian was next in the alignment. As the name suggests, the dish includes cauliflower florets mixed in Manchurian sauce.

Boneless chunks of chicken soaked in spiced curry sauce, better known as chicken tikka masala, was another option included in the muster of flavorful platters. Many guests then finished off their plates with a heap of basmati white rice and naan bread.

The creamy and sweet mango lassi drink was a refreshing choice made available to enjoy with the Indian-style dinner. For dessert, beautifully decorated cupcakes from Sugar Bakery and an array of cookies from Insomnia cookies was another sweet addition to the savory feast.

"I may be biased, but my favorite part of Bollywood Fest was the food," Windham said. "I am a firm believer that food is an expression of cultural identity; what better way to express your culture but by sharing a meal and talking?"

When all guests were seated with their hefty plates of food, the night concluded with four Bollywood-style dances choreographed and performed by members of SAS. Members prepared two weeks prior to the event. Patel described it as "another way that we have our members get involved."

Each member effortlessly danced the night away to a traditional Bollywood soundtrack handpicked by members of SAS while sporting lehenga cholis, saris and sherwanis commonly seen in Bollywood cinema. The performance portion ended with a big group number.

"Bollywood is definitely a very prevalent source of



DAVID MATOS/CHRONICLE

SAS e-board members Kriti Patel (top left), Hema Medhat (middle left), Priya Patel (middle right), Kush Patel (top right), Kripa Patel (bottom left) and Mehreen Girach (bottom right) hosted Bollywood fest on March 4.

entertainment and music," Patel said. "I know a lot of us have grown up watching Bollywood movies and listening to Bollywood music so all of us really do have a connection to that. And even if you don't have a connection, you know Bollywood is very popular in (Indian) culture. So we definitely try to utilize that in our event."

Before guests left, raffle participants were handed a ticket with a number on them. The lucky second-place winner, Julianna Allen, a sophomore applied business major, won the miniature cardboard cutout of the star actor Khan. Sophomore health science studies major Ibaleze Garcia won the first-place prize, earning a life-size cardboard cutout of the Bollywood actor.

"I always like to say that, don't be afraid to come to our events," Patel said. "We would love to have you. I know every single multicultural cultural org gets excited when we have a great attendance ... We are a loving community at Quinnipiac."



DAVID MATOS/CHRONICLE

Seniors Pratibha Thippa (left) and Ashna Patel (right) perform a choreographed dance routine for the audience.

PRONOUN EVENT SHEDS LIGHT ON GENDER IDENTITY

By **JACKLYN PELLEGRINO**
Staff Writer

Quinnipiac University student Jennifer Greene hosted an event in the Mount Carmel Piazza March 4, to educate the community on gender identity and the proper use of pronouns.

Greene, a senior public relations and media studies double major, organized a Pronouns Awareness Day event with sponsors including the QU Culture, Gender and Sexuality Alliance, Student Government Association, Campus Life and The Office of Community Service.

"I have sponsors from different organizations, but I've really been the sole person behind all of this, which is crazy," Greene said. "Today's really weird for me, it's all coming to life."

Greene said that it all ties back to self-identity as a student at Quinnipiac.

"After COVID, I was questioning my own gender identity, and I had all these questions, and I didn't really feel like I had many resources, and it actually led me to TikTok," Greene said. "I found that I was getting a lot of answers from a random social media app and why can't I find these answers anywhere else, besides the internet, on my campus."

Katie Kelly, a graduate of the class of 2021 and Greene's partner, started Pronoun Awareness Day last year as a project for a graduate course.

"I worked with a lot of nonprofits and did a lot of different projects to try to help people in the community so I wanted to make sure that I was doing something that would help the community," Kelly said.

Kelly said Greene was the No. 1 reason for starting the event, as well as shining a "spotlight" on all of the questions people ask.

"A lot of our friends and family would ask so many questions about gender expression, gender presentation and gender identity and pronoun usage," Kelly said. "At the time I was only identifying as a (cisgender) woman so I felt like I'm not the right person for this, yes I'm educated on it but you should be too. I think everyone should be whether they're a (cisgender) or not."

Sex and gender were two topics discussed at the event. Sex is assigned at birth and biological as opposed to gender, which is how a person expresses themselves. The significance of pronouns and gender identity and why they are connected was also discussed.

"It's important that people recognize us for who we are," said William Jellison, a psychology professor and an event panelist. "Pronouns are one example tonight, but our ethnic heritage, where we grew up, the sports team we identify with, you want others to see you as how you are. But if someone misgenders you, they are not seeing who you really are."

Alyssa Arends, a sophomore political science major and event panelist, posed a question for the audience to consider regarding allyship.

"What does the community need versus what do I think that I need," Arends said. "Good allyship is about centering the voices of those who are really affected. It is OK to ask questions and it is OK to make mistakes."

Ace Ricker, community impact manager at the New Haven Pride Center, explained how people do not always have to answer other's questions and how it may be beneficial to refer to someone else.

"If you don't feel comfortable, don't feel bad, just refer to someone who can give people information such as referring to New Haven Pride Center or to someone else who has had the experience," Ricker said.

He said that the New Haven Pride Center is open Monday-Friday from 10 a.m. to 5 p.m. and has plenty of resources. There is a food pantry, a closet of free clothes, art exhibits and a variety of Zoom and in-person activities to attend in the future.

Panelists explained complex relationship between gender identity and self-identity.

"We can't even have the concept of femininity without masculinity, the two only exist because they are opposites of each other," said Lauren Sardi, sociology and women and gender studies professor and event panelist said. "We know that's not true. What's important about this is when we have a relationship with everyone else in society, that interaction is very important for informing and validating that reconnection if you will."

"I really liked hearing from different people's perspectives, especially people who aren't always on this campus," said Gabrielle Anastasio, a first-year biochemistry major. "It was just really good to hear what other people thought about



GRAPHIC CONTRIBUTED BY JENNIFER GREENE

The graphic promoted for the Pronoun Awareness Day event exemplified that 'we're all human.'

inclusivity on Quinnipiac and just in general it was really cool to hear from different people that you wouldn't normally interact with."

Haley Ruccio, a first-year film, television and media arts major said that the event was "extremely enlightening" and that it is so important to see the support system at Quinnipiac.

"Being able to be surrounded by a community of really accepting people who are all here to learn and educate themselves on pronouns and gender identity was extremely enlightening and exciting," Ruccio said.

Greene said that the issues discussed are not "black and white," but instead are "very broad and ever-changing."

"I just want people to walk out of there knowing more than they did once they walked in," Greene said. "I think if they walk out saying I learned something that's awesome."

SIGN OFF YOUR GRATITUDE TO RESTAURANT WORKERS

By **NEHA SEENARINE**
Associate Arts & Life Editor

The best tip I can ever give you is to tip your servers.

Servers spend relentless hours on their feet and the least you can do is reward them. They balance hot plates on their forearms to be sure your stomach is happy and your experience is amazing when you sit down at any restaurant.

When people get their bill, sometimes we forget a tip can go a long way. It can help a server pay for their next meal or buy toothpaste. We can't assume that their life outside of the restaurant is picture-perfect. Servers may struggle with providing for their families or just themselves. Also, depending on the restaurant, a single server may have to split the tips in a pool along with other staff members.

However, isn't the restaurant to blame here?

Biweekly paychecks that restaurants give their employees are not enough to support their day-to-day needs.

Oftentimes, servers are on a tipped-worker wage. Under tip-based services, the employer is only required to pay \$2.13 per hour in direct wages if that amount combined with the tips received equals the federal minimum wage. If the tips combined with the employer's direct wages of at least \$2.13 per hour don't equal the federal minimum hourly wage, the employer must make up the difference, according to the U.S. Department of Labor.

Servers spend long hours at work, sometimes from sunrise to sundown, providing their guests with the best hospitality they can deliver. They're expected to go to work and stay for as long as they are needed.

I worked at The Cheesecake Factory as a hostess for a brief five months. I remember there were times where I spent hours in the restaurant after my supposed clock-out time because the managers wouldn't give me the OK to go. Although I was only seating guests and handing them the 100-page menu, I could not imagine how a server felt being

constantly on their feet while I was only standing at the welcome booth.

Servers, just like many other professions, are under the impression that they're supposed to hustle so they can afford to live. Employees are worried about paying their bills over their own sanity. Their schedules are tied up with going to work rather than focusing on things that matter. Servers have a life outside of a restaurant. They could be taking time to spend time with family or do things they enjoy.

Big businesses contribute to creating a culture of encouraging hospitality for workers to earn their tips. However, small businesses can't afford to pay their workers when they have to budget supplies, pay rent and make sure their small staff is compensated.

"When labor costs climb, employers in labor-intensive industries like restaurants are forced to raise prices to maintain profitability, thereby driving up consumer costs," wrote the National Restaurant Association in its 2021 Raise the Wage statement.

People question if it's a guest's responsibility to reward their servers because a restaurant won't. I've heard people argue that they should only pay for what they ordered. Some guests might think they owe nothing more to the restaurant or its workers. They may think that a server's financial situation is not their problem.

I see going to a restaurant as a privilege. Growing up, my family didn't have the luxury of going out unless it was a birthday, anniversary or graduation. Sitting in a restaurant is enjoyable because of the workers who drive that experience. I could sit in my dining room and eat a frozen pizza, but I would rather have the nice feeling of leaving my house and eating a fancy meal. The least I can do is show my appreciation.

The standard tip I've been accustomed to is 20% of the bill. Some people may find that too generous. Others might scale their tips on the worker's service: 20% for above average,



ILLUSTRATION BY AMANDA RIHA

15% for average or 10% for below average. My mother taught me to tip what I'm comfortable with, but I always end up whipping out a calculator. I didn't want to leave the server with only \$5 because I felt it would imply they did a bad job even if they were superb.

I'll admit, I've had a few bad experiences at restaurants, whether my order was wrong or I waited a long time to be seated. Guests give their servers little room for error. However, we have to remember they are people, and people are imperfect. It's important to treat others with generosity, and I'm a strong believer that good will come back to you if you do good things.

'JEEN-YUHS' GIVES A GLIMPSE INTO HIS TUMULTUOUS CAREER

By CAMERON LEVASSEUR
Associate Sports Editor

Kanye, Ye, Yeezus, whatever you want to call him, the man behind 10 No. 1 albums on the U.S. Billboard charts has proven himself to be one of the most impactful artists of our time.

"jeen-yuhs: A Kanye West Trilogy," a 4.5-hour documentary released in three installments on Netflix this past month, follows the polarizing 44-year-old producer-turned-rapper from the beginning of his career in the late 1990s to the present day.

The film was shot, directed and produced by Clarence "Coodie" Simmons Jr. and Chike Ozah, Ye's lifelong friends who met the superstar in his early 20s. Their relationship with Ye

allows the documentary to take a raw, honest look into his life.

As a whole, the production was fantastic. To have a documentary relying solely on archival footage with no formal interviews flow well is difficult to accomplish, and Simmons and Ozah nailed it.

Most of the footage comes through the perspective of Simmons, who seemingly becomes the main character at points as he takes viewers on a journey through the ups and downs of his own life.

These cutaways from Ye make the film feel more personal, but ultimately distract from the point of the documentary. There are times when it seems like home-video footage snuck into the final edit.

The first two acts look at Ye's early career up until the release of his debut studio album "The College Dropout" in 2004. It's a real dive into his struggles trying to attain validation as a rapper, and it gives viewers insight into his psyche before fame.

A behind-the-scenes look into the production of songs such as "Slow Jamz" and "Through the Wire" is a fascinating watch for Ye's fans.

As Ye rose to superstardom, his social circles grew bigger, and adversely, the time Simmons and Ozah spent with him shrunk. The documentary looked all but over, and it was six years before they picked up the camera again.

When they did, the year was 2014, it was no longer the same Ye who looked to solidify himself in the industry, as Simmons himself acknowledges in the narration. Before Ye had called himself a genius, this was now in the age of Yeezus. The song "I Am A God," released a year prior, was a declaration of his mindset, and it showed in the documentary.

It seems as if in the wake of his mother's death, Ye's outward, egocentric persona grew significantly. "jeen-yuhs" portrays Donda West as the rapper's grounding point, and his mental state seemed to shift more toward unstable following her death in 2007.

Ye was officially diagnosed with bipolar disorder in 2016, and his often-erratic nature is shown especially throughout the later stages of the final act.

He even says during a rant at his Cody, Wyoming, ranch amid his failed presidential campaign in 2020, that "I do not communicate in a way that people understand in public."

Ye's public outbursts in recent years have often fallen back on his strong religious beliefs, the undertones of which can be seen all through the footage.

If there's one clear message throughout the documentary, it's that no matter what adversity or controversy Ye faces, he always maintains a strong belief in God and himself. In his mind, he always has been and always will be a genius. Or in this case, a "jeen-yuhs."

The documentary is a worthwhile watch regardless of whether you are a fan of Ye or not. It's an honest look behind the scenes with one of the most influential musicians and individuals in Western culture in the 21st century, made by those who really knew him.



PHOTO BY KIM ERLANDSEN / FLICKR

'jeen-yuhs: A Kanye West Trilogy' shows the journey of Kanye West's rise to stardom.

'THE BATMAN': A WATCHFUL PROTECTOR FOR A NEW GENERATION

By JACK MUSCATELLO
Staff Writer

Warner Bros.' long-awaited "The Batman" opened in theaters March 4, and the caped crusader is finally back in full form.

Just as brooding, broken and haunted as ever, Batman is still driven by a stubborn search for justice that threatens to cripple him even further. But writer-director Matt Reeves has much more to offer in his new three-hour epic, and proves by the end that he is just getting started.

Bruce Wayne is a complete 1990s kid in this adaptation, fitted with dark bangs and an abundance of social awkwardness. He is younger, weaker and still searching for who he really is. Reeves rightfully dials up his punk image with Nirvana's "Something in the Way," which bookends the film as a quieter anthem for Wayne.

The film opens with a chilling introduction to Paul Dano's The Riddler, whose manic schemes initially echo the chaotic brilliance of Heath Ledger's 2008 portrayal of The Joker. The story quickly centers itself on a cat-and-mouse game between Batman and Riddler, and the enigmatic clues he leaves for the

winged vigilante at each of his crime scenes.

The plot takes a while to get moving, but the bleak tone is set from the beginning. This is not a run-of-the-mill superhero blockbuster.

Batman has taken over Wayne's psyche at this point in his life, which is set two years after his famous origin. The script wisely shifts away from the familiar backstory, opting instead to showcase his struggle to define his alter ego. His allies are few and far between in Gotham City, which is the grittiest and darkest it has ever been.

One of the few people he can trust is Lieutenant Jim Gordon of the Gotham City Police Department, who is perfectly played by Jeffrey Wright. The character's tireless tenacity for finding the truth blends well with Batman, and the pair's buddy-cop dynamic drives much of the plot forward. Wright is usually muted with his delivery, but he occasionally explodes with a sharp veteran's perspective and booming voice, especially during a heated interrogation scene that is one of the film's more riveting moments.

The performances are fantastic across the board. Dano is perfectly psychotic as Riddler, and rightfully adapts the character's twisted vision to fit modern internet culture. Colin Farrell literally becomes The Penguin, as he disappears beneath the brilliant prosthetic makeup and a suitably thick Italian-American accent.

Then there is Zoë Kravitz, who shines as Selina Kyle. She delicately balances Kyle's personal stake in the story with a fresh spin on Catwoman, and never overstays her welcome. Though her backstory is provided entirely through heavy exposition, the emotion is strong enough to compensate for the simple delivery.

But it would be a crime not to mention Robert Pattinson. Though his Wayne is tough to define — he often hides behind the comfort of his mask — his Batman is striking. Visually, the suit is one of the best live-action versions. The metal on his chest armor deflects gunfire with loud blasts and bright flashes. His new tech is simple but refined to Wayne's clever strengths. Pattinson's voice is also strong, though not as deep and traditional as Christian Bale's interpretation throughout "The Dark Knight" trilogy.

Pattinson has officially escaped the clutches of "Twilight." He made significant headway with his deranged role in the independent horror film "The Lighthouse" two years ago, but his decade-long journey away from the awkward romance with Bella Swan is finally complete. Though his Batman may

not be for everyone, it is hard to ignore how well his level of commitment and humble physique match the character.

Cinematographer Greg Fraser crafts a visual wonder once again. His already historic work on "Dune" last year was just a precursor for the immaculate shot design he presents here. Him and Reeves use gorgeous wide shots to capture each action set piece, and tight closeups with some of the deepest shadows for many of the more fundamental conversations.

A knockout chase sequence with a unique, almost homemade Batmobile, takes full advantage of Fraser's knack for lighting. This moment's sharp mix of strong camerawork, bold music and pulsing sound design makes for a genuinely chill-inducing theater experience, and one that will be impossible to forget for years to come.

Speaking of the music, composer Michael Giacchino delivers his best work in "The Batman." His theme is hauntingly simple and builds consistently with each passing scene. The motifs for Catwoman and Riddler bring a deeper emotional chord into the story, and his action cues rightfully blend together his own style with the litany of Batman musical ideas from previous iterations. It is a fantastic soundtrack from start to finish, and the theme is arguably the most catchy one yet.

The only real issue with the film, above all the technical gravitas on display, is the pacing of the story. The suspense crafted by the opening scene falters a bit during the opening act, and only returns a half-hour later during an eerie sequence at a funeral. The editing is also too much in love with the cinematography, as each shot lingers on screen for a bit too long. Many of the expositional moments drag their heels as well, weighing down the swifter points of detective banter between Batman and Catwoman.

This story also does not require three hours of your time. The finale, though large in scale and properly poignant, simply takes too long to reach its last emotional chord. There's never a dull moment, but the editing does not do the viewer any favors.

"The Batman" is an exhausting epic full of noir grittiness, and has no interest in existing as a traditional superhero story. Reeves makes sure to throw in plenty of teases for a future franchise with Pattinson, but does more than enough to solidify his new Batman as a genuinely nuanced adaptation. It has been a rough few years for the character in Hollywood, but the watchful protector has officially returned to his former glory.



ILLUSTRATION BY EMMA ROGEL

Scores & Schedule

Wednesday 3/2

WBB lost 73-69 @ Manhattan

Thursday 3/3

MBB lost 75-72 @ Monmouth

Friday 3/4

BASE won 8-2 @ James Madison

WIH lost 3-2 vs. Colgate

Saturday 3/5

WIT&F @ ECAC Championships

No Team Results

MBB lost 79-61 @ Iona

WBB won 71-49 vs. Rider

WLAX won 13-12 vs. Boston University

BASE lost 6-4 @ James Madison

WTEN lost 5-2 vs. Fordham

Sunday 3/6

WIT&F 5th @ ECAC Championships

WTEN lost 7-0 @ NJIT

BASE lost 19-1 @ James Madison

Tuesday 3/8

WTEN lost 5-2 @ UConn

Tuesday 3/8

MLAX @ Fairfield 7 p.m.

MBB vs. Marist @ MAAC Round One 9 p.m.
(Both scores unavailable before publication)

Wednesday 3/9

WLAX @ Bryant 7:30 p.m.

WBB vs. Saint Peter's @ MAAC Quarterfinals
3:30 p.m.

Thursday 3/10

WHOK vs. Syracuse @ NCAA Regional 6 p.m.

Friday 3/11

BASE @ George Mason 2:30 p.m.

SOFT @ Tennessee Tech 6 p.m.

MHOK vs. SLU ECAC Quarterfinals
Game One 7 p.m.

Saturday 3/12

WLAX vs. UMass Lowell 12 p.m.

SOFT @ Indiana State 1:30 p.m.

BASE @ George Mason 2 p.m.

WHOK vs. Ohio State @ NCAA Regional
5 p.m. (Dependent on round-one victory)

SOFT @ Tennessee Tech 6:30 p.m.

MHOK vs. SLU ECAC Quarterfinals
Game Two 7 p.m.

Sunday 3/13

SOFT @ Indiana State 10 a.m.

SOFT @ Bellarmine 12:30 p.m.

ACRO @ Frostburg State 1 p.m.

BASE @ George Mason 1 p.m.

MHOK vs. SLU ECAC Quarterfinals
Game Three 4 p.m. (If necessary)

WTEN vs. LIU 6 p.m.

Samson's Scorecard: First hole

On-course practice is the key to the team's success



PHOTO FROM QU ATHLETICS

Junior Leeyen Peralta was named MAAC Player of the Week after tying for first place in the Gardner-Webb Invitational.

By **BRENDAN SAMSON**
Podcast Producer

The Quinnipiac golf team will pile into two 12-person vans and make the 13-hour trek down to Hilton Head, South Carolina, on March 19, for its second tournament of the season. With 10 days until then, let's take inventory of the team after its first taste of competition this past weekend.

The Bobcats finished third of seven schools this weekend in the Bright's Creek Invitational hosted by Gardner-Webb University down at the Bright's Creek Golf Club in Mill Spring, North Carolina.

While there is plenty of room to improve, the third-place finish is an encouraging one as the team ended just two strokes back from second place. Quinnipiac finished 40 over par for the tournament, a better score than four schools, and only behind Gardner-Webb who finished 38 over and Jacksonville State at 27 over.

Head coach John O'Connor said the tournament showed the importance of on-course practice.

"Having to compete on a very difficult golf course for the first time, with practically no outside experience prior to competing, makes it very difficult," O'Connor said. "You're just not accustomed to hitting the ball off the grass when you're practicing indoors like this."

Most of the team's practices have come indoors in the simulator room, but the team got outside for nine holes before heading down to Tar Heel State and playing a practice round of 18 holes at the course.



PHOTO FROM ROB RASMUSSEN/QU ATHLETICS

Senior Elena Lopez and the golf team head to South Carolina during spring break for their second tournament.

With only 36 holes of actual golf under its belt, the team entered the tournament looking to shake off some rust. That rust didn't stop junior Leeyen Peralta from posting a score of two shots over, tied for first place.

Despite posting the best score, Peralta still sees areas she can improve in.

"I definitely think that I have a lot more work to fix in my game, but I think I'm on the right track with practice and my swing," Peralta said. "On the course, I was feeling good about my game, so I try to stay on that, keep that feeling going as long as I could."

Peralta was not the team's only top-10 finisher. Junior Kaylee Sakoda finished tied for eighth, and O'Connor saw noticeable improvement in her game throughout the round.

"Kaylee started out with an 82, which is really high for her, but she came back and shoots a 71 on the same day, which is just remarkable," O'Connor said. "But that's getting adjusted to playing again."

The rest of the team saw similar progression to Sakoda throughout the weekend, shooting a combined 12 strokes better as a team on the second day of the tournament.

While improvement will inevitably come when the weather yields practice outside, the team will need to make the most of the golf simulator in the meantime. Unfortunately, putting was the Bobcats' biggest weakness in the tournament, something that is difficult to simulate indoors.

"It's not the same as putting a 40-foot putt on an undulating green that breaks every which way," O'Connor said. "It's hard to simulate that."

As Quinnipiac prepares for its trip down to Hilton Head, it will look for more consistent play.

The Bobcats sought to find this consistency when members from the Golf Performance Center in Ridgefield, Connecticut, came to campus to evaluate the players on March 4.

The golf instructors from the center assessed every part of the team's game, having the players complete strength, putting and chipping tests.

The players also did a nine-shot test to help work on their shot shape. The test consisted of three low shots, three middle shots and three high shots, for each of these three shots, they were then asked to hit one draw, one fade and one straight.

"It's just a very good way to determine where your weaknesses are and what you need to work on," O'Connor said.

The team will stay in a house together when they head to Hilton Head during spring break to take on 15 other schools, something Peralta is looking forward to.

"That's definitely one of the more fun weeks of the spring season," Peralta said. "Being in a house full of my friends and my teammates, making memories, that's always something I look forward to."

Women's hockey earns NCAA Tournament berth

Quinnipiac faces Syracuse in regional semifinal matchup



AIDAN SHEEDY/CHRONICLE

Graduate student goaltender Corinne Schroeder was named ECAC Hockey Goalie of the Month for February after posting a .96 goals against average with a 6-1-0 record in seven games.

By **PETER PIEKARSKI**
Sports Editor

Even though Quinnipiac did not advance to the conference championship this past weekend, it still has the most important games of the season rapidly approaching.

During Sunday night's tournament selection show, the Bobcats landed in a tough part of the NCAA bracket, facing off against Syracuse on March 10, in Columbus, Ohio, where the winner will go on to play No. 1 Ohio State.

Quinnipiac enters the tournament coming off of an emotional loss to Colgate in the conference semifinals.

Though Syracuse finished the season strong, going 9-1-2 since the start of 2022 and winning a CHA championship, the Orange struggled mightily against ECAC Hockey opponents. In 10 matchups against Quinnipiac's conference, Syracuse posted a 1-6-3 record, including the exhibition game against RPI.

Syracuse's sole win came against Union, which finished the season with a 5-28-1 record.

It's been a tale of two seasons for the Orange, who dominated their conference play, but performed poorly against the out-of-conference portion of their schedule. Syracuse finished atop the CHA conference with an 11-4-1 record, but only a 4-6-5 record against non-conference teams.

The statistical splits for Syracuse are not captivating. Looking at goal-scoring, the Orange could not score efficiently at five-on-five. A team that just won its conference championship finished with a negative five-on-five goal differential, scoring just 54 goals while allowing 61.

Senior goaltender Arielle DeSmet has been the backbone of Syracuse all year, finishing the year with a .939 save percentage and a 1.99 goals against average. But her play slipped in games outside of the CHA. In 11 games, DeSmet produced a .921 SV% and 2.46 GAA. However, against CHA teams, DeSmet's line was significantly better with a .953 SV% and a 1.64 GAA.

Syracuse's production against non-conference opponents also was minimal. In 15 games out of conference, it scored just 29 goals or 1.9 goals per game, but surrendered 39 goals or 2.6 goals per game.

Even on the power play, Syracuse scored seven goals on 46 chances against ECAC Hockey teams for a 15.2% conversion rate. Quinnipiac accumulated 69 chances on the man advantage against its conference, converting 15 times for a 21.7% clip. That's a drastic percentage difference.

For Quinnipiac, it's been an incredible season as the Bobcats finished 25-9-3, their best regular-season record since their run to the Frozen Four championship in 2015-16.

The Bobcats opened their season with a 15-1-2 start, casually rising up the USCHO poll rankings in the process peaking at the No. 4 spot in the country. The second half of the season wasn't as kind in the wins column, but Quinnipiac lost all but one game by a single goal.

Despite Quinnipiac's impressive opening, the one series that proved it was a top contender was against then No. 1 Wisconsin, which began the second half of the Bobcats schedule.

In the first game of the series, Quinnipiac opened the scoring, and eventually held a 2-1 lead before Wisconsin scored a short-

handed goal in the third period which broke down the Bobcats. The following night Quinnipiac fought hard to a 1-1 tie.

That weekend gave Quinnipiac a level of playing confidence I have not seen in my four years here.

Since the calendar flipped to 2022, the Bobcats have played nine games against ranked opponents in their conference (Colgate, Yale, Harvard and Clarkson), including the ECAC Hockey playoffs. In those nine games, Quinnipiac finished 5-4-0, scoring 26 goals and allowing 17 against.

The biggest piece to Quinnipiac's success is its goaltending. Contributions from graduate student Corinne Schroeder and senior Logan Angers provide the Bobcats a one-two punch in the crease on any given night.

Over the entire season, the two goaltenders combined for a 1.43 GAA, a .944 SV% and nine shutouts. Just looking at the nine-game stretch against the four ranked opponents, Schroeder and Angers' cumulative GAA was 1.91 and their SV% was .946 (Schroeder started eight of the games).

Quinnipiac and Syracuse experienced radically different seasons. What does that mean for the Bobcats' regional matchup?

It means that Quinnipiac has the advantage in almost every aspect on the ice. However, the regional final matchup is not as desirable for the Bobcats, as Ohio State holds a notable edge in almost every major team stat category.

But one game at a time, as the Ohio State matchup only matters if Quinnipiac wins Thursday against Syracuse.

BRENDAN MARTIN from Page 12

athlete affect his morals and the way he lives his life.

"He's always been the same guy, he's just been a little more busy," Rice said. "Obviously, school is big for him. Every year, when the MAAC All-Academic teams come out he's always on it ... he loves the guys on the team, and he still makes time for us normal folks that aren't Division I athletes."

As a finance major, Martin is looking forward to his future beyond Quinnipiac and basketball as he exchanges his jersey for a suit.

"I like to work with a team so everything that I've learned in terms of teamwork and compassion and competitiveness I look to bring towards me in my working career," Martin said. "I tell all these high executives when I interview with them, 'I'm looking to stay competitive. I like to win.'"



PHOTO CONTRIBUTED BY DALTON RICE

Guard Brendan Martin earned the first start of his collegiate career on Senior Day against Canisius.



Sports

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PHOTO FROM QU ATHLETICS

‘That phone call will be something I remember forever’

Walk-on Brendan Martin reflects on his time at Quinnipiac

By **MICHAEL LAROCCA** and **CAMERON LEVASSEUR**

It’s safe to say that when given a lineup of Quinnipiac students and one player on the men’s basketball team, one can correctly pick out the basketball player 99 times out of 100. Senior guard Brendan Martin is the exception.

Martin, a 5-foot-7-inch walk-on for the Bobcats, has spent the past three seasons proving his worth for a team with bona fide talent.

“I was grateful that they gave me the opportunity to come be a walk-on,” Martin said. “They weren’t going to really look for me to be a guy that would be playing a ton, but I’d be a guy that would be a strong locker room presence and a guy that would do whatever was needed in practice.”

A native of South Setauket, New York, Martin grew up just a quick ferry ride away from Quinnipiac. However, he was exposed to the bright lights of Division I basketball from a young age.

“I grew up in a place near Stony Brook University,” Martin said. “I always dreamed of playing for that, and the opportunity to play at Quinnipiac was really similar. Small town, good community base.”

Martin attended Ward Melville High School in East Setauket, where he was a three-year letterman. Averaging 11.6 points and six assists per game as a senior, he helped lead the Patriots to their first league title since 1990.

“In my high school we always said ‘put the dot on the wall,’ and the dot was the year that you’d win the league title,” Martin said. “That was a big moment for us ... just the idea of working together and winning a championship is a great feeling.”

Aidan Keenan, a former guard for nearby Commack High School, remembers Martin for his prowess on the perimeter.

“He’s a good ballhandler, didn’t really turn it over much, and then he could just shoot from anywhere basically on the court,” Keenan said. “I remember him hitting like four or five 3’s against us.”

Martin’s high school career came to a close in the state semifinals at the hands of current Quinnipiac junior guard Savion Lewis.

“I ended up losing to Savion in the high school semifinals for the second year in a row, and I told my parents that Quinnipiac was off the list,” Martin said.

While Martin may have taken Quinnipiac off his list, the schools he was looking to play for were doing the same to him.

“Throughout most of high school I figured I would be a Division III basketball player and then towards the end of my high school career, a bunch of schools I had strong interest in weren’t necessarily interested in me,” Martin said.

Martin made the decision to attend Quinnipiac and play various intramural sports as well as club basketball in his freshman year. Lewis, the man who ended Martin’s high school career, was actually one of the first to tell him about walking on.

“My freshman year, I got the chance to talk to Savion,” Martin said. “He told me that there was a walk-on opportunity, and my roommate from freshman year also showed me the post on Twitter, and I ended up deciding to go to the tryout.”

Known to be a dominant player, Martin’s friends at the time believed that he would be the one to beat the odds when trying out for a Division I program.

“He always played pickup with us at the rec center, and it wasn’t fun playing against him because he was so good,” said Dalton Rice, Martin’s freshman year roommate and staff writer for The Chronicle. “If you were on his team, you were winning however many games you played that night.”

After a multiday tryout process and a lengthy wait, Martin learned that he had made the team, a lifelong dream finally coming to fruition.

“That phone call will be something that I remember forever,” Martin said. “I walked into the locker room and they showed me where I was going to be and Jacob Rigoni — who is definitely one of my best friends on the team — saw the emotion that I had and he asked if I wanted to go to a more private place to call my family. So he walked me outside and I called my dad ... and then connecting the phone call with my mom, we all just cried.”

Martin has been a member of the team for three seasons, celebrating his senior season in the winter of 2022.

During his career, he made appearances in seven games, accumulating 10 minutes played over that span. Despite the nominal playing time, the weight of the experience was not lost on Martin at all.

“I’ve told these guys time and time again that I live my childhood dream of being a Division I basketball player through them,” Martin said. “I don’t really get the opportunity to play as much, but these are all my friends and we have had great relationships, so the opportunity to live my dream through them has been great.”

On Senior Day against Canisius on Feb. 27, the team honored Martin alongside graduate student forwards Jacob Rigoni and Kevin Marfo. Martin received his first career start as the Bobcats marched toward the MAAC tournament, playing during the opening tip-off but was quickly subbed out for sophomore guard Tymu Chenery, a decision he called “the right idea.”

“I was grateful that they gave me the opportunity to start, but I understood that it was an important game that we needed to win,” Martin said.

Martin accumulated five points and three assists in his career. He scored his first points off free throws against Division III Western New England on Nov. 12, 2021 in a game the Bobcats won by 51 points, and hit his first and only field goal, a 3-pointer, against Monmouth on Feb. 6.

“(It) felt good,” Martin said. “I don’t know if you guys know, but I have one shot, so I’m shooting 100% from the field, 100% from 3, and I’ve got two free throws so I’m shooting 100% from the free throw line. Maybe if we’re up by 20 in a MAAC playoff game, I’ll try to keep that perfect field goal percentage and free throw percentage.”

While the results of the MAAC tournament first-round matchup between Quinnipiac and Marist will not be available prior to publication, it’s likely Martin won’t get on the court. But sometimes a positive attitude off the court is the best thing you can offer your team. Even after making the roster, Martin did not let his elevated status as a varsity

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