

By CAT MURPHY

Data published in March 2022 by the Association for the Advancement of Sustainability in Higher Education identified deficiencies in Quinnipiac University's approach to sustainability.

AASHE's Sustainability Tracking, Assessment & Rating System enables colleges and universities to evaluate and score their sustainability performance.

The point-based STARS rating system awards universities with bronze, silver, gold and platinum ratings, though institutions can opt to submit unscored reports that do not qualify for performance ratings.

Per AASHE's website, the self-reporting system measures an institution's sustainability across four major categories: academic programming, community engagement, campus operations and planning and administration.

Quinnipiac, which submitted its first AASHE report in March 2022, earned a bronze STARS rating in April of that year.

Bethany Zemba, vice president for strategy and community relations and member ex-officio of the Quinnipiac Sustainability Implementation Committee, noted that the university's AASHE STARS initiative required "a tremendous amount of work."

"There had never been anybody at the university paying attention to sustainability in a cohesive way," said Zemba, who previously worked at Yale University's School of the Environment. "I think they always cared about sustainability, but it wasn't centralized in the way that (President Judy Olian) made it centralized."

The university, which earned 56.65 of

President Olian joins independent college sports body pushing to advance NCAA reforms

By CAT MURPHY

Quinnipiac University President Judy Olian was named on Feb. 22 to The Knight Commission on Intercollegiate Athletics, an independent leadership group that seeks to develop and promote reform within the NCAA.

Formed in 1989 amid a series of highprofile collegiate athletic scandals, the Knight Commission strives to spearhead NCAA policy initiatives that "strengthen the educational mission of college sports," according to the commission's website. "The Knight Commission on Intercollegiate Athletics was founded on an unwavering commitment to the well-being of student-athletes," Olian wrote in a March 6 press release. "I'm honored to serve with my fellow commissioners in this pivotal time of transformation in the governance of college sports." accomplished leaders from higher education and college athletics who bring a variety of expertise is both welcomed and needed," said Arne Duncan, Knight Commission cochair and former U.S. secretary of education, in a Feb. 22 press release.

The commission has been a key sponsor of the NCAA's efforts to raise the graduation rate among Division I student athletes. Formed when the six-year student-athlete graduation rate sat at just 52%, the commission's calls for academic reforms helped boost the federal graduation rate among Division I student athletes to nearly 70% by 2022, according to the NCAA. Although the commission has no official authority over the NCAA, the group has influenced several major policy changes since its inception more than three decades ago, including the NCAA's adoption of an academic threshold for postseason eligibility in 2011. The academic threshold provision, which the Knight Commission first recommended in its 2001 report, requires that at least 50% of a team's players are on track to graduate to qualify for postseason competition. However, the federal graduation rate calculation does not consider transfer students or athletes who leave an institution in good academic standing prior to graduation. The NCAA, which utilizes a more inclusive calculation to measure graduation rates among student athletes, calculated a 90% graduation success rate among Division I student athletes in 2022.

Using the NCAA's adjusted calculation, the six-year graduation rate among Quinnipiac student athletes across all sports was an average 93% during the 2021-2022 academic year, according to the NCAA.

The Knight Commission is currently pushing to further expand the rights of student athletes to profit from the use of their ing to be a lot of female athletes that can't capitalize on this."

The commission's current initiatives also include several efforts to restructure the NCAA Division I financial model to prioritize transparency, independent oversight and gender equity.

The Knight Commission notes on its website that Olian, who previously served as the dean of the UCLA Anderson School

The commission comprises current and former college administrators, former college athletes and other collegiate athletics experts.

Olian was appointed alongside former college athletes Kimberly Harmon, head football physician at the University of Washington and professor at the University of Washington Medical School, and Amy Huchthausen, former commissioner of the NCAA's America East Conference.

The commission also appointed Pamela Bernard, vice president and general counsel of Duke University, co-chair of the body.

"The appointment of these four highly

name, image and likeness.

However, the increasing popularity in collegiate athletics of NIL sponsorships has raised questions about gender equity.

Molly Yanity, chair of journalism at Quinnipiac, spoke in a PBS NewsHour interview on March 18 about Olivia Dunne, a Louisiana State University gymnast whose \$2.5 million social media presence has on several occasions threatened her safety.

"This is the entertainment business," Yanity said. "Universities are going to figure out how to protect their athletes when it comes to things like this."

Drawing the contrast between the monetization of NIL in men's and women's sports, Yanity noted that female athletes like Dunne often profit more from their conformity to conventional beauty standards than from their athletic abilities.

"We can look at this as, on one hand, a great thing: she is monetizing this," Yanity said. "But on the other hand, there are goof Management, has a background in financial management.

John Morgan, associate vice president for public relations, declined to comment further on Olian's potential role on the Knight Commission.

In addition to her Knight Commission appointment, Olian has served as the vice president of the Metro Atlantic Athletic Conference, the conference in which Quinnipiac's 21 Division I athletics teams compete, since February 2022.

However, Olian is poised to succeed the Rev. James J. Maher, president of Niagara University and current MAAC president, as president of the conference on July 1, 2023.

"I am a staunch believer in the value of collegiate athletics," Olian said in a February 2022 press release about her appointment to the vice presidency. "These student athletes become role models to the rest of the student community and a point of pride to the institution."

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SUSTAINABILITY from cover

202 available points across the four key credit areas, received a cumulative score of 28.04 out of 100 on its STARS report.

"You have to start somewhere," Zemba said. "We're just scratching the surface of what we can be and what we can become."

Quinnipiac earned nearly half of its 56.65 total points for its sustainability curricula and research. Likewise, the university earned just under one-quarter of its points for its administrative sustainability planning.

However, Quinnipiac earned less points in the diversity and affordability subcategory than any other institution in Connecticut with a published STARS report, earning only 5.39 of the available 10 points.

Although the university received full credit for its diversity and equity coordination, Quinnipiac earned zero points for its diversity and equity assessment processes and less than half of the available points for its support for underrepresented groups.

The university earned only 6.09 of 41 available points in the engagement category, receiving no points in eight of the 15 subcategories pertaining to its sustainability outreach efforts.

Quinnipiac also received just 9.13 of 70 available points in the operations category, which measures the sustainability of the university's everyday processes.

The university received a zero in the air and climate subcategory because Quinnipiac officials did not disclose the university's emissions.

"I would say that the main reason that we didn't do it is because we didn't have the right technology in place," Zemba said. "So, a lot of what we're working on this year — and it's in progress — is figuring out how you capture data."

Zemba wrote in an email to the Chronicle that the university's future AASHE STARS reports will include more data and will "show progress over time."

Quinnipiac also earned no points in the building subcategory because none of the university's existing building space was designed, constructed or maintained with sustainability in mind, according to the university's report.

Similarly, the report revealed that Quinnipiac obtained just 0.0001% of its electricity from solar panels located on the York Hill campus in 2019.

Although the wind turbines on the York Hill Campus seem to advertise sustainable energy, Quinnipiac does not obtain energy from any other on-site, clean and renewable sources, according to the report.

The wind turbines, which university officials installed in 2008, failed soon after being introduced 15 years ago. "We had the discussion internally, 'Do we wait until we can get to the highest rating?' We said, 'No, let's start where we can start, and then build off on that.'"

- Bethany Zemba VICE PRESIDENT FOR STRATEGY AND COMMUNITY RELATIONS

"They don't work," Sal Filardi, vice president for facilities and capital planning, told the Chronicle in 2018. "When you go up there do you see them turning?"

The report noted that Quinnipiac's new Recreation and Wellness Center, which had not yet been opened at the time the report was published, would be certified using the LEED rating system, the most ubiquitous green building assessment system.

Zemba added that each of the three new buildings being constructed as part of the university's \$293 million South Quad project will also be LEED-certified.

As of publication, Quinnipiac has the fourth-lowest published STARS score of 288 universities internationally with active ratings, according to AASHE.

However, AASHE requires institutions to earn a minimum score of 25 to qualify for a performance rating and, notably, does not publish reports that receive cumulative scores below this threshold.

"STARS only provides positive recognition," AASHE states on its website. "Each seal represents significant sustainability leadership."

Quinnipiac's STARS report is ranked in the bottom 2% of more than 1,400 STARS ratings published by AASHE since the report's initial release in 2010, though it is unknown how many unpublished reports received scores lower than 25.

"We had the discussion internally: 'Do we wait until we can get to the highest rating?'" Zemba said. "We said, 'No, let's start where we can start, and then we can build off on that and we can show room for improvement and growth.""

Quinnipiac also earned the lowest published STARS rating of any AASHE member institution in Connecticut.

Connecticut College, Eastern Connecticut State University, the University of Connecticut and Yale University each earned STARS ratings that more than doubled Quinnipiac's score.

Three other in-state colleges and uni-

versities — the University of New Haven, Trinity College and Wesleyan University — have historically received higher sustainability scores on the STARS report than Quinnipiac, though the most recent STARS rating for each of these three institutions expired within the last year.

Fairfield University, Southern Connecticut State University and Central Connecticut State University are each registered to use the STARS system but have not earned a rating.

Notably, the state of Connecticut in 2022 assessed Quinnipiac more than \$8,800 in fines for violations of the Clean Air Act at the university's Mount Carmel, York Hill and North Haven campuses, according to the U.S. Environmental Protection Agency's civil enforcement case reports.

Keith Woodward, associate vice president for facilities operations, told Zemba in an email that the university was fined under the CAA for recordkeeping deficiencies rather than for a specific pollutant.

"The fine was for record keeping and reporting because the University's records were not complete," Woodward wrote in an email communication Zemba provided to the Chronicle. "The University did not exceed any air pollution emission standards and remained in compliance with all other air pollution regulatory requirements.

Quinnipiac boasts its bronze STARS rating on its website alongside the university's 2023 listing in The Princeton Review's Guide to Green Colleges.

The Princeton Review, which is directly partnered with AASHE, compiled the 2023 list of 455 "environmentally responsible schools" following a review of more than 710 universities, according to its website.

Although Quinnipiac is not listed among The Princeton Review's top 50 sustainable colleges, the university promotes its "featured school" listing in the Guide to Green Colleges. The Princeton Review clarifies on its website that "schools marked 'featured' have paid a fee for this designation."

AASHE STARS Sustainability Scores in Connecticut

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* = Institution's report uses the same version of STARS as Quinnipiac but is expired

= Institution's report uses an older versions of STARS and is expired

INFOGRAPHIC BY LINDSEY KOMSON

Strategic communications department changes name to advertising and public relations, creates combined minor

By KATIE LANGLEY

News Edtor

The name of the department of strategic communication will change to the department of advertising and public relations. With this change, the ADPR department will merge the advertising and integrated communications and public relations minors.

The updated name will take effect starting in the summer II 2023 semester, the Quinnipiac University School of Communications announced in an email to SoC students March 8.

The new department's classes will be listed in the university course catalog under the code ADPR, replacing the current STC listing. In addition, the code for the master's in public relations program courses will change from STC to PRR.

Antoaneta Vanc, chair of advertising and public relations and professor of strategic communications, wrote in an email to the Chronicle Monday that the separate majors in public relations and advertising will remain separate programs.

However, the department will begin phasing out the two minors in the summer II semester, Vanc wrote.

Students who have public relations and advertising and integrated communications minors will be allowed to graduate with their current minor. Vanc said there are approximately 200 students equally distribut-



Two new faculty members will join the newly-renamed department of advertising and public relations in the fall.

ed across both minors.

In the fall, students will be able to declare a minor in advertising and public relations while new students will default to the combined minor.

Katie Place, professor of strategic communications, said the new ADPR name is meant to better represent what faculty in the department teach.

"Strategic communication is an accurate term and it really gets at the integration and the technology and everything that we're doing," Place said. "But we wanted to clarify and separate out advertising and public relations, particularly so the incoming students or students interested in pursuing our program would understand exactly what they're going to be able to study."

Vanc wrote that the departments' name change will better represent the wording that students will see in the advertising and public relations industries.

"The decision to change the name of the Department to Advertising and Public Relations was carefully considered to better illustrate the major and minor offerings within the department," Vanc wrote. "This decision is a very good move as it aligns better with the terms that have the greatest market relevance and define the names of the professions our students will apply for as they go out in the industry."

Place said the shift is primarily a name change, and the classes under ADPR will not see significant changes to curriculum.

However, Place said the new department will allow for more flexibility in electives, as both public relations and advertising and integrated communications-based courses can now count for both programs.

"I think this change makes a lot of sense, as I know many classes for PR and advertising majors were essentially the same with different labels," said Matt Vogel, a sophomore 3+1 public relations and media studies double major.

Vogel said combining the courses in advertising and public relations will help students get acquainted with peers with different career goals and to share ideas across the public relations and advertising industries.

"I have strictly taken more PR-based classes over advertising ones," Vogel said. "I now most likely have the opportunity to take more classes related to advertising that count toward my major."

Place said that the strategic communications department recently hired two new faculty members, Bhakti Sharma from the University of Florida and Su-Yeon Cho from the University of Miami, to teach advertising and integrated communications.

"I am so happy to say that coming (this) fall, we will have two most impressive new faculty with specialization in digital media, virtual and augmented reality, virtual influencers, the use of emerging technologies in strategic communication, and understanding the usage of mobile applications by brands," Vanc wrote.

Sharma and Cho will teach advertising and integrated communications core and elective courses as well as courses in the master's in public relations program, Vanc wrote.

In addition, Vanc wrote that the STC/ ADPR department plans to offer more courses in social media in the coming semesters, though not immediately in fall 2023.

"This is going to signal amazing growth in our department," Place said. "New name, more flexibility with the electives and then two new hires who are going to develop and teach a lot of new social media course offerings."

New Living Learning Communities introduced for second-year students

By CARLEIGH BECK

New Living Learning Community opportunities are opening for first years and sophomores at Quinnipiac University for fall 2023.

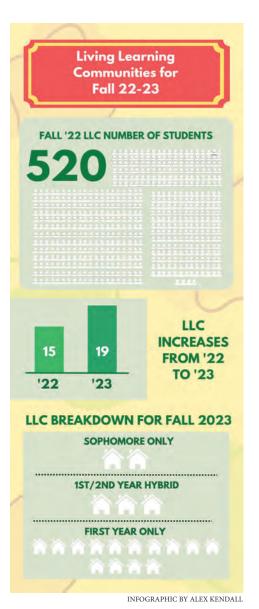
The Unity, Multicultural and Live Well LLCs were originally for first-year students only. But starting the fall 2023 semester, first-year and sophomore students will be allowed to live together in those LLCs. There will be a new sophomore-only LLC called Communications and Media Leadership, open for students in the School of Communications.

demics and being surrounded by those with similar values and interests.

Tami Reilly, director of fitness and wellbeing, is the faculty affiliate for the Live Well LLC, which focuses on the eight dimensions of wellness and how students can incorporate those into their lives. Reilly explained how LLCs can bring people together.

"It's not just about living with peers, but having that connection with someone on campus that can just be a person that you can talk to because we all need more allies and advocates down the road," Reilly said. "So whether it's Live Well or any other LLC, it's really nice to have people in your corner." William Jellison is a professor of psychology and women's and gender studies and unity faculty affiliate. The Unity LLC is for members and allies of the LGBTQ community and helps create an accepting environment while bringing awareness and combating injustice within the Quinnipiac community.

"(Multiclass LLCs) offers an opportunity to continue to build community," Jellison said. "First-year students coming in next year will have older students, sophomores, who have gone through the (college) pro-



As of fall 2022, there are 15 LLCs that are offered to students, and 520 students who are a part of an LLC. This includes the honors sophomore LLC, which has been the only LLC option for sophomores in the past.

The multi-class LLCs will be located in Mountainview Residence Hall and the sophomore-only LLCs will be in Village Residence Hall, said Nicholas Nicholson, professor of nursing.

Nicholson, who is the faculty director for residential experience, was one of the faculty members who helped bring these secondyear options to Quinnipiac.

"The students have the opportunity to live with people who they're familiar with, to deepen their relationships," Nicholson said. "Those connections become so important as potential lifelong friendships."

Nicholson emphasized the benefits for students who live in these communities, such as becoming more familiar with faculty, having peers around to help with acaStudents can participate in programming and activities run by residential assistants and faculty affiliates in the LLCs.

Christine Voth, adjunct history professor and the faculty affiliate for the honors program LLC, said that she lets students in the honors LLC choose the activities. Previously, they held events like community service and decorating Christmas cookies.

Voth emphasized the importance of sophomore LLCs as students start becoming more independent in their second year of college.

"Sophomore year is actually a much more integral year than a lot of students think because they aren't being nurtured through their first year anymore," Voth said. "They're kind of told 'you're on your own."

As students become more experienced and independent in college, they also become role models for the younger students. cess, who might be able to mentor them and help them get acclimated to campus."

Director of Academic Integrity and Pre-Law Advisor Claude Mayo is the faculty affiliate for the multicultural LLC, which allows students to live in a space dedicated to inclusion and equity for students of a wide ethnic and cultural background. However, this is not the first time Mayo has seen multiclass LLCs.

He has worked at other colleges and universities in the residential life departments where he has seen that multiclass LLCs are popular and thrive.

"You can build more of a culture, you can build more continuity," Mayo said. "Then you can see a longitudinal process in the students as they really commit to being in that space."

For rising sophomores who are interested in living in an LLC, they can contact Nicholas Nicholson at Nicholas.Nicholson@quinnipiac.edu, or email LLC@quinnipiac.edu.

Opinion

The Willow Project is a climate disaster in the making

By NICHOLAS PESTRITTO Staff Writer

If our country's goal is to fight climate change and to have a better quality of life in the next several years, why is President Joe Biden approving another oil project that, according to CNN, would generate enough oil to pump 9.2 million metric tons of carbon into the atmosphere?

This massive oil project is known as the Willow Project. According to Reuters, it is a \$7 billion proposal from Alaskan oil company ConocoPhillips to drill oil and gas in Alaska and would be located inside the National Petroleum Reserve, which is a 23 million acre area in the northern part of the state. This land is also the largest tract of undisturbed public land in the U.S.

Once fully set up, it will have the same effect as adding an extra two million gas powered cars to our roadways and will only speed up the effects of climate change. It will cause detrimental damage to our planet.

In early February, Biden said that he would support a scaled-back version of the project. The Bureau of Land Management published the project's final environmental review last month and concluded with a "preferred alternative" that would include three drill sites and would take up less area than what ConocoPhillips originally proposed.

On March 10, Bloomberg was first to report that Biden and his administration have signaled their approval for the project and an official announcement was made on March 13. This will be a costly mistake that will only make the climate crisis grow into a problem that may soon become unsolvable.

When ConocoPhillips sets up these drilling

sites, it will disrupt an expansive plot of wilderness which Indigenous groups have called their home for thousands of years. The area itself is about the size of the state of Virginia and is home to a beautiful and robust ecosystem.

The Willow Project will not only destroy wildlife in Alaska, it will fast track the ongoing climate crisis.

Jeremy Lieb, an Alaska-based senior attorney at the environmental law group Earthjustice told CNN, "This is a huge climate threat and inconsistent with this administration's promises to take on the climate crisis."

Over the next 30 years, it is projected that the Willow Project will produce up to 287 million metric tons of carbon dioxide. That is equal to the annual emissions of 76 coal power plants, which is a third of all coal power plants in the U.S.

CNN also said that Biden's approval of the Willow Project will break a campaign promise that he made. During his 2020 presidential campaign, Biden committed to end new oil and gas drilling on public lands and waters. Biden's approval of Willow completely contradicts his goal to fight climate change.

Approving this project at this time is extremely puzzling. The U.S. should be moving away from fossil fuels and focusing on becoming a sustainable country. Instead, Biden's administration has embraced another big oil project that will only worsen the climate crisis.

There needs to be another in-depth and comprehensive look taken at the Willow Project before its environmental harm will begin. According to the White House website, in 2021, Biden made it his goal to achieve a 5052% reduction from 2005 levels in economywide net greenhouse gas pollution by 2030. His approval of the Willow Project will set this goal almost out of reach.

Clearly the two major online petitions attempting to stop the Willow Project from being approved did not do much to affect the Biden's decision. One petition through Change.org has just over three million signatures. Newsweek reported that the second main petition has over 300 thousand signatures. This just goes to show that there is a significant amount of people who do care about the Alaskan environment, our planet and are completely against Biden's approval of this project.

Along with those two petitions against the project, most social media platforms were flooded with people talking about the Willow Project and urging Biden to not approve it. There was and still is widespread opposition to the project and the Biden administration's approval of it.

The Willow Project will be among the largest sources of climate pollution in the U.S. Earthjustice and Evergreen Action said in a report that it also will not lower gas prices in the near or long term because it would take at least five years to build before any oil would be able to flow from the facility.

Biden went directly against his climate commitments to Americans and his work to mitigate the ongoing climate crisis seems to have been pushed to the side with the approval of this project. His administration was clearly too influenced by the political and monetary results of this situation. The climate and our planet should have come first in this decision and should have absolutely been kept at the forefront of the president's decision.

The president should have never approved this project and in green lighting it, he will only further distance himself from the climate and science policy goals of his agenda. Forbidding the project or at the bare minimum acknowledging those opposing it, would have shown he is still committed to the promises he made throughout his campaign.

Now those same promises are in question.



According to CBS News, the plan for the Willow Project will allow for three drilling sites and about 219 total wells.

The 'screen-age' years: Why you should put the phone down

By A.J. NEWTH Associate Opinion Editor

Technology is amazing, whether it's the ability to communicate with others or to complete difficult tasks, it has become the backbone of our generation and many to come. But at what point does technological adoration turn into addiction?

Walking through the campus of Quinnipiac University I notice many things. I enjoy views of the brick buildings, the large open quad, the backdrop of the Sleeping Giant and every student walking with their head down, staring at their phones.

I can't be too hypocritical because I know I am guilty of the same problem. If I'm not with friends or classmates, I tend to gravitate towards my phone in almost every situation. Whether I'm making the eight-minute walk across campus, waiting in the Starbucks line or even picking up my mail.



I suggest we simply cut back on our phone usage. Find alternative uses for our time and methods to stimulate our brains in positive ways. How many college students read for fun and would choose that over a few hours of scrolling?

There are plenty of features built into today's phones that can help cut back. Consider the Apple feature "Screen Time". It tracks daily phone usage and breaks it down by category and specific app to help monitor areas of improvement. You can even opt to limit your usage by placing controls that will shut off access to specific apps at a certain time or certain amount of activity.

Quitting smartphone addiction is not an easy feat. Just like every addiction, the withdrawals

When did it become so difficult for us to talk to one another?

People already spend an excessive amount of time on their phones, with a 2021 Statista survey finding that more than half the respondents spent five to six hours on their phones daily. That's enough time to attend a full day of high school, catch a cross-country flight or walk a marathon.

Social media has made it increasingly difficult to put the screen down, as research shows that smartphone addiction is strongly related with compulsive buying behavior, instant gratification and a short attention span. Phone activity also contributes to the release of dopamine in our brains, making us feel aroused, motivated or happy. All feelings that are similar to those during survival needs like eating or having sex, which can make it a difficult bond to break.

We never realize what a detrimental ef-

fect our phones can have on us, especially as young adults. Nancy DeAngelis, CRNP, director of behavioral health at Jefferson Health Abington breaks down this issue in the Journal of American Medical Association.

"The overuse of social media can actually rewire a young child or teen's brain to constantly seek out immediate gratification, leading to obsessive compulsive and addictive behaviors," DeAngelis said. "This is what can make mental health disorders such as anxiety, depression, ADHD and body dysmorphia worse."

I constantly hear anecdotes from my parents and others from that generation who mention how simple life was before smartphones. Even just walking through a college campus, it's a pretty difficult utopia to imagine. A world where people spoke to one another in lines, sat with strangers in the cafeteria and made new friends on walks to class seems very outlandish.

ILLUSTRATION BY KAYA DONAH

While social media is its own issue, it's not the only problem surrounding phones. There are actually physical consequences that come from smartphone addiction. Besides excessive eye strain, headaches and disorientation, a newer result of extreme phone usage is a deformity in pinky fingers, per Business Insider. The term "smartphone pinky" refers to small dents caused from a cell phone resting on the little finger that's used to hold the phone. While doctors don't believe it's permanent, it only further proves how obsessed we are with our devices.

I understand how lucky we are to live in a time where we have so much. We have access to knowledge, research and long-distance friends and relatives, all courtesy of technology. I'm not suggesting we quit smartphones altogether, because I truly believe that the way humans have adapted with phones, we would not be able to live without them.

are a very real part of the problem. In this case, symptoms of withdrawal could be restlessness, anger or irritability, difficulty concentrating, sleep problems or craving access to a phone or other device, per Help Guide.

While I've done my best to cut back on my personal usage, I've experienced the symptoms myself. When I put my phone down, I tended to gravitate towards Netflix to binge-watch a new season of my favorite show or my iPad to catch up on retired Pinterest boards. While detox and recovery may seem like heavy words for the subject, they're very appropriate, and healing isn't linear.

Next time I walk across the quad at Quinnipiac, I plan to do so with my phone in my pocket. I'm setting a goal to try to speak to at least two people while waiting in lines instead of looking down at my device. While I still need my music, I'm going to do my best to find new ways to occupy my mind that excite me more than the endless void of social media. I'm working on my unhealthy phone habits and I challenge you to do the same.

Opinion Learn from other countries, don't 'save' them

By AIDAN SHEEDY Copy Editor

It's human to want to help those less fortunate than you, but many skip a step when springing into action. It's too often that after seeing people in need, an individual will ignore the perspective of the person in need. This is perpetuated even further with service learning.

The practice of service learning is when an institution seeks to aid people, often in developing countries. This idea has been around for centuries, and it only taught us one thing— that those in need don't need a group of white people to swoop in and "save" them.

The trips consist of groups of privileged people building houses, churches and unsustainable facilities, and it needs to be abolished. The people that continue these types of programs can be known as white saviors. The theory of white saviorism, according to Savala Nolan, executive director of Thelton E. Henderson Center for Social Justice at UC Berkeley School of Law, is an unconscious belief that a white person knows best or has more skills than individuals who are Black, Indigenous or people of color.

This concept promotes institutional racism and only worsens the situation and conditions for the people in need. While yes, there may be better living conditions for the people after temporary improvements, this is only material and is easily manipulated.

CBS Tampa Bay reported in 2013 that prominent non-profit Habitat for Humanity had foreclosed more than 10% of its 1,274 homes meant to relieve impoverished families.

In contrast, 13 Quinnipiac University students and I touched ground in Guatemala on March 10 and we had one goal in mind—to learn.

The class gathered to stay for 10 days at the Pavarotti Center for Education in San Lucas



Over the spring break of 2023, 13 Quinnipiac University students traveled to Guatemala and participated in experiential education, including the process of traditional Maya weaving.

Tolimán. Nobel Peace Prize Winner Rigoberta Menchú Tum created the lakeside school in 2005 to promote peace and human rights after the cultural genocide that occurred during the Guatemalan Civil War. This trip was particularly special as the CEP and QU celebrated 15 years of global partnership and friendship.

Unlike service-learning trips, this venture was designed specifically to engage in cultural exchange. People with a white savior mentality will look to find a low-effort solution to a problem that causes their contribution to be virtually unhelpful. At the same time, this initiative promotes a twoway education.

This experiential learning is more culturally appropriate and allows marginalized people to have their voices heard. In service learning, volunteers immediately come in from a position of superiority because they have already molded the notion that they are there to "solve" the issues decimating that community. I am happy to say our trip was on a more level playing field. In San Lucas Tolimán, 93% of the local population are Maya, meaning they are part of the indigenous peoples of Mesoamerica. But instead of instilling our values and practices onto them, we collaborated in cultural solidarity. We visited their homes, ate their food, participated in their traditions and learned their language(s). We didn't stay in a hotel or eat at fancy restaurants. We emerged ourselves in their way of life, respecting the intricacies that make the community so amazing.

Even within the San Lucas community, was the presence of a self-righteous white savior. Amid his death in 2010, the National Catholic Reporter published an obituary to Gregory Thomas Schaffer of St. Paul, Minnesota, who reportedly walked from there to San Lucas in 1963 to build a mission. While I believe this method of spreading religion is problematic in and of itself, Schaffer built the church on several acres of sacred Maya land, literally wiping away the people's source of connection to their ancestors and heritage.

Even in the obituary are sprinkles of racism

and ignorance. The article quoted Schaffer, referring to the area as a place where "they're on the streets to get you." That is the voice of a white savior. And while there are many levels to the obvious, the experience of hundreds of Quinnipiac students over 15 years will tell you otherwise. Over the 10 days we were there, not once was there an absence of smiling faces waving to say hello.

The most powerful aspect of experiential learning was not only hearing about the systematic reasons for the area's poverty and living conditions but the first-hand experience of talking to natives in their own homes. With interpreters and a representative of the CEP, the class was able to have conversations with people willing to open their homes to us in an effort to spread awareness of the denial of essential human needs and the rise of oppression in Guatemala against the Maya people.

In lighter moments, QU and CEP shared moments of laughter and fun in cultural solidarity through dance, school and food. In the classroom specifically, two QU students (with one that can speak Spanish) were assigned to a group of students for the school day and observed what the Pavarotti students learn, how the professors instruct and why there is a need for a school that emphasizes peace and learning your own history.

While it's easy to get caught up in the pleasure of helping others, next time there is an opportunity to volunteer or study abroad, carefully choose the program that will not only benefit you but have a mutual impact on all involved.

You don't need to build houses or create new programs to make a positive difference in the world. All it takes is some good listening and the ability to appreciate different cultures and peoples' ways of life.

Mikaela Shiffrin: America's greatest athlete you've never heard of

By MILTON WOOLFENDEN

Staff Writer

"You are fucking insane."

That was how Sweden's Anna Swenn-Larsson congratulated Mikaela Shiffrin after the American won her 87th career race in Åre, Sweden on March 11.

The win made Shiffrin the most successful World Cup alpine skier of all time, surpassing Ingemar Stenmark's 86 victories, a record that had stood for 34 years. The record was one that many, including at times Shiffrin herself, thought would never be broken.

But in 2020, Shiffrin considered retiring after the sudden death of her father at the family's

win, a giant slalom in Kronplatz, Italy.

The win moved Shiffrin into second place all-time, surpassing fellow American Lindsey Vonn's previous mark of 82.

For reference to how far Shiffrin is separated from the pack in terms of wins, her closest competitor, male or female, Lara Gut-Behrami of Switzerland, currently sits at 37 career wins.

Shiffrin has won 35.4% of her races and podiumed (includes second and third place) in 55.6%.

Åre was not only where Shiffrin won her record-setting 87th race but also her first race back in 2012.

The victory also came 12 years to the day when a then 16-year-old Shiffrin made her World Cup debut. of American sports, they look to the "Big Four" sports leagues or mainstream Olympic sports.

While by no means should we write off the accomplishments of Lebron James, Michael Jordan, and Tom Brady, they all played team sports. Shiffrin obviously has coaches and a support team, but when it comes down to it ski racing is an individual sport. Out on the course, it's all on her to perform.

The world of ski racing is like a cult in that only people who ski race pay attention to, and watch World Cup races. As a result, ski racers can be written off for their achievements, in part as a result of the lack of media coverage ski racing receives in the U.S. with 14 medals. She also became only the fourth woman to medal in all disciplines at the World Championships.

The win also marked her sixth straight World Championships with a medal, an all-time record.

She is the only skier to win in all six World Cup disciplines. She holds the overall record for most career slalom wins (53). In addition, by winning the final race of the season this past Sunday, a giant slalom in Soldeu, Andorra, she became the winningest women's skier in giant slalom (21).

The podium finish, Shiffrin's 138th in her career, made her the women's all-time leader, breaking Vonn's record of 137.

home in Colorado.

In an interview with the Associated Press, Stenmark said that he believes Shiffrin is an allaround better skier than he was. He also said that, barring she can stay healthy, he is confident Shiffrin can surpass 100 career wins.

In January, Shiffrin claimed her 83rd career

Shiffrin is one of the greatest American athletes of all time, but most Americans have never heard of her.

When most people argue about the GOAT



Mikaela Shiffrin made her World Cup skiing debut in March 2011 at the age of 16.

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While Shiffrin hasn't outright agreed with them, many analysts argue that she is more popular in Europe than in the U.S.

Shiffrin made her World Cup debut on March 11, 2011, at the age of 16. In February 2014, with seven wins and a World Championship gold medal to her name, the 18-year-old Shiffrin headed to Sochi for her first Olympics.

By winning gold in the slalom, Shiffrin became the youngest slalom Olympic champion, male or female, in history.

In 2019, Shiffrin set the new record for most wins in a season (17), a record that had stood for 30 years.

In the same season, Shiffrin also became the only skier to win the overall, giant slalom, slalom and Super-G titles in the same season. She also broke the record for most consecutive medals in a single discipline at the World Championships, earning her fourth-consecutive slalom gold medal.

By winning in giant slalom at this year's World Championships Shiffrin became the most-decorated American skier of all time 0

She has 15 total season titles, five overall, and 10 in the various disciplines. Seven of her 15 are in slalom, a women's record, and one shy of tying Stenmark for the overall lead with eight.

She needs two more overall globes to be the all-time leader, and seven more discipline titles to be the all-time leader.

Looking ahead, Shiffrin has hinted that she intends to race in the 2026 Winter Olympics. If she does, it would be her fourth Olympics in the midst of her 16th season on the World Cup. At the opening ceremony, she would be 30 years old.

If she does race in 2026, depending on how many events she races and medals in, Shiffrin could become the most decorated women's skier and the most decorated American skier in Olympic history.

So just because she may not be a household name, that doesn't mean Shiffrin's accomplishments should be ignored. She has more than earned the right to be considered one of the greatest athletes of all time.

March 22, 2023

Arts & Life Autism Alliance



PHOTO CONTRIBUTED BY KAYLEIGH JOINT

Quinnipiac Autism Alliance aims to raise awareness about autism spectrum disorder on campus

By MELINA KHAN Editor-in-Chief

About one in 44 children has been diagnosed with autism spectrum disorder, according to data from the Centers for Disease Control and Prevention. The Quinnipiac Autism Alliance was created to advocate for individuals with ASD and raise awareness about developmental disabilities in the Quinnipiac University community.

ASD typically affects an individual's social communication and interaction skills, according to the CDC. According to a study from the College Autism Network, one in 225 college students self-reported ASD, but the exact figure is expected to be higher due to students' reluctance to disclose their diagnosis. QUAA aims to raise awareness about autism through various events, including hosting speakers with connections to the ASD community and organizing fundraisers. Most recently, QUAA donated fidget toys to Spring Glen Elementary School in Hamden. It also hosted a Valentine's Day fundraiser for Autism Services & Resources Connecticut by selling donuts in the Carl Hansen Student Center. All of the club's fundraising goes to ASRC, a nonprofit organization that provides "advocacy, training, and family support," to those affected by ASD, according to its website. Gianna Dellicarpini, QUAA's secretary

and a junior health science studies major in the occupational therapy program, said the club provides educational opportunities for students interested in career paths that involve working with people with ASD, such as special education or occupational therapy.

"Aside from (majors that educate students on working with people with ASD), I definitely don't think there was much representation of how to

be allies for the community on campus, and that's really what (QUAA that everybody feels comfortable and if someone is a part of that community, or on the spectrum, they feel comfortable coming to us, and also to work together."

QUAA was first recognized as a student organization in April 2021. Evan Gundling, a 2022 Quinnipiac biomedical sciences graduate, formed the club after working with autistic individuals at a summer job.

"(QUAA) was initially for myself and friends and anyone in general who was interested and enjoyed working with that population to get involved," Gundling said.

Additionally, Gundling launched the club's partnership with ASRC. Throughout the 2021-22 school year, Gundling said QUAA raised close to \$1,000 for the organization. This year, Joynt said the club has raised close to \$800 for ASRC so far.

Sara Taussik, director of programs & training for ASRC, said the nonprofit connects people with services throughout the state and provides educational resources to connect families and professionals.

was interested and to raise awareness of ASD because of the

is) trying to bring, Dellicarpini said. Alternatively, the club provides

a welcoming space on campus for students with ASD, said Kayleigh Joynt, a junior health science studies major and QUAA's president.

"I think it's really important to make sure that if you are on the spectrum or have a disability that you feel included, especially on a big college campus," said Joynt. "We keep continuing the Autism Alliance club so Gundling said he wanted to form the club to dispel misconceptions about ASD and provide a community for autistic students on campus.

"We had a student at our first meeting who came up to me afterwards and eventually emailed me who was on the spectrum herself and said, 'I'm so glad that you guys made this organization because it feels like I have a platform,'" Gundling said.

IANC

prevalence of developmental disabilities, especially on college campuses.

"I think one of the biggest challenges for the neurodiverse community is finding acceptance and camaraderie, so having a club that kind of celebrates neurodiversity and inclusive of it is really important," Taussik said.

In addition to the importance of providing a welcoming community for people with ASD, Taussik emphasized the importance of challenging misconceptions about autism.

"I think if people don't have somebody in their family, or a family friend or somebody in their close circle that is on the spectrum or neurodiverse, they might not have that exposure or that understanding of what that individual needs and who they are as a person," Taussik said.

Creepy can be comforting: The power of 'Scream' and cult horror franchises

By JENNIFER MOGLIA

The sixth film in the beloved "Scream" franchise hit theaters worldwide on March 10. The series, which peaked in the late '90s to early 2000s, has an extremely loyal fanbase that has grown exponentially since its first film in over a decade, "Scream" (2022), was released last year.

The original film, "Scream" (1996), follows teenager Sidney Prescott (Neve Campbell), who is attempting to cope with the one-year anniversary of her mother's passing when a string of murders begins to unfold at her high school. Equal parts scary and satirical, the film gained a cult following because of how it made fun of other slasher films while still telling a compelling story.

The first time I saw "Scream," I was hooked. I had never seen a horror movie that had me on the edge of my seat in that way, equal parts engaged and terrified. I laughed, freaked out and was invested in the story the entire time. It quickly became a movie that I would often turn to when I needed a pickme-up – not typical of a film about a string of murders.

The first "Scream" would go on to have two sequels in the late '90s to early 2000s, another released 11 years later, and one more 11 years after that. While fan reactions have varied from film to film, the franchise gained more fans with each release, fans who also found a home in the campy and chilling world of ghostface and his victims.

Despite growing up fearing all things

scary, as I've gotten older, I've taken solace in watching horror movies like "Scream," and I'm not the only one. A quick Google search of "comfort horror movies" yields results from sites like Collider, Screen Rant, Reddit and WhatCulture, where writers and users list thrillers they like to get cozy with.

Collider's Kendra Demeo calls the horror genre a "welcoming place for those who are lost," explaining how feeling fear in a controlled environment like watching a movie can actually be fun and make viewers feel safe in a strange way. Screen Rant's Aya Tsintsiraz lists "The Blair Witch Project" as a comforting horror film, acknowledging that reminiscing on where you were and who you were with the first time you watched something can evoke a feeling of safety as well.

My comfort horror movie is A24 director Ari Aster's sophomore outing, 2019's "Midsommar," which I first discovered in the spring of 2020 just before the pandemic. I fell in love with the bright, flowery aesthetic and thought it was incredibly unique for a horror film. Furthermore, as someone with experience in toxic relationships, I connected with the main character, Dani, and wanted to see her get a happy ending away from her toxic partner (which she sort of did, depending on how you interpret the final scene).

If you enjoy the storytelling associated with horror movies but can't take the blood and guts of it all, there are so many ways to enjoy the tales with none of the entrails.



episodes including discussion and analysis of scary movies without the skin-crawling visual elements.

I believe that the "Scream" series has the power to become the next comfort horror movie franchise. Its relatable characters, a mixture of humor and horror, and the way it isn't afraid to poke fun at itself make it the perfect candidate.

"Scream" can also bring multiple

ILLUSTRATION BY SHAVONNE CHIN

The "Dead Meat" podcast, for example, generations together, bridging the gap known as "your horror safe haven," records between people who saw the original film in theaters as a teen and members of Generation Z who are being introduced to the newest movie on social media this month. I've had conversations with my mom about how she felt the first time she saw the original film, and I've seen TikTok edits of scenes from the newest installment.

> No matter how you slice it - and whether or not you wear a ghostface mask when you do it - creepy movies can bring comfort, and "Scream VI" could be the latest one to do so.

Rian Johnson continues to up the ante with 'Poker Face'

By CONNOR YOUNGBERG ssociate Design Editor

Since filmmaker Rian Johnson took the world by storm with the "Knives Out" franchise, he's innovated the murder mystery genre. This time, he stepped away from Benoit Blanc and transitioned into creating a new world of mysteries with "Poker Face."

The first four episodes of "Poker Face" premiered on Jan. 26 on Peacock and then released weekly until its first season wrapped on March 9. After watching the show, it's easy to see why it's returning for a second season.

The murder mystery genre has been around forever. From novels to movies to television shows, the brand has existed for decades, which makes it hard for writers to create fresh stories. So many stories have already been told and the genre has become known for its large number of cliches. This forces Johnson to really think outside of the box when he's writing a new tale.

Johnson has done a fantastic job creating unique plot points in his mysteries. For example, in "Knives Out," one of the main characters, Marta Cabrera, could not tell a



lie without throwing up.

In "Glass Onion," Johnson waits until halfway through the movie to reveal one of the main characters has a twin sister. In "Poker Face," Natasha Lyonne's character, Charlie Cale, is a human lie detector, literally calling bullshit every time she hears a lie. It's such a creative characteristic that keeps the show feeling innovative.

The show centers around Cale, the detective of this show, which is formatted spectacularly. The first episode sets up an overarching story for the show, with Cale forced into going on the run. The following episodes are one-off mysteries that Cale solves along the way. It almost has a

As per usual with Johnson, the camera work is superb. Although Johnson doesn't direct every episode, his techniques are seen throughout. Johnson loves handheld zooms and camera pans, which makes for such a beautiful style. It's so campy that it fits the genre absolutely perfectly.

Although Johnson created the story, it's brought to life by Lyonne's stunning performance as Cale. Throughout the show, Cale remains relatively upbeat and rolls with the punches, but Lyonne's performance shines through and becomes phenomenal when the show gets darker. It's fun, goofy and entertaining, but then it becomes grounded and emotional. Lyonne stands out

"Scooby Doo" vibe to it, with small doses of the overall story within every episode.

However, rather than being a classic whodunit show, it's a howcatchem. At the beginning of every episode, the audience sees how the murder occurred and who did it. Then, we watch as Cale attempts to unfold the mystery. Although it loses the element of trying to guess the killer along with the detective, it offers a refreshing show style.

One significant contrast from Johnson's previous mysteries is the settings. While his movies focus on people with wealth, "Poker Face" often ends up with the lead character in smaller towns with other low-income characters. It's a drastic change from what we're used to seeing from murder mystery media and one that allows for fresh storytelling.

in every episode, even when surrounded by many well-known actors.

The show's cast includes Adrien Brody, Ron Perlman, Tim Blake Nelson, Stephanie Hsu, Luis Guzmán, Jameela Jamil and long-time Johnson collaborator Joseph Gordon-Levitt. Although most of them are only in one episode, it's awesome to see new, familiar faces who will also give a great performance.

"Poker Face" is a refreshing taste of the murder mystery genre. This howcatchem series is a fantastically well-done show full of charisma and charm, willing to get dark and emotional. Between the amazing storytelling and the wonderful visual style, Johnson once again aced a murder mystery.

Journey through hell with Hozier's new EP

By ZOE LEONE

Associate Arts & Life Editor For many, March 17 is notable for the celebration of St. Patrick's Day. For others, they celebrate the Irish with a different holiday of note: Hozier's birthday. This year, the artist's special day brought along the release of the "Eat Your Young" EP.

The drop was his first multi-track release since his 2019 album, "Wasteland, Baby!" The EP features three songs: "Eat Your Young," "All Things End," and "Through Me (The Flood)." The first two tracks are inspired by Dante's "Inferno" and the nine circles of Hell, a theme that will be explored throughout his upcoming album, "Unearth Unreal," according to an interview Hozier did with People magazine.

The titular song is a sultry track that features Hozier's lilting falsetto singing about the sin of gluttony. The artist describes the song as being told from the point of view of an unreliable narrator who cares about nothing other than taking what they can with no expenses barred.

While the lyrics, such as "Come and get some/Skinnin' the children for a war drum/ Puttin' food on the table selling bombs and guns/It's quicker and easier to eat your young," pack a beautiful punch, the standout of the song is undoubtedly the infectious instrumentals that back Hozier's vocals. The heavy drumbeat, melodic piano and string accompaniment that have become staples in the artist's music are sure to stick in your head for days after listening.

"All Things End" is a mellow, pianoheavy track that mixes the heartache of a break-up with the sinful act of heresy. The song ends with a full-choir joining in with a crooning Hozier, as he analyzes the nature of relationships. While he describes the phrase as a heretical statement, "All Things End" honors the artist's belief that the impending end of things should never keep anyone from trying to begin again. While the song is

beautiful and a strong release, it's undeniably the most forgettable of the three.

The final song of the EP, "Through Me (The Flood)" draws inspirations much closer to real life, as opposed to the themes



of mythology that are heard through much of Hozier's music. He wrote the track in the beginning months of the COVID-19 pandemic as death tolls began to rise rapidly and much of the state of the world was left unknown. The reflection of loss and unity amongst communities is reflected throughout the song.

Hozier's voice shines in "Through Me (The Flood)," as an instrument-heavy arrangement and another choir gives the song a highly dynamic quality. The track is reminiscent of "Nina Cried Power," a song from "Wasteland, Baby!" that features the legendary Mavis Staples and encompasses the compassionate, full musical sound that is so unique to Hozier in the era of computergenerated songs created solely to blow up on TikTok.

The song is a fantastic ending and only serves to solidify that Hozier, while everevolving, knows the sound that put him on the map. The release of the EP also brought along a tour announcement, the artist's first since 2019.

Hozier also took the joint new music, birthday and St. Patrick's Day celebration to the streets of New York City when he surprised an audience at Paddy Reilly's Music Bar on March 17. Dressed casually in a beanie and brandishing a flute, the artist played a variety of traditional Irish music for pub-goers.

While "Unreal Unearth" has no official release date, Hozier's increased social media presence and new music lends hope that the predicted 2023 arrival will soon come to fruition. In the meantime, the three new tracks will fill the Hozier-shaped hole that had been left in many hearts.

Hoodie Allen's 'bub' redefines his music career

By ETHAN HURWITZ Sports Editor

Changing course from his usual witty rap lyrics, Hoodie Allen released "bub", his fifth studio album, on March 17. Detailing Hoodie's inner emotions post-breakup, the project is a fantastic look at how artists use their pain to beautifully create.

Starting last May, Hoodie sporadically released five singles, making up most of the short, eight-song album. The switch in musical styles from pop-rap to pop punk was a great addition to the long list of songs that now rotate through my playlist. Helped

written and produced by Nick Anderson, the lead singer of The Wrecks, "bub" takes inspiration from a number of indie and alternative rock songs, just in a more sentimental way.

Focused around Hoodie getting cheated on in a past relationship, "bub" uses a poppunk sound that was a pleasant addition to his discography.

Despite the lack of rap bars found in his previous albums, "bub" is a lot more real and raw.

As most emotional traumas are, the project is locked and loaded with the five stages of grief, starting with denial. "Happy Again," the fourth released single, shows how Hoodie is trying to cover his sadness by imagining that he and his ex-girlfriend are not truly happy.

"And I watched you pretend / Pretend that you were happy again / Again, again, again, again / So I pretend I'm happy again."

The lead single, "Wouldn't That Be Nice," depicts an angry Hoodie trying to figure out what went wrong. He can't choose whether to hate himself or his ex, leading to his panic seen in the music video. "Alibi" also has themes of lashing out, as he does not want to be used as an excuse. Though masked in a catchy beat that rivals the prime punk genre, the song has somber undertones that can cut deep.

the first two songs depict Hoodie trying to make amends and rekindle the nowextinguished flame. Though he knows it is not worth it, he still struggles with the idea of being alone.

Though titled with a clever name, the latter is the opposite of a clever jam. Hoodie is openly raw about his post-breakup emotions. His depressive state comes across strongly in the song as he desperately tries to erase his past.

"Wish I could erase you / Wish you weren't my type / Wish you weren't my favorite / Wish you weren't my life / What a life I've wasted."

Closing the project and the emotional rollercoaster is "Better Me," an openlypenned letter to Hoodie himself. I consider the song as of his best, as he comes to terms with and accepts the closing of his past chapter. After seven songs of blaming his former partner, he turns the blame inwards, serenading how he was involved in the downfall, whether he likes to admit it or not. He hits his stride with an all-time lyric that perfectly encapsulates the album as a whole.

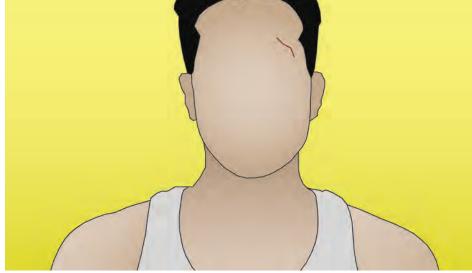


ILLUSTRATION BY CONNOR YOUNGBERG

Halfway through is the sole feature. Games We Play hops on "Hey Ben" to help tell the story of how Hoodie and a man named Ben unknowingly share the same girlfriend. Certainly a pickle, but they both find a way to make a tough situation into a banger.

"Hey Ben, I'm sorry, but I might have slept with your girlfriend / I was under the impression she was my girlfriend / Don't worry, it won't happen again / But, hey Ben, I can't make any promises."

Both bargaining and depression can be spotted in the songs "Call Me Never", "Sabotage" and "eraserface." With lyrics like "Fallin' head first, back to get her" and "It happens every time I let you in my head",

"I let you down when it really mattered / I dropped the ball, but you let it shatter / I'll let you go / Somehow I'll grow."

Overall, "bub" is a project that deserves a full digest. With a short 23-minute run time, the album is a quick yet powerful way to see the harsh openness of a seemingly constant happy-go-lucky singer and person.

Miley Cyrus' 'Endless Summer Vacation' promotes authenticity

By DAVID MATOS Arts & Life Editor

Miley Cyrus' experimental music evolutions over the past decade in an attempt to distance herself from her Disney Channel image and her "Party in the U.S.A" wholesome persona are admirable.

Cyrus' rebellious era is encompassed in her fourth studio album, "Bangerz" and her 2015 follow-up album, "Miley Cyrus & Her Dead Petz." During this period, we saw an ungovernable side of the teen idol. She made twerking and whipping her tongue out for the camera something most people still associate with the artist, showing that her 2010 song "Can't Be Tamed" only foreshadowed what would come.

Only two years later, Cyrus embarked on a different change of pace, harkening back to her Franklin, Tennessee, roots with her country pop album "Younger Now." However, her most underrated album is "Plastic Hearts," where Cyrus takes on a 1970s rock persona, complete with a blonde mullet, and collabs with 1970s rock industry legends like Joan Jett and Billy Idol.

Also, Cyrus's cover of the 1994 antiterrorism grunge classic "Zombie," released in 1994 by the alternative rock band The Cranberries, is one of the best interpretations of any non-original work to date, almost beating out the original.

Though every Cyrus album differs from the last, one thing that remains consistent is that the woman can sing, and her eighth studio album, "Endless Summer Vacation," released March 10, bares no exception. If anything, her latest album feels like the rawest and most honest we've ever seen of her.

"Endless Summer Vacation" is a series of pop ballads and follows Cyrus' post-divorce from "The Hunger Games" actor Liam Hemsworth in 2020.

Her chart-leading single "Flowers," released not so coincidentally on Hemsworth's

birthday on Jan. 13. The album is a brilliant introduction to Cyrus' post-Hemsworth era as the song illuminates themes of self-worth and renewal after a messy breakup.

"Built a home and watched it burn/ I didn't want to leave you/ I didn't want to lie/ Started to cry/ but then remembered I can buy myself flowers," Cyrus sings.

Although I haven't personally experienced a breakup recently, "Flowers" still heavily resonated with me, and I can imagine thousands of other people. I often forget my self-worth and that I'm capable of loving myself better than anyone else can, and this track is a reminder of precisely that.

Aside from "Flowers," two of the other standout tracks of the album for me are "Rose Colored Lenses" and "River."

"River" is seemingly about being in love and overwhelmed by those emotions. Love is a feeling that can be immensely complex and powerful, so much so that it's hard to comprehend at times. This song puts those emotions into a new perspective unique to other songs about love, and Cyrus' vocals are impressively powerful on this track, which is the cherry on top.

"Rose Colored Lenses" speaks on escapism and wanting to live in a dream-like reality with your partner, ignoring all the flaws of your relationship and the world in an idealistic way. The song is something I can relate to as I'm guilty of ignoring red flags and will often take the "glass half full" approach to life, which admittedly isn't always the most healthy of choices.

Similarly, "Island" is about escapism to a paradise-like place. The song is another pleasant standout because it's a fun, harmonious song that metaphorically transports me to a sandy beach amid summer vacation, harkening back to the album's title.

Another track I personally connect with lyrically is "Jaded," which is a rock melody that references her experience with the rock genre



but takes on a different approach that feels more authentically Cyrus. The lyrics tackle the feelings of remorse and regret post-breakup.

"We went to hell but never came back/ I'm sorry that we're jaded/ I could've taken you places/ You're lonely now/ and I hate it."

Losing someone you shared your love with once upon a time is never easy, and this track beautifully puts those real feelings in the form of "Jaded."

The uniquely melodic "Handstand" is arguably one of the most experimental tracks of the album. The song is somewhat euphoric and unlike any song I've heard up to this point due to the distorted vocals throughout the track.

Its inclusion stands out amongst the rest in a different way than "Island" does, and though I have yet to have processed whether I enjoy it or not, I still have yet to skip it because of its distinctive sound. It intrigues me.

Finally, "Thousand Miles" featuring

ILLUSTRATION BY ELIZABETH LARSON

alternative country singer Brandi Carlie had to grew on me, making it the underdog of the album. It's the most country-sounding song of the album, bringing Cyrus back to her roots. But unfortunately, country music is far from my go-to genre. In fact, I avoid it when I can.

However, after listening to the sound a number of times I started to enjoy the track wholeheartedly, and it is reminiscent of "The Climb" from "Hannah Montana: The Movie," which is a personal favorite of mine.

Overall, "Endless Summer Vacation" is Cyrus' most authentic album yet. It recollects her career, divorce and grief in the present. It is encompassed uniquely into a 13-track album filled with empowering and relatable messages told through Cyrus's point of view alongside her brilliant vocal talent in its most raw form yet. Though "Plastic Hearts" remains my No. 1, "Endless Summar Vacation" is one I'm sure many people can resonate with.

Who really is Metro Boomin and why does he want some more?

By BEN KANE Staff Writer

Over the past few months, Metro Boomin has completely taken over the music world. His latest album released on Dec. 2 "HEROES AND VILLAINS" became an instant hit, featuring artists such as The Weeknd, Young Thug, Travis Scott, 21 Savage, John Legend and many more.

Legally known as Leland Tyler Wayne, the artist has now started creating remixes of hit songs on his album, most recently releasing "Creepin." However, being thrust into starlight recently, it makes me want to go back and really dive into his producing history and see what other very popular projects the producer has worked on.

2015 was probably the biggest year of Boomin's career. The now-29-year-old was credited on songs such as "Jumpman" by Drake and Future, "Father Stretch My Hands Pt. 1" by Kanye West and "Low Life" by Future featuring The Weeknd. With the producer's now-iconic tagline, all three from nine songs to 15 and was an extra 12 minutes long, capping off at a 44-minute listen. The number of features were also upped going from just one on "Savage Mode" to three on "Savage Mode II," including verses from A-list artists Drake and Young Thug.

After this album, Boomin once again fell into the pattern of creating hit singles here and there with new artists while producing his biggest album yet.



ILLUSTRATION BY CONNOR YOUNGBERG

songs instantly charted.

While he mainly worked with the same cast of characters, including Drake, Future, The Weeknd and Future, Boomin slowly started to branch out his connections. In 2016 the artist created his first of many collaborative albums with 21 Savage, titled "Savage Mode."

Between the creation of "Savage Mode" and "Savage Mode II," the St. Louis native continued working with different artists and helping produce one off songs such as "Congratulations" by Post Malone, "Mask Off" by Future and "Heartless" by The Weeknd.

Having really made a name for himself between 2016 and 2020 when it was time for "Savage Mode II" to be released on Oct. 2, fans were already waiting eagerly.

Upon its release, the joint project between Boomin and 21 Savage debuted at No. 1 on the Billboard Top 200 Charts.

Known for long tracklists but very short listen times, the sequel album was expanded

It's crazy because when "HEROES AND VILLAINS" was released, you would imagine there would be crowds of people frantically trying to stay up until midnight to listen, but this was not the case. Maybe it was the circle of people I am a part of, but it still seemed like not many people cared about Metro Boomin.

Although a few months old, the songs are still being constantly played on the radio and trending on social media from this album. Looking at Boomin's discography alone, it's super hard to tell how much of an impact he has had on music at such a young age, but his producer credits share the whole story. He is very similar to Frank Ocean in the fact that if you don't think about who produced a song, you most likely wouldn't realize it's Boomin.



Both the Quinnipiac men's and women's basketball teams left Atlantic City frustrated, so what went wrong in the MAAC tournaments?

'Just one of those nights'

By ETHAN HURWITZ Sports Editor

ATLANTIC CITY, N.J. – After a regular season ending and a conference tournament start that unfolded perfectly, it was a golden path to the MAAC Championship for the Quinnipiac men's basketball team, on paper at least.

But March is known for madness and the No. 3 Bobcats' trip to Atlantic City on March 9 provided just that.

"I thought Marist played an incredible game," Quinnipiac head coach Baker Dunleavy said after Quinnipiac's 75-59 loss to the Red Foxes. "Give credit to our opponent, (a) really well-coached team, a team that came out hungry and aggressive."

A heartbreaking 16-point loss to No. 11 Marist ended what was the program's best statistical season in almost a decade. The 20 regularseason wins, including two against teams that made the NCAA Tournament, did not matter when push came to shove at Jim Whalen Boardwalk Hall.

Nothing worked all game. Shots wouldn't fall, passing through screens led to turnovers and the Bobcats had no answers for Marist red-shirt senior forward Patrick Gardner. The former Division II star at Saint Michael's and Nassau Community College stuffed the stat sheet, recording 22 points and nine rebounds en route to the win.

"New pieces like Patrick Gardner and freshmen that have to develop, so over the last five, six games, they've been a really good team,' Dunleavy said. "I really think Marist was the best version of themselves tonight and we can't say that about ourselves." Despite the seemingly easy path to the finals, Dunleavy knew how hard it was to try and end a team's season, with Marist giving them all kinds of schematic problems. "They put a young team together," Dunleavy said. "Bringing in a guy like Gardner, playing around a big guy with his skill is probably the main difference in terms of the matchup." The final score, which was a 16-point upset, was even more lopsided on the court. Though the Bobcats had three players score in double figures, the team's eight turnovers was its Achilles' heel. Junior guard Dezi Jones had four and struggled in the passing game, as the Red Foxes closed every passing lane for Quinnipiac. At the core of it, it was the age-old saying about the lower-seeded teams. The Red Foxes had nothing to lose and just dominated their opponent. So much so that Marist made its way to the title game later that weekend. The Bobcats just happened to be a stepping stone for the revenge tour that Marist was on.

"They gave it to us on senior night just a few days ago, which probably helped us win tonight," Marist head coach John Dunne said postgame. "That's a testament to the character of our guys ... We stuck with it."

It was also the final collegiate game for graduate student guard Tyrese Williams, who capped off his five seasons in Hamden with just three points on 0-6 shooting from the field. He also hobbled into the postgame press conference in crutches.

"Some nights you have shots (go) in, you have big games and some nights you fall short," Williams said postgame. "This was just one of those nights and it's just what it is."

Williams and graduate student forward Ike Nweke are the only players guaranteed to be leaving the program. For the two redshirt senior guards (Matt Balanc and Savion Lewis), their decisions were up in the air post-Atlantic City.

Balanc has since announced his return for a graduate year in 2023, a step in the right direction to start the offseason process.

As seen in this year's March Madness bracket, smaller schools are becoming national stories, upsetting Power 5 programs by the dozen. It's not outlandish to say the Bobcats are that far behind. They just cannot have a repeat of this last postseason.

'It's never perfect'

By BENJAMIN YEARGIN Associate Sports Editor

ATLANTIC CITY, N.J. – During the regular season, the Quinnipiac women's basketball team beat Manhattan by 10 or more points in both contests. It seemed nearly destined to repeat and advance to the MAAC semifinals.

But it all fell down on March 9 with a sprinkle of March magic and a performance where the Bobcats rarely had control.

"We got behind the eight ball and we were a little tense," head coach Tricia Fabbri said following the 50-43 loss to Manhattan. "When you're playing from behind, you're rushed."

The first reason why Quinnipiac lost was the performance of its bigs. Besides graduate student forward Mary Baskerville, who led the team with 12 points, senior forwards Cur'Tiera Haywood and Mikala Morris disappointed.

Haywood – the All-MAAC Third Teamer – tied her season low of two points in a game and Morris put up a goose egg. Bear in mind, Morris was coming off an ankle injury and was likely not playing at 100%.

The guards were subpar besides graduate student guard Rose Caverly. The Brick, New Jersey, native dropped 10 points, four rebounds and four assists. Her performance couldn't sway a less than ideal outing for the Bobcats. "It's never perfect," Caverly said postgame. "There's ups and downs, ebbs and flows, but you just gotta take it and run with it."

Secondly, Quinnipiac failed to get to the free-throw line. Manhattan out-shot the Bobcats 14-3 at the charity stripe. Quinnipiac's physical play style usually started in the frontcourt, and the lack of its presence showed and partly cost the Bobcats the game.

Conversely, the Jaspers had less to lose, played better defense and utilized their best weapon far better than Quinnipiac.

Coming into the tournament as the No. 6 seed, expectations were low for Manhattan, but that helped it triumph over Quinnipiac. No one expected the Jaspers to beat a Bobcats team that dominated them in the regular season, let alone go on to beat No. 2 Niagara and advance to the MAAC Championship.

"We don't care if we've lost one game to Quinnipiac or two," Manhattan senior guard Dee Dee Davis said postgame. "Postseason play is a whole different ball game."

Defensively, Manhattan played better on the boards than Quinnipiac. It switched matchups often and its man-on-man formation stifled nearly all action in the paint, and any shot that Quinnipiac missed, sophomore forward Petra Juric grabbed. Her 11 boards led the Jaspers and locked down the glass.

Finally, Davis shined coming out of



Graduate student guard Tyrese Williams leaves the Bobcats with 1,173 career points.



Rose Caverly entered the transfer portal on March 12 after three seasons at Quinnipiac. halftime. The two-time All-MAAC First Teamer was in foul trouble early and had to sit the first two quarters. But coming out of the half, she was electric.

Her explosiveness sliced through the Bobcats defense, which led to 15 points and got her and her teammates open looks.

"I'll be honest, I wasn't nervous," Manhattan head coach Heather Vulin said postgame. "I knew when she got back in the second half, she was going to do her thing."

History repeated itself for the secondstraight year which leaves an uncertain future for the Quinnipiac women's basketball team.

With Caverly, Morris and senior guard Makenzie Helms all entering the transfer portal, names like sophomore guard Jackie Grisdale, sophomore forward Grace LaBarge and freshman forward Ella O'Donnell must usher in a new era of Bobcats basketball.

Yeargin's Yard: Inconsistency on the diamond

By BENJAMIN YEARGIN

Associate Sports Editor The Quinnipiac baseball team has had an inconsistent start to the season.

The Bobcats began the year by getting swept in the Snowbird Classic by Iowa (who ranked as high as No. 23 in the country) and Indiana State, scoring a total of two runs in the three-game slate.

Next, Quinnipiac went to Princess Anne, Maryland, and swept Maryland Eastern Shore in two doubleheaders, outscoring the Hawks 30-10. They then proceeded to go on a fivegame losing streak against Elon and Fordham, finally snapping out of it with a win in their final game against the Rams.

In its latest series, which included its first home game of the year, Quinnipiac was obliterated and swept by St. John's. The Red Storm put up eight or more runs in every game.

Quinnipiac's inconsistent start epitomizes what the team can be at its best and its worst. At its highest, the team gets on base, has gritty outings from its pitchers and capitalizes on opponents' mistakes. The lows reveal an undisciplined team at the plate, inconsistency throughout the lineup and pitchers struggling with command thus racking up pitches.

With MAAC play beginning Friday at Rider, the Bobcats must find some ways to weather the storm.

One way is to keep the faith in the new guys. Freshmen outfielder John Heitzman and right-handed pitcher Andrew Rubayo have both emerged as two reliable options for head coach John Delaney.

Heitzman is consistently batting in the top half of the lineup as either the designated hitter or a corner outfielder where he boasts a .260 batting average, .302 on-base percentage and a .320 slugging percentage. He needs to continue to start every day, whether he's DH'ing or playing the outfield.

Delaney uses Rubayo in relief for senior right-handed pitcher Jimmy Hagan, the Bobcats' Friday guy, a role in which he has shined. He holds a 3.31 ERA in 16.1 innings pitched, allowing only 16 hits to opponents while possessing a four-pitch arsenal.

Rubayo is performing his role well, but Delaney could get creative with him. Depending on the matchups, Rubayo could start over Hagan and eat more innings. Barring everything going well, Delaney could save arms like sophomore and senior right-handed pitchers Mason Ulsh and Sam Favieri for the schedule's upcoming mid-week games.

But the potential freedom in starting pitching shouldn't distract from the fact that the pitching is largely inconsistent.

For example, in senior right-handed pitcher Kevin Seitter's last four starts he's allowed four, zero, five, two and five earned runs. He's gone five or more innings in three of his five starts, it's just his ERA fluctuates like a seesaw.

Inconsistency hasn't only struck the pitch-

ers too, Quinnipiac's leader on the sticks – graduate student infielder Kyle Maves – has struggled to start the season. His .200/.238/.250 slash line and team-leading 19 strikeouts brought him down from first to seventh, to ninth and most recently back up to second in the starting lineup. Junior catcher/outfielder Keegan O'Connor has been bitten by the inconsistency bug too, hitting .193 with a .449 OPS, a steep dropoff from his respective .288 and .768 marks from last season. Also, his zero walks tie for worst on the team.

The whole Bobcats lineup has walked very little. Their 28 combined walks is tied for 292 out of 295 teams in all of NCAA Division I.

Quinnipiac needs to change its approach at the plate and start putting together disciplined at-bats. Even if they lose, the Bobcats working the count, fouling pitches off and forcing pitchers to throw more is a positive sign.

Junior first baseman and outfielder Sebastian Mueller is one player who has done just that this year.

The Pottersville, New Jersey, native bounced back from last season and is currently batting .340/.426/.434 with six walks and two hit by pitches. His .426 on-base percentage leads the team and is eighteenth in the MAAC.

Outfielders Anthony Donofrio and Jared Zimbardo both are also playing consistently. The senior and junior, respectively, are second and third in OPS and along with Mueller are staples at the top of an evolving Bobcats lineup. When everything is in harmony and Quinnipiac is playing consistently, it's a dangerous team in the MAAC. Its current struggle is making sure its pitching, hitting, fielding and base running are all in sync.

The Bobcats will continue next at Yale on March 22 at 3 p.m.



Senior outfielder Anthony Donofrio is second on the team with an .839 OPS in 16 games.

Dezi Jones, Tymu Chenery enter transfer portal Both juniors become the first two men's basketball players to enter this offseason



By ETHAN HURWITZ Sports Editor

Quinnipiac junior guard Dezi Jones and junior forward Tymu Chenery both officially entered the transfer portal Tuesday, just one day after graduate student guard Matt Balanc announced his return for a fifth season.

After transferring from Moberly Area Community College, Jones spent two seasons in Hamden as the team's primary point guard. The 2022-23 All-MAAC Second Teamer averaged a team-high 12.5 points per game and 3.7 rebounds per game this past season. The Hannibal, Missouri, native scored double-digit points in 23 games this season.

Jones struggled with turnovers during his junior campaign, including four in the Bobcats' MAAC Quarterfinal loss to Marist on March 9. However, his ability to consistently score was one of the strongest parts of a Bobcats team that won 20 games this season.

"I work on it every day," Jones said on March

past season, but still was one of Quinnipiac's better defenders. Despite being listed as both a guard and forward, Chenery played primarily on the perimeter on each side of the floor and was named to the 2021 All-MAAC Rookie Team.

"I am truly thankful for the love and support I have received at Quinnipiac for the last three years of my life," Chenery wrote on Twitter. "From the amazing staff and professors to my coaches and teammates, you will all be greatly missed."

Jones will have one year and Chenery will have two years of eligibility remaining and will both likely look to join a team with holes in its starting lineup. Within the MAAC, Jones is the seventh guard to enter the transfer portal and 13th player overall. Chenery becomes the fifth forward in the conference to submit his name into the portal.

The guards on the Bobcats' roster will now consist of Balanc, juniors Nicholas Margetson and Luis Kortright and sophomore Quinn Guth. A graduate season is still an option for redshirt senior Savion Lewis, though a decision on his future has not been announced as of publication.



CONNOR LAWLESS/CHRONICLE ARCHIVES (2022

Guard Dezi Jones was named to the All-MAAC Second Team for the 2022-23 season. 7 of his three-point shooting. "I've always been good at shooting threes ... even if I miss it, next shot, stay confident."

Chenery fell out of the starting lineup this



PEYTON MCKENZIE/CHRONICLE

Forward Tymu Chenery was named to the All-MAAC Rookie Team for the 2020-21 season.

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lessness with the puck in the critical areas of the ice. Unforced turnovers and misplayed pucks were rampant through all 89 minutes of action.

"Our o-zone play tonight was atrocious," Pecknold said. "That's a big part of why we're good. We generate offense from it and we don't have to play defense. The amount of shots we gave up tonight was staggering."

Defensemen struggled to control the puck at the blue line, creating odd-man rush opportunities the other direction and wingers consistently sent blind passes up the boards on the breakout. Both of Colgate's goals were a result of broken breakout plays that the Raiders flipped and capitalized on.

This is the same team that held Yale to five shots a week ago, a 20-year low for NCAA men's Division I hockey. To play such superior team defense one weekend and falter the next, it doesn't make much sense.

"We're usually pretty good about hitting the reset button and playing better as the game goes on," Pecknold said. "We just didn't do that today. It's unfortunate."

Why is it that when the lights are the brightest, the Bobcats take their foot off the gas? Four 30-win seasons and seven regular-season titles in the last decade, but only one postseason title to show for it – that lone ECAC Hockey Tournament win in 2016.

Winning is difficult, there's no denying that,

but to win so consistently in the regular season year in and year out, and then stumble when the stakes are elevated, it raises questions about the team's hunger come playoff time. What desire is there to raise your game when you're able to walk over opponents all season?

Adversity hardens teams. Colgate proved that fact. The Raiders finished the regular season below .500, and entered the ECAC Hockey Tournament as the No. 5 seed and rattled off five-straight wins en route to their first conference title since 1990.

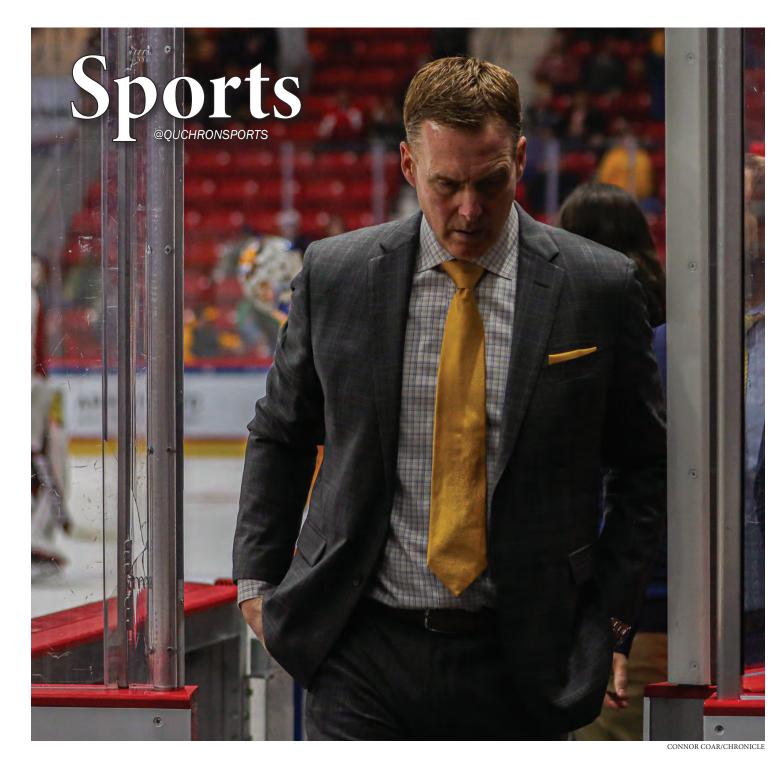
"We've got to learn from it, get hungry again, I'm not sure why we weren't today," Pecknold said. "Probably the thing that we do best is we're ready to go, we catch teams all the time."

It's up to Quinnipiac to use this adversity

to propel them in the NCAA Tournament. Denver, last season's national champion, did just that. The Pioneers were bounced in the NCHC semifinals, but went on to storm their way into history.

Just four games separate the Bobcats from a national championship. But then again, only two stood between them and a conference title this weekend, and we all know how that worked out.

It's up to the 26 men on the roster to erase this game from everyone's minds and prove themselves on the national stage. You don't win 30 games by accident; this weekend's NCAA Regionals are a chance to show that.



Quinnipiac leaves Lake Placid with disappointment after yet another painful loss

By CAMERON LEVASSEUR Sports Editor

LAKE PLACID, N.Y. – Some call it bad luck, some say it's not built for the pressure, some even claim it's a curse. Whatever the case may be, Quinnipiac men's hockey flopped yet again in the ECAC Hockey Tournament, falling in double overtime to Colgate in the semifinal round Friday night.

It's the third consecutive season the Bobcats have bowed out of the conference tournament in overtime, falling in the championship game to St. Lawrence in 2021 and Harvard a year ago. This time around, the team failed to even make the title game, as the Raiders successfully avenged their 2022 semifinal loss to Quinnipiac.

"I give (Colgate) a lot of credit," Quinnipiac head coach Rand Pecknold said postgame. "Don Vaughan did a great job getting his team ready. They were confident, they made plays. For us, we just didn't play well."

It wasn't for a lack of offense. The Bobcats created a number of scoring chances throughout the contest, putting 41 shots on Colgate junior goaltender Carter Gylander. They came within inches of a game winner in overtime, as a tremendous stick save by the Raiders' netminder slammed the door on senior forward Joey Cipollone.

What hurt Quinnipiac the most was a care-

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NCAA Tournament preview: Bobcats to face Merrimack in opening round

By CAMERON LEVASSEUR

Sports Editor The Quinnipiac men's hockey team will face Merrimack in the opening round of the NCAA Tournament Friday in Bridgeport, Connecticut.

The Bobcats fell to eventual ECAC Hockey champion Colgate in the conference semifinals on March 17, but enter the NCAA Tournament as the No. 2 overall seed and the No. 1 seed in the Bridgeport regional due to their PairWise position.

"Obviously whoever our opponent will be in the NCAA Tournament is going to be really good, really fired up," Quinnipiac head coach Rand Pecknold said after Friday's loss. "We've got to get our intensity back and more importantly I think our buy-in."

East championship.

Led by junior forward Alex Jefferies (14 goals, 41 points), the Warriors' well-balanced offense features a three-headed scoring monster of Jeffries, junior forward Matt Copponi and senior forward Ben Brar, each of whom have 14 goals this season.

Merrimack's biggest weakness is its power play, converting at an abysmal 13.5% this season, fourth worst in men's Division I. Its penalty kill, while significantly better than their man-advantage, sits 25th in the nation at 81.5%, middle of the pack among tournament teams. 9-0-1 in their previous 10 games dating back to a shutout loss to Quinnipiac on Feb. 3.

Their top line duo of junior Sean Farrell (20 goals, 51 points) and sophomore Matthew Coronato (19 goals, 35 points) shredded opposing defenses all season, but only contributed to a single goal in two games at Lake Placid. They were also held off the score sheet in both meetings with the Bobcats this season.

"They're one of the most talented teams in the country," Pecknold said after Quinnipiac's 3-0 shutout of Harvard on Feb. 3.

Ohio State (20-15-3) also came up short in

active players remain from that team, nor the 2018 squad which made a run to the Frozen Four, but Ohio State's offense has shown even greater potency in stretches this season, posting five or more goals eight seperate times, including two nine-goal explosions against Bowling Green and Bentley.

Freshman forward Stephen Halliday (nine goals, 40 points) and graduate student forward Jake Wise (12 goals, 35 points) lead the Buckeyes attack, while Quinnipiac transfer, senior forward Matt Cassidy (three goals, 14 points) has had the most productive season of his career. None of the four teams headed to Bridgeport this weekend won their respective conference tournaments, but each still has a chance to write their names in history. Only one will make the trip to Tampa, Florida, in two weeks time to fight for a national championship.

Merrimack is the No. 14 overall seed in the tournament, having been moved into the regional by the committee to prevent an intra-conference matchup between Quinnipiac and No. 15 Colgate in the first round.

The Warriors head into the tournament on the back of one of their most successful seasons in program history. They won 21 games in the regular season before playing three straight games requiring overtime in the Hockey East Tournament, culminating in a 3-2 overtime loss to Boston University in the championship game.

Quinnipiac is 3-4-0 against Merrimack all time, though the teams have not played since 2015, where the Bobcats were swept in a midseason home-and-home series.

After starting the season 13-4-0, Merrimack struggled at the start of the new year, going 2-8-1 from Dec. 31 to Feb. 5 before winning seven-straight games to earn a berth into the Hockey

The Warriors also struggle at the face-off dot, winning only 47% of their draws this season, a figure that puts them bottom 10 in the country.

They're not a team that wins because they dominate opponents in one statistical category. What sets Merrimack apart is its heart and grit. It grinds out games and find ways to win. There's a passion in that locker room unlike many others in the country.

After assistant coach Josh Ciocco died in October, the Warriors rallied together and defied the odds. They were picked to finish No. 8 in the Hockey East preseason coaches' poll, but ended up as the league runner-up, even peaking at No. 6 in the country at one point.

"This has Josh's fingerprints all over it," head coach Scott Borek said to Mark Divver of the New England Hockey Journal after a win on Nov. 5.

Puck drop is set for 5:30 p.m. on Friday. The winner of the game will face the winner of No. 7 Harvard vs No. 9 Ohio State in the regional final Sunday.

The Crimson (24-7-2) fell to Colgate in the ECAC Hockey championship game, but were

its conference tournament, losing in blowout fashion to eventual Big Ten champion Michigan in the semifinal round.

The Buckeyes are making their first NCAA Tournament appearance since 2019, where they fell to Denver in the opening round. No



PEYTON MCKENZIE/CHRONICLE

No. 2 Quinnipiac men's hockey is set to play Merrimack for the first time since 2015.