

# TITLE WAVE

## Men’s soccer wins QU’s third fall MAAC championship



JACK SPIEGEL/CHRONICLE

By **COLIN KENNEDY**  
Staff Writer

The dark gray skies opened up for a beautiful golden glow, setting the scene as Quinnipiac men’s soccer won gold for itself on Sunday. The title bout between the Bobcats and Iona Gaels lived up to the hype as the top-seeded hosts held strong to win 3-2, and captured their first MAAC Championship since 2013.

This was a long time in the making for the Bobcats following a disappointing 2021 season. But after 11 months of work and 20 games leading up to this moment, Quinnipiac didn’t squander its opportunity.

“After the last season we told each other that’s enough,” senior forward Tomas Svecula said. “Whoever wants to come here has to come with a different mentality, that’s what everyone did.”

The Bobcats’ championship mentality was on full display as they got on the board only seven minutes in. Senior forward and captain David Bercedo came up big early as he connected on a header off a corner kick from freshman midfielder Alexander Stjernegaard for his 14th, and most important goal of the season.

“He knows that being a leader is more than just wearing an armband,” head coach

Eric Da Costa said. “It’s about what you do, not so much what you say.”

After Bercedo’s opening goal, the Gaels brought the fight right back to the Bobcats. Iona applied constant ball pressure, not allowing Quinnipiac any chances to extend its lead. The momentum swung completely to Iona’s side, and it seemed like only a matter

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# Quinnipiac administration commits to campus accessibility amid SGA resolution

By **CAT MURPHY**  
Staff Writer

Quinnipiac administrators committed to forming a student-led advisory committee on accessibility within the Office of Student Accessibility.

Chief Experience Officer Tom Ellett and several other Quinnipiac administrators, including OSA Director Kate Palumbo and Vice President for Facilities and Capital Planning Sal Filardi, met with Student Government Association President Owenea Roberts on Nov. 4, to address the organization’s Oct. 26, resolution calling on the university to audit OSA. The Chronicle also attended the meeting.

Sophomore class president Thomas Peters, who drafted the resolution, met with Palumbo on Nov. 1, but could not attend the

meeting on Nov. 4.

“The fact that this meeting is taking place shows that the university is willing to create a collaborative effort to make a change,” wrote Peters, a political science major, in a letter Roberts read in his absence.

University officials addressed several concerns about campus accessibility, including questions about inaccessible Braille signage and distracting alternative testing accommodations, at the meeting on Nov. 4.

Ellett subsequently issued a formal response to the resolution in an email to the meeting attendees on Nov. 9.

“Quinnipiac University is committed to providing access to all members of our community, inside and outside of the classroom,” Ellett wrote in the email. “After meeting with Student Government Association

President Owenea Roberts on Nov. 4, the university is taking proactive measures to address students’ concerns.”

Ellett announced in the email that OSA will form a student-led advisory committee on accessibility during the spring 2023 semester.

“Among the goals of this committee are promoting regular lines of communication that address questions and concerns, improve community awareness of access and the means to achieve it, and evaluate opportunities for student accessibility,” Ellett wrote.

Palumbo said at the Nov. 4, meeting that OSA had previously tried to draft a constitution for a student-led accessibility organization but that the initiative had failed to materialize.

A student-led advisory committee, Palumbo hoped, would allow students the opportunity to engage in a continuous dialogue with the office.

logue with the office.

“I think what we’re all dancing around here is students are looking for concrete and tangible goals, objectives and associated timelines,” Palumbo said on Nov. 4. “You’re the students who know it best.”

The university’s response to the organization’s resolution also included a commitment to replace broken Braille signage on campus, Ellett wrote in the Nov. 9, email.

“Facilities will replace any damaged Braille signs in Ledges over the summer when the building is vacant,” Ellett wrote. “We appreciate your patience as supply chain issues have slowed the process for replacing damaged Braille signs.”

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QU medical school allows people to donate bodies after death

By KATIE LANGLEY  
News Editor

In the state of Connecticut, a typical burial and funeral service costs more than \$27,000, according to World Population Review. To combat this issue, Quinnipiac University’s Frank H. Netter School of Medicine joined the growing trend of alternative death practices almost a decade ago, by offering a place to donate dead bodies to science with the Anatomical Donation Program.

“It’s the ultimate gift, the ultimate donation,” said Jesse Gomes, director of operations for the anatomy lab.

Choice Mutual Insurance estimates that over 40% of Americans who died in 2020 chose to be cremated over a traditional burial, while 1% used alternative methods, including everything from being launched into space or sent out to sea. In addition, 6% of Americans who died in the same year donated their bodies to scientific research, according to Choice Mutual.

The Anatomical Donation Program has been providing families with a way to honor their loved ones while avoiding the prices of typical funeral services since 2013, Gomes said. Anyone can donate their body, but Gomes said that donors tend to have a special connection to the university.

Though students become well acquainted with their particular cadaver, they never know the name or personal information of the person they were. Students only know the cause and age of the donor’s death, Gomes said. The anatomy lab currently has donors

who died ranging from 54-103 years old.

“(Anatomical donation) allows a donor to give back; it allows someone to have a teaching experience well beyond their years,” Gomes said. “(Donors) can teach these upcoming medical professionals, even though they’re not here. They’re using their body.”

In the classroom, professors and students may refer to the cadavers as “donors” or even “silent mentors” or “silent teachers,” Gomes said.

“Students do really get to know, in an intimate way, their specific donor,” Gomes said.

Maria Mastropaolo, a fourth-year medical student, has worked with the donors in her anatomy class. Mastropaolo expressed thanks for those that have donated their bodies to scientific education.

“I as a medical student and human being appreciate that having a human donor is an honor and privilege that I do not take for granted,” Mastropaolo said.

When the anatomy lab receives a body donation, families and estates of the deceased do not take on any cost for removal, embalming or cremation of the body. Gomes said the donors are embalmed and used in medical, nursing, pathologist and physicians assistant and occupational and physical therapy classes for up to two years.

Students mostly complete all their work on one donor throughout the entirety of a course, Gomes said. He said that this can include anything from understanding basic anatomy to learning where medical devices

are put in the body.

Once the donors leave rotation, the program covers the cost of cremation and the remains are returned to their families, Gomes said.

“Every donor that comes in specifies where they’d like those cremated remains to go,” Gomes said. “Some say, ‘well, I want to stay here at Quinnipiac’ and then we’ll keep them here and we’ll spread them out throughout the campus.”

Gomes said the Anatomical Gift Program was inspired by Frank Netter, the namesake of Quinnipiac’s medical school. Netter, called the “medical Michelangelo” by The New York Times, devoted his life’s work to illustrating the human body and its functions, according to Netterimages.com.

“Here we have the Frank H. Netter School of Medicine, and we have donors donating anatomical gifts to the Human Anatomy Laboratory,” Gomes said. “It comes full circle.”

To honor the donors, the program holds an annual Ceremony of Gratitude where students can meet the loved ones of donors and express a general thanks to those who gave, Gomes said. The ceremony is student-run and includes a candlelight recession and artistic performances.

Individuals who are interested in learning more about the Anatomical Donation Program can email [humananatomy@qu.edu](mailto:humananatomy@qu.edu) or call 203-582-7959, according to the university website.



PHOTO CONTRIBUTED BY QUINNIPAC UNIVERSITY

Jesse Gomes, director of operations for the anatomy lab, said that anatomical donation is “the ultimate gift” because it benefits future health care professionals.

ACCESSIBILITY from cover

Although nearly 60 Braille signs in the Tator Hall are mounted above the maximum allowable height defined by the 2010 Americans with Disabilities Act Standards of Accessible Design, Filardi clarified at the meeting that the signs are compliant with the 1991 Standards for Accessible Design.

“It’s not a requirement to go back to every building that’s ever been built and change the signage,” Filardi said at the meeting on Nov. 4. “The signs do meet the requirement that they needed to meet when they were installed.”

After nearly an hour of conversation be-

tween Roberts and university officials, Ellett said he sensed that Roberts still felt the issue was “unresolved.”

“I’d like to be able to say we’ve responded to your resolution,” Ellett told Roberts at the meeting. “I think people feel that we haven’t redressed what you’ve asked for.”

Roberts responded that the resolution had been “verbally” resolved but added that “actions speak louder than words.”

“I am happy many senior administrators are working to resolve this issue,” Roberts wrote in a statement to the Chronicle on Nov. 8. “Hopefully, all issues will be resolved in the allotted time period.”

Matthew Kurz, associate dean of student

affairs for campus life, agreed with Roberts.

“I think it’s been resolved up to the point it could have been resolved to today,” said Kurz, who serves as an advisor to SGA, at the meeting on Nov. 4. “I do think (SGA will) be seeking updates in the future.”

Ellett encouraged students to contact their OSA coordinator or Palumbo with any questions or concerns about their accommodations.

“I am pleased the concerns we outlined in the resolution have taken focus,” Peters wrote in a statement to the Chronicle on Nov. 12. “Hopefully, the student-led advisory committee will help improve communication from the OSA to the student body.”



# Quinnipiac installs energy-efficient LEDs at M&T Bank Arena

By CAT MURPHY  
Staff Writer

An LED lighting system was installed at the M&T Bank Arena on Quinnipiac University’s York Hill Campus over the summer to lower the facility’s operating costs, Vice President for Facilities and Capital Planning Sal Filardi wrote in an email to the Chronicle on Nov. 14.

“We replaced (the old lighting system) with a state-of-the-art LED system that provides a host of additional programming opportunities as well as uses less energy,” Filardi wrote.

Filardi said Quinnipiac officials opted in the fall of 2021 to renovate the arena’s original lighting system, which was installed in 2006, to reduce the facility’s energy usage.

The indoor sports facility, which the university rebranded in September as the M&T Bank Arena amid the bank’s merger with People’s United Bank, previously utilized a lighting system that “required significantly more electricity to power and run,” than an LED system, wrote Eric Grgurich, executive director of the M&T Bank Arena, in an email to the Chronicle on Nov. 14.

The arena’s new lighting system is expected to reduce the facility’s annual energy costs by approximately \$65,000, Filardi said. He also said the longevity of the new LED lighting system is expected to lower future maintenance costs.

“LED lights last longer than the lighting they replaced, so maintenance costs over time are also less,” Filardi wrote. “Getting a lift on the ice to replace a bulb is difficult and costly, so replacing them less often is a major benefit.”

Construction on the new LED lighting system began toward the end of the spring 2022 semester, Filardi said.

The new lighting system took just over six weeks to install in the 185,000-square-foot indoor facility, with each of the facility’s two

sports arenas requiring roughly three-and-a-half weeks of construction, Grgurich wrote.

Filardi explained that Quinnipiac bundled the York Hill lighting initiative with “several other energy savings projects” to maximize the utility rebate the university received.

The cost of Quinnipiac’s various undertakings totaled approximately \$1.1 million, Filardi said. However, utility rebates reduced the university’s final bill by more than half.

“The rebate we received from our local utilities was approximately \$650K,” Filardi wrote. “We essentially got (\$1.1M) worth of upgrades for \$450K.”

The arena’s new LED lighting system was fully operational for the start of the 2022-2023 NCAA Division I ice hockey and basketball seasons, which began in early October and early November, respectively.

The versatility of the LED system has allowed the pregame and postgame presentations at Bobcat basketball and ice hockey games to feature colorful light programming, according to John Marquardt, superintendent of mechanical services on the York Hill Campus.

“The project will not only save QU dollars in the future on energy savings and maintenance costs,” Marquardt wrote in an email to the Chronicle on Nov. 8. “It brings excitement with colored schemes and light shows that play along to music.”

However, some students who have attended games at M&T Bank Arena this semester said the new light programming did not impact their viewing experience.

“If I’m being completely honest, I didn’t really pay attention to the lights,” wrote Ashley Mudd, a sophomore occupational therapy major, in a statement to the Chronicle on Nov. 14. “The lights, I am sure, (add) an element of excitement and pretty looks, but that’s something that doesn’t matter too much to me.”



CASEY WIERDERHOLD/CHRONICLE

**A new energy-efficient LED light system will allow the university to conduct strobe lighting shows, said John Marquardt, superintendent of mechanical services on York Hill Campus.**

Ari Hyman, a senior political science major, said she enjoyed the light shows at hockey games but questioned their necessity.

“The new lights at the (M&T Bank Arena) are fun, but I don’t find them necessary,” Hyman said. “There are many other things that money can be used for.”

Some students also voiced concerns about the accessibility of the light shows, which feature strobe lighting.

“I think that these are a really cool opportunity to attract more people to our arena and add some more dimension,” wrote Ephemia Nicolakis, a junior 3+1 public relations and graphic and interactive design double major, in a statement to the Chronicle on Nov. 14. “At the same time, it is a little frustrating to see us add on something that could make our games in the arena more inaccessible.”

According to the Epilepsy Foundation, approximately 3% of people with epilepsy, a neurologic disorder that causes recurrent

seizures, have photosensitive epilepsy. Exposure to “flashing lights at certain intensities” can trigger seizures in people with photosensitive epilepsy, according to the Epilepsy Foundation.

“Growing up with my sister, who has epilepsy, this matter hits super close to home,” Nicolakis wrote. “Having lights that are potentially going to strobe before, during, or after a game means that people, specifically those with photosensitive epilepsy, cannot attend or enjoy games without the fear of having a seizure or risking their health.”

The M&T Bank Arena issues a public announcement prior to games to inform fans who may be sensitive to flashing lights that the pregame and postgame presentations feature strobe lighting, Grgurich said.

“I do think it would be great to see Quinnipiac provide opportunities for the disabled community to cheer us on by hosting strobe-free games,” Nicolakis wrote.

# Quinnipiac professors work with nonprofit to discover how the environment plays a role in our health

By KRYSTAL MILLER  
Associate News Editor

Environmental toxins impact an individual’s health, especially for those with the autoimmune disease lupus — that’s why two Quinnipiac University professors are devoting their time to research solutions that increase understanding of environmental impacts on immune health.

Approximately 1.5 million Americans have some form of lupus, and there are an estimated 16,000 new cases each year, according to The Lupus Foundation of America.

As an effort to aid those diagnosed, professor of biology Courtney McGinnis and associate teaching professor of civil engineering Kimberly DiGiovanni partnered with a local nonprofit organization You Got This Kid! Leadership Foundation. The 501(c)(3) is based out of New Jersey.

DiGiovanni received the YGTK! Foundation Environmental Leadership Award Oct. 17, for her contribution to their environmental conservation mission.

“I was honored and surprised, I had no idea that I would be receiving that honor during the event and it was really something to receive,” DiGiovanni said.

The mission of the foundation is to “Foster the development of young leaders through immersive learning experiences while driving positive change for those living with Lupus and for our environment.” It hosts speaking engagements, leadership lessons that can be integrated into school curriculum, and internships and student fellowships.

“There’s three main goals I’ll say, we focus on environmental sustainability, so enhancing and improving that at the local community level,” McGinnis said. “Raising lupus awareness is the second and the last is to mentor students, individuals, and really build out their leadership skills and their skill set.”

Lupus is a chronic autoimmune disease that can affect many parts of the body but the cause is unknown, according to the National Institutes of Health. It occurs when a person’s immune system attacks its own tissues and can cause inflammation and in some cases permanent tissue damage, the website states.

McGinnis got involved with the foundation around January 2021 when she was having a meeting with the co-founder of YGTK!, Chuck Saia.

Endocrine disruption, a type of environ-

mental toxin, is what McGinnis is focusing her academic research on. While working with the foundation, she said she wants to discover how the environment intersects with lupus.

Although lupus is not her research area, McGinnis said she considers herself as an environmental toxicologist.

“That led me to environmental toxins and exposures and while we don’t understand what the root cause of lupus is, for an individual, we do understand that there are often environmental exposures that cause additional flare ups or that exacerbate somebody’s condition,” McGinnis said.

The Medical School Curriculum Program is in collaboration with the foundation and Quinnipiac medical school. The environmental toxins’ effect on lupus activity was a part of the 2021 pre-matriculation program at Quinnipiac, which is a summer program for incoming first-year medical students.

The program also includes listening to a panel of lupus patients’ experiences after being diagnosed, McGinnis said. The panel talks about topics such as lifestyle changes the patients have made.

“I think the work that we do with the med students in particular on educating them about lupus and autoimmune diseases, and leadership is really important because they’re our next line of health care providers and making them aware of relatively rare diseases is important when they’re interacting with a patient or patient’s family in the future,” McGinnis said.

DiGiovanni first got introduced to the nonprofit after the organization collaborated with the Mill River Watershed Association for the rain garden at the Albert Schweitzer Institute.

The foundation has also partnered with nonprofit organization Save the Sound to transform a vacant lot in New Haven to a green infrastructure park. It is designed to catch water off the street when it rains and

absorb into the ground.

DiGiovanni said how the foundation’s mission aligns with the mission of the Mill River Watershed Association in supporting the environment. Along with advocating and supporting lupus research, DiGiovanni said the foundation also works with the Mill River which is 2.2 miles from Mount Carmel Campus and the Musconetcong River in Northern New Jersey.

“I think it’s really important because the environment is something that we all benefit from,” DiGiovanni said. “Protecting the environment is important to human health as well as wildlife I mentioned, you know how much I enjoy the wildlife along the river. And I think connecting to our natural resources is really important.”

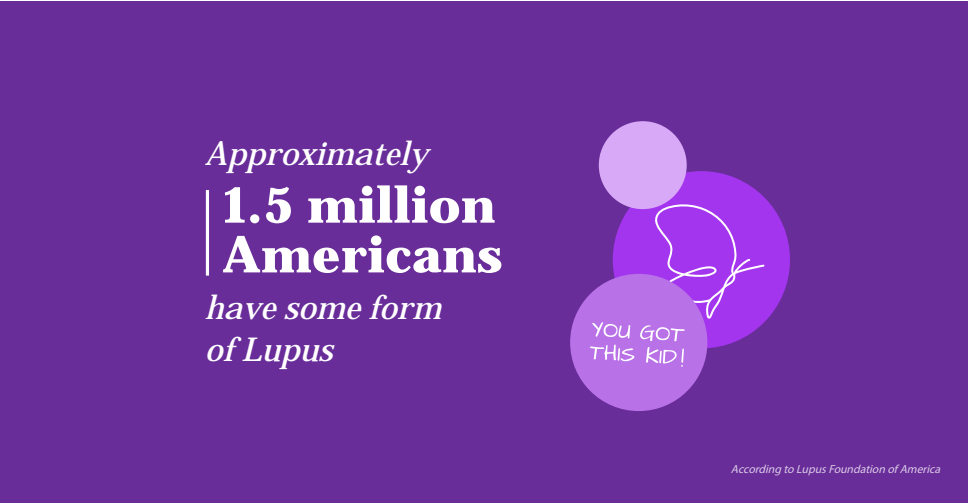
Michael Ciacciarella, 2021 Quinnipiac graduate and former president of Quinnipiac’s chapter of the American Society of Civil Engineers, said he took an ecological engineering class with DiGiovanni in the spring of 2020.

Throughout the semester, the class worked on various designs for the rain garden at the Albert Schweitzer Institute. In spring 2021, ASCE got involved and worked on several projects at the institute.

“So the purpose of the rain garden in the case of ASI was to have water instead of hitting the ground and heading down the hill, it would infiltrate into the ground in this rain garden,” Ciacciarella said.

Ciacciarella said having projects such as the rain garden are important for the community because they can inspire others to build their own green gardens or think twice before polluting the river or a catch basin.

“Professor DiGiovanni spearheaded all this and she was a big help,” Ciacciarella said. “That class in general got me super interested in protecting the environment and hydrology and drainage design similar to what I do at the moment at my work.”





# Opinion

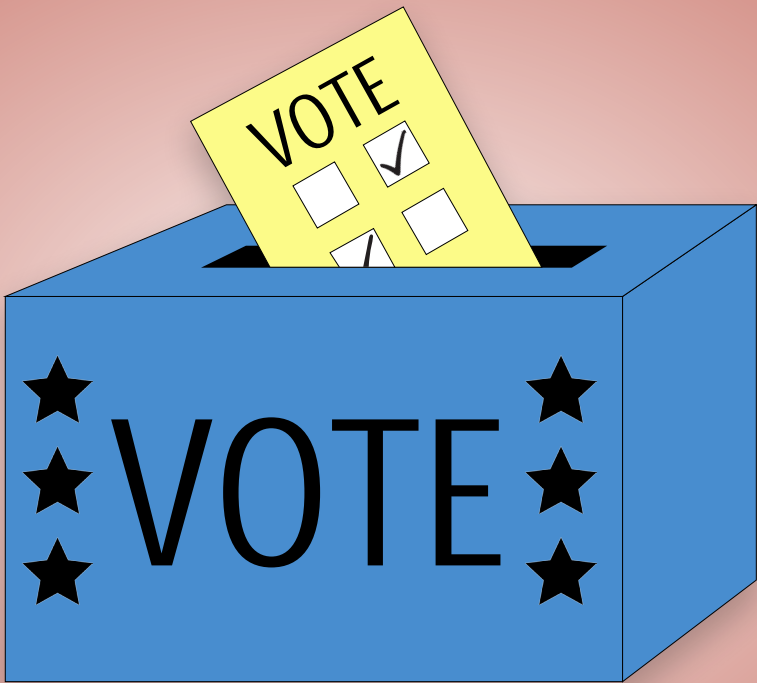


ILLUSTRATION BY EMMA KOHEL

## Your excuse not to vote is nothing more than that

**By JACK SPIEGEL**  
Photography Editor

Generation Z and other younger generations have historically been known to vote in small numbers. There are several reasons this could be: disinterest in politics, lack of knowledge about voting access or the thought that what happens in politics will not affect them.

The day after the election, I went around asking students on the Mount Carmel Campus Quad whether or not they voted. Some people said yes, but the vast majority said no.

“I don’t even know who’s running,” one student said. “I’m not registered to vote,” said another. “I haven’t seen the news in a very long time, so I don’t even know what it’s about,” said another.

The happenings of your community are the exact reasons public policy is made, so it is important to vote the people into office who you want to represent your values.

In Connecticut’s 5th Congressional District, the Associated Press projected incumbent Jahana Hayes will win re-election by a margin of just 1,974 votes (0.8%) as of 11 p.m. on Nov. 11. She previously won this seat by over 10 points.

In Colorado’s ruby-red 3rd Congressional District, Democrat Adam Frisch has been on the brink of unseating Trump-backed, and Trump-supporting Congresswoman Lauren Boebert, for days. This race has teetered back and forth since election day with Boebert up only 1,122 votes as of 8:15 p.m. on Nov. 11. The AP has yet to make a projection for this race, as of publication.

Boebert carried her 2020 race by six points following her primary win over five-term incumbent, Scott Tipton.

These hard-fought congressional races and the local municipal races are the ones

that need your vote the most.

Voting is a constitutional right that women in this country didn’t have until 1920. To not take advantage of this right because you “don’t know what’s going on” or you “don’t think politics affects” you is, frankly, selfish.

If codifying Roe v. Wade (the constitutional right to an abortion) into law isn’t enough, or making healthcare affordable, or keeping income taxes low, or lowering inflation or canceling student loan debt isn’t enough, then I don’t know what is.

The top issues to voters are inflation and abortion, while crime, gun policy and immigration sitting at the top of about 10% of voters minds, respectfully, according to a CNN exit poll released on Nov. 8.

All of these issues have direct impacts on your life. Access to a safe abortion could prevent health problems for women. Lower inflation will ease the strain on many citizens’ bank accounts. Stricter gun safety measures will prevent the deaths of innocent children in our schools.

There is only one place these issues can be solved, and that is in the government. Our democracy is designed in a way that we have a designated number of citizens be elected to make

decisions on behalf of their constituents.

The only way these people can make said decisions is if you vote them into office.

Since the pandemic began, many states have eased their restrictions on requesting mail-in ballots and absentee ballots. This does not mean that they are easy to get everywhere, but access to one’s ballot is much more than it was previously, especially for students who go to college out of state.

I’m lucky to live in Colorado where every registered voter is automatically sent a ballot in the mail without any additional requests needed – besides your current address if you are not living in your residential address. I received my ballot here in Connecticut a few weeks before election day and was able to return it in ample time. I was also able to track it on the Secretary of State’s website.

Colorado is also known for having some of the highest voter turnout rates, according to data compiled by the New Hampshire Secretary of State’s office. They are also known for having some of the most secure elections in the nation.

Connecticut also overwhelmingly passed Question 1 on Nov. 9, which allows the state

legislature to make laws regarding early in-person voting.

Not every state is that easy, though. In New Jersey, voters must print out a form, send it in to their county clerk, have their ballot sent to them, fill that out, and send the ballot back to the county clerk to be counted.

The bureaucratic nature of this process is disincentivizing young voters who are arguably the most important voting bloc in the current electorate.

The policies that are made now by those in power are likely to affect Gen Z voters years down the road, more than they are to affect boomers tomorrow.

A 2021 Tufts University study found that 50% of young (18-29) people voted in the 2020 presidential election. Though this sounds good on the surface level, I take a more cynical approach to this statistic. This means that 50% of eligible young voters did not turn out to the polls.

This could be for any of the reasons listed above, but they are nothing more than an excuse.

It is a lot easier to print out a sheet of paper and put it in the mail than it is to see your child laid to rest because our legislators can’t seem to find a good enough reason to ban assault weapons.

Although I hate cliches, I am going to use one here because I truly believe in it. You need to vote like your life depends on it because it very well might.

There is no valid excuse as to why you should not vote. Knowing what is happening in society is an important aspect of being a citizen to this country.

The happenings of our government are determined by the people we elect to office, so let’s make sure we are doing our part in electing the right people.

**“It is a lot easier to print out a sheet of paper and put it in the mail than it is to see your child laid to rest because our legislators can’t seem to find a good enough reason to ban assault weapons.”**

**– Jack Spiegel**  
**PHOTOGRAPHY EDITOR**



# Opinion

## Why it’s important to maintain sibling bonds in college

By **A.J. NEWTH**  
Staff Writer

Every time my sister sets a new track and field personal best, I get a text message. The same goes for my brother scoring soccer goals, because instead of being on the sidelines to support them, I’m missing everything while at college.

Moving away from home comes with many difficulties. Among them is homesickness, making new friends and adjusting to an unfamiliar environment. The most difficult thing about departing for college is leaving younger siblings behind.

Technically speaking, I am one of eight siblings, a combination of bonus children that come with divorce and remarriage. I have two full biological siblings that are currently juniors in high school and having to watch them grow up from afar has been one of the hardest things I’ve ever had to do.

My siblings and I have a three-year age gap and participate in many of the same sports and our common interests have always made us close, especially as we grew older. Towards the end of high school we were on all the same athletic teams and having to hear about their successes instead of being there to celebrate is a unique kind of heartbreak.

No matter the dynamic of sibling relationships, it’s essential to try to maintain them throughout college. For me, this means answering phone calls and reaching out whenever I can. When my schedule is busy, I try my best to make them my priority.

There are many other ways to maintain sibling bonds. Some suggestions include scheduling a time to call every week, creating a new routine and staying in touch through social media. Other options to maintain a good relation-

ship include sharing goals and accomplishments as well as verbalizing appreciation to one another, per The New York Times.

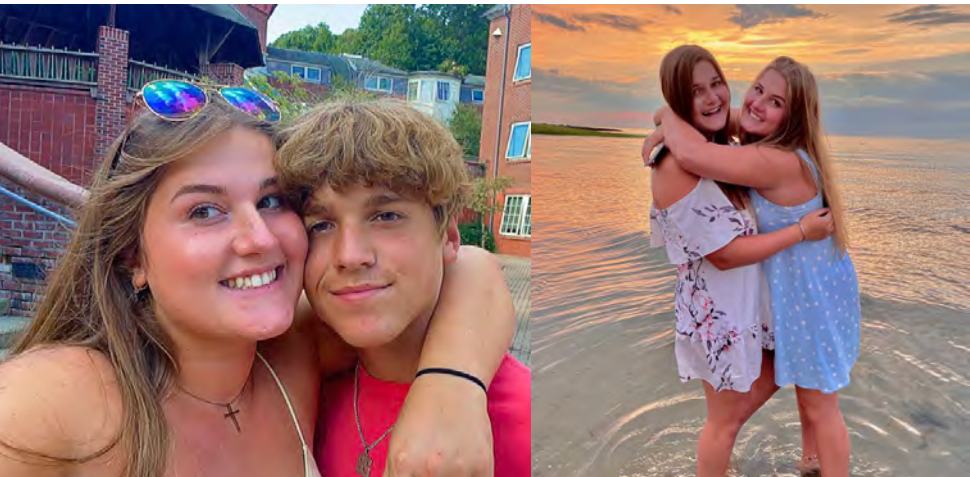
One of the biggest struggles I faced when moving out of my home was coping with oldest child syndrome, which is a name given to a combination of characteristics possessed by the oldest child in a family. Choosing Therapy, a mental health blog, said these characteristics include responsibility, ambition and a drive to care for younger siblings.

A 2008 study in The Journal of Human Behavior in the Social Environment said younger siblings tend to feel sadness more than older siblings once it’s time to separate for college. The younger children can actually feel a sense of empty nest syndrome, which is typically experienced by parents or caregivers and is described as experiencing sadness, anxiety and loneliness after a child leaves home. My older siblings never lived with me full time, so I never experienced what it was like to have them grow up and leave and only come home for holiday breaks.

I felt guilty for being the first to leave home and for a long time I struggled with the thought that I was abandoning my siblings. I was there for their whole lives, only to disappear as they reach the age where they start learning who they are. I wanted to be home to give advice and work through struggles, but instead I have to support them over the phone.

Most sibling relationships grow strongest during late adolescence and early adulthood. The transition into college is proven to be the time period in which siblings discover a newfound appreciation for one another, coincidentally just as they are about to separate, according to the National Library of Medicine.

Watching my siblings grow into their own



PHOTOS CONTRIBUTED BY A.J. NEWTH  
Staff writer A.J. Newth has two biological siblings, brother Bryce (left) and sister Sienna (right), both juniors in high school.

people has been a difficult transition for me. I only hear about their achievements when someone remembers to message me and I just watch social media. I sit there waiting for my mother to upload pictures of their milestones, like homecoming dances and driving their first cars and I have never felt so isolated.

Growing up is inevitable and the realization that we aren’t children anymore is sad. Separating from siblings as we become adults is just another example of things we go through as we grow. I find peace in the thought that although I’m not with them, my siblings are growing into their own people and no longer need me, and I couldn’t be more proud.

However, in some cases, the distance is not an easy adjustment. Trying to manage a long distance bond with siblings may be hard, and it’s easy for younger siblings to feel hurt and confused. In an article for the U.S. News & World Report, child psychologist Susan Bartell said the best way to handle this is to be patient and give

them space to work through their feelings and adjust to change.

I can’t emphasize enough how important it is to stay in touch with your siblings while at college. It’s easy to get caught up in our own lives while we’re finding independence and creating new memories, but it’s also crucial to remember where you came from and appreciate those who have been by your side throughout childhood.

Everyone looks for a solution to handling long-distance sibling bonds and in truth, there is no easy answer. In order for a relationship to succeed, it needs to constantly be worked on. So I will continue to work on it. I plan on always answering the phone, reminding my siblings that I’m proud of them and acknowledging that I should not feel guilty for leaving. I’ll always be a little sad that I’m missing out, but what’s important is that they’re doing great things and growing into their own people, even if I’m not there to see it.

## The emotional burden of being the planner friend

By **ANYA GRONDALSKI**  
Podcast Producer

I often tell my mom, “I wish I had my own Anya.”

It seems like I’ve always been the initiator in my relationships, and it never bothered me until recently. Don’t get me wrong, I was invited to parties and sleepovers in high school. I went out for random fast food and late-night ice cream runs with friends. But as I’ve aged, the responsibility of making plans has frequently fallen on me, saturating all of my relationships.

I remember my first year at Quinnipiac University, leading the charge with the rest of my roommates to introduce ourselves to our neighbors. Everyone wanted to meet people on our floor, but once we got to each suite, I was the only one knocking on the door and saying hello. The friend group that we quickly established only hung out when I got us all together.

Back home, my house is the place everyone comes together. Other people host on occasion, but mine is the spot where a two-hour dinner turns into a two-day sleepover. When taking a girls trip to Cape Cod a few summers ago, everyone was gung-ho only once I fronted the cost of the Airbnb, made the itinerary and grocery list and had assigned everyone their jobs to help pull everything together.

The burden is placed so heavily on me that I’ve come to be silently expected to host social gatherings outside my own home. I’ve organized friendsgivings at other people’s houses where I was the one mopping the kitchen, preheating the oven and assigning everyone a dish to bring.

It’s exhausting.

The time, energy, and money that gets funneled into being the planner friend is immense. Putting in so much effort just to be met with little thanks or none at all is heartbreaking and infuriating. I’ve often felt like I wasn’t being taken care of by the people I loved, and all of that can lead to anxious thinking. Why am I not worth it to them?

Sometimes, it would be nice to have someone else plan a surprise party for me, cook me dinner and wash my dishes or mop my floor after a party. I wish I had an Anya myself.

But if I’m being introspective, I can’t honestly say that I’m not a part of the problem. I get so excited about party planning that I seem to just take over, and people let me. Add that

to the fact that I’m a passionate control freak, and it doesn’t allow for much boundary setting or self-preservation.

Lifestyle magazine Girls Life recommends that when you’re always the one making plans, to make sure your friends appreciate you try not texting them for a while.

This is ridiculous.

If it’s not playing stupid social games, the internet recommends just accepting the fact that you’ve assumed the planner role in your relationships.

Communicating how you feel with your loved ones is the only way to reach a level of understanding and to protect your social battery. Sometimes you’ll be met with defensiveness,

and other times empty apologies, but just putting it out there can be a relief.

You can mitigate expectations by checking in with yourself. Is this friendship one-sided? What has this individual done for me without being asked? Do I feel supported and taken care of? Why am I giving 80% if I’m only receiving 20%?

A Survey Center on American Life study found that the role of friends in American social life is experiencing a pronounced decline. People are reporting fewer close friendships, having limited communication with friends and relying less on them for support. So it’s more important now than ever to be maintaining friendships and showing that you care.

If you don’t find yourself relating to this article, then you’re not the planner friend, and that’s okay. But it probably means you have one of your own.

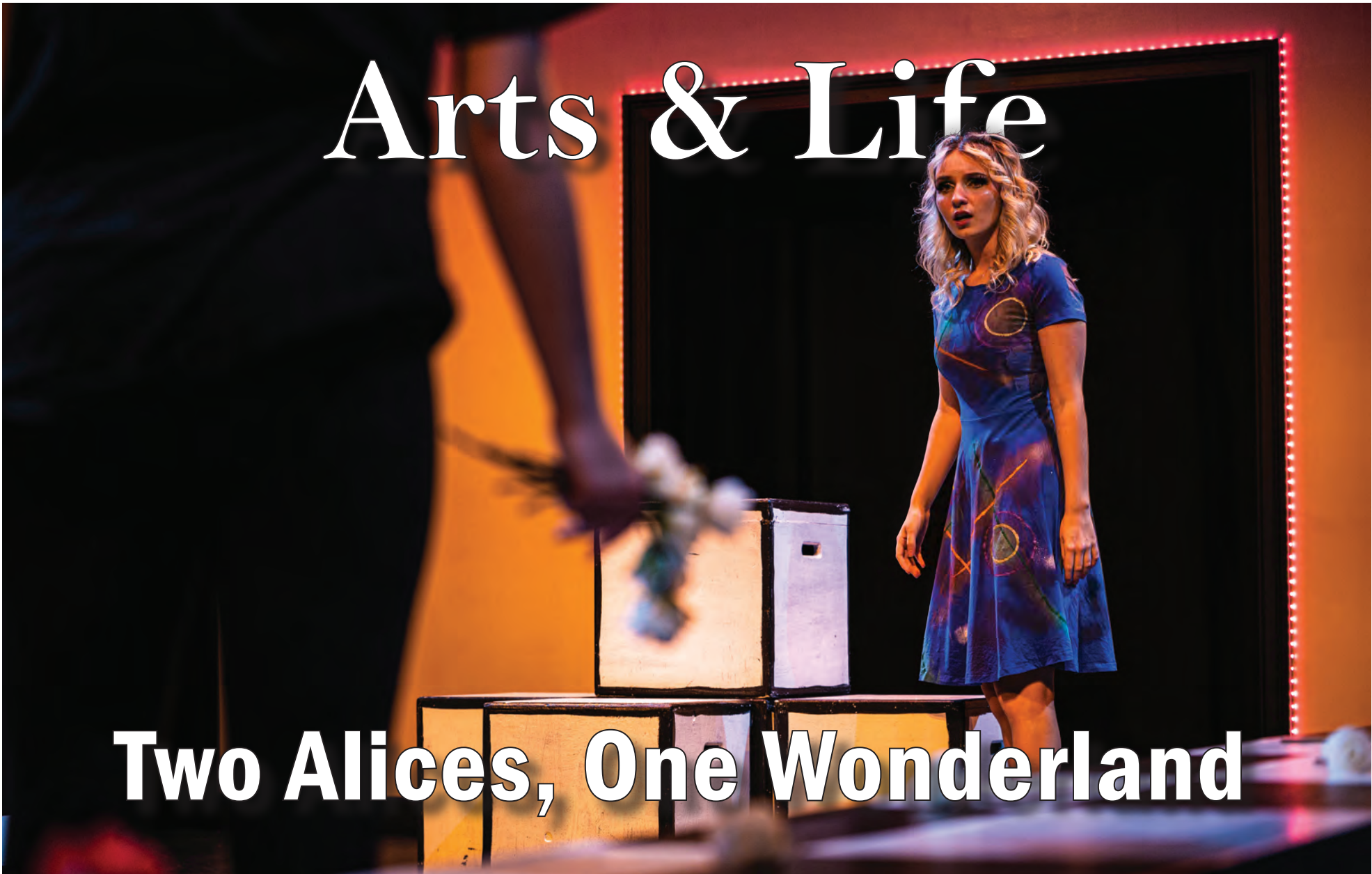
If you want to make sure you’re not exhausting these people, consider stepping into an unfamiliar role. Make an effort to surprise this person. It can be as small as buying their favorite candy on a random weekday or as big as planning their birthday party. Day to day, be sure to check in with your friends. Ask them how they are and if there’s anything you could be doing to make their life easier, and don’t expect anything in return. If you notice they seem stressed or sad, validate them. It’s all about initiating.

It can be hard to take a close look at your friendships, especially when you really enjoy someone’s company, but being your own number one best friend is the most important thing.



ILLUSTRATION BY AMANDA RIHA





PEYTON MCKENZIE/CHRONICLE

# Fourth Wall Student Theater carries out successful production despite limited preparation

By **DAVID MATOS**  
Arts & Life Editor

From rags to riches to magical beans and the menace that is the Big Bad Wolf, we’ve all heard of classic fairy tales like “Cinderella” or “The Three Little Pigs.” However, no fictional work has been as bizarre and whimsical as Quinnipiac University’s Fourth Wall’s Student Theater production of “Alice in Wonderland.”

Fourth Wall presented “Alice in Wonderland,” an adaptation of Lewis Carroll’s 1865 novel “Alice’s Adventures in Wonderland,” in the Theatre Arts Center from Nov. 11-13.

The student-run theater organization canceled its original fall 2022 production “Perfect Arrangement” in late September after cast members expressed discomfort with the dated language used in the script. On Oct. 5, the Fourth Wall executive board chose to perform “Alice in Wonderland,” leaving the cast of 17 only around five weeks to prepare for the show.

“For this specific production, we were on a little bit of a tight timeline,” said Emma Poirier, a graduate student in the molecular and cell biology program and director of the show. “But that’s probably everyone’s biggest challenge, like the designers, the actors, everyone. And then, aside from that, it’s a very big cast.”

Autumn Hirsch, a junior public relations major who played the Mad Hatter, said despite the short stretch of time to prepare for the show, the cast managed to avail and bring the world of Wonderland to the stage by the semester’s end.

“This is the great thing about theater, it’s always a team effort,” Hirsch said. “You’re never in anything alone. None of us are getting paid to do this. We’re all here because we truly love it, and we’re going to put the work in, and that’s really what we saw.”

“Perfect Arrangement,” which is a sitcom-style drama about two closeted U.S. State

Department employees in 1950s America, is a stark difference from the plot of the eccentric timeless fairy tale “Alice in Wonderland.”

After a fall through the infamous looking glass, Alice, a well-mannered 7-year-old girl, finds herself in the peculiar and mind-bending world of Wonderland, completely astray from her ordinary life at home. Alice’s journey in Wonderland is similar to a child trying to make sense of adulthood, something most young adults getting a grasp of their own newfound independence in college might relate to.

“‘Alice in Wonderland’ has always been one of my favorite stories since I was like a young girl, and having the opportunity to play Alice a character I’ve related with so deeply as like all the way back to being a child, it’s really amazing,” said Jessica Clark, a junior media studies major who played one of the two Alices in the production.

Fourth Wall’s adaptation of “Alice in Wonderland” follows two versions of Alice. Clark and Samantha Hart, a senior film, television and media arts major, each play Alice: Clark plays Alice in the real world, whereas Hart plays Alice after she steps through the looking glass.

Hart said she had never been involved in theater until she transferred to Quinnipiac in fall 2021 when she took on the role of Irina in Fourth Wall’s production of “Three Sisters.” She said she joined the theater to make friends and to be part of something. She describes the experience as “life-changing.”

“I mean, I know it sounds dramatic, but it’s because I found this community and this new thing that I love so much,” Hart said.

Hart describes her most recent role as Alice as unlike any role she has had at Quinnipiac. Hart’s other previous roles include Amy March in Fourth Wall’s 2022 production of “Little Women” and Ismene in Quinnipiac’s theater department’s spring 2022 production of “Thebes.”

“It’s just a whole different experience when you kind of have the responsibility of bringing this new sort of character to life on stage,” Hart said. “It’s not that ‘Alice in Wonderland’ is a new show because everyone knows what it is, but I think the way that we’re doing it, and the way that we have split the role in two, I think it definitely gives so much more creative freedom.”

The reason two actresses played Alice is because, throughout the show, she has a wide array of experiences with the various characters in Wonderland that call for a different version of Alice in each scene, Poirier said.

“She feels like she’s changing throughout this whole experience,” Poirier said. “Like from scene to scene with all the different interactions she has and particularly at one point she’s talking to the caterpillar character, and she says, ‘I don’t know who I am today. I’ve changed so many times.’ That’s why I wanted to have two Alices.”

Poirier, who also directed “Little Women,” said she picked Hart and Clark to portray the simple-minded character because they act, speak and use their bodies differently, so their differences helped showcase the show’s character development.

“I sort of relate to Alice in that she’s just confused, and trying her best,” Hart said. “She has really no idea what’s going on for the whole duration of the show, because it’s Wonderland, and everything is crazy. But life can totally feel like that sometimes, and like all you gotta do is just smile and keep going.”

“One of the many draws to the fantastical world of Wonderland is the unique characters that inhabit it. From the grinning Cheshire Cat, played by Haley Organ, a sophomore theater major, and the pompous yet witty White Rabbit, played by Stephen Russo, a first-year game design and development major, each cast member did a spectacular job of bringing the crazy world of Wonderland to life on stage.

“There’s so much creativity that has gone into this performance,” Clark said. “I just really love every aspect of every single character, and how they really pull into Alice and her own personality.”

One of the most maddening characters in Wonderland is no other than the Mad Hatter, played by Hirsch. The Mad Hatter is seemingly trapped in a never-ending tea party alongside the March Hare, played by Alex McPartland, a sophomore film, television and media arts and theater double major, and the Dormouse, played by Jane Rosales, a junior 3+1 theater major in the MBA program.

Hirsch, who’s been acting since she was in middle school, said this role allowed her to connect with her creative side and credits Poirier for allowing her to try new things with the character.

“The Mad Hatter has been one of my dream roles for basically my whole life,” Hirsch said. “I feel like there’s not a lot of characters that capture the essence of fun quite like the Mad Hatter does, and it just really provides an opportunity for me as an actor to do something different, and just to try out a bunch of crazy things on the stage.”

Over 200 tickets were sold for this year’s production of “Alice in Wonderland.” Sarah Gass, a junior public relations major, who plays the Queen of Hearts, said one of the most rewarding parts of this production is the bonding experience between the actors after having such a short period of time to put on the show.

“One of the best things about theater is just how you’re thrown into these scenes, and you have to deal with these characters in your own way,” Gass said. “But again, since you’re bouncing off of everybody else that you’re acting with and we’ve had such a short period of time to do it, we’ve just gotten close, and it’s been really rewarding to find like-minded people that way.”



# GSA hosts drag show to remember

By **ZOE LEONE**  
Staff Writer

Students filtered into the Carl Hansen Student Center Piazza as “Blow” by Kesha played softly over a set of speakers on the evening of Nov. 12.

Quinnipiac University’s Gender and Sexuality Alliance’s Drag Dinner and Show attendees began piling their plates with the night’s dinner of mac and cheese, chicken and sausage and peppers. The tables next to the buffet offered free GSA T-shirts, pride flags, pins and stickers.

Soon the chairs and tables were so filled that attendees began finding spots to watch the show on the stairs and the floor. Faces were bright with smiles as friends chattered easily about the event with the Progress Pride Flag draped from the second floor.

GSA members scattered around the room whispered to each other in amazement at the big turnout of students, many of whom were drag show first-timers.

“I had never been to any sort of drag event and I thought about how this is part of our culture, so I thought I should be a part of it,” said attendee Satine Berntsen, a junior philosophy and film, television and media arts double major. “It’s a big cultural thing for the queer community. It’s allowed us to express ourselves for so long.”

Drag originated as theater slang dating back to the days when women were not

allowed in theater productions and men were forced to play female roles. The term has since evolved into the beloved performance art most known today, where drag artists use makeup and clothing to perform a high-energy exaggeration of gender expression.

“(The event) carves out a good space for the queer community on campus,” said attendee Sabrina Duverglas, a junior philosophy major. “I think having events like this, or any type of forum or event, where you can see other people who are in your community and talk to them and just know you have a space to just exist, makes it more comfortable to actually go to this school.”

The noise died down quickly as the first performer was announced, local Connecticut drag queen Sienna Rose. Britney Spears reverberated through the piazza as Rose emerged from the hallway in a replica of Spears’ 2009 “Circus” Tour sparkling ringmaster outfit.

“Are we feeling queer as fuck?” Rose asked the crowd. The crowd cheered their enthusiastic response as she introduced the second queen of the night, New York City native, Andora Tete.

Pink beads jangled cheerily along to Dolly Parton’s “9 to 5” as Tete performed as the beloved country singer. Tete has been doing drag for 22 years, dazzled the crowd with her larger-than-life and in-your-

face performance.

“I have a whole suitcase for you to see,” Tete said as she and Rose momentarily disappeared from the stage.

Before the crowd could get too comfortable mingling, Tete made her entrance once again, this time in a glittering pink catsuit adorned with a sky-high feathered headpiece. She pranced through the crowd before passing the spotlight back to Rose, who performed a Christmas-themed Spears mash-up.

The queens took a break from their performances to host a lip-sync-for-your-life competition with audience members, similar to the segment on “RuPaul’s Drag Race.” Students performed to Beyoncé’s “Single Ladies” and twerked to Nicki Minaj’s “Anaconda” before Tete and Rose declared them all winners.

The GSA eboard, however, decided to host their own performance battle as the queens changed one last time, this one much more cut-throat.

“We’re not like the queens,” said Sean Doyle, one of GSA’s co-presidents. “We’re bitches in this room.”

This time audience members fought by performing to ABBA’s “Dancing Queen” and a drag favorite The Weather Girls “It’s Raining Men.” Hair was flipped and cartwheels were cheered for as the winner, first year

biochemistry major Langston Ramirez-Pharr was chosen by audience applause.

Rose took to the floor to perform one last time with a rendition of “Fabulous, Baby!” from the Broadway musical version of “Sister Act.” As she finished, she sat in front of the fireplace to talk about a subject that made several jaws drop: Quinnipiac’s budget weekend.

“Make you sure write all of your admins, everyone on the motherfucking board, to give the GSA all the fucking money they want!” Rose said as the crowd erupted into cheers.

Tete made her final appearance in a glowing recreation of Lady Gaga’s outfit from her “Rain on Me” music video, which she paired with an energetic space-themed mash-up that sent the audience into a frenzy.

Though her performance was just as fun as the rest of the night, the queen ended the night with a heartfelt final message.

“Take the love in this room and bring it out into the world,” Tete said.

GSA co-president Emily Bartlett was glad to see the exceptionally high turn-out and the amount of joy that was present in the piazza throughout the night.

“It was such a safe space and everybody was able to be themselves and just have fun,” said Bartlett, a junior health science studies major. “That’s really what we were going for, so everything worked out.”



The Carl Hansen Student Center Piazza was filled with smiles as attendees waved pride flags and watched the queens Andora Tete, left, and Sienna Rose, top right, perform at Gender and Sexuality Alliance's Drag Show on Nov. 12.

DANIEL PASSAPERA/CHRONICLE



# ‘Tár’: A brilliant demonstration of passion gone wrong

**By JACK MUSCATELLO**  
Associate Multimedia Editor

With awards season in full swing for the film industry, numerous Oscar-bait projects have populated festivals around the world. One of these films deserves to stand out amid the crowded independent scene: “Tár,” an overlong drama about cancel culture, power and abuse, with a tour-de-force lead performance from actress Cate Blanchett.

The film, which released in theaters on Oct. 28, follows the fictional world-renowned composer and conductor Lydia Tár, in the weeks leading up to a performance of George Mahler’s fifth symphony with the Berlin Philharmonic orchestra.

Throughout the film’s near three-hour runtime, Tár dedicates most of her time to rehearsing, writing a new composition and struggling to balance work with her commitment to her partner Sharon, and their adopted daughter Petra.

She’s at the top of her craft as the film opens, but when a former student from a fellowship program publicly accuses her of abuse and sexual exploitation, Tár’s bucket-list career quickly unravels in a dramatic fall from grace.

Writer-director Todd Field embraces a remarkably realistic tone with his

script, crafting an elaborate story behind Tár’s success that reads almost like a biopic chronicling a real-life music industry powerhouse.

The film’s level of depth and nuance, introduced to the audience through an extended interview scene in the opening act, adds multiple layers to Tár’s rough exterior. She is smooth, calculated and devoted to the point of obsession — but her reach for unended glory ultimately exceeds her grasp.

Blanchett brings a consistent sense of tension to her on-screen persona, keeping the audience absorbed even when Tár’s increasingly troubling decisions cast her as the villain in her own story. The level of dedication in her performance is extraordinary, and the vulnerability she lends to the character, particularly in the final act, demands to be seen.

The editing throughout the film is almost invisible, gently nudging the audience through extended conversations and heated moments with minimal cuts. The pacing takes its time, and the script

is in no hurry to keep the plot concise, occasionally to the film’s detriment. But Tár’s descent is matched well by Field’s harsh visual style. The cinematography lends a sweeping, gliding camera to a few brilliant moments of psychological dread, which manage to rival even the best horror films of the past few years.

The final act surprisingly detours from the relatively serious tone of the narrative up until that point, branching off into a more satirical slant with a welcomed sense of dry humor and self-awareness toward Tár’s collapse. The turn might be a deterrent for some, especially as late in the film as it is, but the bold risks Field takes with the story throughout are exactly what makes this and other independent projects so enthralling.

The richness of the characters, the complexity of the drama and the genuinely unique approach to relevant topics are the bread and butter of

independent storytelling, lending small-scale films like “Tár” the freedom to breathe and explore as many angles of a story as possible.

The theme of dissecting cancel culture with a woman as the lead protagonist sets up several sequences that were all but impossible to witness on the big screen just a few years ago. The film poses several questions, and even a few stark answers, that promise to stick with the audience well after the final shot cuts to black.

At its core, “Tár” is a twisted psychological drama with a mission to challenge convention. It swings for the fences with an unreliable main character amid scandal, heartbreak and chaos that is unfortunately all too familiar.

But the film also goes one step further, breaking down the tragic pattern of artists taking advantage of their prowess, abusing the value of their success and destroying the universal appeal of their creations in the process of seeking boundless praise. Because of this and much more, “Tár” might just be the most interesting film to see this year.

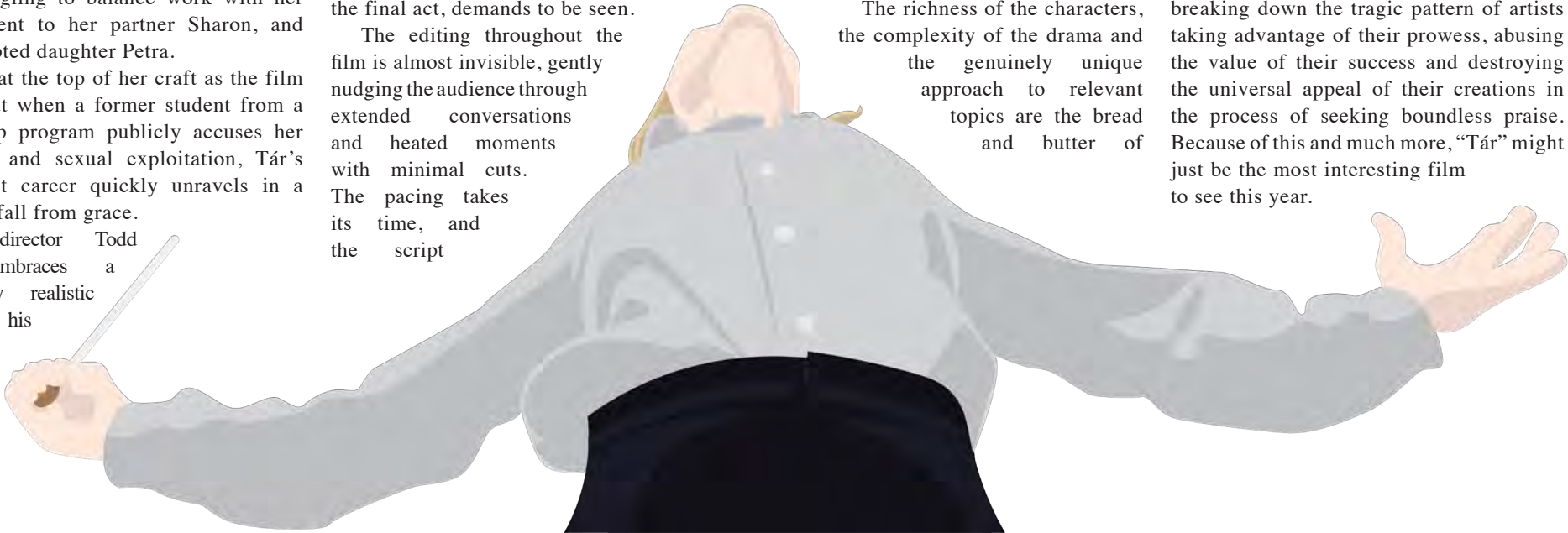


ILLUSTRATION BY SHAVONNE CHIN

## Dear Counselor



DANIEL PASSAPERA/CHRONICLE

***With Thanksgiving and winter break right around the corner, can you give some tips on how to make the time at home as stress-free as possible?***

Holidays can be stressful under the best of circumstances. For some with a history of troubled relationships with family, it can be an anxiety-filled nightmare. Hopefully, this break you can navigate in a way that will prove to be relaxing and enjoyable— or at least less stressful than you are anticipating.

Communication and planning are key. Ask your family what their expectations are and be as upfront with them as possible. Clearly state your plans as soon as you know them. If you have hometown friends you want to see, a partner you plan on spending time with or schoolwork you have to do, let your family know. Make time for family, even if it’s not as much time as they would like. When you are together, give them your attention.

For example: “Mom, I will be going to my boyfriend’s house Thanksgiving night, but I will spend the day with our family,” or “I have plans to go out with my friends from high school on Wednesday night, so I just wanted to let you know

that I won’t be around, but I would love to have dinner together on Tuesday.”

Toxic relationships fueled by addiction, abuse and overall dysfunction can be what you are facing. Keeping your visit short, if possible, can be helpful. Have an “escape plan” that includes people you can spend time with. A family member outside the home, a friend or maybe a place you can go to like the library or Starbucks, or even take the dog for a walk. If you are able, consider returning to school early, or keep a gratitude list, and read it regularly.

It’s important to exercise, eat right and get enough rest. Limit substance use as this can fuel anxiety and unpleasant interactions. Remember that the only person you can change is you, but if you choose to make changes to how you approach the situation, you may be surprised at the difference it can make for you.

Enjoy the holidays and free time you do have. Nurture the healthy relationships in your life that you may not be able to enjoy during the school year.

*"Dear Counselor" is a column written by Mary Pellitteri, a member of Quinnipiac University’s Counseling Services, to address mental health and wellness issues that she deems prominent in the community. To submit questions to Dear Counselor, email thequchronicle@gmail.com.*

*This content is not intended to be a substitute for professional medical advice, diagnosis or treatment, and does not constitute medical or other professional advice.*



# ‘Black Panther: Wakanda Forever’ is a touching tribute full of emotion

By CONNOR YOUNGBERG  
Staff Writer

On Aug. 28, 2020, Chadwick Boseman lost a long battle with cancer. Boseman, who portrayed Marvel’s Black Panther on-screen from 2016 to 2019, was mourned by his family, peers and fans. Ryan Coogler, the director of both “Black Panther” films, decided not to recast him or include any computer-generated imagery with his likeness. Instead, Coogler created a touching tribute to Boseman, along with a beautiful story about loss.

“Black Panther: Wakanda Forever” begins with the country of Wakanda mourning the death of Boseman’s King T’Challa. Wakanda is now without a king, putting a target on the country’s back for the rest of the world to take advantage of.

At the same time, we are introduced to another secret civilization, Talokan, ruled by Namor, played by Tenoch Huerta. Shuri, played by Letitia Wright moves into the spotlight in T’Challa’s absence and is forced to decide whether to team up with Talokan against the surface world or stand their ground on behalf of Wakanda.

The way the movie handles Boseman’s death is respectful and necessary. The loss of T’Challa is properly referenced, but never overwhelming. It’s clear that the country Wakanda must move onward from his death the same way we as viewers must move on from Boseman’s death, which creates incredibly emotional performances.

Angela Bassett plays T’Challa’s mother, Queen Ramonda, who delivers one of the most emotional performances of any Marvel film. You can see the pain in her eyes and feel the agony in her voice as she delivers words on the loss of her on-screen son. As a viewer, you can tell that all the actors, including Bassett, were feeling their

real-life anguish while acting in these scenes.

The tone of agony is very present throughout the movie, which is a drastic change from its predecessor. The first “Black Panther” movie is notorious for its music, combining west-coast hip-hop with traditional African instruments to create beautiful sounds that set the upbeat tone of the film. However, “Wakanda Forever” is grounded in silence with many of the emotional sequences delivered with no music at all. This makes for some somber but beautiful scenes that had the audience close to tears.

“Wakanda Forever” contains parallels to the iconic Marvel character, Iron Man. Ironheart, also known as Riri Williams, serves as the direct correlation to Iron Man. Williams, played by Dominique Thorne, is a gifted college student and engineer and follows in the footsteps of Tony Stark by creating her own metal suit.

However, Shuri is also an Iron Man-like figure. In “Iron Man 3,” Stark suffered from anxiety following the events in 2012’s “The Avengers” and used technology to keep creating suits in order to maintain some sort of stability. In “Wakanda Forever,” Shuri is mourning the death of her brother by drowning herself in her lab, making new inventions to keep her mind off of the pain she is concealing. It’s a beautiful way of showing how people deal with loss in similar ways.

Namor serves as a perfect antagonist in this film. “Black Panther” gave us one of the best villains in Killmonger, played by Michael B. Jordan, in part because we can empathize with him. Namor is just trying to protect his people, and after seeing his civilization and the people he stands for, it’s difficult to call him a villain, but rather a man who is willing to do anything to protect his home.

Talokan is a beautiful civilization and a place



ILLUSTRATION BY CONNOR YOUNGBERG

Marvel will hopefully explore more of in the future. One of the best things Coogler did in the first film was create the civilization we know as Wakanda from scratch. In this film, he does the same things, this time creating a beautiful new utopia that is incredibly unique. The world-building is nothing short of phenomenal and Coogler does a great job introducing another culture into the Marvel world.

In the comics, Namor is the ruler of the famous Atlantis, but Coogler decided to go in a different direction. While Talokan still is a secret underwater civilization, it is heavily inspired by Mesoamerican Indigenous groups, such as the Mayans and the Aztecs. Modern-day Mesoamerica includes Mexico, which is where Huerta is from. Coogler did a fantastic job taking Atlantis and turning it into something fresh while implementing it with culture.

“Wakanda Forever” is spectacular. It’s an emotional tribute to Boseman and a continuation of the legacy he left behind. The film is entertaining but also makes you feel something on a deeper level. The pacing is perfectly balanced for a longer film. Although it is almost three hours long, it was never uninteresting. The action is unique for a Marvel film, including a few slow-motion sequences that slow down the intensity of the fight. The performances are fantastic and the legacy that Boseman left behind has been continued.

When Boseman passed it was unknown how the Black Panther symbol would move on. Coogler made a brilliant film that passes the torch onward. The Black Panther lives on and will continue to be an icon to people around the world, exactly how Boseman would have wanted.

# An Irish goodbye to 'Derry Girls'

By KATIE LANGLEY  
News Editor

Netflix’s British sitcom “Derry Girls” released its third and final season on Oct. 7, catching up with a beloved group of teenagers among the struggles and hilarity of growing up in conflict.

Set in Northern Ireland in the 1990s – during the period historically known as the Troubles – “Derry Girls” follows Erin (Saoirse-Monica Jackson), her cousin Orla (Louisa Harland) and their friends Clare (Nicola Coughlan), Michelle (Jamie-Lee O’Donnell) and Michelle’s English cousin James (Dylan Llewellyn). The show premiered in 2018 and has since become one of my favorite shows and the source of many of my family’s shared inside jokes.

Erin, Orla, Clare, Michelle and James– referred to as “the girls” by every other character, though James is a boy – come from Catholic families and attend an all-girls Catholic school (yes, even James).

The third season takes place as the conflict between Protestant-English and Irish-Catholic sects begins to recede, culminating in the 1998 Good Friday Agreement that put an end to the violence. It’s a bittersweet reflection on girlhood, progress and friendship.

In this season, the girls find themselves in all types of predicaments, from getting arrested, to belting out a Spice Girls number, to finding a haunted house and faking

their way into a Fatboy Slim concert. Oh, and did I mention Liam Neeson and Chelsea Clinton make guest appearances in this season?

We also learn more about some familiar characters, with an entire episode flashing back to the teenage antics of the girls’ mothers when they were in high school. This is one of the best episodes of the season because the mothers – Mary, Sarah, Geraldine and Janette (and Janette’s cousin, Rob) – perfectly mirror the daughters.

In one scene, we even see the group giving themselves tattoos in the Catholic school bathroom. They still have these tattoos, and their connection to each other years later.

It’s clear where the girls

get their humor from, and there’s no shortage of funny scenes in season three. A recurring theme in all three seasons is that the girls make fun of James relentlessly for being English – a hint to their nationalist inclinations.

In one scene, the girls volunteer James to fight a bigger guy over concert tickets. When he runs away instead, Erin says, “But you’re English, James, about five of you managed to colonize half the planet, we thought you might have something up your sleeve.”

One of my favorite characters, Sister Michael, a nun and the headmistress of

the girls’ school, is back in full force in season three. Sister Michael is an absolute delight; she thrives off scaring children and throwing out quippy remarks at priests. In this season, we see a new depth to Sister Michael’s character when she refuses to leave the school she’s devoted her life’s work to despite the Church’s request.

“Derry Girls” season three comes with new relationships too. Clare, who came out as lesbian in season two, has a brief love interest in this season and we see the relationship between James and Erin transform into something new.

The series ends with a double-header of two tear-jerking episodes, where the characters experience a serious loss and contemplate voting on the Good Friday Agreement. In the last episode, Clare and Michelle argue over whether political militants should be released from prison, and the audience discovers that Michelle’s brother was likely involved in the Irish Resistance.

Despite everything, the girls come together as the referendum is passed, ushering in a new era for the city of Derry and Northern Ireland as a whole. Show writer Lisa McGee parallels Erin and Orla’s 18th birthdays with the changing of political tides, and I couldn’t think of a better way to end the series. Of course, I’m sad that “Derry Girls” had to end, but I’m grateful to have experienced the journey.



ILLUSTRATION BY MARINA YASUNA



Scores  
&  
Schedule

Thursday 11/10

MSOC won 5-2 vs Niagara  
(MAAC Semifinals)

MBB won 102-95 @ Stonehill

Friday 11/11

MHOK won 4-3 @ Brown

WXC 12th of 37 @ NCAA Northeast Regionals

MXC 32th of 33 @ NCAA Northeast Regionals

Saturday 11/12

VB won 3-0 vs Saint Peter's

MHOK won 4-0 @ Yale

WBB won 72-54 vs CCSU

RUGBY lost 47-14 @ Dartmouth  
(NIRA Tournament)

Sunday 11/13

MSOC won 3-2 vs Iona

(MAAC Championship)

VB won 3-0 vs Rider

MBB won 72-70 @ CCSU

WSOC lost 4-1 @ Penn State  
(NCAA Tournament)

Monday 11/14

WBB won 85-30 vs Hartford

Tuesday 11/15

MBB vs Dartmouth

(results unavailable before publication)



NOV. 13 JACK SPIEGEL/CHRONICLE

Thursday 11/17

MSOC @ Vermont 7 p.m.

(NCAA Tournament)

VB vs Iona 7:30 p.m.

(MAAC Tournament)

Friday 11/18

MBB vs Albertus Magnus 4 p.m.

WHOK vs No. 10 Clarkson 6 p.m.

MHOK @ Princeton 7 p.m.

VB @ MAAC Semifinals (TBD)

Saturday 11/19

WHOK vs St. Lawrence 3 p.m.

MHOK vs Princeton 7 p.m.

VB @ MAAC Championship (TBD)

Sunday 11/20

WBB @ No. 12 Indiana 1 p.m.

Disney dreaming

Quinnipiac volleyball rides hot streak to Orlando for MAAC Tournament



PEYTON MCKENZIE/CHRONICLE

Quinnipiac volleyball finished the regular season with an 11-14 overall record and 10-8 in-conference.

By MICHAEL LAROCCA  
Opinion Editor

What a back half of the season it has been for Quinnipiac volleyball. I certainly can't say I was expecting that type of turnaround.

Last time I wrote about the state of this team on Oct. 11, the Bobcats were sitting at eighth place in the MAAC with a 2-6 record. Morale was extremely hard to find at that time.

"I would like to see more," head coach Kyle Robinson said after the team's win over Manhattan on Oct. 9. "That's just who I am as a coach, as a person. If we have the capacity to be better, then we should give more. We should be better. We should be working to be as close to perfect as possible."

Since then, the Bobcats have been as perfect as they could be, going on the second-most successful stretch in program history since joining Division I in 2000. After bottoming out at 2-7 in the MAAC following a 3-1 loss to Siena on Oct. 12, Quinnipiac went 8-1 to end the regular season. That span included two separate four-match winning streaks with a loss to first-place Fairfield in straight sets in between. The most successful stretch was when the 2016 team went 9-1 during a 10 match span, including a seven-match winning streak.

With a 10-8 record within the conference at the end of the regular season, the Bobcats clinched a first-round bye in the MAAC Tournament, nestling themselves comfortably into the sixth seed. They will now be preparing to face off against No. 3 Iona in the quarterfinals at 7:30 p.m. on Thursday.

In my last column, I explained that despite the poor record, the team proved they are overflowing with talent, it just needed to learn how to finish sets and matches. Prior to the 8-1 stretch, the Bobcats struggled in close sets, but during it, they have found ways to both win them and prevent them from happening.

Part of this improvement has been the team finally being completely healthy.

After missing 12 matches due to an abdominal injury, freshman hitter Ginevra Giovagnoni made her return on Oct. 29, against Fairfield where she played minimally. She made her full return against Iona on Nov. 11, notching 11 kills and 16 digs without skipping a beat. The Montale Rangone, Italy, native also got 11 kills against Rider on Nov. 13, this time on .417 hitting percentage, her best mark of the season.

Fellow freshman hitter Yagmur Gunes also found her true groove offensively, seemingly beating the shoulder injury that plagued her through the middle of the season. She reached a career-high in kills with 10 against Manhattan on Nov. 5, a team best.

Now that the freshman pairing is fully healthy, the Bob-

cats' offense has two more weapons to play with in the tournament alongside senior hitter Aryanah Diaz, sophomore hitter Alexandra Tennon and graduate student middle blocker Nicole Legg.

Heading into the MAAC Quarterfinals on Thursday, there is a lot for the team to consider, both on and off the court. On the court, Robinson believes that his team is as ready as they'll ever be.

"Not to toot my own horn, but I think I've done a pretty good job at getting everyone on the team prepared," Robinson said. "You can't cover every possibility. I'm not perfect, but we've done a really nice job getting athletes reps and putting them in tough positions to learn how to succeed at a high level."

However, with the tournament being played at the ESPN Wide World of Sports Complex in Orlando, Florida, there is potential for the team to bond as a unit, but there is also potential for distractions.

"I think it's cool to do these fun and exciting things with this new group," Robinson said. "But as far as the tournament is concerned, I'm not sure I'm so thrilled because there's just way too many random things going on instead of it being focused solely on the student athletes and the volleyball."

This moment in the season has been something that the team has been looking forward to since September.

"We think about it constantly," Tennon said on Sept. 30. "Coach says, 'Everything is a build up to the end of the season. So we don't want to be at our peak now, we want to be at our peak at the end of the season.' I feel like we're just constantly building up through that and battling all that adversity to get there."

This team has certainly battled through adversity this season and came out on top.

"We understand the long game, the big picture," Robinson said after the team's road loss to Fairfield on Oct. 1. "You want to be in the playoffs competing for a championship, which we will this year. Everyone's in, everyone's going to Disney, but we're finally ready to win a championship."

At that moment, what Robinson said seemed preposterous. I could not understand how this team could be at all ready to even think about a title in a conference with teams like Fairfield and Marist. However, now I can see where he's coming from.

This squad is one of the MAAC's hottest teams at the moment. With players on the roster like Diaz, Legg, Giovagnoni and likely All-MAAC Rookie Team setter Damla Gunes, among the rest of the talent they boast, there is nothing they can't accomplish.

The big picture that Robinson spoke about at the beginning of the season is starting to come into focus.



# Penn State ends women’s soccer’s most successful season in two decades



Quinnipiac senior midfielder Olivia Scott made the All-MAAC First Team after posting 12 points in 19 games this season.

PEYTON MCKENZIE/CHRONICLE

By **BENJAMIN YEARGIN**  
Associate Sports Editor

While the Quinnipiac women’s soccer team’s season ended in disappointment on Nov. 13, its postseason was far from it. A MAAC Championship, regular season title and second NCAA Tournament berth in program history are nothing to take for granted.

The team played exceptionally well in conference post-season play, but was simply outmatched by Penn State, who is set to face West Virginia on Nov. 18, in the second round of the NCAA Tournament.

Penn State outplayed and outpaced Quinnipiac throughout the whole game. But how? Well, a lot of it comes down to the Bobcats receiving a taste of their own medicine.

The Nittany Lions are an incredibly heavy offensive team, utilizing its midfield to push the ball to the offensive players, creating non-stop shots and chances that break a team down over time.

“(Penn State is) the Big 10 version of us,” head coach Dave Clarke said. “They’re really about their front six.”

Sound familiar? Quinnipiac’s style of play was on par to its NCAA Tournament opposition. Its offensive style led to junior forward Rebecca Cooke leading all of Division I in goals this season with 22, and junior forward Courtney Chochol tying for fourth in the nation in assists.

It’s exactly what the team did well in the MAAC semifinals against Canisius on Nov. 3, and in the MAAC Championship

game against Niagara on Nov. 6. The Bobcats outshot the Golden Griffins 17-1 and the Purple Eagles 21-8.

In these two games, all of the Quinnipiac goals (aside from an own goal) came from either Cooke or Chochol.

In order to fully suffocate a team, you have to apply pressure too. Quinnipiac did that via the abundance of shots, but also through literal pressure. Cooke and Chochol ran at the opposing team’s goalkeeper and defense, increasing the chance they would make a blunder and ultimately turn the ball over to the Bobcats.

Conversely, Penn State dominated the Bobcats in shots 25-4 due to its fast, unrelenting style of offense that the Bobcats just couldn’t catch up with.

Throughout the MAAC Tournament, Quinnipiac suffocated Canisius and Niagara’s offense, largely due to a midfield boasting three All-MAAC First Teamers. In both games, Bobcats junior goalkeeper Sofia Lospinoso registered a clean sheet.

Senior midfielders Markela Bejleri and Olivia Scott along with freshman midfielder Emely van der Vliet all were named to the First Team.

“The game is all about good, strong goalkeeper, center back, center mids,” Clarke said. “You need that experience.”

The experience Bejleri, Scott and graduate student defender Emily DiNunzio have was paramount to the success of the team. Without them, it wouldn’t have seen the success it did this season.

Not only did the midfield do a superb job of feeding the ball to Cooke, Chochol and senior forward Paige LaBerge (who

earned All-MAAC Third Team honors), but what the midfield also added to this team was a knack for how to play defensively. They knew when to make the aggressive challenge or exactly how to shut down the offensive attack so it didn’t permeate to the defense and Lospinoso.

But against the Nittany Lions, that didn’t happen. The pace of Penn State completely overpowered the Quinnipiac attack and the midfield.

For example, near the end of the first half, Bobcats’ freshman midfielder Madison Alves had the momentum on her side, charging up field toward the Penn State goal. Out of the corner of your eye, you saw Nittany Lions freshman forward Amelia White bolt up field and make the slide tackle on Alves and take the ball away.

Plays like those and the fact that Penn State carved the Quinnipiac’s defense like soap showed how outmatched the visitors were. The Bobcats had little to no response to the Nittany Lions’ attack.

The Big 10 Conference champions faced its mid-major mirror in Quinnipiac, and the gap in skill is the reason the Bobcats got sent home and Penn State is advancing. Cooke registered only one shot on goal against the Nittany Lions.

Happiness and sadness are correlated, the happiness you feel at one point in your life will match or exceed itself in sadness.

In the same postseason that Quinnipiac finally got to hoist the MAAC trophy and feel pure ecstasy for the first time in years, they got dominated in Happy Valley. That’s the deal.

**MSOC** from cover

of time until the Gaels would strike.

In any championship game, you need a player to step up and have that signature moment. For the Bobcats, freshman goalkeeper Karl Netzell was that guy. The MAAC Tournament MVP came up big in the first half, with spectacular diving saves and deflections, highlighted by a ridiculous goal-line stop. As the first half came to a close, Netzell was the biggest reason Quinnipiac was 45 minutes away from a title.

“It’s a great feeling knowing that there is someone behind to hold your back, no matter what,” Svecula said. “Iona had a lot of chances, but he said ‘not today.’”

The second half was what you imagine a one-score championship match would be: chaos.

The Bobcats flipped the momentum on its head, but

this time, they were the ones applying the pressure. In the 55th minute, graduate student midfielder Noah Silverman pushed one past Iona sophomore goalkeeper Juan Alfaro Monge after an excellent lead pass from Stjernegaard.

Only nine minutes later, Quinnipiac put Iona on life support. Svecula booted a high-looping shot over Monge to put the Bobcats up three and the Gaels in panic mode.

Iona emptied the tank and went on an all-out attack for the final 20 minutes. At first Netzell and Quinnipiac did a good job sitting back and fending off the Gaels’ attack, but junior forward Aly Camara squeaked one by as Netzell came a little too far out of his net.

In the 88th minute, junior defenseman Elird Mero added another goal, and what seemed like the entire town of Hamden held its collective breath. Following some dramatic pushing and shoving (and two yellow cards assessed), the Bobcats had to quickly show off their defensive prowess.

Quinnipiac portrayed that championship mentality one

last time and held on in the final minute to win its second MAAC Championship and first in nine years.

Bercedo was speechless following the win, but he reflected how many of the newly-crowned conference champions were feeling.

“I’m so happy,” Bercedo said postgame.

That happiness shown by the players bubbled over to the spectators, as the student section, highlighted by the men’s hockey team, erupted at the sight of the third MAAC championship won by a Quinnipiac team this fall.

Quinnipiac will now make the journey north on Thursday for a matchup against the University of Vermont in round one of the Division 1 NCAA Tournament. The two teams met earlier this season on Aug. 30, in a game that saw the Bobcats win 2-0. If Quinnipiac brings its championship mentality to the tournament it could just be in for another playoff run.





PEYTON MCKENZIE/CHRONICLE

# Quinnipiac women’s ice hockey off to a dominating start

By **MILTON WOOLFENDEN**  
Staff Writer

The No. 3 Quinnipiac women’s ice hockey team has come out of the gates firing on all cylinders so far this season. The team currently sits at 10-1-0, its only loss coming to arch-rival, then-No. 8 Yale.

Last season, while the Bobcats did have two ties on their record, they didn’t suffer their first loss until the 15th game of the season, a tough 1-0 loss to Princeton on Nov. 13.

Statistically, the Bobcats are outscoring their opponents at nearly a 4-to-1 ratio, having scored 44 goals, second in the conference, while only having allowed 12. This dominance on both ends of the ice even surpasses that of last season, where they outpaced opponents at a 3-to-1 rate on the scoreboard.

A portion of this scoring comes from Quinnipiac’s respectable power play, which has found the back of the net seven times on 31 opportunities, putting them seventh in



PEYTON MCKENZIE/CHRONICLE

Senior forward Sadie Peart has recorded six goals and 10 points in 11 games this season, placing her third on the team.

the nation. Already in this young season, the Bobcats have shown their depth, with their top five goal scorers coming from four different classes.

Freshman forward Madison Chantler has already cemented herself as a consistent scoring threat, currently tied for second on the team with six goals. Among freshmen, Chantler ranks fifth in the nation in scoring.

“She’s further ahead than most,” head coach Cass Turner said after the team’s 2-0 shutout of New Hampshire on Oct. 2. “In terms of her understanding of how to win pucks back as well as decision-making when she has the puck”.

Quinnipiac has also shown it is anything but selfish with the puck. Of the team’s 23 players, 18 have registered points so far this season.

This will become valuable as teams are forced to decide which players to pay attention to, which could leave other players uncovered, increasing scoring chances.

With the amount of players proving to be offensive threats, it leaves the defense at a tactical crossroads. With only five players on the ice, if teams decide to pay attention to a singular player, the Bobcats’ offensive talent will make them pay.

Even with the team’s stellar start to the season, a Quinnipiac player leads the ECAC in only one major offensive category: power-play goals.

This again highlights the depth of the team, and while the Bobcats may not have players dominating the conference statistically, that doesn’t mean that they’re not producing.

On the backend, a combination of the Bobcats’ stellar defense as well as their goaltending prowess, has led to four of their 10 wins being shutouts.

“We’re limiting shots, and limiting dangerous shots,” Turner said after the UNH game on Oct. 2.

So far this season Quinnipiac goaltenders have only faced 202 shots, an average of 18.4 per game, compared to the 440 shots that opposing goaltenders have faced, an average of 40 per game.

“We’re relentless on the puck, we want to stay on offense,” Turner said. “I think that’s something we’re better at right now than we’ve been in years past.”

Logan Angers, who shared the net with BU Transfer Corinne Schroeder last season, was one of the best goaltenders in all of NCAA Division I last year. She returned for her fifth year of eligibility as a graduate student.

She has also been one to praise the team’s defense early in the season.

“I think our defense is super strong,” Angers said after a 4-1 victory over then-No. 8 Cornell on Oct. 28. “We get so many good blocked shots and good sticks I find is our biggest thing.”

The Bobcats have historically been more than willing to surrender their bodies to stop pucks from reaching the net, a trend that will need to continue this season. The team had 408 blocked shots in 39 games last season and already has 74 so far this season, an average of 6.7 per game. This time last season, the team had 54 blocked shots or an average of six per game, so the team is on pace to match or exceed last season’s mark.

Even though Angers had a great 2021-22 season, she was the Bobcats’ second-string goaltender behind Schroeder. Schroeder had nearly double the amount of playing time and made 14 more starts in goal than Angers last season.

So far this season Angers currently sits at 6-1, with two shutouts, a 1.28 goals against average, which ranks as the seventh best in the nation and a .932 save percentage.

Second on the depth chart for the Bobcats is junior Catie Boudiette. With the dynamic duo of Angers and Schroeder in between the pipes last season, Boudiette saw nearly no playing time, registering only 40 minutes in five games.

In the team’s first six games of the season, Angers and Boudiette alternated each game. However, in the team’s last five games, Angers started four straight, with Boudiette in between the pipes for the team’s game vs Brown on Nov. 5.

Goaltending will be crucial to the team’s success this year because of the challenges that come with playing in the ECAC.

“We believe the ECAC is the toughest conference in college hockey,” assistant coach Amanda Alessi said on Feb. 10.

“Every game feels like a playoff game, which is awesome preparation for the ECAC playoffs and NCAA tournament,” Alessi added.

While the team has had great overall records over the past several seasons, an ECAC conference title has eluded them. Last season, the Bobcats finished fourth in the conference before wrapping up the season two games away from the NCAA championship game.

Whatever the team does moving forward, there’s one thing they can’t do: let its foot off the gas.