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**Combating social worker shortage through inter-college connections**

**Quinnipiac partners with Albertus Magnus to offer masters in social work**

**By KATIE LANGLEY**  
News Editor

Graduates of nearby Albertus Magnus College will now be eligible to complete their masters in social work at Quinnipiac University after a new agreement between the two schools was announced by email Sept. 8.

Professor Stephanie Jacobson, associate chair of the department of social work, said the idea for the program started with Albertus Magnus' sociology department, which was looking to build a pathway for students to pursue social work at the graduate level.

Since creating a new master's degree program is an intensive process and Quinnipiac and Albertus Magnus are only separated by 20 minutes, the two faculties decided to create a "mutually beneficial" partnership, Jacobson said.

Located in New Haven, Albertus Magnus has around 1,300 students, comprising 600 tra-

ditional undergraduate students and 700 adult undergraduate and graduate students.

Albertus Magnus students will be able to decide in their second or third undergraduate year if they want to apply for the MSW program at Quinnipiac, Jacobson said. Students are required to have completed 20 undergraduate liberal arts credits and exhibit a 3.0 GPA to apply.

Those that are accepted into the program will go on to take three master's-level classes at Quinnipiac in their junior or senior year of undergraduate study.

"(Albertus Magnus MSW students) will have nine credits that double count toward their undergrad at Albertus Magnus, and then those nine credits will be part of the graduate credits when they come for the master's program (at Quinnipiac)," Jacobson said.

Pedro Silva, a third-year graduate student pursuing his MSW at Quinnipiac, is the presi-

dent of the Social Work Association of Graduate Students and the former president of the Connecticut chapter of the National Association of Social Workers.

Silva, who received his bachelor's degree from Quinnipiac in psychology and sociology last year, said that the new partnership gives students from a smaller school more opportunity to expand their education, as a MSW is the highest degree social workers can obtain.

"I think it's a great partnership," Silva said. "We've always strived to try to bring access to more social workers in Connecticut. I've seen from me being an untraditional student and transferring into Quinnipiac to do the MSW program, there's always barriers for non-traditional students."

The updated MSW program is attempting to eliminate some of those barriers by reserving 10 seats for Albertus Magnus students in the

program's acceptance process, Jacobson said.

Jacobson said that the new collaboration between Quinnipiac and Albertus Magnus will help to bring students in and increase "diversity of perspective" within the department and the university.

"Albertus Magnus has a much higher percentage of students of color (than Quinnipiac) and also first-generation students going to college," Jacobson said. "So having a pipeline for them to go into a graduate program and be prepared and already have taken some of the credits when they come over, we'll just increase the number of social workers ready to serve a more diverse community."

Albertus Magnus has over 31 percent Black students and over 18 percent hispanic students, compared to Quinnipiac's over 81



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Quinnipiac yet to replace over 200 inaccessible Braille signs

By CAT MURPHY  
Staff Writer

More than 240 Braille signs on Quinnipiac University’s Mount Carmel campus do not comply with the accessibility standards defined by the Americans with Disabilities Act, an investigation conducted by The Chronicle revealed.

Title III of the ADA prohibits discrimination against individuals with disabilities in places of public accommodation, including colleges and universities.

The 2010 ADA Standards for Accessible Design require all signs identifying “permanent rooms and spaces” to feature tactile letters and corresponding Braille text. Braille, defined by the American Foundation for the Blind as a system of raised dots that can be read with the fingers, makes public accommodations accessible to individuals who are blind or who have low vision.

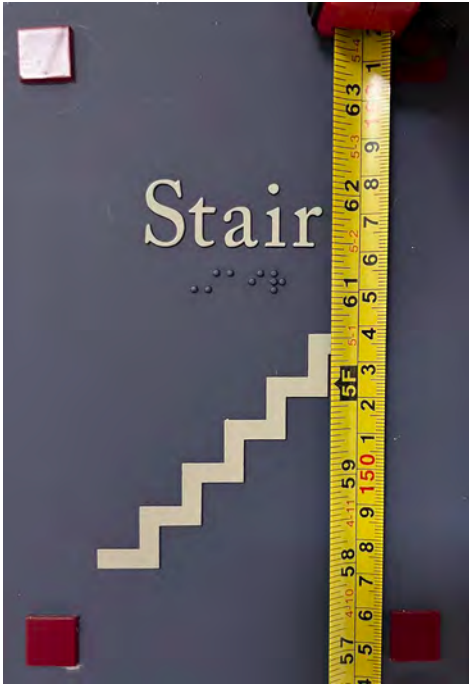
However, The Chronicle discovered that at least 104 signs in the Ledges Residence Hall, including several signs identifying exits and stairwells, have inaccessible or missing Braille text. Although the majority of the inaccessible signs in the dormitory building feature worn or broken Braille dots, some lack Braille text altogether.

The university declined to make a representative from the Office of Student Accessibility available for comment.

In one instance, a sign missing half of its Braille dots spells “into have,” instead of the intended “storage.” The sign, located outside of a fourth-floor storage closet in the Ledges, also does not feature a room number. Rather, the closet’s room number is denoted above the tactile characters in permanent marker.

However, the lack of accessible signage extends beyond the freshman residence hall.

Two restrooms in the Arnold Bernhard



The Americans with Disabilities Act requires tactile signs to be mounted no more than 60 inches from the ground to the highest tactile character.



JACK SPIEGEL/CHRONICLE

Recreation and wellness room 145 has non-tactile Braille that cannot be read with one’s fingers.

Library and two classrooms in the School of Business also lack accessible Braille signage.

The signs identifying the restrooms located outside of OneStop in the library lack Braille text altogether. The Braille dots on the sign located outside of room SB-111 appear to have fallen off, and the sign located outside of room SB-110 features non-tactile Braille dots that are not raised.

The Chronicle discovered over 40 similar non-tactile signs, including several signs identifying exits, stairwells and restrooms, in the Recreation and Wellness Center. In one instance, a non-tactile sign is attached to a restroom door with clear tape.

John Pettit, associate director of public relations, said last month that the non-tactile signs are “temporary paper versions” in the process of being replaced.

“New Braille signs have been ordered, but are backlogged due to supply chain issues,” Pettit wrote in an email on Aug. 1. “We are hoping to receive and install new Braille signs this month.”

However, ADA regulations define a temporary sign as one which is in use for less than seven days.

Although the university has replaced several other non-tactile signs in the School of Business, including the signs located outside of SB-113 and SB-115, The Chronicle’s investigation revealed that the sign identifying SB-110 has remained in place since at least July. It is not clear how long ago the non-tactile signs were installed in the Recreation and Wellness Center.

ADA regulations also establish mounting height requirements for tactile signage. Tactile signs must be mounted a minimum of 48 inches from the ground surface to the baseline of the lowest tactile character and a maximum of 60 inches from the ground surface to the baseline of the highest tactile character, according to ADA regulations.

The Chronicle discovered that more than 100 signs across the Mount Carmel campus

do not comply with these height requirements.

A minimum of 58 signs in Tator Hall and 26 signs in the College of Arts and Sciences Center are mounted more than 60 inches from the floor to the baseline of the highest tactile character.

The majority of the tactile signs in the Commons also fail to comply with ADA height parameters.

An additional five signs in the Center for Communications and Engineering, including the sign identifying the Mount Carmel auditorium in CCE-101, are located more than the maximum 60 inches above the ground.

The location of another sign in CCE does not comply with ADA standards requiring tactile signs identifying single doors to be installed “alongside the door at the latch side.”

Although ADA standards permit signs to be installed on the nearest adjacent wall if there is not enough wall space on the latch side, the sign identifying CCE-131 is affixed to the door rather than to an adjacent wall. ADA regulations stipulate that a tactile sign can be installed directly on a door only if the door closes automatically and does not feature hold-open devices.

In a separate instance of non-compliance, a paper sign remained in use for at least four weeks. As recently as Aug. 28, CCE-205E was identified only by a handwritten paper sign taped to a nearby wall. Although the makeshift sign appears to have since been removed, the university has yet to install a permanent room sign in its place.

Section 2.06 of Quinnipiac’s 2022-2023 Guidelines and Procedures for Students with Disabilities addresses visual disabilities but does not address the availability of Braille on campus.

“Our ADA coordinators work directly with students who choose to disclose a disability,” the university states on its website. “We honor both the spirit and the letter of the laws that apply to students with disabilities.”

Within Connecticut, according to a 2018 report from the Behavioral Health and Economics Network, the state’s behavioral health workforce would need to increase by 50% in order to meet the needs of communities.

“There’s definitely a shortage of social workers in the country and also particularly in Connecticut,” Jacobson said. “It’s a growing career, there’s a need for mental health services and master’s level social workers provide the majority of that service and so it’ll create a pipeline for more students to go into social work and to be

highly prepared and ready for that.” Brittney White, a third-year MSW student, said that she decided to pursue social work in order to combat the serious need for social workers within the community. “I would hope that the long term benefits (of the MSW partnership) is growing our field because I do think there is a special call for social workers right now,” White said. “And I think as the years go on, we want to see the field grow and have more brilliant minds from various different disciplines wherever they are.”

**SOCIAL WORK** from cover  
..... percent non-minority population as identified in the university’s diversity and inclusion report released Sept. 8.  
Quinnipiac’s MSW program was launched in 2013, originally accepting just 10 students per academic year.  
According to Social Work Today, roughly 85% of American counties had insufficient or no behavioral health services in place as of 2016, an issue felt the hardest in rural states.



# Quinnipiac ranked third among 311 universities for military students

By KATIE LANGLEY and NICOLE MCISAAC

The Military Times ranked Quinnipiac University as third in the nation for active duty and veteran students in its 2022 Best for Vets ranking.

The publication surveyed 311 colleges and universities out of the nearly 4,000 colleges and universities in the U.S. Participant institutions had to volunteer to be a part of the survey and submit answers to 70 questions on services and resources provided to military students.

Students were not surveyed as a part of the ranking. Metrics like GPA, completion, retention numbers and financial aid provided for military students were taken into consideration.

Executive Director of Veterans and Military Affairs and Assistant Vice President for Student Experience Jason Burke said that there are just over 200 student veterans at Quinnipiac, two percent of the overall student population.

“I was really surprised (about the ranking) and I felt really honored to support our student veterans... It’s really a recognition for them,” Burke said.

In addition, Quinnipiac was ranked first in Connecticut for military students by the Military Times. Only three Connecticut schools participated in the survey: Middlesex Community College (185th overall), Goodwin University (133rd overall) and Quinnipiac. There are over 40 colleges and universities in the state.

“This survey aims to account for the wide spectrum of educational models in our country, while prioritizing the baseline experiences of military-connected students,” The Military Times wrote in a release Sept.

9. “We advise readers that the best ‘fit’ between an individual student and a school can only be gauged by more specific inquiry into the needs of the student and the institutional character of each school.”

Burke, a retired naval officer, said that the online and print publication is well known among the military community, with subsets the Army Times, Navy Times, Airforce Times and Marine Corps Times.

Burke said that he started filling out the lengthy surveys around ten years ago when he began at Quinnipiac and has seen the university score in the top 60s, 20s and No. 12, but never in the top ten.

Due to an increase in endowed funds from external donors, Burke said that military students are being provided with more scholarship opportunities.

“It really shows that our students are mission-focused, and career-oriented, too, to get their degree and move on and catch up to their peers that went into college right after high school when they went into the military,” Burke said.

As veteran and active-duty students do not enter college directly after graduating high school, Burke said that there is often added anxiety about going to school with different life experiences than their peers.

“So that’s where I come in, to help them ease their minds, let them concentrate on being students and have me along with the other administrative offices on campus take that administrative burden off of them as much as possible,” Burke said.

Joseph Coverly, a junior international business and computer information systems double major who served in the navy, said that his experience as

a student veteran at Quinnipiac has been positive.

“Coming to Quinnipiac with such a large number of vets makes me feel right at home,” Coverly wrote in an email to The Chronicle.

“It’s hard to explain, but there is a bond between veterans. Even if we do not know each other, we are still family.”

As the treasurer of the Student Veterans Organization, Coverly said that he and other student veterans feel supported by Burke and the Office of Veterans and Military Affairs.

Veterans Affairs along with the SVO hosts events like the Veterans Day flag raising, Veteran State Dinner and fundraisers, like a dodgeball tournament and barbeque cookout, to bring the university’s military

community together, Burke said.

“Quinnipiac welcomes our experience and always thanks us for our service,” Coverly said.

Burke said that the average age for veteran and active-duty students at Quinnipiac is around 27 years old, and many military students live in the community rather than on campus and have families of their own. In addition, many military students are the first generation to attend college in their family.

“(The military community on campus is) about two hundred students that are a myriad of life experiences and ethnicities and religions, and they all come together as a group that works hard,” Burke said.



JACK SPIEGEL/CHRONICLE

There are about 200 veteran and active-duty military students completing their undergraduate or graduate degrees at Quinnipiac.

# Quinnipiac reveals its 2022 Equity & Inclusion Report, indicates a decrease in diversity

By AIDAN SHEEDY  
Copy Editor

Quinnipiac University President Judy Olian and Vice President for Equity, Inclusion and Leadership Don Sawyer III officially released the university’s second annual Equity and Inclusion Report on Sept. 8.

The report included 15 pages of student and faculty stories, university initiatives, statistics and the class of 2025 demographics.

Overall, the report indicated a lapse in progress in the 10-Point Plan, the univer-

sity’s blueprint for increasing community diversity. Among all staff and faculty members employed in the spring of 2021, 82.1% did not identify as an underrepresented minority (URM), a 0.8% increase from the 2021 report.

In the same way, the Black faculty population shrank and has continued to shrink among the last three years. Only 4.1% of faculty members identify as Black, while this number was previously at 5.4% in 2020.

Sawyer told the Chronicle that the university’s statistics do not tell the whole story.

“If you have between 18-20% faculty of color, if one or two people leave, that percentage is going to drop,” Sawyer said. “We are doing exit interviews to make sure it is not environment why people are leaving.”

Some students have noticed certain cultural classes are taught from a non-URM perspective, which they think is a result of a low hiring of URM faculty.

“When it comes to things like teaching ethnic classes, that’s where it becomes odd,” said Aerial Evans, a sopho-

more journalism and political science double major. “You have white professors teaching African-American history ... it’s just odd it’s not coming from a professor of that ethnicity.”

Some students believe that the university does not do quite enough to bring in faculty of color into the Quinnipiac classrooms.

“There is definitely a lack of outreach,” first-year political science major Autumn White said. “There are a lot of talented professors that are here already, but there are a lot of professors elsewhere that are overlooked ... the school probably doesn’t see the need for having that representation.”

The 2021 report indicated that 34% of all faculty and staff hired in 2020 identify as an URM. But between Aug. 2021 and May 2022, that number has dipped to 24%.

“It affects the whole school in general,” White said. “If you have students like me and they want to come to this school and they don’t see (diversity) in the classroom, then they are not going to be comfortable to speak up if there’s an issue going on about race.”

The report included a breakdown of faculty demographics between each school within the university. The most diverse ratio came from the School of Business, standing at a URM percentage of 44.2%, which is a 3.9% decrease from the 2021 report, the biggest difference of all schools. In contrast, the largest increase came out of the School of Law at 2.1% improvement.

Student demographics were noted with

only three categories: URM percentage, retention rate and class of 2025 demographics. No other classes or general student body statistics were made available in the report.

Student diversity has seen a growth in the last four years, improving from an 18.5% URM student population in 2018 to 21.2% in 2021. This means that 78.8% of the class of 2025 is non-URM.

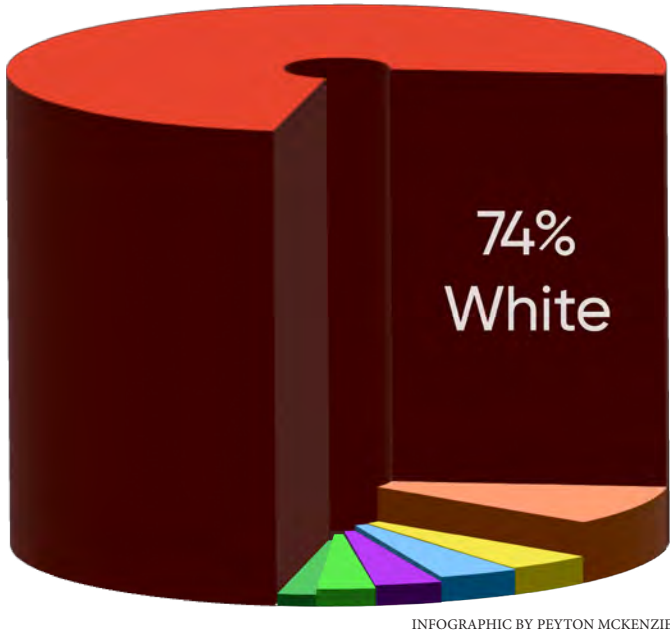
In addition to race and ethnicity statistics, the report also provided gender-based numbers for this year. The percentages are virtually the same with 62.9% and 61.9% female students, the latter being the class of 2025.

This year’s report also failed to expand the definition of gender. The 2021 and 2022 reports both have gender statistics defined exclusively by only male/female with a footnote stating, “Other category options have been requested for future data reports.”

As a whole, the report mainly highlights the individual stories of students, faculty and staff who have made contributions for the university and their communities.

Some students said they thought this was a marketing tactic to distract students from the staggering statistics.

“It’s not a secret that (Quinnipiac) is a predominantly white institution,” Evans said. “But it was just crazy to see it in such a data-driven way.”



INFOGRAPHIC BY PEYTON MCKENZIE





JACK SPIEGEL/CHRONICLE

# A promise postponed

## Recreation and Wellness Center delays set a precedent of broken promises for first-year students

**By NICHOLAS PESTRITTO**  
Contributing Writer

A promise is something that anyone should care about and should try their absolute best to keep intact. I did not expect a big promise from the college of my choice to fall through before I even came on campus. Yes, I am talking about the new Recreation and Wellness Center that is still being built. From a first-year student’s perspective, it seems like a total mess.

In my first-year Seminar class last week, my professor asked the class to think of an issue on the Quinnipiac University campus or one from back home that we could discuss and ask questions about. I immediately thought about the new Recreation and Wellness Center. I talked about how the building is causing issues, like loud noises, dirt and dust being blown into the air and mainly that we were told it was supposed to have been done in Au-

gust. I quickly found out that everyone in my class felt the same way.

It was a broken promise from Quinnipiac and we all knew that.

When I decided to come to Quinnipiac, one of the big selling points was the new Recreation and Wellness Center. When I came to events on campus and went on tours, everyone said that the new building on campus was going to be great and that it would be open when we arrived. However, I live close to campus and when I visited over the summer, I noticed that there was still a lot of work being done on the new building. At first it confused me, but after hearing from several people on campus that it would be delayed, I was able to grasp what was going on.

Coming to campus and seeing that construction was still underway on the new building, it was very disappointing and I felt like I was lied to. I understand there could be con-

struction worker staff shortages, COVID-19 and supply chain issues, but how could something this big be delayed several months? How could such a massive promise to the incoming class not be kept? Many other first-year students I have spoken to feel the same way. We believed and were told that it was supposed to be done by the time we came to campus in August. We are all upset about the wait and thought by now we would have been using all the amenities the building has to offer.

Along with the building construction still in progress, there are many other problems that are coming to my attention. It is not just first-year students that are hearing the loud noises of construction in the early morning and throughout the day. Everyone can hear what is going on, especially students who live in the Irma and Dana dorms, which are right near the construction site. Having to listen to the noises all the time can easily frustrate anyone. It can be very distracting if you are trying to study in your room. When walking around near the construction site I can constantly hear very loud and distracting noises. When trying to talk on the phone or talk with a friend walking next to you along the path leading to the side of the library, it can be a challenge to hear what they are saying.

Seeing the ground dug up and different machines all over the construction site and surrounding areas is also not the easiest to look at. It’s understandable that there will be construction equipment onsite, but that equipment and other vehicles have also been placed in the nearby North Lot. This has also spread elsewhere on campus, considering the dirt trails from all different trucks and machinery behind the Carl Hansen Student Center, assumingly from the South Quad construction. Not only does this not look good, it takes up several parking spaces, when parking is an issue.

I do believe the inconvenience caused by construction will be worth it in the end, but only when we are able to use the new build-

**“From a first-year student’s perspective, it seems like a total mess.”**

**– Nicholas Pestritto**  
CONTRIBUTING WRITER

ing. While it will be a great place on the Mount Carmel campus that everyone can enjoy, in reality, we should have already been able to use it. This is not me trying to get a sympathetic response for the first-year class, but I can attest to feeling lied to. Myself and many other students were looking forward to using the new facility in the first few weeks when they arrived on campus. It could have been a great place to meet new people during the first weeks of classes. It seems like the project’s managers promised to deliver a completed building with a schedule that really was not realistic. It makes me wonder if they always knew that they would not be able to guarantee it opening on time, but told us it would be ready anyway.

Do I think that it was the fault of the tour guides or event hosts for telling us that it would be done by August? No, I do not. They were telling us what they had been told by the university administration.

What I don’t understand is, how many problems did they run into during construction, or was it just poor planning?

Vice President for Facilities and Capital Planning Sal Filardi has attributed the delay to supply chain shortages, but is this really a clear answer? Myself and the rest of the first-year class are still left with many questions regarding the entire situation. I wonder if we’ll ever be given an apology, or if someone can give us a more formal explanation into everything that occurred?

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# Opinion

## Third time's the charm

Discovering a passion is more important than sticking to a major

By JULIUS MILLAN  
Staff Writer

Arriving at Quinnipiac University for the first time in 2019, I planned on becoming a high school history teacher. After switching majors twice before my senior year, I will graduate with a degree in journalism. What a whirlwind ride it's been.

Taking my first education class at Quinnipiac, I had one goal in mind — that I wanted to teach kids. I aspired to make the world a better place for kids in the classroom. I remember writing a letter to my high school history teacher thanking her for inspiring me to become a teacher. I joined the Quinnipiac Future Teachers Organization. I wrote letters to a student in sixth grade. I was looking forward to meeting my young pen pal at the end of the school year.

Then the COVID-19 pandemic happened. I was taking my second education class, diversity and multiculturalism, when everything shut down and moved to Zoom. While I enjoyed the class, I had this tingling feeling that maybe teaching would not be the right job for me. I saw how Zoom was already being utilized in classrooms throughout the country and I wondered if this would be the new normal for students.

As a student, I know how hard it is to pay attention to a class when you are in your own room with no classmates and the ability to turn off your camera. Then I asked myself this question: "If I can't keep my attention toward a Zoom for more than half an hour, what else can I do?"

That's how I switched majors the first time when I became a history and political science double major.

My plan when I switched majors was to not switch anymore after that, because I would be put at a disadvantage to graduate on time. My education courses would be used as electives, but I had to take political science courses to counterbalance that.

If I switched twice, I would be forced to only take required courses my senior year, while my friends could take "easy" courses that would be fun for them. I wanted to enjoy my senior year, too.

Over 80% of students change their majors at least once during their time in university according to a study by BestColleges. I was determined to keep it at one because I wanted to be a historian. I enjoyed writing and I figured I could combine that with two passions of mine in history and political science.

I was wrong.

Heading into my junior year, I was burnt out, but I knew I wanted to do something involving writing.

In the summer before going off to college I ran a short-term Instagram account tailored to coverage of the New York Jets. I enjoyed running it and the account gained traction before I deleted it. I never expected myself to consider journalism again.

Switching majors more than once is not always a bad thing. College is about discovering yourself and finding who you are as a person. Whether or not that journey entails switching majors once or twice to find a passion should not matter. The important part is that you find something that you love doing, even if it takes until your junior year as it did for me.

When I switched to being a journalism major, I was hesitant. I wasn't entirely sure if I



ILLUSTRATION BY MARINA YASUNA

would enjoy covering stories for a living. To figure out if I really wanted to do this, I went to a debate between the Quinnipiac Democrats and Republicans. I took notes on the debate, wrote down quotes that felt memorable, and interviewed the president of the Quinnipiac Republicans. I planned on just going back to my room and writing a story as practice.

As fate would decide, former digital news editor for The Chronicle, Chatwan Mongkol, approached me and asked if I was doing the story. I told him I planned on doing it for practice, but he said I could do it for The Chronicle.

Two weeks later, The Chronicle published that story. I enjoyed every second of the pro-

cess. Writing, editing and fact-checking the quotes to make sure everything was accurate, I enjoyed it all. Since then I've written multiple articles for the newspaper, dabbling in multiple sections but really finding my groove covering lacrosse toward the end of last semester.

Coming into my senior year, I am set on my goal to be a sports journalist. I love writing and I love sports. I plan on sticking with this and seeing where my passion takes me.

If switching majors twice has taught me anything, it's that it does not matter when you find something you love doing. If you find that thing, take it and run with it. Your passion will take you where you want to go.

### Bobcat Buzz



### One Giant Resource

By MICHAEL BUNCE  
Contributing Writer

"Underneath the Sleeping Giant, Let's hear the Bobcat Roar. Hey! Hey! Hey!" That, in case you didn't know, is part of the Quinnipiac University fight song. While irrelevant at a glance, the mention of the Sleeping Giant speaks to the nature of its importance in our community here at Quinnipiac.

The Sleeping Giant is not just a hiking trail, or eye candy viewable from the quad. While it is absolutely both of those things, above all, it is a resource. We're all familiar with Student Health Services and Counseling Services, but what about the health benefits of being in nature?

According to mental health charity Mind.org, spending time outdoors helps limit anxiety and depression while promoting physical wellbeing. As college students, we are in no position to turn down free stress relief especially as we approach the thick of the semester.

The American College Health As-

sociation ran a study in the past three years which proved that around 48% of college students reported having a level of stress beyond what they considered normal. With numbers like that, it's hard to deny the free resource that's waiting for us across the street.

One major gripe I hear around campus is that the Tower Trail loses its charm after the first few treks to the top. What some students might not know is that the Sleeping Giant contains over 30 miles of trails, according to the Sleeping Giant Park Association, that come in an array of skill levels.

For those who are more reward-driven, you can sign up to be a member of the Sleeping Giant Park Association to gain rewards like patches and stickers for hiking all the trails The Giant has to offer. I can promise you the things you'll encounter during your hikes off the gravel will amaze you and keep you coming back.

In exchange for recharging your mental batteries, you can embark on a hike and pick up the trash you come

across along the way. Acts of mutualism such as this keep you mentally healthy, and The Giant physically healthy. It's our compassion for ourselves and our community that makes Quinnipiac students so great.

As you hike The Giant, I can promise you'll see inspiring views and an abundance of things that will pique your interest. In addition to stress relief, The Giant is an opportunity to learn. Scattered throughout The Giant are readings that give you insight into a particular trail's history, or The Giant itself. Things like this should motivate us to explore our beautiful park.

One last thing about the Giant is that like us, it is ever-changing. A hike in August is not the same as a hike in October. The chance to become informed, fit and benefit from the outdoors should never be passed up. I truly implore you to hike The Giant if you have yet to do so. If you have, I encourage you to try a new, more challenging path. Leaving your worries behind for a day in nature is a giant step towards a healthier you.



# Arts & Life



JACK SPIEGEL/CHRONICLE

By **NEHA SEENARINE**  
Arts & Life Editor

At midnight on March 24, Emily Sweeney, a then-sophomore 3+1 journalism major, received a call saying that she would be the first chairwoman of the Quinnipiac Bobcats Sports Network.

“I knew in my head, I didn’t get it, it’s been 15 minutes since (former chairman, Ross Meglin) said he was going to call,” Sweeney said. “Then eventually, there was a moment of silence, which was probably like one or two seconds but, it felt like forever in my head.”

Meglin broke the news, and Sweeney was too stunned to speak, let out a little laugh and said thank you, “because what do you say, right?”

Sweeney kept this moment to herself at first, but called her grandmother to share the announcement.

“She’s probably one of my biggest supporters,” Sweeney said. “My grammy was screaming, she was like ‘Woohoo, I knew you could do it, you were so stressed about it, but you’re changing things.’”

Although Sweeney has experience as president of Quinnipiac University’s Association for Women in Sports Media, she felt doubtful about running for QBSN chairperson. She added her name to the ballot at the last minute.

“It was really difficult for me to figure out, not if I wanted to do it, I knew I wanted to do it,” Sweeney said. “It was if I was strong enough to do it was the question.”

Her family encouraged her to run, but Sweeney did not like the attention that came with it. She noted that she was the only woman to join the organization in her first year at Quinnipiac, and in the previous year, there were just four female members in QBSN.

Jennifer Moglia, a sophomore 3+1 media studies major, social media manager for QBSN and vice president for AWSM recognized the feeling of isolation.

“I skipped the first meeting of QBSN my freshman year, I went to the second one,” Moglia said. “It’s hard when you’re in a room and you feel like nobody looks like you and you just feel like you’re not welcome there.”

Sweeney received mixed reactions when she added her name to the ballot for QBSN chairperson.

“A lot of people still questioned why I was doing it or if I should be doing it,” Sweeney said. “(They were) saying I wasn’t qualified or that they didn’t want a woman in the position. And I don’t necessarily think that’s how they meant it, but it was very much like they didn’t have a problem with anybody else. They only had a problem with me.”

Despite criticism, Sweeney’s main goal was to prioritize QBSN. Before the election, she messaged the members asking for their ideas on how to improve the organization.

“I just want to be supportive of everybody in the organization, get everybody involved, maybe you’re not the chairperson, but your ideas are still important to me,” Sweeney said. “I’m not looking to gain anything for myself, I’m looking to change the organization for the better. In the long run, it’s not about me, it’s about the future of QBSN.”

On March 23, Sweeney gave her speech at the QBSN chairperson election noting her ideas for enhancing the organization and promoting diversity and inclusion. Members of the organization voted on which candidate they wanted for a leader and would know the results the following morning.

Moglia recalled a QBSN Instagram post congratulating Sweeney on being the first chairwoman.

“I really like the saying, ‘first ever is forever,’” Moglia said. “She’s forever going to be remembered as the first woman to run this organization. No one can ever take that away from her, that’s going to be hers forever, like her legacy forever. That’s not even on an organizational level, that’s on a school level, it’s on a state level and that’s a really big deal.”

On Sept. 7, QBSN had its first meeting and Sweeney

already noticed an increase of women in attendance.

“To see ten girls in that room, for me, just made it worth it,” Sweeney said. “Hearing them talk about the struggles in wanting to do sports media, but the feeling like they were included...Everything I had gone through because yeah, it sucked for me for a while. It was really difficult for me for a long time, but in the end, I accomplished something that’s going to help a lot more people than me.”

The 2021 Sports Media Racial and Gender Report Card reported there are 16.7% of women sports editors, 17.8% of women columnists and 14.4% of women reporters in the sports media industry.

“There’s a lot of people who doubt women who are in the sports media fields,” Sweeney said. “You’d think that people would want it to change because of how embarrassing that really is, but there’s always going to be a stigma around women in sports, women in sports media...It’s going to take a really long time for that change to happen. People need to realize how important it is beyond just the scope of for women.”



AIDAN SHEEDY/CHRONICLE

From being the only woman to join in the Quinnipiac Bobcats Sports Network her first year, Emily Sweeney, junior 3+1 journalism major, becomes the first-ever chairwoman.



# 'A comfortable place of empowerment'

## Fit Fam exercises a welcoming community

By DAVID MATOS  
Arts & Life Editor

Getting into fitness for the first time can be an intimidating experience, but Quinnipiac University’s Fit Fam organization aims to provide a safe space for everyone looking to not only gain a healthy body and mind but friendships that can go beyond the Recreation and Wellness Center.

“We’re all about being inclusive and supporting each other, and making fitness and health an important part of your life, and also a fun part, too, that some people might not be aware of yet,” said Abigail Fishbein, a junior occupational therapy major and the vice president of Fit Fam.

Though fitness education is what many students can get out of Fit Fam, the executive board mainly focuses on promoting a nurturing and supportive environment for the mental, physical and emotional well-being of all students.

Gianna Houle, a senior health science major in the entry-level dual-degree physician assistant program and president of Fit Fam, describes the organization as a “comfortable place of empowerment,” rather than directly naming it a club for fitness.

“We are a laid back yet welcoming environment,” Houle said. “We’re not only about physical fitness, because I think that’s misconstrued a lot of the time that (people) think we’re only going to the gym and working out, and we’re not.”

In the interest of every student’s mental stability, Houle said Fit Fam is not a strict program with weekly meetings, but comparatively a relaxed community for students to gain not only a sense of education but comfort.

“Just as a whole, we’re very welcoming, is a good word to put it, and we’re comforting,” Houle said. “We uplift each other because that’s what your wellness is. At the end of the day, you need to be uplifted in yourself.”

Fit Fam’s accessible persona persuaded Jillian Thibodeau, a junior 3+1 computer information systems major, to join the organization’s executive board this year

as treasurer. She aims to spread her fitness knowledge with Quinnipiac students while making new friends along the way.

“I wanted to be a part of something that’s welcoming and help people start their fitness journeys and teach people things that maybe they don’t know what to do, how to start in the gym, that type of thing. Because everyone needs that push to get started in the gym,” Thibodeau said.

The gym can be a scary environment for some. If you’re not already familiar with how a fitness facility operates, you can easily get lost in a sea of intimidation and foreign machinery. According to a survey conducted by FitRated, about 52% of men and nearly 65% of women have claimed to feel judged by others at the gym due to their physical appearance. Naturally, this is enough to keep anyone away from the gym.

Fit Fam has garnered ample community-bonding opportunities for anyone wanting to get into fitness without the aggravation and with a supportive group of students that has your back every step of the way.

In semesters past, Fit Fam has hosted aerial classes, hikes on the Sleeping Giant and spin classes outside of York Hill’s Rocky Top Student Center to make the sometimes daunting fitness

experience all the more fun for anyone, from the expert to the beginner.

“(Fit Fam) is a good environment for people who need help or advice or reassurance,” Houle said. “Because a lot of people who are starting out, they don’t know if they’re doing it right, and they don’t want to embarrass themselves in public and it’s a hard thing to (workout) in such an open environment.”

Though many students can’t always make it to every get-together Fit Fam has to offer, the organization aims to expand its reach with students by incorporating weekly fitness challenges on the organization’s Instagram (@qu\_fitfam) feed.

In addition to Fit Fam’s growing impact as a community, the organization motivates anyone to work on their physical well-being in a fun and creative way on their own time.

Balancing fitness with a busy schedule for students can be extraordinarily challenging. From demanding internships, jobs and classes, finding the time to focus on your mental, physical and emotional health can be all the more difficult.

Houle explained that prioritizing your mental health is equally important to your other daily activities for maximum success in anything you have to put your mind into.

“If your mental health isn’t here, then your academics and anything else, isn’t going to follow,” Houle said. “My advice would be, get your school schedule set, and then find out when you can make the gym, and then make that into your schedule, too, because having a routine is the biggest part of it.”

Fit Fam is not just another fitness organization, according to Houle, it’s a place where students seek an on-campus resource for better help and companionship while being a part of an encouraging community of like-minded people.

“If you’ve ever thought about going to the gym, maybe come to our club or any of our meetings or events that we hold and meet some other like-minded people that want to do the same thing,” Thibodeau said. “And it’s easiest, honestly, to go to the gym with a partner, because when you’re starting out they hold you accountable. So you know, if you meet someone here, maybe you’ll meet a lifelong friend or partner.”



# Intimate importance: The value of aftercare

By A.J. NEWTH  
Contributing Writer

When you think of sex, you usually think of the act, not what happens after. Sexual aftercare is one of the most important parts of intercourse, yet so many people have no idea what it is.

Aftercare refers to time spent cuddling, talking and taking care of your partner after sex. Regardless of the level of intensity, taking time to reset and acknowledge any emotions is essential to return to regular activities in a healthy way, according to - Mind Body Green.

This activity is a time to wind down after experiencing intense euphoria and it helps rekindle closeness and ensure a healthy bond with your partner. The mind is incredibly vulnerable after sexual intercourse, and aftercare is a way to improve open communication and validate any lingering feelings, according to MBG Relationships.

It also helps combat post-coital dysphoria, known more commonly as “post-nut clarity”, a feeling of sadness that follows after coming down from the euphoria of orgasm. This is a feeling experienced by both men and women, and by comforting one another after sex, sharing thoughts and maintaining a positive emotional bond, those feelings of sadness can be avoided, according to Broadgate GP.

Not only does aftercare help deal with feelings of sadness, it also ensures respect between both parties. Intercourse can be intense and tiring depending on preferences, and it is essential to make sure you and your partner are both cared for at the end.

Whether you are friends with benefits, on a one-night stand or in an established relationship, aftercare should be happening every time you have sex. It helps relax you and your partner as well as strengthen your connection.

Some people may experience embarrassment after sex. Finishing can come with feelings of shame or discomfort even during completely consensual acts, according to Psych Central. Society teaches that sex is promiscuous, which can lead to those feelings of guilt or shame. Some even

experience those feelings from what they consider to be poor performance.

Aftercare can help with this as well, by cuddling and talking which creates time to allow the feelings to pass. Sex can occasionally have an abrupt ending, and can even end without climax. These are important times to practice aftercare and communicate, which can help with feelings of loneliness that may follow.

Sexual aftercare can help with emotional safety and security, and it can be the make or break of having a positive relationship with sexual intercourse. Many people believe that aftercare only needs to occur in the kink or BDSM community, however it’s something that should be happening after any kind of sex, no matter how kinky or vanilla, According to Well + Good, .

Now that you understand what aftercare is, you may be wondering how to start. There’s a simple answer:

communication. Make sure that your partner’s needs are met after sex and then communicate what you need to feel relaxed as you come down from the dopamine high that follows orgasm.

Practicing aftercare can improve your well-being, your partner’s well-being and your relationship with sex. It intensifies the connection between you and your partner, combats post-nut clarity, and helps you readjust and tune your emotions before returning to day-to-day activities and routines. If you’re having sex, you need to be practicing aftercare. Everyone loves cuddles, but in this case, they mean so much more.

I recommend trying sexual aftercare. Experiment with what works for you personally as well as what works for your partner. Be sure to communicate and allow time to adjust and feel comfortable. Who knows, this might change the way you experience sex entirely.





# The first impressions of an international student

**By ALEX MARTINAKOVA**  
Contributing Writer

I’ve been a student at Quinnipiac University for almost a month and the question I have heard the most is, “Why Hamden, Connecticut?”

It’s a very valid question. How did somebody from a small country in the middle of Europe find themselves in Connecticut of all places, and not New York or Massachusetts?

There is no short version of why people decide to uproot their life and move so far away from home. The answers may vary; I have heard many different ones. Athletic scholarships and better education are popular, but this one’s my favorite: sometimes, you just want to get the heck out of there.

So, you pack everything that fits, hop on a plane and hope you end up someplace that won’t make you tear your hair out. It’s an enormous decision and you don’t really understand the impact it can have until it happens.

Sure, I was looking forward to new places and people, as well as getting my education in something I’m passionate about: English. When moving to a new country, you might not consider the changes you will go through or the compromises you have to make. There are moments where you look like the insane one, like when I screamed at my friend the first time I rode with her in her car and she took a right turn at a red traffic light.

If there is one thing I don’t think I will never stop complaining about, it’s the food. Mind you, I come from the Slovak Republic; the food is not that different. It’s the small differences that make you lose your mind, along with your appetite.

In Slovakia, fried food is strictly reserved for fast foods or special circumstances, but here in America, having it for breakfast blew my mind. I had never even heard of a hash brown before. In Slovakia, pancakes with syrup and bacon are something we joke about being a pregnancy craving, yet I see people ordering it here all the time.

I’m not even beginning to unpack the topic of portion sizes. The first thing I was told at the international student orientation was that Americans like their portions big. Fortunately, the food in the Quinnipiac dining halls doesn’t

fall into this category. However, it lacks variety for someone like me, who is not used to eating heavily saturated and sweetened food very often.

It’s an adjustment for sure, and it makes me appreciate what I didn’t before. Right now, I would sell my soul for my national dish, Bryndzové pirohy, a thin potato dough wrapped around a combination of grated potatoes and a sheep cheese we call Bryndza. Or bread. The thought of fresh-baked bread from a local bakery makes my mouth water.

On a more positive note, I am not capable of trashing every aspect of my experience here. The people I have met so far, who range from cashiers to my fellow students, have been so nice and open. Standard greetings among acquaintances are not common back home. A simple wave and maybe a head nod are common in Slovakian culture.

The biggest mistake I keep making is failing to either answer or ask the American “How are you?” greeting. It’s a simple greeting, yet it’s a few more words than I’m used to saying to people in passing. In my country, “How are you?” is a question you ask someone when you genuinely want to know the answer. Simply responding “fine” and moving on makes me feel like I am leaving an open conversation. It’s a strange feeling and makes me feel rude. If you ever encounter an international student that doesn’t ask, “How are you?” don’t hold it against them. We’re all doing our best here.

I equate my decision to come to America with a flip of a



ILLUSTRATION BY SHAVONNE CHIN

coin: I won’t know whether it was the right decision until the coin lands. My first week was tough, and not just because it was the first week of college. The school system differs from what I’m used to and from what I’ve been told university would be like. From living on campus to having to walk to different classes and seeing huge crowds of students, all of it can be more overwhelming than the coursework assigned. I feel like I am expected to adjust so fast, which in reality is just not possible.

I will say this though, once you meet and find your people, it gets marginally easier. The freedom to choose my own classes and the wide selection of choices is incredible. My professors are incredibly understanding that it’s a struggle and are more than willing to help. The fact that there is an entire department dedicated to helping international students makes the transition even easier. I’ve been here for four weeks and I must say, so far I am definitely not regretting my decision. It can always be worse, right?

# Let’s talk about dying

## The most unavoidable topic that everyone avoids

**By HANNAH MIRSKY**  
Contributing Writer

No one talks about death. I didn’t for a long time. Sometimes the words spilled out when I was with a friend, but I never felt satisfied. Other times it was late at night and I would mope out to the living room past midnight to sit with my mother and briefly discuss how much we missed those in our family who died.

That was it though. Death would be brought up, but the conversation never was discussed for too long.

In the summer going into seventh grade my grandmother died from pancreatic cancer, then my aunt ten months later from bladder cancer. Then my grandfather a few years later.

As I coped with the death of my family members, I began excessively planning out my future. I developed the ideal life from the city I’ll reside in, to the color I would paint my apartment walls. When I committed to college I vowed I would take every opportunity I could possibly get and fill each day with experiences that could help me with this vision.

But I worked so much when I got to college. It got to the point last fall that I lost a part of myself. There were no moments of peace in my day. I took a full course load, managed my school’s broadcast news department, worked an internship, another part-time job and choreographed for Quinnipiac University’s Tap Company. In every way, I was disconnected from the people around me and myself.

Yet during this particular semester, I was enrolled in a course called “Sociology of Death/Dying” where we discussed social interaction between the dying person, professional caregivers and loved ones. The class flowed like an open forum.

I joked that I would start and end my week with death since I only had that course on Mondays and Fridays. My friends didn’t laugh too much.

Three times a week I was forced to consider death in ways I hadn’t considered. For the first time, I was forced to confront the topic of death on a daily basis.

More than anything, this course revealed the significance of starting conversations about the dying process before death itself. While the person is dying, family and friends are often so wrapped up in trying to keep them

around for a bit longer. However, the person dying may feel an obligation to fight for their family when it isn’t something they want. We begin making decisions not for ourselves anymore and we become alienated from the people that we should lean on the most.

Conversations need to begin with health workers and doctors, it needs to trickle down to the family.

Death is isolating in our world—a stigma that many don’t talk about directly. It wasn’t until I met a very close friend of mine when I was in Washington D.C. that I mentioned that I joked about death a lot. No one had ever told me that I brought it up that often.

Maybe, had I allowed myself to discuss how I felt about death when I was growing up, I wouldn’t weave it into my conversations so much now. However, death changes you. I don’t think I would be as articulate with how I spend my days or have had such a clear path. In a way, it helped me understand my priorities and know I don’t have forever to meet them. If I want something, I no longer wait.

It shouldn’t have taken so long for me to feel comfortable talking about death, but it is something many people still struggle with. Neglecting conversation on the certainty of something each one of us will go through ends up forcing us to not consider what we want in life.



ILLUSTRATIONS BY EMMA ROGEL





# Turn on the TV, Tai Verdes is back in HD

By CAMERON LEVASSEUR  
Sports Editor

The album may be called “HDTV,” but Tai Verdes’ latest release is nothing short of 4K.

The 26-year-old’s sophomore studio project is a genre-blending, infectious masterpiece that makes you want to fall in love. Whether that’s with life, a person or his music, that’s up to interpretation.

Verdes, whose real name is Tyler Colon, draws his stage name from his hometown of Rancho Palos Verdes, California, located in the Los Angeles metropolitan area. That’s where Verdes was, working as a sales associate at Verizon when he suddenly rose to fame after his breakout single “Stuck in the Middle” blew up on TikTok in the summer of 2020.

Fast forward two years, and the social media star is now expanding his own network nationwide, already on the road for a 22-show tour hitting cities from Burlington, Vermont to Boise, Idaho.

The artist’s versatility in genre, flow and style make the 20-song album a smooth listen from front to back. Each track is uniquely different from the rest, and Verdes’ ability to seamlessly switch his flow from singing to rapping and back creates the illusion of many voices on the featureless project.

From pop to hip-hop to R&B, he’s able to span multiple genres over the course of a single song, creating a unique listening experience.

Verdes embodies the “bedroom pop” style that has been on the rise in the music industry over the past few years as software and equipment like Logic Pro has become more readily available to the normal person.

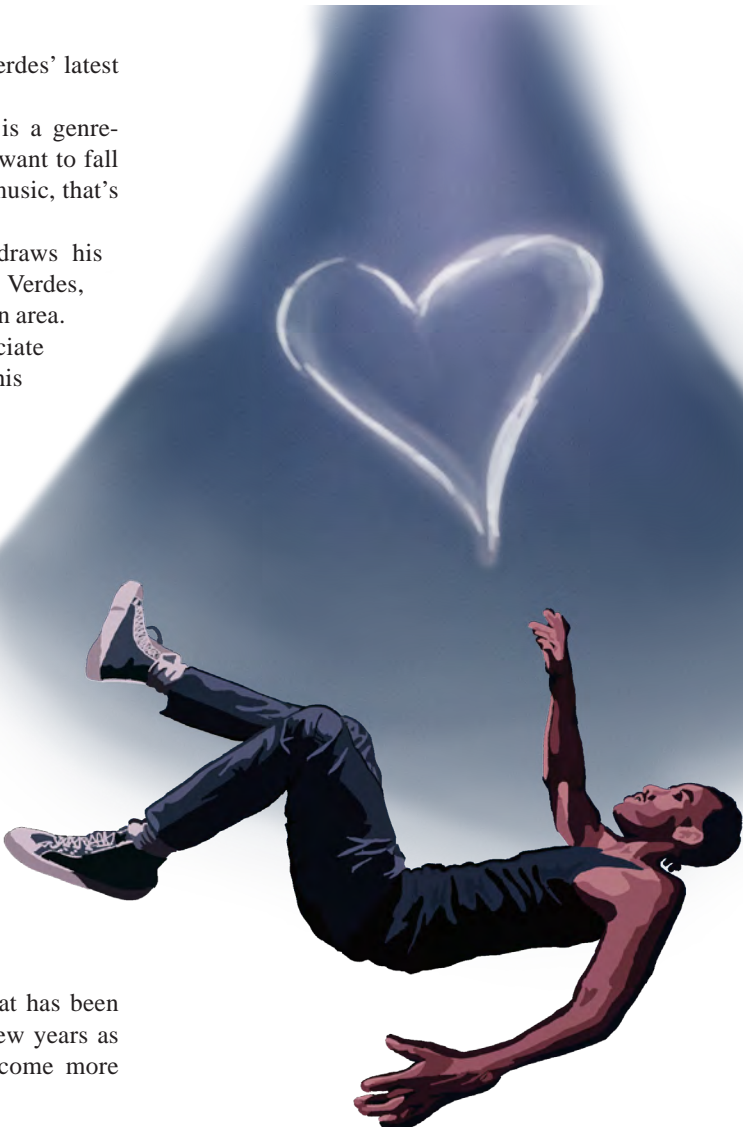


ILLUSTRATION BY ALEX KENDALL

While he’s now signed to a label and presumably creating his music in a studio, the relatability and authenticity of Verdes’ music prevails on his newest record, giving it the same feel as his previous releases.

With the upgrade in resolution from his debut album “TV,” the lyrics throughout “HDTV” seem to suggest that Verdes himself has developed clearer vision. While the former project sees him in the struggle to escape a breakup rut, this past week’s release is pervasively happy, finding a central theme in moving on and finding love again.

In the album’s lead single “LAst dAy oN EaRTh,” Verdes ponders what he would do if only had a day left to live, circling in on what he really values in life. This carefree, lighthearted tone carries throughout the project, exemplified in songs like “TWO SUGARS” and “Clyde & Bonnie.”

Even on the more melancholy tracks, such as “100sadsongs” and “Lost Myself”, Verdes remains upbeat, with lines like “...life ain’t getting much sweeter than this,” and “I can make rain turn into sunshine regardless...”

The album’s final track “in this movie” seems to suggest that Verdes’ next project will depart from the realm of television for the big screen, continuing to develop a cohesive discography theme similar to Ed Sheeran’s mathematics universe or Ye’s trio of “The College Dropout,” “Late Registration” and “Graduation.”

As a whole, Verdes’ ode to life itself on “HDTV” delivers exactly as promised. His evolution both as an artist and an individual is very visible, with catchy lyrics, fun guitar riffs and genre-spanning music tailored to a younger generation that make the project an enjoyable listen throughout.

# The Mystery behind true crime podcasts

By KRYSTAL MILLER  
Associate News Editor

Nothing beats a relaxing evening, curling up on the couch, opening your laptop and listening to some true crime stories that will keep you looking behind your shoulder for the next month.

A lot of people question the appeal of true crime. Why are so many people interested in hearing about such horrible situations?

According to the website Thrive Works, the true crime genre gives insight into the use of forensics in real-life cases and shares ways people have defended themselves against a potential attacker. Listening to true crime is a way for normal people to solve mysteries and escape from reality.

True crime podcasts became popular in 2014 with “Serial,” which remains the fastest podcast ever to reach over 5 million downloads. Ever since true crime podcasts have grown in popularity.

I prefer to consume true crime in podcast form because it is less visual and graphic than cases shown on television. I can hear someone talk to me as they would in a normal conversation, and can pay attention to the facts.

My favorite true crime podcast is True Crime with Kendall Rae because she raises money for several charities that she promotes. She also does extensive research on each story she talks about and is respectful to any family members that want to share their perspectives. Rae encourages her viewers to help get justice for the victims, and with such a large following, has been able to succeed in that. For instance, she has raised \$111,806.76 for expansion tools that help identify and recover child victims of trafficking and abuse. She also tries to cover cases that have not had enough media coverage.

One particular episode that struck me was “Two Strange Deaths on the Same Day in the Same Town?” Both Lauren Smith-Fields and Brenda Lee Rawls were from Bridgeport, Connecticut, which is only a half hour from Quinnipiac University. Smith-Fields’ case was getting minimal coverage until Cardi B made several tweets about the case. Before the episode, there was no coverage of Lee Rawls.

Smith-Fields was found dead at 23 after a Bumble date, which was ruled an accidental overdose and Lee Rawls died at 53 of natural causes. Both cases have not received proper police investigations or media coverage, which is frustrating for the families and listeners, especially when other cases are blowing up on the internet.

In Smith-Fields’ case, her family was never contacted

by police when her body was found, despite having all her information. According to Rae’s podcast, the police took DNA swabs from Smith-Fields’s family but did not take the DNA of her Bumble date. He was never considered a suspect, even though he was the last person to see her alive.

In Lee Rawls’ case, her family said they were also not contacted by police about her death. The police did not take her clothes that were at the last place she had been, a man’s house. He gave the clothes to her family directly.

Cases are less likely to be solved and given as much coverage when the victims are not white. While the solved rate in 2019 for white victims increased to 81 percent, it has fallen to 59 percent for Black victims according to NBC news.

True crime has proven time and time again to have an impact on today’s world. One case that has stood out to me is Gabby Petito. Petito’s case was immediately given resources a lot of other cases don’t get. The police were diligently solving the case, the news was constantly covering it and was all over social media. Her case brought light to domestic violence and how police tend to handle those types of situations. Without her being white, she likely would not have been given as much attention.

Another episode that I listened to from Rae’s podcast was a case that has been popular across the internet in 2021, the Menendez brothers, which is a case originally from the 80s. With social media like TikTok, videos of the brothers have resurfaced gaining millions of views.

A lot of the comments are actually in favor of freeing the brothers from jail. The brothers brutally murdered their parents in their Beverly Hills home, but they claim in a trial it was not to gain money, but because of the abuse they endured. They did not win the case and are still currently in jail. With social media, cases that have not been talked about for years are now being featured and sometimes even reopened and investigated.

True crime podcasts inform their audience of cases all over the world, there is something everyone can relate to or sympathize with. Victims of true crime are just like us, they are

students, family members, children, teachers, etc. It also is shocking that this can be anyone, this is the horrible reality of the world we live in.

They are also time capsules of previous decades, they show how different the way we go about safety is. People are not as trusting of people they don’t know well, even if they are neighbors or co-workers. There is also more talk about how to defend yourself, such as carrying pepper spray or keys.

Past cases also show how far science has come, there is much more advanced technology for catching criminals. The first use of DNA testing was in 1986, before that police had to use other strategies in finding out who the criminal was, such as shoe prints or blood. Now with DNA testing, there are more accurate prosecutions and also more cases being solved.

There is always more to be done for these cases, you can sign petitions, raise money, email people in government or the police force, talk to people around you, anything you can do to spread awareness and create change.

True crime has reached a much larger audience than ever before, and with that, gives a greater opportunity for these victims to get the justice they deserve.



ILLUSTRATION BY SARAH HARDIMAN



Scores & Schedule

Wednesday 9/14

MSOC won 5-0 vs Sacred Heart

Friday 9/16

MXC 6th of 8 @ Iona Invitational  
FHOK lost 6-3 @ Temple

Saturday 9/17

WSOC won 4-0 vs Niagara  
MSOC lost 3-1 @ Harvard  
RUGBY lost 24-19 vs Army  
VB lost 3-1 @ Niagara  
WHOK won 2-1 @ UConn

Sunday 9/18

VB lost 3-2 @ Canisius

Monday 9/19

FHOK won 3-2 vs UC Davis



SEPT. 3 CAMERON LEVASSEUR/CHRONICLE

Wednesday 9/21

MSOC vs Stonehill 4 p.m.

Friday 9/23

MTEN @ Fairfield Invitational TBA  
WXC @ Coast to Coast Battle in Beantown 11 a.m.  
FHOK vs No. 14 Old Dominion 1 p.m.  
WHOK @ Maine 6 p.m.

Saturday 9/24

MTEN @ Fairfield Invitational TBA  
WTEN @ West Point Invite TBA  
WSOC @ Canisius 1 p.m.  
RUGBY @ Dartmouth 2 p.m.  
WHOK @ Maine 2 p.m.  
VB @ Siena 3 p.m.

Sunday 9/25

MTEN @ Fairfield Invitational TBA  
WTEN @ West Point Invite TBA  
FHOK vs Towson 12 p.m.  
VB @ Marist 2 p.m.

Monday 9/26

WTEN @ West Point Invite TBA  
GOLF @ Boston College Intercollegiate 9 a.m.

Tuesday 9/27

GOLF @ Boston College Intercollegiate 9 a.m.

Flash in the pan  
Will Quinnipiac men’s soccer stay hot or will it fizzle out?



DANIEL PASSAPERA/CHRONICLE

By BENJAMIN YEARGIN  
Associate Sports Editor

There’s a lot to commend about the Quinnipiac men’s soccer team.

For starters, the team has been up to the mark in out-of-conference play, going 4-2-1. The Bobcats also have its three best forwards dominating the attack.

It’s no secret that the trio of seniors David Bercedo, Tomas Svecula and now-injured Brage Aasen have propelled Quinnipiac over nearly every opponent the team has faced. Bercedo and Svecula are No. 1 and No. 2 in points with 11 and nine, respectively, and despite his injury, Aasen is still tied for third in points with six.

Freshman forward Ramesh Delsouz, senior midfielder/forward Jason Budhai and sophomore forward Sam McCann have been playing in Aasen’s place.

I mentioned in my season preview that the midfield is the biggest weakness of this team. But that’s not true anymore. Led by graduate student midfielder Alex Holle and freshman midfielder Alexander Stjernegaard, the team has changed for the better.

The offense is propelled by the midfielders precision passing, the pressure the team puts on the opponent’s defenses and its movement on and off the ball.

Quinnipiac manages to get its forwards into the 18-yard box, making any pass made by the midfielders or defenders into the box a potential goal.

“You always have to be ready,” Svecula said on Sept. 10 after the game against CCSU. “When you have a good build up, you’ll probably create more chances (in the box).”

Holle is one of two Bobcats tied in points with Aasen, the other being Stjernegaard.

Stjernegaard’s impact is the most felt among the freshmen. His four assists lead the team, two of which he tallied on Sept. 14 against Sacred Heart.

The Germany native leads a group of freshmen that have started on head coach Eric Da Costa’s squad, including the likes of freshman defenders João Pinto, Luke Schierenbeck and Erik Langwagen.

Freshman goalkeeper Karl Netzell has received the majority of the starts in net, where he has been solid. His one clean sheet came against Sacred Heart.

It’s evident that the Bobcats have a deep roster. With the freshman named above, the players starting in place of Aasen, along with many of the others, they are poised to make an impact no matter who is on the field.

There are players not mentioned at all that have made an impact on the field. For example, graduate student midfielder Noah Silverman and senior defenseman Magnus Reistand have both registered at least one point and been on-field leaders. Sophomore goaltender Matthew Pisani has started three games and allowed only four goals.

That may not sound great, but Pisani’s impact stretches more than his goals allowed.

The depth can give starters rest when necessary and it is what can rejuvenate and take the Bobcats to the next level.

It’s difficult to ignore a key similarity between this rendition of Quinnipiac men’s soccer, and the 2021 version. Both teams got off to hot starts, and that hot start last season ended with the Bobcats fizzling out and missing the MAAC playoffs.

The result for this team is to be determined, but the Bobcats do have some glaring weaknesses that must be fixed to avoid the fate of their predecessors.

The Bobcats’ best weapon is their aggressive attack, which can also lead into their biggest weakness – defense on counter-attacks.

Being aggressive on the attack pushes the defenders into and around the box. When Quinnipiac loses possession, the defenders – Pinto, Schierenbeck, Langwagen and juniors Luke Allen and Jared Smith – all must run back and manage the opponents counter-attack. The Bobcats have been caught flat-footed and allowed goals in this exact manner before.

“We have to be really smart and secure in the back,” Da Costa said on Sept. 10. “What that forces the opponent to do is to be a bit more direct, and put a bit more pressure on your back line.”

Allen and Smith have both anchored the defense, providing the stability that has allowed Pinto, Schierenbeck and Langwagen to grow into the system. The defense has been an overall net-positive, but the counter-attack defense has been a challenge.

A potential solution to this problem is to add some leadership to the net, meaning start Pisani.

Besides his abysmal performance against Boston College, he has registered two clean sheets, one against a bad Hartford side and another against a Vermont team which has received votes in the national poll.

His leadership can easily guide a majority-freshmen defensive unit, and tune it to best help the side and to how Da Costa wants the team to play. His two clean sheets are evident of his strength as a goaltender.

The Bobcats next game is at home against Stonehill on Sept. 21. The team begins conference play on Sept. 28 against Siena, with its first home conference match on Oct. 1 against Fairfield. A team that has the talent to win the MAAC title must make these adjustments, or else they will repeat the same mistakes as last season. Going home with disappointment and without a trophy.



**MATTHEW PISANI**  
**3 GAMES 1 CLEAN SHEET**



**KARL NETZELL**  
**5 GAMES 2 CLEAN SHEETS**

QU ATHLETICS/ILLUSTRATION BY CAMERON LEVASSEUR



# What is going on with Quinnipiac baseball?

## Breaking down baseball’s confusing offseason

**By ETHAN HURWITZ**  
Sports Editor

On campus, some Quinnipiac fall sports have gotten a lot of attention. Women’s soccer is racking up wins, field hockey beat a nationally ranked team and both the ice hockey programs are ramping up.

But there is one team that had a summer that left more questions than answers, even though it doesn’t begin its season until February 2023.

Quinnipiac baseball has gone through three straight seasons of sub .500 play and recently went through a dramatic summer. Roster turnover, new additions to the coaching staff and some drama in the team’s open tryouts have put this team under the microscope, months away from the season.

Starting at the top, the coaching staff will be headed in a new direction in 2023. Head coach John Delaney will remain at the helm, but he will have some new faces in the dugout.

Pat Egan, the program’s assistant coach and recruiting director, was hired this past summer by Sacred Heart to be the Pioneers’ new head coach. To fill the void left by Egan, the team recently brought in two new coaches.

Replacing Egan as the new assistant coach is Trey Stover, the former director of baseball operations at Coastal Carolina. He will now also take over the role of recruiting director, an important position considering multiple freshmen have left after just one season in Hamden.

In addition to Stover, the team also welcomed Kevin Murphy to the staff. Murphy will be working with the Bobcats in a volunteer position. Last season, Quinnipiac had Pat O’Neill as a volunteer coach and it is unclear as of publication if he will retain that role.

Looking at the roster of this team, it will be a complete 180 from the last time the Bobcats took the field. Eight players from last season have transferred to a new school, one has entered the transfer portal and one has stepped away from the program.

The losses include a number of upperclassmen, like catcher/outfielder Danny Melnick (Rutgers), pitcher Brandyn Garcia (Texas A&M), outfielder Andrew McDermott (Queens University of Charlotte) and pitcher Chris Mazza (LIU), all



CONNOR GORMAN / CHRONICLE

**Quinnipiac baseball has a combined winning percentage of .259 over 90 games in the past three seasons.**

leaving the Bobcats with holes to fill.

With a large group of players still in the transfer portal, the team will be relying on the depth of the incoming freshman class and returning players to help right the ship.

This roster turnover prompted the team to announce an open tryout session last week for any Quinnipiac student. While having a chance for walk-ons is a common thing around college sports (both Quinnipiac softball and men’s basketball have announced dates for open sessions), the lack of returning players made this tryout more eye-opening.

A source told The Chronicle that just six people tried out for the team and this wasn’t without some hectic last-minute dramatics.

Students had to provide a sickle cell solubility test to try out, however, none of the people had these tests on hand and

all had to scramble for a testing site. While the six students were able to try out, it has not been announced if any of these players have made the roster at the time of publication.

Athletic Communications has not responded to requests for comment as of publication.

With a three-year stretch of poor performance and a massive haul of players cycling in and out of the program, the Bobcats are in a bind when the new season rolls around. As Delaney enters his ninth season as Quinnipiac’s head coach, the team is looking for a new jolt of energy.

After a summer of players finding new schools, the Bobcats know they need all the help they can get, both on and off the diamond.



AIDAN SHEEDY/CHRONICLE

**The Quinnipiac women’s hockey team finished the 2021-22 season with a record of 26-10-3.**

the Bobcats’ second power-play unit.

Turner spoke of Uens and Chantler as a collective, both of whom had played at the national level with Hockey Canada.

“Both of them have jumped immediately to this level in practice,” Turner said. “I know they’re going to add great depth and they’re going to impact our lineup.”

Aside from Uens, the Bobcats’ defensive core looks very similar to last season, their only major loss to graduation being team captain Olivia Konigson, with Boyd and Courtney Vorster both returning for a fifth year.

Quinnipiac may have to look to another new face to slot into its defensive rotation to start the season, however, as junior Kendall Cooper, who mans the right point on the Bob-

cats’ top pairing, reportedly suffered a concussion in the game against UConn.

Sophomore Mia Lopata, who red-shirted her freshman season, and freshman Tiana McIntyre are both options for the Bobcats to turn to if Cooper remains out for an extended period of time.

It’s potentially a huge loss for Quinnipiac, as the Burlington, Ontario, native carried a significant portion of the offensive load for the Bobcats’ defense last season. She tallied 25 points, which was sixth on the team and led all defensemen by 10 points.

As a whole, this Bobcats’ defensive unit, when healthy, looks to be just as effective as in 2021-22, where it finished third in the NCAA in scoring defense, allowing an average of 1.51 goals per game.

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Though they had a few defensive lapses, Quinnipiac played smothering defense in the slot area for a majority of the game against UConn. Most of the shots the Huskies managed came from the periphery and the only goal they managed came from an odd angle in what was essentially a 5-on-4, as it was the same play Cooper was injured on.

Freshman Tatum Blacker was in net for the Huskies’ lone goal, and aside from that play looked remarkably solid in her first collegiate appearance, facing UConn’s strongest offensive advances of the day while in goal.

“She is a very different goalie than our other goalies,” Turner said. “She’s very athletic, she’s a little bit smaller, but she’s somebody who puts herself in position to make saves and battles like none other, so we’re excited to see her continue to grow.”

Graduate student Logan Angers and junior Catie Boudiette complete the Bobcats’ goaltending trio for the season. These two will see the bulk of the action for Quinnipiac, likely playing a similar tandem system to what Angers and BU transfer Corrine Schroeder managed last year, with Angers getting the 1A starts in Schroeder’s place.

“You look at last year, no doubt Corinne Schroeder had a phenomenal season, but quietly beside her Logan Angers did too,” Turner said. “She played a lot of big games for us, she beat Yale, she beat Cornell 4-0, she ... has a lot of experience and confidence behind her being in her fifth year here.”

Turner was quick to share praise for Boudiette as well.

“Catie Boudiette had a phenomenal summer and is really coming into her own,” Turner said. “And if we backtrack two years ago and look at the COVID year, she didn’t allow a goal in any game she played that year, so I think we have great depth and great opportunity at the goaltending position.”

Up and down the lineup, this Quinnipiac team has the pieces to do something special. Five months and 34 games of trial by fire will determine whether or not they will.





CAMERON LEVASSEUR/CHRONICLE

# Quinnipiac women’s hockey is built for success

By CAMERON LEVASSEUR  
Sports Editor

A single goal was all that separated Quinnipiac from its first Frozen Four appearance in program history last season. This year, the Bobcats have the roster and the hunger to take that leap.

That success is no guarantee though, something that head coach Cass Turner is well aware of.

“It’s a new year,” Turner said. “There’s no continuation of success from the previous season and I think that’s important for our group to understand that we’re going to have to fight as hard or harder than we did last year to even get to where we got.”

The road to success starts in-conference, where Quinnipiac will yet again have to battle night-in and night-out to earn wins.

The Bobcats were tabbed No. 8 in both the DCU/USCHO and USA Today/USA Hockey preseason national polls, the former featuring a remarkable seven ECAC Hockey teams, solidifying the notion that the conference is the nation’s strongest.

“Having seven teams ranked in the poll, it’s pretty amazing to look at the depth we (the ECAC) have,” Turner said. “It puts you in a position where essentially most weekends you’re playing a top 10 team in the country ... that means that when it comes time for playoffs, you’re battle-tested, and that’s exactly the type of experience that our students want and that’s the type of competitiveness that’s going to help us win national championships.”



CAMERON LEVASSEUR/CHRONICLE

Graduate transfer Shay Maloney had 11 goals and 19 points for Brown last season.

Zooming in past the depth of the conference, Quinnipiac itself is a deep team, returning nine of its top 10 scorers from last season and five of its top six defensemen.

“Looking out at practice and seeing the depth through our forward lines, it’s exciting,” Turner said. “But every year, there’s always some new surprises and opportunities. We have some players on our team who had phenomenal summers ... and it may not be the names that you’re always thinking of that maybe you saw in our top nine last year.”

This depth was on display as the Bobcats took on UConn in an exhibition matchup last Saturday, dominating possession for a significant portion of the game en route to a 2-1 win.

Up front, graduate student transfer Shay Maloney centered junior Olivia Mobley and senior Sadie Peart on the Bobcats’ first line. Maloney looked comfortable for her first time in blue and gold, controlling the flow of the offense and aggressively battling for the puck when dispossessed.

Maloney, who transferred from conference foe Brown this past offseason, captained the Bears in 2021-22, leading the team with 11 goals and 19 points in 29 games.

“She knows how to put the puck in the net,” Turner said. “She’s strong, she’s physical, and it’s exciting to see what she’s doing already. She’ll play an important role for us, right from the start.”

The Bobcats’ second line of sophomore Veronica Bac, senior Alexa Hoskin and freshman Madison Chantler plays a crash-the-net heavy offensive style. Hoskin’s speed allows her to beat defenders wide and cut hard to the net, opening up rebound opportunities for her linemates.

Look for Bac to break out this season. The Huntley, Illinois, native only recorded three points in 2021-22, but looked strong in Saturday’s contest and is sure to see a significant increase in scoring opportunities moving up from the fourth line into a top-six role this season.

Chantler, who is fresh off a point-per-game season at the U22 level with the Ontario Women’s Hockey League’s London Devilettes, looked experienced in her collegiate debut. The 17-year-old made plays and moved the puck up ice with the confidence of a veteran.

The Bobcats’ offensive production won’t just be limited to its top six, as Quinnipiac’s third unit may be deadly this season. Senior Jess Schryver, one of the best passers on this

roster, is centering the line, with sophomore Maya Labad and junior Nina Steigauf on the wings.

Steigauf was third on the team in goals last season and doesn’t look to be slowing pace in 2022-23, potting the opening goal against UConn on Saturday off a sweet backdoor feed from Schryver.

On the other wing, Labad is also primed for a big-time offensive year, fresh off a solid rookie campaign, the goal-scoring second-year has the skill and the players around her to take the jump on the stat sheet.

“She really emerged at the end of the season last year,” Turner said. “She was really impactful for us, scoring in the NCAA tournament, but I think looking at what her spring looked like was even more exciting for us. She trained incredibly hard and her fitness level was one of the top three in our program.”

Turner attributes her improvement in part to a fantastic development camp with Hockey Canada this summer.

“At that development camp she played a phenomenal style of hockey and really, I think, gained a step in her confidence,” Turner said. “To see her now in practice, she really has emerged as one of those sophomores that I think is going to make a big impact on how we play.”

Noticeably absent from the lineup on Saturday were graduate student forward Lexie Adzija and sophomore forward Ann-Frédrik Naud.

Naud led Quinnipiac’s freshman class in points last season with 16 and played big minutes for the Bobcats, including scoring the opening goal in the NCAA Regional Final against Ohio State. A source confirmed to The Chronicle that she is not returning to the team this season.

Adzija, fresh off a summer with Hockey Canada’s Women’s National Development Team, will don the “C” for the Bobcats this season alongside defenseman Zoe Boyd.

Freshman defenseman Zoe Uens is another newcomer set to step into a big role this season. The Belleville, Ontario, product played most of her debut on Quinnipiac’s third pairing and looked solid in a majority of her shifts. Her presence on the offensive blue-line is impressive for a player of her age, and likely a reason why she saw time on .....