Lahey’s Legacy
Recipe for growth blended
equal parts vision, planning
and fortuitous timing
For students enrolled in the accelerated dual-degree programs at Quinnipiac, the chance to earn a bachelor’s degree in three years and a master’s degree in the fourth year is enticing. “Cost is such a big factor in deciding where to go to school,” says Michael Polan ’15, MBA ’16, a project analyst at Bank of America Merchant Services. “For me to get two degrees in four years—with the fixed tuition and not having to pay extra for grad school—it made a lot of sense.” And learning can be fun. Last fall, freshmen entering that program realized that getting ahead meant working together as they learned to paddle a dragon boat. For students who prefer a more moderate course load, the university offers dual-degree programs that can be completed in five years. Read what program graduates are doing now on page 18.
Teamwork was the lesson of the day as students entering the School of Business accelerated dual-degree program learned to navigate the Connecticut River in a dragon boat.
MAN ON A MISSION
Dr. Ira Helfand, whose collaboration with two activist groups helped earn the Nobel Peace Prize in 1985 and 2017, doesn't want a war of words to become a nuclear war.

NEW PRESIDENT
Judy D. Olian was selected as the ninth president of Quinnipiac University in January. Olian, the dean and John E. Anderson Chair in Management at UCLA Anderson School of Management, will begin her new duties July 1.

JUSTICE PREVAILS
The School of Law hosted the Koskoff Symposium exploring the career of Thurgood Marshall to commemorate the 50th anniversary of his ascent to the U.S. Supreme Court.

FIELDS OF DREAMS
Men's soccer standout James Doig '17, the winningest player in program history, was among the Division I athletes who helped open the new Quinnipiac Soccer and Lacrosse Stadium and the Quinnipiac Field Hockey Stadium last fall.

Glover in the House
Actor and social activist Danny Glover sat down for a conversation with the Quinnipiac community, reflecting on the enduring relevance of Frederick Douglass' speeches.

The Gift of Hope
Carol Sirot has suffered from chronic fatigue syndrome for most of her life. She knows the condition can be difficult to diagnose and treat. Her generous gift will contribute to the body of knowledge about CFS and raise awareness of it among health sciences and medical students.

Fast Track
Students and alumni love Quinnipiac's accelerated dual-degree programs that offer an innovative, cost-effective way to earn a bachelor's degree in three years and a master's degree in one year and stay ahead of the job-market curve.
26 Lahey’s Legacy
Students and the value of their degrees were at the heart of every decision John L. Lahey has made in his 31 years at the helm of Quinnipiac. With the remarkable growth he helped engineer, he will retire in June satisfied that he fulfilled his mission to bring national prominence to a small local college.

42 Working on it...
Everybody procrastinates sometimes, but when it becomes an individual’s work ethic of choice, trouble often follows, whether it’s failed classes or being fired. In fact, the habit is so pervasive that behavioral science has identified six different categories of procrastinators. The good news—they all can be cured!

54 WHERE THERE’S SMOKE ...
Master tobacco blender Nicholas Melillo ’00 divides his entrepreneurial career between his tobacco farm in Windsor, Connecticut, and his cigar factory in Nicaragua.

YOUR NEWS
Check out the wedding and baby photos you submitted, the events calendar, and catch up with all the news of your classmates in this section, as well as photos from game watches and Alumni Weekend.

LAW
Learn what School of Law alumni are up to on the notes page and read about three individuals who have donned black robes to join a growing list of Quinnipiac graduates imparting wisdom and justice from the bench.

COVER ILLUSTRATION
Tim O’Brien
Don’t let the calm, deliberate delivery of Dr. Ira Helfand disarm you. From the war of words between President Donald Trump and North Korean leader Kim Jong Un to the mounting tensions between the U.S. and Russia, the threat of nuclear war is greater than it’s been in decades.

“These weapons are so dangerous, and the consequences so catastrophic, that no human being should have the ability to deploy this kind of destructive power,” said Helfand, who lectured as a guest of the Albert Schweitzer Institute last fall. His work with two activist groups earned the Nobel Peace Prize in 1985 and 2017. He believes education and information, even if the scenarios are disturbing, are the best way to increase awareness.

A nuclear war with as few as 100 warheads—the U.S. has nearly 7,000 nuclear weapons alone—would disrupt the world’s climate and agricultural production so profoundly that 2 billion people could starve to death, he said. And if a nuclear war took place between the U.S. and Russia, New York City could be attacked by 15 to 20 warheads.

“What I’m talking about next is much smaller: A single 20-megaton explosion. Within a thousandth of a second, a fireball would reach for two miles in each direction. Buildings, trees, people, the upper level of the Earth itself would disappear. In New York, we’re talking 12 to 15 million dead in half an hour.”

Helfand paused to let that scenario sink in. The gasps—and the threat—were palpable.
SCHWEITZER DIRECTOR IMPORTED THE WORLD

David Ives reflects on career of service as he retires

BY DAVID T. IVES

Deep in the highlands of Guatemala, a young man approached our makeshift physical and occupational therapy clinic with difficulty. He was supported on both sides by relatives lest he fall. One of our students noticed that he had significant foot drop, which caused him to lift his legs high so as not to trip. I served as translator and soon learned that his name was Pablo and that he was 15. Three years earlier, he’d fallen out of bed and hit his head, and that is what caused him to lose his ability to walk, or so his relatives thought.

Pablo had dropped out of school, as other children made fun of him and treated him as less than human. Many people in the developing world think a disability is contagious. He seldom left his home as a result.

In further discussions with his family, I learned that he had been diagnosed with Guillain Barre Syndrome, a disease I had and from which I had recovered. Our students went to work and gave him exercises to do over the next few years and we were able to get him a walker, crutches and a cane. We checked in with him when other PT and OT groups returned to Pablo’s village. One day, the group members who initially met Pablo were surprised when he walked out of his house totally unaided. We had given him the gift of walking, and now he was back in school and even had a girlfriend. He functions normally in society and for me, it doesn’t get any better than that.

In December, I retired as executive director of the Albert Schweitzer Institute at Quinnipiac University, a post I’ve held since January 15, 2002. Sean Duffy, professor of political science, will succeed me. To say the least, I am grateful for this once-in-a-lifetime opportunity to be able to help people like Pablo. It was a dream job to promote the values and ideas of the 1952 Nobel Peace Prize Laureate Dr. Albert Schweitzer on a worldwide basis.

Schweitzer is known for the phrase, “reverence for life.” Schweitzer wrote in German, and in that language, reverence can be translated just as easily as “awe.” If we are in awe of each other (and for Schweitzer that included the environment and animals), then it becomes very hard to kill someone or pollute a stream or let animals suffer.

We started our ASI programs in León, Nicaragua, and took advantage of my experience as a Peace Corps volunteer in Central America. In the spring of 2004, I traveled with a group of 11 students and five faculty members to a very poor village near León to build a school. This trip changed the lives of each participant. In the years after this first trip, we never had any trouble filling our trips with deeply caring, intelligent, perceptive and passionate QU students. We gradually extended ASI programs to Guatemala and Barbados and involved students and faculty from Quinnipiac’s eight schools and the College of Arts and Sciences.

Over the years, ASI brought in famous speakers for seminars and lectures including the following: Nobel Peace Prize Laureates Óscar Arias, former president of Costa Rica; U.S. President Jimmy Carter; Muhammad Yunus of Bangladesh; Rigoberta Menchú of Guatemala; anthropologist Jane Goodall; Shirin Ebadi of Iran; Tawakkol Karman of Yemen; Leymah Gbowee of Liberia; survivors of the atomic blast in Hiroshima, Japan, and many others. In the last five years or so, ASI has taken around 300 QU students to summits of Nobel Peace Prize Laureates.

We helped celebrate the 20th anniversary of the fall of the Berlin Wall; in Hiroshima, we commemorated the 70th anniversary of the nuclear bomb explosion; in Poland, we celebrated the 30th anniversary of President Lech Wałęsa’s Nobel Peace Prize; in South Africa, we celebrated the 20th anniversary of democratic elections along with the life of Nelson Mandela; and in Paris, we helped celebrate the 60th anniversary of the adoption of the Declaration of Human Rights.

I took students out into the world and brought the world to Quinnipiac, exposing students to many issues of global importance and introducing them to myriad international leaders.

While listening to the needs of the community, they did a lot of good and improved the lives of those in desperate poverty. Classrooms were built, teachers were trained, disabled people were helped, businesses were evaluated and given microloans upon qualifying, and most of all, QU students learned more than they taught.
The soundtrack of Jonathan Grado’s life has always played through a pair of his family’s handcrafted headphones or one of its prized turntable cartridges. As a boy, he listened to his father and great uncle recite a narrative of family, innovation and excellence at Grado Labs in Brooklyn, New York. In May 2013, Grado earned a bachelor of arts in graphic and interactive design. After spending that summer as a marketing intern in Los Angeles, he returned home as vice president of marketing for Grado Labs, known for its wooden headphones enjoyed by celebrities such as Jimmy Fallon, John Mayer and Neil Young. Today, he spends his time amplifying Grado’s voice and vision.

Jonathan Grado ’13
Headphones go against the grain

INTERVIEW BY BRIAN KOONZ

What makes Grado so successful? The two most important things are the sound and the story. February marked 65 years. My dad’s uncle, (Joseph Grado), started building cartridges for turntables at the kitchen table in 1953. He took my dad under his wing in 1965 when my dad was 12. He swept the floors there and just started learning everything he could. He started running the business day-to-day in the late 1970s and built our first headphones in the early 1990s. The company is my dad, my brother and me, and our 19 great employees.

What is your role as vice president? We’re a family company. We want you to feel like you’re invited into our home. For me, my role right now is basically everything that’s not physically hand-building the products. That includes our photography, web design, social media, outreach, customer service and the monthly email newsletter. There’s a lot of stuff and no budget. But at the end of the day, you feel like you did it all, and that’s a pretty good feeling.

Wait, you don’t have a marketing budget? We haven’t paid for advertising since 1964 … it’s just been a friend telling a friend. But now, social media and technology have become our modern word-of-mouth. So, maybe you came across one of our photos online. Or, maybe someone retweeted us. It’s still a pretty organic way of finding out about us.

Where did the idea for wood headphones come from? In 1994, when we were still living above Grado on the top floor, my dad woke up and said he had a dream to build headphones out of wood. He went down to the workbench in the basement and carved our first pair, not machined or anything like that. They were very rough, but he really liked the way they sounded.

What music does your family enjoy? When my brother, Matthew, and I were growing up, we’d put on radio Z100. My dad would listen to the Beatles, ’60s rock, and my mom would put on ’70s music, a lot of disco. But we enjoy all music, really.

What does the future hold for Grado? On the tech side, we’ve never rushed into any new technologies, which is why we still don’t have a Bluetooth, or the truly wireless in-ear, or headphones that track your heart rate through your ear. I agree with my dad that there is no need to push a product out the door just to say we have it.

How does your design degree help you? Something I focus on here is giving Grado a voice. Not only does the sound matter, but the heritage of the company and the experience you get. With design, all those little aspects also come together to paint that big picture. All those little things matter, and that’s what I learned at Quinnipiac.
Actor and social activist Danny Glover has spent countless hours with abolitionist Frederick Douglass between the pages of history books and the sentences of speeches that advocated for freedom.

The candid and insightful Glover, maybe best known for his film roles in “The Color Purple” and the “Lethal Weapon” franchise, discussed the fight for civil rights and social justice in February during a program titled, “From Abolition to #BLM: A Conversation with Danny Glover,” before about 600 people in Burt Kahn Court.

Glover sat in an oversized easy chair for his 90-minute talk with Khalilah Brown-Dean, associate professor of political science. He was perfectly comfortable on stage, yet noticeably uncomfortable with the current state of affairs. “It’s pretty obvious when we look at what’s happening today, it’s still relevant. Not only as we look at the issues around race that are happening in this country, but the issues around race that are happening in the rest of the world,” Glover said. “Are the people of color the ones who are the most vulnerable and the most marginalized in this system of capitalism? Of course, they are. It’s historic.”

As the keynote speaker for Black History Month at Quinnipiac, Glover talked about the arts as a platform for change in America. He spoke fondly of his friendship with singer and actor Harry Belafonte, a longtime civil rights advocate. He also quoted Paul Robeson, the groundbreaking actor, activist and son of an escaped slave who said, “Artists are the gatekeepers of truth.”

During one point in the program, Brown-Dean read an especially eloquent quote by Douglass, who believed there is no progress without struggle: “Power concedes nothing without a demand. It never has and it never will.” She followed the quote with a question to Glover: “What is it that we should be demanding and for whom?”

“Glover didn’t hesitate with his response: “It’s always been to demand truth and justice for all people.”

One of the most stirring moments of the program came when Glover read from the prescient and provocative Douglass speech, “The Meaning of July Fourth for the Negro.” Douglass delivered the speech in Rochester, New York, on July 5, 1852.

Glover’s dramatic oration hinted at what Douglass might have sounded like that summer day in upstate New York.

“The conscience of the nation must be roused. The propriety of the nation must be startled. The hypocrisy of the nation must be exposed, and its crimes against God and man must be proclaimed and denounced. … Your celebration is a sham, your boasted liberty an unholy license. … There’s not a nation on the Earth guilty of practices more shocking and bloody than are the people of the United States at this very hour.”

After the program, Brown-Dean reflected on the meaning and the impact of Glover’s message. “How do we reduce that gap between the principle of democracy and our everyday practice?” Brown-Dean asked. “With that backdrop celebrating Frederick Douglass and his 200th birthday, to have a contemporary artist and activist link that together, then the challenge is on us. The gauntlet has been thrown. What do we do with that?”

DOUGLASS REMEMBERED

Danny Glover reflects on the teachings of the eloquent abolitionist

BY BRIAN KOONZ
PHOTO AUTUMN DRISCOLL

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Glover’s appearance commemorated the 200th anniversary of the birth of Douglass, who was born a slave in Maryland. He escaped to the North at the age of 20 and established himself as a talented speaker and writer. In February, Ireland’s Great Hunger Institute opened a yearlong exhibition titled “Frederick Douglass in Ireland: “The Black O’Connell,” which focuses on the time Douglass spent in Ireland from 1845–46 and his enduring relationship with that country. The exhibition is free and open to the public in the Lender Special Collection Room in the Arnold Bernhard Library. Go.QU.edu/douglass.
NEWS STREAM

North Haven Campus
Emilee Aries
BEAT BURNOUT

Emilee Aries sacrificed herself to be successful in the challenging world of politics, burning out at the age of 25. She dedicated her new career to helping women achieve more sustainable careers, founding Bossed Up, a personal and professional training company. Aries spoke to students and members of the Quinnipiac community in a program sponsored by the Center for Women & Business in November. Among her tips to avoid burnout: “Normalize your calendar so there is not a big distance between ‘should’ and ‘can.’ And saying ‘no’ makes room for a ‘hell yes’ when an opportunity comes. If we just default to yes, there is a distance between ‘should’ and ‘can.’”

Mount Carmel Campus
Honorees
EXCELLENCE NOTED

Six faculty and staff members were honored by the Center for Excellence in Teaching and Service to Students last fall during the 15th annual awards dinner. The center supports and recognizes members of the university community who provide superior teaching and service to students. This year’s teaching honorees were Margarita Díaz, associate professor of journalism; Kiku Jones, associate professor of computer information systems; and Courtney McGinnis, associate professor of biology. Service honorees were Stephen Allegretto, assistant controller; Anna Gilmore, director of prehealth advising; and Dominic Yoia, associate vice president and director of financial aid.

New Jersey
Mickey Carroll
VOICE OF POLL

Longtime journalist Maurice “Mickey” Carroll, who served as the spokesman for the Quinnipiac Poll in New York and New Jersey since 1995, died Dec. 6 in his family home in Convent Station, New Jersey, after a short illness. Before joining Quinnipiac, he worked for more than 40 years as a political writer for The New York Times, New York Newsday and other newspapers.

Bangladesh
Global Engagement
SHARING KNOWLEDGE
President John L. Lahey and several Quininiac faculty members recently visited Bangladesh to participate in the 2nd International Conference on Business and Economics hosted by Dhaka University. Lahey’s talk was titled, “Changing Universities in the Age of Electronic Information and Globalization.” Lahey was interviewed by several Bangladeshi TV news channels. Mohammad N. Elahee, professor of international business, was among a delegation of eight professors who accompanied Lahey and made presentations.

Irland
Black ’47 (Detail, M. Farrell)
COMING HOME

Ireland’s Great Hunger Museum at Quinnipiac University sent its acclaimed art collection to Ireland for the exhibition, Coming Home: Art and the Great Hunger. The paintings and sculpture are on display in Dublin Castle through June and then will travel to the West Cork Arts Centre in Skibbereen—diametric epicenters of the Great Famine—for another three months before heading to Derry in Northern Ireland and back to Hamden in April 2019. Meanwhile, the museum at 3011 Whitney Ave., is closed while the staff prepares a new exhibition,

Hamden, Connecticut
Students
CHOOSE LOVE

The School of Education and the Jesse Lewis Choose Love Movement sponsored a Writers’ Celebration in February in observance of Connecticut’s Social and Emotional Learning Awareness Week. Students from around the state submitted written expressions of what choosing love means to them. U.S. Sen. Richard Blumenthal opened the event, also attended by Scarlett Lewis, the mother of Jesse Lewis, 6, who was among the 26 people killed in the Sandy Hook school shooting. She founded the Choose Love Movement to raise awareness of the benefits of social and emotional learning. Pictured with them is Dean Anne Dichele.

Hamden, Connecticut
Cast members
NEW PLAY SPACE

Students presented “Doubt” in October and “The Imaginary Invalid” in November in the new Theatre Arts Center, 515 Sherman Ave. The center includes a costume and scene shop, a lighting and management booth and classroom space.

Danbury, Connecticut
Carol Soto
PRISON PROJECT

Two former inmates at the Federal Correctional Institution in Danbury who served as inspiration for characters in the book and Netflix TV show, “Orange is the New Black,” visited Quinnipiac in January to discuss health care for incarcerated women. The program was part of Quinnipiac’s Prison Project. Beatrice Codini was the co-founder of the National Council for Incarcerated and Formerly Incarcerated Women and Girls. In prison for 15 years, the former Latin Kings gang leader befriended Kerman and is referred to as “Esposito” in her book. Soto is a holistic health counselor who operated her own adventure tour company and was “Yoga Jones” in the book.

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IRISH FAVORED HEARTY FARE AND SIMPLE FOOD PREP

Immigrant groups shaped American culinary history

BY JANET WALDMAN

FOR CENTURIES, Italian women have been valued for their culinary abilities. Whether layering lasagna or creating special holiday dishes, they are known to spend hours in the kitchen.

For their counterparts in Ireland, at least in the first half of the 19th century, meal prep was as simple as filling a cauldron with water, tossing in potatoes, cabbage and maybe some bacon, hanging it on a fireplace hook and giving it an occasional stir, according to food historian Sarah Lohman.

“The Irish have always had food, not dishes,” said Lohman, curator of food programming at the Lower East Side Tenement Museum in New York City. The “traditional” corned beef and cabbage Americans enjoy on St. Patrick’s Day was not introduced to Irish citizens until they emigrated to America to escape the Great Famine of 1845–52, triggered by several years of potato blight.

Lohman shared her insights in an October lecture sponsored by Ireland’s Great Hunger Museum at Quinnipiac University, which celebrated its fifth anniversary last fall. She is the author of “Eight Flavors: The Untold Story of American Cuisine,” which explores the unique culinary history of America and how immigrant groups shaped the way Americans eat today.

Lohman explained that in the 1800s, cows were revered in the Irish culture. “They were too valuable to kill for meat because they provided butter and cheese that Irish farmers would sell overseas, keeping the buttermilk for themselves,” she said. Irish farmers did raise pigs, which they slaughtered and sold for rent money, keeping the bacon, pork or ham to flavor their soups.

Irish tenant farmers used a process to “corn” the beef (with rock salt) from the cows the British raised on Irish farmland for export to America and Great Britain, but meat was not a staple in the Irish diet—potatoes were. They grew well in the rocky soil and comprised 90 percent of a typical Irish person’s diet. They were calorically dense, filling and fairly nutritious.

“On the Irish, food was practical, not beautiful or complicated, and it was more of the same every day. They ate mainly for fuel and to stop from being hungry,” Lohman said.

Culinary skills were not relevant to an Irish homemaker’s status as a woman, leading Lohman to deduce that this simple diet freed women from household labor. “It was a tiny piece of women’s lib,” she said, prompting chuckles from her audience. Housework was simple as well. The typical Irish cottage had plaster or sod walls, a dirt floor, a bed and a table. Often, there was not a chair for each inhabitant, so family members would eat in shifts rather than sharing a meal, Lohman related.

Of course, Irish mothers still cared for their children, hauled water, tended fires and helped with farming chores. If they had extra money in pre-Famine days, they might spend it on soda bread and tea, socializing with neighbors.

Once the Famine hit, women played a significant role in Irish immigration. Because the voyage to America was expensive, families often could only afford to send one member at a time. Lohman’s research revealed that parents would choose the loudest, most obstinate daughter, hoping she would make her way in the new land, obtain employment, and send wages home so more family members could follow.

In mid-19th century America, there was a huge demand for household help. Young Irish women, often referred to by the generic nicknames of “Bridget” or “Biddy,” took their place in a domestic workforce that was 70 percent Irish. But, Americans soon learned these women lacked even basic cooking skills. “They were thought to be stupid in general and woefully ignorant about cooking and housework in particular. They were portrayed as uncultured people likely to break the china,” Lohman said.

Coming from homes with dirt floors and mud walls, they were unaccustomed to carpeting, gas lights, running water, coal stoves and sinks. They received room and board for their services and learned American tastes in food. Once they married, they incorporated American food and interior decorating trends into their own homes.

The food markets in New York City featured a wide variety of fruits, vegetables and meats. Italian immigrants viewed the ability to purchase food for themselves, rather than making it for others, as a sign of success.

“And the Irish found they could now afford to buy corned beef from the Jewish butcher. But they cooked it all in the traditional way—in a pot, with cabbage. This marked a celebration of sorts for Irish-Americans, as they could now eat the same foods once reserved for the British and other well-off people,” she said.
Faculty, students and staff gathered on a late January afternoon to welcome Judy D. Olian, who will become Quinnipiac’s ninth president July 1. She is the dean and John E. Anderson Chair in Management at the UCLA Anderson School of Management.

“Quinnipiac sought a visionary leader energized by the opportunity of leading our university at a pivotal moment in its history,” said William Weldon ’71, chairman of the board of trustees and chair of the search committee. “We are confident she will build on the university’s current momentum and strong foundation and will lead Quinnipiac to a higher position of achievement and national recognition.”

She succeeds President John L. Lahey, who is retiring June 30 after 31 years and three months on the job. His numerous contributions to Quinnipiac are detailed in a story that begins on page 26.

Olian, the university’s first female president, has served in her current roles at UCLA since 2006. Under her leadership, UCLA Anderson has been ranked among the top business schools in the world. It has raised more than $400 million for student and faculty support, and for the creation of provocative and inspired programming. Olian previously served as dean and professor of management at the Smeal College of Business at The Pennsylvania State University, and professor and senior associate dean at the Smith School of Business at the University of Maryland.

Olian described Quinnipiac as a comprehensive educational institution that achieves strong alignment between learning and market needs, affecting a broad mix of students with life-changing development and career opportunities.

“I believe there is a need in our marketplace to prepare and align our young people with the evolving career demands of the 21st century,” Olian said, adding, “I view Quinnipiac as one of those really nimble, bold, courageous, adaptive institutions that is leading the way in this important mission.”

Olian was recommended to the full board by a search committee of trustees that included Weldon, vice chairman Carlton Highsmith, vice chairman David Nelson ’81, trustee William Ayers ’70 and trustee Marybeth Noonan ’82. The search committee was guided in its efforts by the global search firm of Spencer Stuart.

The initial phase of the search included significant input from all campus constituencies, including trustees, faculty, staff, alumni and students, followed by open sessions with those same groups. The next phase included the appointment of a 14-member advisory committee that was widely representative of the university community. The advisory committee reviewed the candidates, assisted the search committee in its deliberations and interviewed the finalists.

Olian directs a graduate business school that is universally regarded as a leader and innovator in higher education, annually providing management education across MBA, master’s and doctoral programs, and to more than 2,000 working professionals through executive education programs. The school has several internationally recognized research centers and a global alumni network of more than 38,000 graduates.

“During her time here, more than half of Anderson’s current faculty were hired, bringing outstanding new scholars and content into the research and teaching programs,” said Scott L. Waugh, executive vice chancellor and provost at UCLA. “Four new research centers and the social impact initiative were launched, degree programs were introduced and expanded, hybrid delivery became part of the school’s portfolio, gender diversity among faculty and students is at an all-time high, Anderson’s global reputation and outreach among its alumni is unprecedented, and UCLA Anderson created an innovative, self-supporting financial model that is unique for the University of California.”

Olian earned her bachelor’s degree in psychology from Hebrew University in Jerusalem and her master’s degree and PhD in industrial relations at the University of Wisconsin, Madison. She lives in Los Angeles with her husband, Peter Liberti. She has spent significant parts of her life in Australia, Israel and the U.S.

“I grew up in communities around the world. I’m attracted to the purpose and mission of Quinnipiac and its willingness to change. I’ve seen this remarkable trajectory of growth. I look forward to building on that.”
SYMPOSIUM ILLUMINATES MARSHALL

Juan Williams and several lawyers share observations about first black Supreme Court justice

BY BRIAN KOONZ
PHOTO AUTUMN DRISCOLL

Long before Juan Williams served as co-host of Fox News Channel’s “The Five,” he soaked up stories from Thurgood Marshall, the civil rights champion and first black justice appointed to the U.S. Supreme Court.

After dozens of meetings with Marshall for his 1998 biography, “Thurgood Marshall, American Revolutionary,” Williams discovered a man who was kind, thoughtful and fiercely committed to equal opportunities for all.

“He was not intent on creating some Norman Rockwell picture of America with black children next to white children, next to Asian and Hispanic children,” Williams said in November at an event hosted by the Quinnipiac University School of Law. “His intent all along was to put pressure on all-white school boards.”

His insightful commentary was part of the Koskoff Symposium: The Life and Legacy of Thurgood Marshall. The event in the school’s Ceremonial Courtroom commemorated the 50th anniversary of Marshall’s appointment to the U.S. Supreme Court.

Michael Koskoff, a prominent Connecticut lawyer who was one of the screenwriters for the 2017 movie “Marshall,” delivered the symposium’s opening remarks along with School of Law Dean Jennifer Gerarda Brown.

“I knew what everybody else knew about Thurgood Marshall,” Koskoff said. “I knew he had been involved in Brown v. Board of Education and that he was the first black justice of the Supreme Court.”

What Koskoff did not know was that Marshall lived “an idyllic life” in a fashionable apartment on Edgecombe Avenue in Harlem and counted poet Langston Hughes, boxer Joe Louis and jazz legends Duke Ellington and Cab Calloway among his friends.

“He chose to leave the comforts of that existence to travel through the South—where they had never seen a black lawyer before, to defend people … all of whom needed him,” Koskoff said, adding, “All they had to say was, ‘The lawyer is coming.’

Marshall stood tall against discrimination and injustice in all its forms, Brown said. “His absolute mastery of the law was complemented by his strategic brilliance, his eloquence and humor, his love for friends and family, and his immense, immense courage,” she said.

Law professor Marilyn Ford and professor emeritus Martin Margulies moderated two panel discussions: Marshall’s Lawyering Years and Marshall on the Court. Harvard Law professor David Wilkins, a former law clerk for Marshall, recounted afternoons spent with an irreproachable judge and a master storyteller, a man whose prose was exceeded only by his passion.

“His opinions on the Supreme Court are … models of what the judiciary can do to make our world a better place,” Wilkins said, nodding in gratitude. “But most memorable for me as a law clerk were the judge’s stories.”

Wilkins painted a picture that would have made Marshall proud. He placed the judge in a big easy chair inside the clerks’ office, deep into the afternoon, when one story spun into another.

“Sometimes, they were stories of momentous events in history, such as the time he and Jomo Kenyatta were out on some lake in a boat hashing out the constitution of Kenya,” Wilkins said. “But oftentimes, they were stories about ordinary people.”

Williams and Wilkins were among a dozen speakers at the symposium. They were joined by Georgetown Law professor Susan Low Bloch, Vanderbilt University Law professor Daniel Sharfstein, Maryland Law professor Larry Gibson and others.

For Williams, the stories were essential to Marshall’s greatness. The judge wove stories to advance “his principle of equality and the equality of opportunity.”

Marshall’s office offered a glimpse into an inspired career, Williams said. On one wall, he had hung a framed brief from the Brown decision signed by John W. Davis, the opposing lawyer in the case. Nearby was an animal skin given to the judge by Kenyatta. On Marshall’s desk sat a bust of Frederick Douglass. “This is a man who has been in the fight, who has been in the struggle,” Williams thought to himself, pausing to reflect on the warrior inside the robe. “Thurgood Marshall was an artist of the law.”
In her classroom, Kiku Jones snaps to attention with her hands on her hips. The associate professor of computer information systems uses the stance to empower her teaching as well as her students. As she takes roll call in her senior capstone class, each student stands up and assumes a new identity.

Some channel Wonder Woman, like Jones, or Superman. Others mimic the Heisman Trophy or flex like a bodybuilder. The confidence carries into their work. “It’s really about making that connection with my students. The power poses are just one part of it. They’re seniors. They’ve done the work. They should be confident. Jones’s ability to reach students in bold, transformative ways earned her tenure and a Center for Excellence in Teaching award last fall. She began at Quinnipiac in 2013, after working at a health care conglomerate in Kentucky, and later, taking a leadership role at Feed the Children.

“As a student, I always felt like the teachers I connected with the most were those with corporate experience because I got to hear their real-world stories,” Jones said.

Her senior capstone class is focused on real-world learning. She splits the class into groups to help meet the website needs of nonprofits. The projects are critiqued by IT professionals. One project choice is Leah’s Dragonfly Dash, a road race that raises money for local children in memory of a 6-year-old girl who died in a car accident. On a global scale, her students also have built a website for a middle school in San Lucas Tolimán in Guatemala.

“I strongly believe in the importance of giving back to others,” Jones said. “We’re here to serve.”
What’s the most important thing a job seeker must get right on a resume?

The Office of Alumni Career Development can answer that question and more with a new suite of services, including job search strategies, networking and resume writing. The goal is to help Quinnipiac’s 50,000 alumni navigate various career transition points and advancement strategies.

“Your resume must be properly tailored to the position you’re applying for,” said Kristina Galligan, director of the new office. “Too often, applicants apply to different positions with the same general resume and they leave it up to the hiring manager to determine why and how they are a great fit for that particular role,” she noted.

Galligan encourages alumni to take charge of their own career paths and be willing to continually upgrade their skills—and their resumes—to be ready for new job opportunities.

The key, Galligan said, is understanding the evolving nature of career and professional development across a person’s lifespan. Gone are the days when employees remained with the same company for most of their lives.

If candidates wish to make a career change, they should show how their current job skills apply to the new position. “Many candidates fail to tailor their resumes to specific positions because it can be time consuming,” Galligan said. “But the effort will pay off when they receive more calls and emails from employers.”

Quinnipiac alumni also can take advantage of a new webinar series hosted by alumni. The hour-long webinars, complete with a Q&A segment, highlight powerful strategies for professional growth, including how to effectively leverage alumni relationships. The first webinar in January focused on storytelling—how to tell the story of one’s personal brand. Future webinar topics include empowerment and leadership.

“It’s incredibly impactful to hear from fellow alumni and members of the Quinnipiac community who have found great success in their careers,” Galligan said.

She encourages all alumni, regardless of their career status, to become part of the Alumni Career Network launching later this spring. “They will be able to create a free profile and connect with other alumni for industry advice, mentorship, resume reviews and job search strategizing, among other services,” Galligan said.

Brett Amendola ’91, president of the Alumni Association’s National Board of Governors, characterized the center as “a staple in building a lifelong learning relationship with our alumni community.”

Galligan agreed. “We have a great community of alumni with expertise in various industries and professions that can be leveraged to benefit other alumni,” she said. “I’ve been encouraged by the interest from alumni and their desire to support the Quinnipiac community.”

Prior to arriving at Quinnipiac, Galligan spent eight years in higher education with DeVry University in New York, where she specialized in career advisement and employer relations. She also launched DeVry’s internship program and spearheaded several key alumni engagement projects.

Before that, she worked in sales for a men’s custom clothing company in New York. She saw firsthand how the 2008 financial collapse and the ensuing recession affected her high net worth clients, and subsequently, her own future.

The experience taught her the importance of being nimble and prepared for change. Her own career has brought her full circle. She grew up in Hamden before earning her bachelor’s degree in business administration at the University of Connecticut. She is currently pursuing a master’s degree in adult learning and leadership at Teachers College, Columbia University.

“If you are constantly learning,” Galligan said, “then you are not going to be stagnant and you will have the ability to make a shift.”

Alumni can access the online Alumni Career Network through the Quinnipiac alumni website at Alumni.QU.edu. Contact Galligan at kristina.galligan@qu.edu or 203-582-7269.
James Doig ’17 wasn’t supposed to play on the emerald pitch with the panoramic view of Sleeping Giant State Park. He wasn’t supposed to wear the new Adidas uniform with its Quinnipiac Plaid shield and sophisticated design.

But a painful tackle gave him the chance. Two games into the 2015 campaign, Doig suffered a season-ending foot injury. Fortunately, the NCAA granted him an extra year of eligibility for medical reasons. “I wasn’t expecting to play in the new stadium here. I just thought it was something I’d be proud to come back and look at,” said Doig, a graduate student from Liverpool, England. “For me to play here, it’s absolutely lovely.”

The new Quinnipiac Soccer & Lacrosse Stadium and the Quinnipiac Field Hockey Stadium are lovely for everyone, from the five Division I programs that call them home on the Mount Carmel Campus to the fans who cheer for the Bobcats from the stands.

The ambitious, $30 million project officially opened in September. Both stadiums were designed by Centerbrook Architects in Connecticut and built in about a year, according to Greg Amodio, director of athletics and recreation. The university’s facilities department also played a critical role in the stadiums’ completion.

Doig, a second-year captain pursuing his master’s in interactive design, made the most of his eligibility reboot. With 38 career victories, he completed his soccer career as the winnigest player in program history.

A three-time All-MAAC selection, Doig played on Quinnipiac’s 2013 team, which won the MAAC tournament and competed in the NCAA tournament. He also played on Quinnipiac’s regular-season MAAC championship teams in 2014 and 2016.

Men’s soccer coach Eric Da Costa ’01, MBA ’09, envisions even more championship
James Doig ’17 looks to pass the ball at the new Soccer & Lacrosse Stadium that opened last fall with fan seating, restrooms and a press box, shown at right. The adjacent new field hockey stadium has the same amenities.

opportunities ahead with the program's upgraded facilities. "From a recruiting standpoint, it allows us to go out and attract a different type of student-athlete who can help us compete at that next level," Da Costa said.

The Quinnipiac Soccer & Lacrosse Stadium seats 1,500 fans. In addition to locker rooms and restrooms, it features team rooms, training and equipment rooms and a broadcast-ready press box.

The Bobcats play on a Field Turf Revolution 360 surface at the soccer and lacrosse stadium, the same synthetic surface used by the NFL's New England Patriots and Major League Soccer’s New England Revolution. The top-of-the-line materials, the university's commitment—none of it is lost on Doig.

"The stadium gives an advantage to the program, another stack for it to grow," Doig said. "I’ll tell you, that was the only thing that was lacking about the program, attracting big schools to come and play us. It’s been a great opportunity for me over the years, especially this year."

Next door, the Quinnipiac Field Hockey Stadium is among the finest playing surfaces in the country. In October, the Bobcats hosted top-ranked and eventual national champion UConn in a Big East Conference battle before a near-sell-out crowd. The spectators included players and coaches from a Division II program and two high school programs. "It’s a recruiter’s dream," Quinnipiac head coach Becca Main said of the new stadium. "It's an evolution from a grass field that six sports shared to this master plan, this vision coming from the university and President [John] Lahey that has just put us in another world.”

The field hockey stadium seats 500 fans and features a best-in-class artificial turf field and irrigation system, locker rooms and team rooms just steps away from the field, training and equipment rooms, a broadcast-ready press box and restrooms. "It’s not just the field and the watering system, which is what we would expect at a Big East school or a top-20 school. We have that," Main said. "It's having the locker rooms right there. It's having the ability to have 500 people sitting in the stadium.”
Sports Stream

Women’s Rugby
THREE-TIME CHAMPS
The women’s rugby team won its third consecutive national championship Nov. 19 with a 29–20 victory over Dartmouth College. The Bobcats finished the season with a 9–2 record, including a perfect 8–0 mark at home. The team rallied from a 15-point deficit in the national championship game to capture the title. Senior Ilona Maher scored two tries and added two assists to lead the Bobcats.

Women’s Basketball
BOBCATS CAPTURE CONFERENCE CROWN
In mid-February, head women’s basketball coach Tricia Fabbri won her 400th career game at Siena. Fabbri guided the Bobcats to an 18-0 record in conference play and their fourth consecutive MAAC regular-season title. Led by All-MAAC First Team performers Jen Fay and Aryn McClure, Quinnipiac was poised for another run to the NCAA tournament.

Men’s Ice Hockey
LEADING THE WAY
Odeen Tufto, a freshman standout from Chaska, Minnesota, ranked No. 1 nationally among freshmen in assists (0.88 per game) and points (1.08 per game) as of Jan. 30. Overall, Tufto was ranked No. 6 nationally in assists. In points, Tufto and Michigan State freshman Mitchell Lewandowski shared the No. 1 spot for rookies and ranked No. 29 nationally. Also in January, Matthew Peca ‘15 was called up by the NHL’s Tampa Bay Lightning and quickly made his presence felt. In a 7–4 victory over the Calgary Flames on Feb. 1, Peca contributed a goal and two assists.

Women’s Soccer
GOLDRING, GILL SHINE
Kelsey Goldring, a redshirt freshman forward from Armonk, New York, was named the ECAC Rookie of the Year and the MAAC Co-Rookie of the Year. Goldring finished last season with five goals and seven assists for the Bobcats (9–7–3), who reached the MAAC tournament semifinals. Junior Nadya Gill was named to the All-MAAC and fan loyalty program. Along with the latest news, statistics, rosters, standings, social media posts and live video/audio, the app includes the ability to buy tickets and to participate in a fan loyalty program. By using the app to support Quinnipiac Athletics at games, on social media, by becoming a season ticket holder and other ways, fans can earn points to exchange for Bobcat merchandise, food, VIP experiences and other rewards.

Cross Country
ALL-NEW ENGLAND
Emily Wolff, a senior from Highlands Ranch, Colorado, and Ryan Ansel, a junior from Danbury, Connecticut, each earned All-New England honors last season. Wolff finished third overall and Ansel finished 13th overall at the New England championships in Boston. Wolff is the first All-New England cross country runner from Quinnipiac since Katie Gwyther won the women’s race in 2005. Ansel is the first All-New England cross country runner from Quinnipiac since Rich Klauber finished eighth in the men’s race in 2012.

Men’s Tennis
STERN WINS SINGLES
Axel Stern, a sophomore from Tustin, California, won the 38 singles flight at the Connecticut State Championships in November. Stern captured the title after beating student-athletes from Sacred Heart, Boston College and Marist. Stern finished the fall campaign with a singles record of 7–3. He also beat student-athletes from Merrimack, Fairfield, St. Peter’s and NJIT.

Women’s Tennis
THE DRIVE FOR FIVE
Led by three-time MAAC Coach of the Year Paula Miller ’96, the Bobcats hope to win their fifth consecutive MAAC championship and return to the NCAA tournament. Although the team lost four all-conference players to graduation, Miller brought in a talented class of five freshmen to reset the roster. In January, Quinnipiac was unanimously voted as the preseason favorite to win the 2017-18 MAAC title.

Women’s Golf
LOW SCORES RAISE HIGH HOPEs
The Bobcats won three of their five tournaments last fall to head into the spring season on a roll. Luciana Tobia-Palza shot a school-record 65 and the Bobcats followed with a school-record 290 to win the Dartmouth Invitational in September. A week later, Quinnipiac captured the Hartford Invitational with a spectacular one-stroke victory over Brown. In October, the Bobcats won again at the St. John’s Invitational with a two-stroke victory over Brown.

For the latest scores and news, visit quinnipiacbobcats.com
THE COCOA CONNECTION

Dietitian fuels Bobcats with advice on nutrition that includes drinking chocolate milk

BY BRIAN KOONZ
PHOTO AUTUMN DRISCOLL

Dana Angelo White ’01 leaned in as though she was trying to soak up strategy in a huddle.

A sports dietitian and certified athletic trainer at Quinnipiac, White didn’t want to miss a word, or an opportunity. On this particular day, White was chatting with Taylor Sanna ’20, a midfielder on the women’s lacrosse team, to emphasize the importance—and the advantages—of proper nutrition for college athletes.

“Our weekly meetings consist of discussing ways to make sure I am getting enough nutrients to perform my best and help my healing process after an [anterior cruciate ligament] recovery,” said Sanna, a biomedical marketing major from Georgia. “I feel that my overall strength and recovery process has increased since meeting with her.”

It’s the perfect routine for White, who holds similar one-on-one sessions and group discussions with athletes in Quinnipiac’s 21 Division I athletic programs. She loves it all—the outreach, the interaction, the difference she makes. White holds a unique place among the 11 schools in the Metro Atlantic Athletic Conference. Few mid-major athletic programs—especially those that don’t have football—enjoy a full-time staff member with the training, background and expertise White brings to the Bobcats.

“The majority of athletes who come here have never really had any sports nutrition education,” said White, who earned her bachelor’s in sports medicine from Quinnipiac in 2001 and her master’s in nutrition education from Columbia in 2007. “I want to help our athletes gain the tools they need. I tell them, ‘I think it’s important for your sport, but I’m also thinking about your long-term health and your well-being.’”

White’s holistic message of good choices and better results—her curriculum includes a cooking game show and a custom cookbook for student-athletes—gives Quinnipiac another edge on the court, on the field and on the ice.

During one session, she and assistant athletic trainer Becky Mella created a cooking contest for the women’s basketball team based on the Food Network show “Chopped.” Players made their own dishes by integrating surprise ingredients such as eggs, rice and chicken.

“I was terrified. We were the judges. We had to eat this stuff—and the athletes blew us away,” White said. “Everything tasted great. The presentation and the garnishes, they did it all. It worked because you had that competitive mindset of athletes mixed with the educational pieces.”

A few years ago, White partnered with Brijesh Patel, the head strength and conditioning coach, to write “Cooking the Bobcat Way.” The cookbook, given to every freshman athlete, even includes a section on healthy microwave cooking.

White’s menu for success also includes chocolate milk. White said it’s the perfect post-workout drink for Division I athletes who may consume 3000 calories a day during the season. Along with tasting good, chocolate milk provides the ideal blend of carbohydrates and protein to replenish muscles. It’s also easily accessible and has the bone-building nutrients that athletes require, especially female athletes.

“Some kids call me the ‘Chocolate Milk Lady.’ I love when I see our teams carrying cases of chocolate milk to practice or onto the bus,” White said. “It just works. It really does.”

In addition to her work with Quinnipiac’s nearly 500 athletes, White serves as the nutrition expert for FoodNetwork.com and founding contributor for the Food Network’s Healthy Eats blog. As a clinical assistant professor of athletic training and sports medicine, White is on the faculty at the School of Health Sciences and the Frank H. Netter MD School of Medicine.

Her peers with the same credentials routinely work in professional sports and the Power Five conferences that play major college football, but White sought a different path. She wanted to move the needle at her alma mater, the university that gave her the chance—and the education—to dream big.
As a project analyst at Bank of America Merchant Services in New York, Polan manages credit card processing for both domestic and overseas clients. He works hard to reduce their exposure to stock market volatility, default and other risks identified during audits. “I enjoy managing multiple work streams,” said Polan, who grew up on Long Island and now lives in New Jersey.

He credits Quinnipiac’s accelerated dual-degree program—an innovative, cost-effective way to earn a bachelor’s degree in three years and a master’s in the fourth year—for giving him a head start in his career with an MBA.

“We were the guinea pig class. The program wasn’t even on the business school website yet when I was invited [in 2012],” Polan said. “Cost is such a big factor in deciding where to go to school. For me to get two degrees in four years—with the fixed tuition and not having to pay extra for grad school—it made a lot of sense.”

It also made sense to Samantha Tran ’20, MBA ’21. Tran enjoyed meeting other newcomers to the accelerated dual-degree program last August during a team-building event at Riverfront Park in Hartford. During the exercise, students learned concepts of teamwork as they worked to coordinate their paddling to navigate the long, canoe-like dragon boats on the Connecticut River. Tran described the experience as challenging but fun.

The marketing major and honors student said the dual-degree program was the main reason she chose to attend Quinnipiac: “The overall concept and receiving my MBA at the end of my four years here was the selling point.”

In addition to the School of Business, Quinnipiac’s School of Law, School of Health Sciences, School of Communications and the College of Arts and Sciences offer accelerated dual-degree programs. Students who rank in the top 20 percent of their high school class and score at least 1200 on the SAT or 25 on the ACT are invited to apply.

Quinnipiac also offers five-year dual-degree programs with a seamless transition from undergraduate to graduate studies. Instead of having to apply to multiple graduate schools and take the GMAT, the GRE or other standardized tests, dual-degree students enroll in both programs from the start. In fact, several programs allow students to apply up until the spring semester of their junior year.

Although these dual-degree programs are available across higher education, Quinnipiac is one of only a few institutions that offer accelerated dual-degree programs; others include Brown University, Northwestern University, the University of Chicago and the University of Virginia.

For years, the conventional MBA track saw students—often in their 30s—enroll full time in programs after spending several years in the workplace. That changed about a decade ago with the advent of online graduate programs and fewer companies picking up the tab for grad school.

Quinnipiac saw the opportunity in 2012 and began to help students envision a new MBA model, even if it was a bit unconventional at the time. The School of Business had successfully piloted the idea a few years earlier with some highly motivated, talented students.

“The students in the accelerated dual-degree program have had great internship opportunities and really strong job placements,” said Matthew O’Connor, School of Busi-
The Connecticut River in Hartford provided a picturesque and challenging backdrop for an exercise in teamwork for freshmen in the School of Business accelerated dual-degree program.
When people see my resume, they seem very surprised. I got my MBA when I was 21 years old. Not many people can say that.

— Elizabeth Helenek ’15, MBA ’16

ness dean. He developed the program’s model at Quinnipiac. “Sometimes we might have to educate employers a little—we knew that was going to happen—but once they understand the quality, the caliber and the capabilities of these students, they seek them out.”

For Polan, the return on investment is clear. Before he landed his current job with Bank of America Merchant Services, he worked as an intern for the company. “During my interviews, the program was a great talking point,” he said. “It generated a lot of interest because of what it says about your work ethic, your time management skills and the head start it gives you over other candidates without an MBA.”

Elizabeth Helenek ’15, MBA ’16, said the accelerated program helped her get hired as a risk analyst for project management at JPMorgan Chase & Co., the nation’s largest bank. Helenek coordinates the model risk procedures to ensure compliance with regulatory requirements. Like Polan, her success came from doubling up on classes and doubling down on a dream.

Although she sometimes found it difficult to complete 19 credits in a semester, she said it was worth it. “This program really stands out when you are applying for a job. When people see my resume, they seem very surprised. I got my MBA when I was 21 years old. Not many people can say that,” Helenek noted.

Helenek also managed to study abroad in London and assume leadership positions with Kappa Alpha Theta, one of 10 sororities on campus. Her biggest break came when she was checking in professionals for a program at the Center for Women and Business. “There was this one person from JPMorgan in New York, and I made it my mission to find her at the networking event,” Helenek said. “When I found her, we had a really nice conversation. She told me she had a lot of contacts in Boston and New York and asked me to send my resume.”

When a suitable job later opened at JPMorgan, the banking executive remembered Helenek and reached out to her. “She said she had a job on her team and asked me to come in,” said Helenek, who grew up on Long Island, but now lives in Manhattan. “After I got the job, I found out she had talked to a lot of recent graduates, but getting my MBA [sooner] really helped me stand out.”

The program has given Bashaw a head start with student media as well. After spending her first year as a staff writer for The Quinnipiac Chronicle, she became arts and life editor this year. “I’ve found myself ahead of the curve many times, not just because I was taking more credits,” she said. “Everything I was learning in class—AP style, how to use InDesign—I was able to apply right from the start.”

The School of Communications began offering the accelerated dual-degree program two years ago, but second-year students are already making the most of their opportunities. Gregory Hardman ’19, MS ’20, a double major in English and film, stacked his schedule with math and science classes as a teenager in South Africa. He also shined as a writer and essayist. But after discovering a passion for film when he was about 15, Hardman was eager to spend his college years behind a camera.

“When I got here in 2016, the only thing I knew about filmmaking was that I wanted to do it,” said Hardman, who also is enrolled in the honors program. “Now I feel confident in my abilities, whether I’m behind the camera or computer screen. I feel like I can finally begin to realize the visions that I’ve had for years.”

For Hardman, the manual experiences of movie making—the editing, the lighting, the sound—complemented his love of writing. Film became a perfect platform to lay out his narratives and develop his characters. By the end of his first year, including summer classes, he had collected 51 credits. He also gets hands-on experience as a production assistant for Quinnipiac Productions, which produces media content across the university.

But to tell the kind of stories he envisioned, Hardman felt he had to see more of the world first. He hopes to take part in the QU in LA program this summer. He also has been accepted to a “Cinema of India” course this fall with associate professor Ewa Callahan that concludes with a travel component to Mumbai in January 2019.

“To me, the [accelerated dual-degree program] is more about timing. I want to get out in the field as soon as I can,” Hardman said. “I want to get going, make some progress and work my way up the ladder. The younger I can start, the better off I’ll be. I want to get as many experiences as possible so I can apply that worldview to my films.”

Samantha Bashaw ’19, MS ’20, also wants to tell stories, but her medium of choice is long-form magazine journalism. After transferring more than 30 college-level credits from high school, Bashaw came to campus with enough credits to qualify as a sophomore in the School of Communications. It was all part of her master plan.

“I knew I wanted to go into journalism as a career right away,” Bashaw said. But in the back of her mind, she thought about earning a master’s as well. “But I never imagined I could do both in four years before the [program] packet came in the mail.”

The program has given Bashaw a head start with student media as well. After spending her first year as a staff writer for The Quinnipiac Chronicle, she became arts and life editor this year. “I’ve found myself ahead of the curve many times, not just because I was taking more credits,” she said. “Everything I was learning in class—AP style, how to use InDesign—I was able to apply right from the start.”

Bashaw grew up in Peru, New York, a town of nearly 7,000 people about 80 miles south of Montreal. She is yearning to see the world—and write about it. She is studying in Dublin this spring and hopes to take part in the QU in LA program in the fall.

“To be a good writer and a good journalist,” Bashaw said, “you need to be open-minded about other people, other cultures, other countries, even yourself.”
Suddenly, Sirot’s lifetime of suffering made sense. During her childhood in Port Chester, New York, she had suffered from painful bouts of muscle and joint pain that had been diagnosed then as fibromyalgia. As an adult she experienced frequent symptoms and illnesses, but one constant—debilitating fatigue.

Chronic fatigue syndrome is a complicated and often misunderstood disorder characterized by extreme physical and mental fatigue that lasts for more than six months. Most often it completely interrupts daily living; in fact, 25 percent of sufferers end up bedridden at some point. Usually, several other symptoms are present, from chronic pain to extreme insomnia. “Of the 20 or so common complaints, I have all of them but one,” says Sirot. “I’m grateful not to have the migraine headaches.”

While there is no cure for CFS, Sirot was relieved to get the diagnosis. “I was happy to have a name for it,” she says. “And happy that I could start taking action. I joined every support group I could find—at one point I was going to four of them—and I learned different ways to cope.”

Sirot is dedicated to helping scores of other people deal with the devastation of CFS. Funds from a generous gift she recently made to the university will be used to raise awareness and understanding of CFS among Quinnipiac students, the public and medical professionals and to focus on improving both diagnosis and treatment. She also hopes the illness eventually will get more respect.

For many years, much of the medical establishment dismissed CFS as being psychologically based—or all in a patient’s head. Advocates believe this lack of respect corresponds to a noticeable lack of funding for CFS research. In 2015, the National Institutes of Health allocated $5.4 million for the study of CFS. In contrast, far fewer Americans have multiple sclerosis—approximately 400,000—but the NIH doled out a whopping $103 million for the study of that disease.

While the Centers for Disease Control estimates that between 836,000 and 2.5 million Americans suffer from the syndrome, many of them go undiagnosed. There is no test to precisely detect CFS, and it is believed that most CFS patients see an average of 20 doctors before they find out what is ailing them.

Sirot, whose late husband, dermatologist Gustave Sirot, served on the Yale Medical School faculty, chose to give to Quinnipiac because the Frank H. Netter MD School of Medicine focuses on training primary care doctors. “Years ago, my family doctor didn’t believe that chronic fatigue existed. It’s so important that you have a physician who will take the time to listen to you,” says Sirot. “They can’t just give you five minutes. It all starts with your primary care doctor.”

Sirot’s gift supports the development of case studies where students work in interprofessional teams to diagnose and treat CFS. “This makes sense because athletic trainers, occupational therapists, physical therapists and social workers are the ones who will be working with the patients in the community, in their home and at their work, to help them learn to live successfully with this diagnosis,” says Kim Carol Sirot, 85, can’t remember a time when she wasn’t in pain. But it wasn’t until she was in her mid-70s that she found out why. “Finally, after years of going to different doctors, I got the diagnosis: chronic fatigue syndrome,” she says.
A seminar at the medical school brought together OT, PT, medical, nursing and social work students who discussed a particular case and how they could improve that patient’s quality of life.

Hartmann ’76, MHS ’82, professor of occupational therapy and director of the Center for Interprofessional Healthcare Education. “A lot of the work is in respecting the patients, in listening to their stories, and then helping them figure out strategies to manage the fatigue.”

A seminar held last October at the medical school brought together OT, PT, medical, nursing and social work students who discussed a particular case and how they could improve that patient’s quality of life. “I was shocked at the excitement,” says Hartmann. “Usually, we only get about 30 or 40 students for these case studies, but the room was packed—there were almost 130 students.”

Hartmann says most of the students have heard of CFS, but don’t really understand what it means. “Some students say they are so exhausted during finals that they have chronic fatigue. Then they meet somebody like Carol, who overexerts herself one day, and can’t recover or can’t get out of bed, for eight or nine days. Then maybe they understand that they are not using the term appropriately.”

Aaron Bernard, MD, the assistant dean for simulation at the medical school, runs the Standardized Patient and Assessment Center, also known as S-PAC, that contains fully equipped rooms for patient exams. “Carol was very interested in using her gift to develop new educational initiatives,” he says. “I am working to move things in that direction.”

Sirot’s gift inspired the university to name the center after the Sirots and a sign at its entrance reads: Standardized Patient & Assessment Center: A Gift of the Family of Gustave & Carol L. Sirot.”

In addition, her gift will support research on the topic by faculty and students and a speaker series with health care experts from outside the university. “We need to keep up to date on what is cutting edge with chronic fatigue syndrome,” says Hartmann.

Sirot says the most difficult part of dealing with CFS is the enduring pain. “A lot of people don’t realize that CFS has a big inflammation component,” she says. “My pain is mainly a combination of three different inflammations: bursitis, arthritis and sacroiliitis. But really, there isn’t a part of my body that isn’t painful.”

Sirot does various things to relieve her symptoms, including icing her glutes and modifying her diet. She avoids pain medications because she feels, “If it is strong enough to help you, it’s strong enough to hurt you.” She also maintains a positive attitude. “It’s not what happens in life,” she says. “It’s how you feel about what happens.”

In fact, Sirot rarely tells people about her CFS. “It’s not the kind of thing people enjoy hearing about,” she notes, adding that she struggled with what to write about her life in a book created for her 50th college reunion. “Finally, all I did was put in one line that said: ‘My body has become unreliable. I didn’t want it to be a downer.’”

Despite her lifelong health battles, Sirot, a mother of two and a grandmother, has lived a vibrant and productive life. She studied art at Smith College before moving on to a teaching fellowship at Oberlin College. Today, her modern Guilford, Connecticut, home, with views of Long Island Sound, is filled with her colorful paintings and geometric sculptures. Serving as the past president of the New Haven Wine and Food Society was just one of the many ways she has been involved in the local community.

Philanthropy has long been important to Sirot, who several years ago established the Carol L. Sirot Foundation. “I love being able to help people,” she says. “This illness has a profound effect on your life. So, in recent years I decided that I was going to make it part of my legacy to help other people who suffer with it, too.”
LAHEY'S LEGACY

BY JANET WALDMAN

John L. Lahey slides a white paper napkin from under his coffee cup, grabs a black pen and begins to sketch. As the rectangles take on a familiar shape, he relates how he illustrated his vision for Quinnipiac’s bucolic and iconic quadrangle on a similar napkin in 1987 for an architect who pictured it quite differently.

Gazing out the window of his wood-paneled office in late November, the quad spread before him, he says, “All the great colleges going back to Oxford and Harvard had an academic quadrangle, and it was very much in my mind that we did not have one... I literally created it.” Back then, the would-be quad actually resembled the letter L—the library and its rocket-shaped tower plus a classroom building to its left “with a round ‘thing’ on the end,” Lahey quips. A softball field occupied the space where the visitors entrance now sits.

Designing the quad was just the beginning of the overarching task that Lahey, the university’s eighth president, set for himself, and one that will be his legacy: transforming a small, local college into a major, nationally recognized university.

“I don’t know any other university that has undergone such dramatic change. Most shrank or hunkered down after the 2008 financial crisis. We added an engineering school, opened a medical school and completed two new campuses. Given the economic challenges of the times, even I’m a little amazed,” he says.

The manicured quadrangle is one of the first things visitors to the university notice and one of the last things Lahey will see when he shuts his office door for the last time this June. It’s where students meet on the Mount Carmel Campus to toss a Frisbee, catch some rays, study and socialize in the shadow of Sleeping Giant Mountain. It’s been the venue for decades of Commencement ceremonies, now held inside the TD Bank Sports Center, which Lahey designed on a second campus a mile away.

The 31 years and 3 months he’s devoted to this mission represent the lion’s share of his career in academia. The 71-year-old’s legacy of extraordinary vision and leadership also includes the construction of a third graduate campus in North Haven, increasing the number of schools to nine including a law and medical school, introducing Division I athletics, a successful online learning program, a poll and a museum and institute dedicated to educating visitors about Ireland’s Great Famine.

Enrollment has risen from 1,900 students in 1987 to more than 10,000 today, and the university’s endowment has grown from $3 million to more than $500 million.

On January 29, the board of trustees named Judy D. Olian, dean and John E. Anderson Chair in Management at the UCLA Anderson School of Management, the ninth president of Quinnipiac. She begins her duties on July 1 (see related story, page 10).

Some might call Lahey a magician, but he had no magic potion. Rather, he devised a formula that blended equal parts vision, imagination and planning with a dash of what he calls fortuitous timing. Looking back, he emphasizes how important it’s always been to be prepared for new opportunities.

“The medical school wouldn’t have been created if it had come up 10 years earlier [before the North Haven Campus was acquired]. We wouldn’t have a law school if the Bridgeport law faculty hadn’t come to us when they did. Murray
Greeting President John L. Lahey in the student section at a November men's ice hockey game are, from left: Janine Jay, software engineering major; Kayla Linn, senior psychology major; and senior media studies major Velvet Chestnut.

Photo Autumn Driscoll
Back in 1987, John L. Lahey envisioned a New England-like quadrangle that would rival those at the best universities. Lahey and Centerbrook Architects got to work and this drone shot captures the fruits of their labors. They built a new library complete with a center entrance, clock tower and carillon in 2000; renovated the Mount Carmel Dining Hall and Carl Hansen Student Center and repurposed the round building as the Clarice L. Buckman Theater. New quad construction since Lahey took office includes the Echlin Center, finished in 1989, built horizontally rather than the towering structure that had been proposed; the Center for Communications and Engineering, which first housed the School of Law, dedicated in 1995; and the Lender School of Business Center with the Ed McMahon Mass Communications Center, dedicated in 1993.
President Lahey reminisces about the time he drew his vision of the quad on a napkin for the architect.

Lender wouldn’t have joined the board of trustees if he’d been asked 10 years earlier, and men’s ice hockey never would have made it to the Frozen Four [twice] if Vermont hadn’t decided to leave the ECAC just when we were looking for an opening. We try to make good decisions, we prepare, but it doesn’t hurt to be in the right place at the right time,” he says.

**Man with a Plan**

Building an endowment was the work of decades, not years, Lahey knew. He’s often said that he and Patrick Healy ’66, former senior vice president for finance, ran Quinnipiac as a business while allowing the school’s endowment to grow into a valuable resource over time. Healy served for 43 years, retiring in 2015.

William Spears was among those with a front-row seat to change. He joined the university’s board of trustees in 1993 and chaired it from 2000–05. As an emeritus member, he still chairs the investment committee for the endowment. His son, Brian, is a 1992 graduate of the law school and a current member of the board.

“John Lahey is such a good executive. He never wasted a moment of my time. He knows how to use his board in the most effective way, and it’s been a privilege to see the school evolve as it has for 31 years,” he says. Spears describes Lahey as a man of extraordinary vision who is not afraid of taking a chance.

“It would have been easy to take a conservative course but to acquire a law school, build a medical school from scratch and borrow funds for an athletic facility demonstrated entrepreneurial vision—not going by the book,” he notes.

Spears recalls the endowment being less than $10 million when he joined the board. “I recommended a particular investment company. The endowment grew fabulously and outperformed many other universities, and Quinnipiac has always been able to generate a positive cash flow.” Returns this year were nearly 21 percent, among some of the highest returns on record.

Although a lot has changed over the years, one thing has remained constant—Lahey’s focus on a student-centric experience. He signs several thousand diplomas personally every year and is still using the same cartridge pen he’s had since day one. Lahey knows he will miss the student interaction and may return after a year’s hiatus to teach philosophy, a course he taught at Quinnipiac for 25 years.

Popular with students, the outgoing president patiently and willingly smiles for countless selfie requests. Getting that picture with Lahey is a tradition that ranks high on the bucket list of most students. During the mid-November men’s ice hockey game vs. Yale, Lahey and his wife, Judy ’99, made their way from the arena’s University Club to visit the packed student section at the end of the first period, a practice he follows at every home game. Every 20 feet or so, students entreated him to stop so they could capture “their moment.”

As he rounded the corner where the pep band sits and descended the arena stairs, a chant went up: “La-HEE, La-HEE, Lay-HEE…” Smiling broadly, he high-fived left and right as he ambled and chatted, soon joined by mascot Boomer.

“He loves this,” said Judy Lahey, watching the scene unfold from the top of the stairs. As Quinnipiac’s first lady, she has been by his side through dozens of commencements, convocations, ribbon cuttings and the like, and she has welcomed members of the QU community into her home on countless occasions. It would be safe to say she has served as a sounding board on occasion.

“I’ve known Judy for 50 years, been married to her for 48, and she is not without opinions,” Lahey says with a grin.

Since he announced his retirement last April, Lahey has savored every moment he spends with members of the community. In December, dressed in his customary suit, he donned a Quinnipiac Plaid scarf and recorded a musical holiday video with Quinnipiac-themed lyrics to the tune of “Walking in a Winter Wonderland.” He lip-synced while the university’s Legends a cappella group harmonized.

In late January, he shared students’ excitement when he helped announce the headliner for the Wake the Giant concert—R&B artist Khalid. In fact, he kicked in funds this year so they could have an extra-special performer.

“I go to a lot of student events, but the selfies get the most attention because this generation loves to take photos, and I am happy to do it. It’s important for the president to have a good sense of where the student body is, and I will say I personally feel closer to the students than a lot of my colleagues do. It’s critical, because if you are too far removed and don’t interact with the students, you won’t make decisions that are in their best interest,” he notes.

Lahey’s commitment to students is nowhere more evident than in the mission he carved with the Quinnipiac community early in his tenure: Quinnipiac would provide a solid foundation of liberal arts, but also prepare students for the professions with an emphasis on teaching as distinct from research. There would be no huge undergraduate lecture classes with sections taught by graduate students. Only faculty would be entrusted with teaching responsibilities, and classes would remain small.

While many Quinnipiac professors do engage in research and publish in peer-reviewed journals, they are hired and eval-
uated primarily based on their teaching. "In fact, as we were preparing to launch our medical school, we hired a lot of faculty from other research universities who came because they wanted to teach more than they wanted to do research; they wanted to work with medical students," Lahey notes.

To reward and encourage this focus on teaching, Lahey created the Center for Excellence in Teaching and Service to Students in 2003. Every year three teachers and three staff members are honored for their contributions. "If we were a research university, I'd have started a Center for Excellence in Research," says Lahey.

One such honoree is Sean Duffy, a political science professor who joined the faculty in 1998. He recalls a colleague telling him that the school was going places and it would be a place for him to grow, to be involved in the development of something big. In January, Duffy became executive director of the Albert Schweitzer Institute at Quinnipiac.

"Throughout his tenure, President Lahey has kept students front and center," agrees Louis Venturelli ’11, student government president from 2009–11. In that role, Venturelli met with Lahey for one-on-ones and small student leadership meetings weekly for two years. "He always made us feel incredibly welcomed and valued. Not only were our voices heard, but they truly helped shape the daily operations of the university," says Venturelli, now a youth program officer for the World Summit of Nobel Peace Laureates.

"Under his leadership, Quinnipiac has grown to be a first-rate institution sending graduates into the world in leadership roles armed with the skills needed to make bold and positive impacts on the communities and industries they serve," Venturelli says, adding: "I know this because I see it every day through the success stories of my friends who graduated alongside me."

**Architect for Change**

That L-shaped campus Lahey describes was about to morph when Lahey took the reins. His predecessor, Richard Terry, and the trustees had authorized the construction of a building opposite the library to house the physical therapy and occupational therapy programs. Centerbrook Architects was suggesting a four-story edifice that would match the library in height.

"They told me its door needed to line up with the library so there could be a pathway in between. I said, 'What are you crazy? That looks like the Chrysler Building.' I remember it like it was yesterday. I took a napkin and a pen and turned the building on its side, like this, making it a two-story rectangle and putting the door right here on the end. That became Echlin Health Sciences Center, and I told them, 'While you're at it, finesse this round thing sticking out of Tator Hall,' which I turned into a theater with Claire's [benefactor Clarice Buckman’s] money. And back then, you couldn't enter the library through the tower, you had to enter through a side door. It was a horrible design, and we created the front door."

Around the same time, Lahey set out to invigorate the board of trustees and asked about successful alumni. People pointed to entrepreneur extraordinaire Murray Lender ’50 of the Lender Bagel family, and Lahey was delighted to learn that Lender lived in nearby Woodbridge. He sought to build a board that would lend credibility to the college’s development efforts, noting that potential donors almost always ask who’s on the board. Ten years earlier, former President Terry
had asked the CEO of New Haven’s Echlin Corp. to join and was turned down.

Lender’s presence on the board changed the business community’s perception of Quinnipiac overnight. And Lahey observed that having Bill Weldon ’71, former chairman/CEO of Johnson & Johnson, on the board when he was raising funds for a medical school gave the university’s plans for a major initiative in health care instant credibility. Weldon chairs the board today.

“People give to winning things … You can’t just ask people for money to build a building. You’re asking them to be part of a major endeavor, something that students and others are going to benefit from, something they can be proud of,” Lahey says.

Thanks to donations from alumni, the business community and trustees, Echlin Health Sciences Center was built in 1989 and Lender School of Business Center in 1992, when the main parking lot was created to eliminate vehicular traffic on the quad. New board member Frederick Mancheski, then president of Echlin, persuaded his employer to name the health sciences center while Murray Lender and his brother, Marvin, named the School of Business Center. Lender and Lahey became good friends over the years, and it was Lender who joined Lahey in his endeavor to make Quinnipiac the largest repository for art and literature on the Great Famine by first establishing the Lender Family Special Collection Room in the Arnold Bernhard Library and then helping to build Ireland’s Great Hunger Museum at 3011 Whitney Ave.

Looking to grow the college beyond Connecticut in the 1990s, Lahey capitalized on Quinnipiac’s proximity to New York City, the communications capital of the world, by adding a third professional school, this one focused on communications. As he raised funds for the new building, to be located adjacent to the Lender Center, Lahey learned that Ed McMahon’s daughter, Linda, had attended Quinnipiac several years earlier. When “The Tonight Show” moved from New York to Los Angeles, McMahon, Johnny Carson’s famous sidekick, moved with it, taking along his freshman daughter.

Lahey decided to invite Linda McMahon back to see what was going on at the college she had first chosen to attend and to hear about the state-of-the-art broadcast studio he hoped to build.

McMahon contacted her famous father, who met with Lahey in Los Angeles and agreed to help Lahey secure funding for the new venture. The Ed McMahon Mass Communications Center was dedicated in 1993. That same year, Lahey inaugurated the Fred Friendly First Amendment Award, which has honored a who’s-who of broadcasters and marks its 25th anniversary this June. The communications program became a full-fledged school in 2000, the same year Quinnipiac traded the name “college” for “university.”

“Now I had my quad, and when the law school opportunity came in 1992, that completed it on the far end. It’s the greatest thing to see students sunbathing in nice weather, enjoying the serenity. It’s very New England like,” he says.

In 2014, the law school relocated to the North Haven Campus and its former building was renovated to house the communications programs as well as workshops for engineering, which became Quinnipiac’s ninth school in 2016.

Lahey is among a select group. According to the American Council on Higher Education, only about 5 percent of all in-office college presidents have served longer than 20 years. “I knew Quinnipiac needed a long-term vision and a long-term plan, so I came with the view that a vision, strategy and culture would take years,” says Lahey, noting that he was “still young” when he left Marist for Quinnipiac after working there 10 years.

“I also could have left Quinnipiac and been president of two more colleges in my lifetime, but I really didn’t think about it because Quinnipiac was changing so rapidly and so well. Headhunters called and other universities dangled things out there, but I never pursued them. I would only have been interested in big private institutions, and think about it—what do they have: a law school, medical school, Division I athletics, a museum—and Quinnipiac had those or we were planning for them.”

In addition to three philosophy degrees, Lahey earned his master’s in higher education at Columbia University Teachers College. He knew he had to be here for at least 10 years to have an effect. “After 15 years, I concluded that I was probably going to spend my career here. And besides, I’m a New Yorker, and I didn’t want to get more than 1½ hours away.”

The Quinnipiac Poll

Quinnipiac is not a word that rolls off the tongue. To achieve his goal of national prominence, Lahey knew the name needed to seep past Connecticut’s borders into newspapers and onto the lips of broadcasters who would teach people how to pronounce it. Coming from Marist, which had a poll, Lahey knew a poll would be a solid way to achieve that recognition.

He already had a total marketing communications plan to introduce Quinnipiac to prospects in surrounding states. The college was advertising in print and radio, developing new alumni chapters and recruiting new board members in New York, New Jersey and Pennsylvania. He reasoned that a successful poll in those states would complement those efforts. He especially liked the fact that accurate, scientific polling would associate the college with a worthy endeavor while giving students, hired as interviewers, paying jobs in which they could learn firsthand about political issues and research methods.

Like a new Broadway show that chooses to debut at one of New Haven’s theaters, Quinnipiac’s poll began in Connecticut in case it flopped. In “Quinnipiac, The Lahey Years,” a book published in December that details Quinnipiac’s history before and during his tenure, Lahey says his first step was to find someone at Quinnipiac with the skill set needed to launch a statewide political poll.

He met with Paul Falcigno ’54, who was teaching market research methods in the business school. Given that political polling uses the same methodology as market research, Falcigno was confident that he and his students could achieve valid and reliable results. In 1988, just one year after Lahey arrived at Quinnipiac, Falcigno and his students conducted the first Quinnipiac poll using the same phones that other staff used to call alumni for annual fundraising gifts.

A few years later, with the re-energized School of Business and the communications program up and running, the time had come to expand the poll beyond Connecticut. Lahey hired a full-time director, Douglas Schwartz. With
a master’s degree in survey research (and a PhD in the works) and hands-on experience working for CBS election surveys, Schwartz had both the academic and the practical experience required to bring the poll to the next level.

With Schwartz writing the survey questions and analyzing the results, the poll expanded into New York state and New York City, followed by New Jersey a few years later. The state-by-state expansion continued, ensuring maximum exposure within the states where admissions was focusing its recruiting efforts. “When you do a statewide poll, the coverage you get is just tremendous,” Lahey says.

Once poll results began appearing throughout New York, and radio ads began airing statewide, Joan Isaac Mohr, vice president for admissions and financial aid, followed up with on-the-ground recruiting efforts. The results were impressive. Soon the poll began expanding into other states that Mohr’s research had identified as promising. Lahey recalls, “You could watch, state by state, as the growth in applications and ultimately in enrollment followed the polls.” After New York and New Jersey, Pennsylvania was added in 2002 and Florida in 2004. Lynn Mosher Bushnell, vice president for public affairs, says the reason for choosing Florida had more to do with the grandparents of prospective students than with the students themselves. “It doesn’t hurt,” she says, “to help family members who may be funding part of the education to become familiar with the name.”

The media’s and the public’s interest in Senate and Congressional elections also has grown. Once again, Quinnipiac’s ability to delve deeply into specific states has earned it not only high marks but increasing national recognition. National polling began in 2001. It was not long before Quinnipiac was being quoted often and widely in both state and national media. In fact, by the time Barack Obama ran for president, major news organizations were eager to partner with Quinnipiac, but Lahey thought it best to keep the poll independent. Today, the poll is widely recognized as the gold standard in political polling with the greatest degree of independence and accuracy of any poll in America. Eventually, Quinnipiac added Ohio, Virginia, Georgia, Iowa, New Hampshire, North Carolina, Colorado and Wisconsin to its roster. These additions enabled the poll to leverage its state-focused approach in crucial state elections that the nation was watching. In preparation, the poll added 50 more calling stations to the 150 it already had, making it possible to poll in half a dozen states simultaneously, a capability no other polling operation in America possesses.

Another way to broadcast the school’s name came in 1996 when the late Lou Adler, then a professor of communications and former news director at WCBS Radio in New York City, suggested that the university buy a commercial AM radio station and make it into “a real-life lab” for students. Lahey liked the idea. Before long, Adler learned that a Spanish language station in Hamden, Connecticut was for sale, and Quinnipiac bought it. Today, QNN1080 is a top-rated news/talk station in the Hamden area, with a significant listening audience.

Senior occupational therapy major Stephanie Hoang conducts a survey for the Quinnipiac Poll.

The Quinnipiac Poll not only provides valuable information to students, faculty and staff, but also helps to shape the university’s admissions and public relations strategies. It has become a key component of Quinnipiac’s marketing efforts, helping to attract students from across the country and around the world.

Photo Autumn Driscoll
WXCT, was for sale. The station had a 1,000-watt signal that reached well out into the surrounding area during daylight hours, but was restricted to half power once night fell. The trustees authorized the purchase of the station for $500,000 and on April 28, 1997, WQUN—Connecticut’s first university-owned commercial AM community radio station—went live.

**Division I Decision**

As the poll was expanding, Lahey began turning his attention to athletics. Although there is no real correlation between athletics and academics, he knew that many people assume the two are on the same level. He reasoned that Quinnipiac, then in Division II, would not be considered an academic powerhouse unless it became an athletic powerhouse as well.

“But the problem with athletics is you don’t get to choose your conference,” he explains. First, there has to be a conference opening, and then the other members vote on whether to accept a particular school. Lahey found it frustrating that so much of what he wanted to accomplish in sports depended more on luck than it did on planning and execution. Nonetheless, he presented the Division I idea to the trustees, which approved the proposal to move to Division I athletics and seek admission to a new conference. Newly hired athletic director Jack McDonald would shepherd the move.

First, Quinnipiac had to meet several requirements including offering a number of full athletic scholarships and maintaining a full-time staff. That was easy. The only requirement not under Lahey’s control was that a Division I team play 90 percent of its games against Division I competitors—a Catch 22 of sorts. Of the 31 Division I conferences, four in the Northeast seemed the most likely: the Metro Atlantic Athletic Conference, the America East Conference, the Patriot League and the Northeast Conference.

Rich Ensor, commissioner of the MAAC, told McDonald that Quinnipiac wasn’t ready for his conference, but he encouraged and supported Quinnipiac’s approach to the NEC, which had just lost members. NEC was not Quinnipiac’s first choice, but Lahey and McDonald enthusiastically visited the presidents and athletic directors of every school in the conference. And then the news came that Quinnipiac had been turned down.

The disappointment was short lived, however. The very next year, 1998, the NEC decided to expand from nine to 12 schools. Quinnipiac reapplied and was accepted. Lahey signed the official papers at a pep rally and immediately set his sights on the next conference, according to McDonald, who served as AD for 20 years before retiring.

Lahey had made a decision to focus on hockey in addition to basketball. He reasoned there were fewer than 60 Division I hockey programs in the country and more than 300 Division I men’s basketball teams. According to Lahey, hockey also was strong in areas where Quinnipiac was actively recruiting students. The problem with the NEC was that it did not have a hockey league.

McDonald’s solution was to invite the athletic directors of the region’s Division I hockey teams to a meeting at the New Haven Coliseum, where Quinnipiac was hosting an annual hockey tournament. A number of ADs came
and agreed that they wanted to form a Division I hockey league. McDonald discussed the idea with Ensor, who was interested in adding hockey to his conference. Ensor made a presentation to that group of athletic directors from Iona, Fairfield, UConn, American International, Canisius, Holy Cross and Sacred Heart. In short order, there was a Division I MAAC Hockey League. Bentley, Mercyhurst and Army joined later. Quinnipiac played its first Division I hockey game as a member of this league at the Quinnipiac Cup Hockey Tournament at Yale’s Ingalls Rink in Fall 1998. Quinnipiac’s reputation began to grow, and the team played in the NCAA Division I tournament in 2002. Lahey was more eager than ever to move up to a stronger Division I conference.

Never dreaming that Quinnipiac could make it into ECAC Hockey, which included Harvard, Brown, Princeton and Yale, Lahey was thinking about approaching Hockey East. Around this time, McDonald got word that Vermont was leaving the ECAC to join Hockey East. That meant there was an opening. “That was the greatest piece of fortuitous luck to come my way since I’ve been president, bar none,” Lahey reflects.

McDonald tried to manage Lahey’s expectations. Knowing how well-positioned another university was, the athletic director believed that “the only prayer we had was if the ECAC decided to take two schools.” Lahey and McDonald made a presentation to the ECAC during which Lahey committed to building a major new sports facility.

“We hadn’t broken ground yet,” says Lahey, “but we had already raised some money for it, and the board was behind it.” The new sports center would include both hockey and basketball arenas and provide equal facilities for the men’s and women’s ice hockey and basketball teams.

Neither Lahey nor McDonald were optimistic about the outcome. Although Quinnipiac’s academics were on par with Holy Cross—the competing school—QU was less well known. When McDonald got the news that Quinnipiac was in, he assumed Holy Cross was as well. But only Quinnipiac had been chosen, thanks in part to its commitment to building a major new sports facility.

True to his word, Lahey supported women’s ice hockey, which advanced to the first round of the NCAA tournament while the men played North Dakota in the Frozen Four. Although the Bobcats lost that game, fans had plenty to cheer about. The team captured the ECAC Hockey regular-season and conference tournament championships for the first time that season.

2013
Men’s ice hockey played Yale at the Frozen Four.

2016
Women’s ice hockey advanced to the first round of the NCAA tournament while the men played North Dakota in the Frozen Four.

2017
Women’s basketball advanced to the Sweet Sixteen.

and advanced to the first round of the NCAA tournament in 2016. Greg Amodio succeeded McDonald as athletic director in 2015, leaving his AD post at Duquesne of the Atlantic 10 Conference for the opportunity to head Quinnipiac’s rising athletics program.
Construction of the Quinnipiac School of Law building in 1994 on the Mount Carmel Campus. Photo from Quinnipiac archives.
Courting the Law School

The opportunity to acquire the University of Bridgeport law school is another example of what Lahey calls fortuitous timing. Back in September 1991, UB was experiencing a significant enrollment drop across the university. Half of the university’s faculty had been on strike for nearly two years, and the school had been forced to take bank loans to cover much of its operating budget. To the dismay of many—especially the late Terence Benbow, then-dean of the law school—the university was considering an alliance with the Professors World Peace Academy, an institute financed by the Rev. Sun Myung Moon’s Unification Church.

Convinced that the law school’s reputation and accreditation would be threatened, Benbow began a search for a more hospitable home for the law school, which brought him to Quinnipiac, along with his associate dean and two faculty members. Surrounded by foliage, the campus offered a stark contrast to the blighted South End neighborhood their law school occupied. Soon after, Lahey visited UB to meet with the rest of the law school faculty.

Lahey also discussed the possible acquisition of the law school with his finance chief, Patrick Healy, and the board of trustees. Quinnipiac’s strategic plan said nothing about entering the field. However, all quickly agreed the law school fit well with the college’s goal of preparing students for successful careers. The trustees unanimously approved the proposal, provided that the law school first become independent of UB.

The biggest obstacle to the move was Quinnipiac’s faculty union. ABA rules prohibited law school faculty from joining a union, but because Quinnipiac’s union was a “closed shop,” all new faculty had to become members. Lahey called in the head of the union, which eventually agreed to a “carve out” for the law school. The deal Lahey proposed at the end of January 1992 consisted of two parts: Quinnipiac would pay about $1 million for the books in the law library and another $4 million to rent the school’s existing facilities in Bridgeport for three years while Quinnipiac built a new home for it.

Everyone at Quinnipiac expected the deal to be consummated in short order. Instead, it almost collapsed. “We came very close to walking away from it,” recalls Lahey, explaining that the situation in Bridgeport had continued to deteriorate.

In the fall of 1991, just prior to the UB law school faculty’s vote to join Quinnipiac, UB President Janet Greenwood resigned, and Edwin G. Eigel, the university’s provost, was named interim president. When UB’s trustees heard about the law faculty’s vote, they were furious. On Nov. 27, Eigel fired Benbow. But the dean not only refused to accept the letter of termination, he refused to leave his office. With crowds of supportive students gathering outside Benbow’s window, the university called in Bridgeport police. TV news crews followed.

A compromise between Benbow and the university ended the fireworks, but that January, Eigel and others, including Connecticut Sen. Christopher Dodd, held a news conference in the university auditorium to announce that Sacred Heart University in neighboring Fairfield was going to take over all of UB’s programs, including the law school, keeping it in Bridgeport.

Benbow believed that Sacred Heart lacked the financial ability and academic standing to satisfy the bar association’s requirements for accreditation. With both Sacred Heart and Quinnipiac preparing to present their cases to the bar’s council on legal education, Lahey expressed concern that the battle over the law school might well destroy it. But before the month was out, SHU’s president announced that his institution would no longer seek an affiliation with UB’s law school. The law school faculty’s preference for Quinnipiac, he said, was decisive. Eigel quickly announced that UB would begin discussions with Quinnipiac. They lasted six weeks.

Never before had a U.S. law school separated from a university and affiliated with another college without any interruption in accreditation. The ABA told Lahey and Healy it would support the law school move, but that the move could not happen without the agreement of UB. On March 18, 1992, on their way back from the previous day’s St. Patrick’s Day Parade in New York, Lahey and Healy stopped in Bridgeport to sign the papers. Benbow served as dean the first year, and then became dean emeritus and a professor.

Representatives of the ABA were scheduled to arrive one week later to inspect the law school’s facilities. After years of budget cutbacks and neglect, the buildings and grounds on the UB campus were shabby. Fortunately it was spring break, so students were away for the spruce-up. Lahey told Joe Rubertone, then Quinnipiac’s director of facilities, to do whatever it took to get the school ready for inspection. Rubertone brought in additional crews and over the next seven days, the law school was cleaned, patched and painted.

The ABA’s initial site evaluation team was satisfied with the conditions it found, but at the time, the ABA frowned on leasing facilities. To demonstrate that the three-year rental agreement with UB was temporary and that Quinnipiac was serious about building the law school a permanent home on its Mount Carmel Campus, Quinnipiac accelerated the development of its design and construction plans. Lahey also invited ABA representatives to visit Quinnipiac so they could see for themselves where the law students would be attending classes. “As soon as they saw the campus, everything changed,” Healy recalled. “They realized we had the financial resources to make the new law school successful.” The school moved into an architecturally striking building on the Hamden campus in 1995 and into an equally attractive building on the North Haven Campus in Fall 2014.
Major Medical Initiative

Only 2 percent of U.S. universities can boast both a law school and a medical school. Lahey hadn’t given that statistic much thought until a longtime friend and former president of New York Medical College in Valhalla, New York, told him the Archdiocese of New York was selling that school. He urged Lahey to consider acquiring it.

Lahey was intrigued. He served then—and still does—on the board of Yale New Haven Hospital. He knew the Affordable Care Act was in the offing and it looked increasingly certain that primary health care would be delivered in the future by teams of medical professionals. Quinnipiac already had highly respected programs for nurse practitioners and physician assistants, physical and occupational therapists, and other health care disciplines.

In fact, Quinnipiac trained just about every medical professional except doctors. So, Lahey reasoned, why shouldn’t the university consider acquiring a medical school?

His colleagues on the cabinet and board of trustees agreed the idea was worth considering, so Lahey drove to Valhalla to take a look. Thinking back to when he first stood on Quinnipiac’s small, muddy campus in the mid-80s, he remembers seeing potential. Standing on the rundown campus of New York Medical College, about an hour away, he saw something else entirely.

The college was unattractive. “They shared a parking lot with a prison, and there also was a county medical center, a coroner’s office and an environmental testing center. It was not Quinnipiac to say the least,” he says.

It turns out that the archdiocese was willing to give New York Medical College to anyone who would buy the land they owned adjacent to the school—40 acres of undeveloped property just 3 miles from New York City. Lahey told the archdiocese that Quinnipiac was a university, not a real estate developer.

On the drive home, it dawned on him that Quinnipiac might already have what it needed to start its own medical school. The university had by then acquired the Anthem Blue Cross property, and Lahey knew the existing plans for the North Haven buildings would only use about half the square footage available.

After hiring consultants to explore the possibilities, Lahey conferred with Healy. They concurred that Quinnipiac was a university, not a real estate developer.

Planning to become a doctor, Weldon had majored in biology, but financial considerations prompted him to reconsider his career choice. He took a job selling pharmaceuticals for Johnson & Johnson. A few decades later, he was appointed the company’s sixth CEO and chairman of the board.

Before Weldon was named CEO, he was worldwide chairman of pharmaceuticals for the company. It was at this point that a member of J&J’s board, whom Lahey had gotten to know through his Yale connections, described Weldon as a man on the way up. “He told me, ‘You know you really ought to get this guy on your board; he’s got a future,’” Lahey recalls.

He knew how valuable it would be for the university’s health care endeavors to be able to say that the head of J&J Pharmaceuticals was a trustee. And it was. As valuable as his own work and personal contributions to Quinnipiac were, Weldon’s role on the board was a game-changer.

The final puzzle piece was Lahey’s growing relationship with Edward Netter, a major figure in the world of insurance and finance. Lahey had gotten to know Netter over a 20-year period as he served on the boards of both The Independence Holding Company, an insurance company Netter owned, and The Alliance for Cancer Gene Therapy, a philanthropic venture Netter and his wife, Barbara, had founded and funded.

Indirectly, Quinnipiac’s pioneering efforts in online education had helped cement Lahey’s relationship with Netter. When a local Connecticut bank merged with Aristotle Corp., a developer of computer-based training programs, an acquaintance of Lahey’s, John Crawford, asked if the university president would join the board.

Aristotle, Crawford told Lahey, had become interested in developing training programs that could provide online continuing education, and he was eager to have someone with Lahey’s experience with online learning on the board. Not long after Lahey accepted the position, Netter acquired Aristotle and asked Lahey to remain as a member of the board. Lahey agreed. Seven years later, Quinnipiac inducted Netter into its Business Leaders Hall of Fame.

As their relationship deepened, Lahey learned that Netter’s first cousin had been one of the foremost medical illustrators in the world. Dr. Frank H. Netter, a surgeon and the so-called “Michelangelo of Medicine,” continues to be known throughout the medical profession for his incredibly detailed and beautiful illustrations of virtually every system in the human body.

So it was that Edward Netter, who did not attend Quinnipiac, and his wife, Barbara, agreed to help fund the new medical school with a major gift, resulting in the new flourishing Frank H. Netter MD School of Medicine at Quinnipiac University. The school graduated its first class in 2017, and all 38 members matched to residency programs.
Future doctor Darrick M. Potter sports his white coat at the Frank H. Netter MD School of Medicine's White Coat Ceremony in August 2016.

Photo Autumn Driscoll
Off-Campus Learning Opps

While librarians re-settled Quinnipiac’s book collection into new stacks in the summer of 2000, a technical revolution was taking place at some progressive-thinking universities, and Lahey became convinced that online courses were going to become an important part of higher education. Few at Quinnipiac shared Lahey’s conviction. In fact, many viewed the idea with disdain.

“Online classes were not very popular on college campuses at the time,” recalls Lahey. “They were viewed much as correspondence education has always been viewed: not as good as live instruction.” He saw the benefits that online learning could offer working adults who wanted to earn advanced degrees but could not fit traditional on-campus classes into their schedules. And he saw a possible synergy between classroom work and additional instruction outside of class. Some faculty worried the new technology would take their place, and staunchest of all in its opposition to the new medium was the faculty union, still strong at this point.

Given this opposition, Lahey set up the online initiative as a separate entity. He delegated responsibility for the new enterprise to Richard Ferguson, his newly hired chief information and technology officer. Ferguson recalls that in his first annual review, Lahey told him to get started right away on distance learning. “He told me it was something we needed to do, that if we didn’t learn to play the online game, we could be in real trouble. He was way ahead of his time,” Ferguson recalls.

Ferguson hired Cynthia Gallatin to direct the new entity—Quinnipiac University Online. Today, she is vice president and chief operating officer of online programs. She looked in particular for pioneers—tenured professors who were seriously interested in innovation. Ferguson points out that this group offered the added advantage of being highly respected professors, which helped lend the new program credibility. The online program made money from the beginning, and Gallatin recalls every faculty member in that first group saying they actually re-thought how to teach their on-campus classes based on their online teaching experience.

Another off-campus teaching opportunity was presented in the form of Ireland’s Great Hunger Museum, Museum An Ghorta Mhóir, which houses the largest collection of paintings, sculpture and literature devoted to the tragic period in Irish history from 1845–52 when more than a million people died and more than 2 million fled Ireland. Taoiseach Enda Kenny, former prime minister of Ireland, visited in 2015, and other Irish political dignitaries visited when it opened, among them the contemporary artists whose work is displayed there.

Lahey made the story of the Great Hunger the theme of the 1997 New York City St. Patrick’s Day Parade. He was grand marshal that year, and it was the 150th anniversary of Black 47, the worst year of the Famine. The Lender brothers, and especially trustee Murray, heard several of his speeches on the topic and were taken with the compelling nature of the story.

“Murray was someone who appreciated immigrant groups and the variety of people who make this country so great, who suffered discrimination when they gave up country and home to come here and start a new life,” Lahey says. He notes that Lender “made his money on the bagel, the quintessential ethnic food that he turned into a universal food.” When Lahey asked the Lenders for a gift to support the new Arnold Bernhard Library in 2000, Murray asked that some of it be used to educate people about the Great Hunger, and that led to the creation of the Lender Family Special Collection Room. As the collection grew and became more valuable, the Lenders supported its expansion into the museum that opened in 2012 and allows the general public to experience the story of the Famine through art, video and articles.

During Lahey’s era, an undergraduate minor in Irish studies was established and renowned Irish historian Christine Kinealy was appointed to direct Ireland’s Great Hunger Institute. He said all these efforts advance the university’s commitment to educate more people about the lessons to be learned from this terrible human rights tragedy. And, it placed Quinnipiac once again in the company of the most prestigious institutions of higher learning, many of which possess significant university art collections and museums, he notes.

“It’s an Irish story but with universal applications and similarities to other ethnic groups and another example of man’s inhumanity to his fellow man,” Lahey says, adding: “While I had something to do with Murray personally learning about the Famine, I regard the museum as the fulfillment of Murray’s wish that the story be told.”

Time to Think

Come July 1, Lahey intends to indulge in his “first love,” philosophy, and do some reading and thinking. He also has the option to return here to teach philosophy, which he did for 25 years. The Laheys will divide their time between their retirement home in West Palm Beach, Florida, and visits with their sons, one on each coast, and two grandchildren.

He is bequeathing to the president-elect a group of alumni 50,000 strong. They are older, wealthier and more successful than when he began, he says, with more discretionary income. “I signed 80 percent of their diplomas—more than 40,000 over the years,” he reckons.

Months before announcing his decision to retire, Lahey asked the board of trustees to approve an initiative to grow the endowment by $500 million to reach the $1 billion mark by 2029, the 100th anniversary of Quinnipiac, “or sooner if we can.” The plan is to accomplish this via a major fundraising campaign, appreciation of assets and a transfer from operations.

“We have the alumni out there who I think will have the wherewithal to support us—I know them well and they’ve been terrific,” he says. “That is my gift to the new president.”
Once the billion-dollar goal is attained, he would recommend transferring 5 percent a year from the university’s endowment into its operating budget, as many schools do. “That would add $50 million a year, and I’d suggest doing two things: using $25 million for scholarships to attract and retain the best students and using the other $25 million to create 100 endowed faculty chairs. That would add 11 new full-time faculty members to each of our nine schools.”

Although Lahey generally found much support for his initiatives, a few raised eyebrows, such as his decision to eliminate the faculty union in 2006. “Getting rid of the union was a high-risk, high-reward decision, with much strategizing and laying out plans about what to do if it didn’t go well, but the board ultimately supported it,” Lahey says.

William Spears remembers, “We held serious discussions when John resolved to end negotiating with the union.” He explained it was part of a three-year plan in which faculty came to realize they were indeed part of the management team. “John didn’t want to leave the unionized faculty issue for the next president to deal with,” Spears says.

The outgoing president considers himself fortunate to have had a very strong senior management team, with many cabinet members serving 20 years or more. Faculty are known to be skeptical by nature, “but if my team was skeptical, I took it more seriously. You can come up with a great idea, but you need people to execute and believe in it as well. If they thought it was worth pursuing, if I could convince that core, then the second key was the board of trustees,” he asserts.

Lahey’s leadership ability is legendary, and he asserts that he has never made a decision based on personal preferences. “It’s always been my judgment of what I thought was in the best interests of the university—not what John Lahey likes, but how does this fit into making Quinnipiac a major university and move us to the ranks of the top 100 universities in America.”

Raymond Foery, a professor of film, video and media arts, characterized Lahey as a good listener. “I can’t say that I have won every argument with him, but I have on occasion, accompanied by reams of persuasive research, persuaded him to modify a previous position.”

Foery left a non-tenure track position at Dartmouth 36 years ago to come to Quinnipiac, “then a little college in Connecticut, the name of which I could neither spell nor pronounce.” After a few years, he thought about finding a job at a “real university,” and in his fifth year, John Lahey arrived. “He proceeded to create the very ‘real’ university I had been seeking. I have never looked back and have never looked elsewhere since his arrival. The little local college is now a nationally recognized university, and I have thoroughly enjoyed the transformation. John Lahey, like Pericles, made no small plans. Not every single one of them has succeeded, but most of them indeed have. He has put this place on the map,” Foery declares.

Excerpts and some quotes included in this article were taken from a book by Jon Miller titled, “Quinnipiac: The Lahey Years,” published by Quinnipiac Press in December 2017.
Perpetual procrastinators take comfort in the saying, “Better late than never.” But professors and bosses rarely agree with that line of thinking. In fact, experts say choosing to procrastinate often means choosing to be an underachiever.

When it comes to procrastination, there are several points of view:

**Student:** Why do today what I can put off until tomorrow?

**Boss:** Why put off until tomorrow what you can do today?

**Mark Twain:** Never put off till tomorrow what you can do the day after tomorrow.

Everybody procrastinates sometimes. As children, we resent anything that interferes with play, according to Kenneth Wenning, PhD, LCSW. “Eventually, we learn to have a healthy relationship to the world of work,” says Wenning, who counsels students about a variety of issues at the Health and Wellness Center. He has long been interested in the psychology of procrastination and why smart students with dreams and goals allow this behavior to get in their way.

But there is a cure, he says with a reassuring smile, both for students and for anyone who lacks motivation. And it involves working through some steps. “Procrastinators can develop a much stronger work ethic by restructuring their thoughts and creating new work habits,” he says.

He describes procrastinators as having an overdeveloped play ethic and an underdeveloped work ethic. “Universities offer a buffet of knowledge, but procrastinators are settling for the crumbs of an education. It’s not just the papers and projects they avoid, but at a much deeper level, they are avoiding the acquisition of knowledge.” And it can be costly. The failure to complete work can lead to retaking classes and stretching the completion of a bachelor’s degree to five or six years.

Many common activities are actually forms of procrastination—socializing, napping, surfing the web, watching TV, shopping. “Social media and internet exploration, in particular, are so pleasurable, so enticing and so colorful that when the computer is turned off, the real world looks gray and colorless in comparison,” he says. Although procrastinators’ behavior may be similar, they can have differing underlying belief systems.

There are six distinct types of procrastinators Wenning identifies in a booklet he wrote and gives to students he counsels. The booklet also is distributed at the Learning Commons. The tips, which are gleaned from his career and from research by Michael Bernard, Albert Ellis and William A. Knous, can apply to anyone. See if you recognize yourself.
1 PLEASURE PROCRASTINATORS seek comfort, happiness and fun most or all of the time. They have a deep-seated dread of discomfort and cannot resist any temptation that promises immediate satisfaction.

TIP Repeat the following rational ideas several times a day, almost as if they were a form of prayer or mantra to develop a strong work ethic.

- I am strong enough to deny myself the pleasures of the moment in exchange for the pleasures that await me upon completion of my work.
- If I continue to seek immediate gratification of my desires and needs, I will likely be a chronic underachiever in life and will quickly fall behind many of my peers.
- My fun can wait, but my work cannot. After I produce a substantial amount of high-quality work, I will reward myself with some form of pleasure.

2 ENTITLED PROCRASTINATORS believe the world owes them a living and often expect great rewards for marginal effort.

These individuals believe they should be given endless chances to make up work, be given extra-credit assignments after having failed original assignments, and be promoted through college and into a career simply because they exist.

TIP Practice the following thoughts on a daily basis.
- My sense of entitlement to rewards without work will actually keep many of the rewards of life beyond my reach.
- It’s time to get rid of all the feeble excuses I use to explain my poor work performance and that I use to cover up my underlying belief that I should always get what I want without real effort.
- Good intentions and grand ideas do not entitle me to anything.

3 PASSIVE-AGGRESSIVE PROCRASTINATORS resent being asked to complete tasks or learn complicated concepts and master new bodies of knowledge. They engage in silent rebellion against this unfair world by consciously or unconsciously not doing work, or doing it slowly, or by producing work of poor quality.

TIP Consider the advantages of the following rational thoughts.
- Responding enthusiastically to the high expectations of others gives me the opportunity to develop myself in new and exciting ways.
- Resenting the world for being unfair and frustrating will not change the nature of this world.

4 BRILLIANT PROCRASTINATORS consider themselves to be so smart they can wait until the last minute to work on a project or study for a test and still achieve stunning results. They believe they work best under the intense pressure of immediate deadlines.

TIP Use these ideas on a regular basis.
- The best way to show the world my talent is to work carefully, thoughtfully and methodically and start it well in advance of due dates and/or exams.
- Although I may be smart, it is not very smart to wait until the last minute to complete work. Procrastination will hide my talent under a cloak of mediocrity.

5 PERFECTIONISTIC PROCRASTINATORS often avoid work because they are terrified of making mistakes and/or failing at tasks. The anxiety associated with perfectionism is often so intense that work avoidance becomes the shortsighted, self-defeating remedy.

TIP Reprogram your thinking with these ideas.
- If I succeed at a task, I will feel great. If I fail, I will feel bad but I will not confuse feeling bad with being a failure. I can feel bad and still have self-worth.
- I don’t have to be so worried about making mistakes because some of the best learning in life occurs through the analysis of mistakes.

6 TIME WARP PROCRASTINATORS believe they have endless amounts of time to complete work and that the universal laws of time do not apply to them. In this time-warped world, every day is 48 hours long and every week has 14 days.

TIP Break out of this dream state by practicing the following thoughts multiple times a day.
- The seconds, minutes and hours on my watch are ticking by at the same rate of speed as the watches that my professors wear. I do not have endless amounts of time to do my work.
- If I use my time wisely and efficiently, I might even have time left over for fun.

Break a project into manageable components to avoid feeling overwhelmed. Anxiety often can lead to avoidance in getting started.

TRY THESE TECHNIQUES

Once an individual has mastered the cognitive strategies outlined, Wenning says they can consider the following behavioral techniques to round out the overall plan to beat procrastination:

- Unplug from email, social media and phone to create a “sacred bubble” of sorts where concentration is allowed to flourish.
- Identify a reward that will be permitted only when a specified amount of high-quality work is completed. Choose rewards that increase motivation to get through the work and then onto the pleasure.
- Do the hardest or most dreaded piece of work first, not last. Once done, the less difficult pieces can be finished with relative ease and less anxiety about what might lie ahead.
- Break a project into manageable components to avoid feeling overwhelmed. Anxiety often can lead to avoidance in getting started and is fertile ground for procrastination.
- Use a backward planning technique. This advice comes from Knaus, who suggests picturing a desired outcome, such as earning an “A” on an exam. Then think through all the steps needed to accomplish that.
- Just get started. This is Wenning’s favorite. Procrastinators often avoid work because they are not in the mood to work and believe they will get to it later. Wenning says the inspiration to work often develops after the work has been started. He suggests doing five minutes of work on a project. If after five minutes, the feeling of wanting to work has not kicked in, make a decision to do five more. Usually within this time period, most individuals begin to feel motivated to push on and complete the assignment.

Or, in the words of educational psychologist Michael Bernard, “procrastinate later!”
In many ways, Wendel was taking her own tentative steps that day in Nicaragua. It was her first time in León, a city of about 200,000 people. She had just finished a clinical rotation in 2015 when she joined 17 other Quinnipiac students on a life-changing journey.

“The grandmother came and found us,” said Wendel, who now works as a physical therapist at a Level I trauma center in Florida. “The little boy was clearly in need of some intervention, so we helped him out as best we could.”

The connection began with a reassuring smile. What followed was a magical transformation of cardboard squares, each one cut, folded and padded by students to make an adaptive device to support the toddler when he sat. The cardboard came to life for other children, too, with adaptive equipment that enabled them to walk, stand up straight and fit more comfortably in their wheelchairs.

“During the next year when we went down, we brought the boy way more equipment. I got to see him take his first steps at 2½ years old,” Wendel said. “For me, seeing that and being right there, it solidified that I wanted to do pediatric [physical therapy]. In that moment, I knew what I wanted to do every day.”

Wendel returned to León this semester with faculty, current students and four alumni from the physical therapy and occupational therapy programs who had traveled there as students—Rose Flammang ’07, Matthew Healy, MOT ’10, Nicole Lewis, DPT ’16, and Ashley Majeski ’08, MOT ’10.

Quinnipiac’s eight schools and the College of Arts and Sciences all take part in the cultural and global engagement programs. In January, delegations from business, nursing, physical therapy and occupational therapy went to Nicaragua, Guatemala, Barbados, the Dominican Republic and Puerto Rico.

All of the work we do is community-driven. We’ve tried to shift the focus from ‘What am I going to do? What’s the project?’ to ‘What am I going to learn? How am I going to engage?’ said Erin Sabato ’06, director of international service and learning at Quinnipiac. “We’re trying to prepare our students to serve for the rest of their lives—not just that week—whether they are studying education, nursing or any other discipline. It’s learning how to adapt on the fly and engage with different cultures. These aren’t one-and-done trips.”

In January, a delegation from the School of Business met with Jeffrey Bernhard ’97, MBA ’13, the owner of JBernhard Designs, and toured his shop on a busy street corner in León. His company creates handcrafted leather and animal skin handbags, satchels, belts, holsters and wallets, among other items. The delegation also toured Plascencia Cigars, the largest tobacco grower in the world with more than 6,000

Lauren Wendel ’14, DPT ’16, still remembers the elderly Nicaraguan woman’s face. Her eyes were joyless and fearful, a broken window staring out from a broken heart. Slowly, she told Wendel about her 18-month-old grandson, who couldn’t sit up by himself, let alone wobble across the kitchen with those first uncertain steps.
Quinnipiac students, from left, Justin Ragozzino, Gabriella Verderame and Kathryn Peterson visit the Cathedral of León in Nicaragua.
Matthew Healy, MOT ’10, at the Los Pepitos clinic. He journeyed to Nicaragua as a student and returns to help as an alumnus.

2. Ashley Majeski ’08, MOT ’10, wearing the pink headband, works with a patient at the Los Pepitos clinic in Nicaragua.

3. Lauren Wendel ’14, DPT ’16, shows occupational therapy and physical therapy students how to make adaptive equipment with cardboard squares.

4. Quinnipiac students interact with their host family in La Villa 23 de Julio in León.

5. Matthew Healy, MOT ’10, at the Los Pepitos clinic. He journeyed to Nicaragua as a student and returns to help as an alumnus.

6. Julie Booth, center, a clinical associate professor of physical therapy, works with a patient during a home visit while students observe her methods.

Ashley Majeski ’08, MOT ’10, says you can’t teach empathy. It’s an amazing skill when students become comfortable interacting with people, regardless of cultural, socioeconomic or gender issues, she notes.

“Some of the patients we had seen before, so even though a lot of time has passed since the last time we saw them, that relationship and that bond is still there,” Regan said. “Faculty can go up to a family and say, ‘Hey, do you remember me because I remember you!’ I think that feeling of comfort and care is enhanced because the families trust you a little bit more.”

Ariel Scalise ’12 went to Nicaragua every year as an undergraduate, including a summer stay for an independent study project as a senior. The former psychology major figures she spent five or six months in Nicaragua as part of her Quinnipiac experience.

“After I went for a week as a freshman, it kind of stole me. It changed me,” said Scalise, who went on to earn a master’s degree in behavioral health science/epidemiology from Saint Louis University and now works as a project coordinator at Tufts Medical Center in Boston.

“We had debriefings after each trip. Those discussions really made me want to experience new cultures and work with new cultures,” Scalise said. She also collaborated with local constituencies to promote the arts in Nicaragua. It was another way for her to connect two countries as one people. “I didn’t just want to teach English, so we worked on a three-month theater program for kids after school,” Scalise said. “The kids loved it, and it was so much fun.”

Ashley Majeski ’08, MOT ’10, was among the students who took part in the pilot program in Guatemala in 2009. She has returned three times since then, also serving as an adjunct faculty member.

“After I’m done with my teaching or coaching, I love to watch our students take charge of the situation and see them learn and grow,” said Majeski, who works as an occupational therapist at New York Presbyterian Hospital. “When a student becomes comfortable interacting with people regardless of any cultural, socioeconomic or gender issues, that’s an amazing skill. You can’t teach that empathy and love that’s right inside them.”

Majeski said many of the cases seen by the Quinnipiac delegation involve children with cerebral palsy, Down syndrome, hydrocephaly, microcephaly and other issues that affect development. It’s a great day when they can fashion a cardboard support device, decorated with stickers and stars, to help a 4-year-old boy join his family at the dinner table for the first time, after needing to be held all his life.

“Many times, these individuals are on the lower cognitive side, so they can’t necessarily express their gratitude and enjoyment of things,” Majeski said. “But once you get them in the right spot, you can see it in their faces. If you look around, you’ll see 10 students sitting at the table looking at them with Christmas Day eyes.”
BROTHERLY
LOVE

TKE members revel in old stories at Alumni Weekend

WEEKENDS TO REMEMBER

Quinnipiac University celebrated Parents and Family Weekend Oct. 13–15 with a robust schedule of events highlighted by a stirring performance of "ROCKTOPIA," a fusion of classical music and rock performed at the nearby Toyota Oakdale Theatre by the Hartford Symphony Orchestra with world-class vocalists and rock musicians. Other events included the Sustainability Alliance annual fair on the Mount Carmel Campus; student athletic contexts, a student production of "Doulist" at the brand-new Theatre Arts Center and special presentations by professors. On Nov. 3 and 4, more than 1,500 guests enjoyed themselves at Alumni Weekend. Friday’s events included the Heritage Luncheon honoring the Golden Balloons (Class of 1967 and earlier), a look back at the Class of 1967’s years at Quinnipiac, and milestone reunion celebrations for the classes of 1967 and 1992. School of Law alumni attended a reception with the Class of 1967 and 1992. The ceremonies by professors. At the new Theatre Arts Center of “Doubt” at the brand-new Theatre Arts Center and special presentations by professors. On Nov. 3 and 4, more than 1,500 guests enjoyed themselves at Alumni Weekend.

By Brian Koonz
Photo Autumn Driscoll

For the brothers of Tau Kappa Epsilon, the nickname and the memories linger, especially on those days when the laughter comes easily and the old stories hold up. Alumni Weekend in November was one of those times. With more than 1,500 alumni and guests, including about 30 TKE brothers, it was the perfect chance to catch up with old pals, scroll through family photos and, if the mood happened to strike you, break out in song. The TKE brothers executed the routine perfectly at the Alumni Weekend tailgate party, which featured outdoor games and music. They ticked every box—usually with a flourish—while tailgating in the parking lot of the TD Bank Sports Center.

With six tables of food, a generous selection of adult beverages and tall speakers pushing a playlist 50 years in the making, the TKE group was easy to spot. After all, it’s not every day you get to celebrate your chapter’s golden anniversary at the university. “We may be generations apart, but this place—this school—brings us all together,” said Pete Gardiner ’86, a senior financial analyst at Doosan Fuel Cell America. Gardiner, best known as “Petey” during his TKE days, attends the fraternity’s 50th anniversary party recently at a local hotel. He was one of about 70 brothers connecting the Class of 1967 to the Class of 2010—and plenty of others in between. The bonds of friendship and the sense of community are really strong here,” Marchand said. “We used to do a lot of community service projects and that really bonded us. That’s why you see so many of us come back.”

For Howard Boyd ’87, who studied accounting at Quinnipiac and lives in Milford, Connecticut, Alumni Weekend is always time well spent. “It was one day old when the chapter of the fraternity started on March 16, 1967,” said Boyd, a local project manager at Chicago-based Grant Thornton. “To meet those guys from back then is amazing. It’s an instant friendship.”

At the TKE tailgate party, Pamela Franges (guest of David Klotzbach ’92) takes a selfie with Sal Nesci ’92 while Chris Gunzburger ’94 prepares smokies in the background.

“We were really involved here. We got out of it what we put into it, but the school gave us the opportunity to do that,” Nesci said. “That’s what you remember. That’s what keeps you close.”

Patrick Marchand ’99, who works as a director of client engagement at Degreed and lives in Southington, Connecticut, agreed with Gardiner and Nesci. The cement that unites the TKE brothers was poured decades ago. “The bonds of friendship and the sense of community...
BROTHERLY LOVE

TKE members revel in old stories at Alumni Weekend

For the brothers of Tau Kappa Epsilon, the nickname and the memories linger, especially on those days when laughter comes easily and the old stories hold up.

Alumni Weekend in November was one of those times. With more than 1,500 alumni and guests, including about 30 TKE brothers, it was the perfect chance to catch up with old pals, scroll through family photos and, if the mood happened to strike you, break out in song.

“We may be generations apart, but this place—this school—brings us all together,” said Pete Gardiner ’86, a senior financial analyst at Doosan Fuel Cell America. “A 50th anniversary at the university. That’s why you see so many of us come back.”

For Howard Boyd ’87, who studied accounting at Quinnipiac and lives in Millford, Connecticut, Alumni Weekend is always time well spent. “I was one day old when the [chapter of the] fraternity started on March 16, 1967,” said Boyd, a local project manager at Chicago-based Granite Thomson. “To meet those guys from back then is amazing. It’s an instant friendship.”

At the TKE tailgate party, TKE brothers executed the routine perfectly at the Alumni Weekend tailgate party, which featured outdoor games and music. They ticked every box—usually with a flourish—while tailgating in the parking lot of the TD Bank Sports Center.

By Brian Koontz

Photo Autumn Driscoll
Angeli Balani ‘07, DPT ’10, in the only physical therapy practice downtown on the island of St. Marten.

NATIVE TO THE STORM

STANDING UP TO THE STORM

Angeli Balani: Balani, 37, will never forget the 85-mph sustained winds that bartered her house on St. Martin. "It was a blur: 'Did this really happen? What do we do next? Do we have to evacuate? It was terrifying."

The storm’s rage, Balani said, lasted several weeks later by phone, was far more ferocious than any red swirl spinning on a TV weather map.

"It felt like I was in the movie, ‘Twister’—and when you felt like I was in the movie, ‘Twister’—and when you..."

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CLASS NOTES

1961

CAREER

Doing what you do best to open the clinic here; I’ve been super busy since it opened, mostly through word of mouth,” Balani said, explaining that SMS is the universal airport code for St. Maarten. “We do lots of clinic days after the hurricane to make it OK. I was very lucky. There was only minimal water damage.” It took another 3½ weeks before Balani’s internet connection was restored. Finally, her clients could book appointments online. It was an important step in the work she had done; “it was almost a kind of symbolic hinge that would help build recovery—on so many levels.”

“My husband works for the IRS. Rosemary received her BSN in 1980 and her MBA from the University of Pittsburg in 2003:

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WHERE THERE’S SMOKE...

Cigar maker paving his own Tobacco Road

BY ADAM DURSO PHOTOGRAPHY BY CHRIS COLL

Master tobacco blender Nicolás Melillo knows a superior cigar when he sees—and smokes—one. That’s why he lives most of the year near his factory in Connecticut and keeps his office and tobacco farm in Windsor, Connecticut, an area known for producing the best shade and broadleaf tobaccos.

“Tobacco grows unique to the area,” said Melillo. “We can’t replicate what’s grown anywhere else in the world.”

Melillo, 66, the founder and CEO of Foundation Cigars, a premium, handmade-cigar company, started with an idea to create a true, artisan, hand-rolled cigar game. “It’s a passion of mine that I want to share with consumers.”

Known throughout the industry as “chief of the broad-leaf,” Melillo started his journey as a student and master blender during college. As a freshman in 1964, he began managing the Calabash Shoppe, a former tobacconist in Connecticut that specialized in handmade cigars from Nicaragua, Honduras and the Dominican Republic.

“I was a geek when it came to cigars,” Melillo said. “I knew a superior cigar when I see—and smokes—one. It’s something I’ve stayed true to the hand-rolled cigar game,” he said. “It’s the proper way,” said Melillo. “Quality and consistency will transmit a message.”

“His cigars are what they would be without him,” said Melillo. “I’m his right-hand man.”

In 1989, Melillo decided the time was right to venture out on his own. All he needed was the right name. He launched his company on the strength of his flagship cigar, El Guaymán (WAW-WEN-SA) in 2001. El Guaymán—“The Wise Man”—refers to a mythical Nicaraguan folk dance and is an important symbol for the Nicaraguan people.

“I felt an obligation to represent the cultural treasure, even if Westerners couldn’t pronounce it,” Melillo said, laughing.

El Guaymán put Foundation on the map and led to several other creative cigar lines, including the Château Oak, a nod to Connecticut’s tobacco-growing history, the reggae champa, hand-rolled Uncutes, and the Tabacoloo brand rooted in Ethiopian history and Rastafarianism.

The names and packaging are representations of what the brand is. “They incorporate history and culture to transmit a message,” said Melillo.

These messages resonated. Foundation became the first cigar company to be named in Cigar Aficionado’s Top 25 list in its first year of business. The company also took its show on the road in 2007 at the International Premium Pipe and Cigar Retailer trade show. In 2017, Melillo partnered with Highlander Castle and Estate in England (the setting for the TV series “Downton Abbey”) to form the Highlander Castle Cigar Company. In an industry still dominated by machine-rolled products of lower quality, Melillo sees his company’s success as part of the resurgence of other craft products hitting the market in the last few years, such as beer, bourbon and coffee. He views this ongoing commitment to craft as central to Foundation’s expansion.

“I want to keep growing my company, but I want to do it the proper way,” said Melillo. “Quality and consistency will always be a crucial part of that.”

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Cigar maker paving his own Tobacco Road

BY ADAM DURSO
PHOTO BY CHRISTIAN DRISCOLL

Master tobacco blender Nicholas Melillo knows a superior cigar when he sees—and smokes—one. That’s why he lives most of the year near his factory in Hamden and keeps his office and tobacco farm in Windsor, Connecticut, an area known for producing the best shade and broadleaf tobaccos.

“Not only have I been able to grow tobacco here, you can grow anything here anywhere else in the world,” says Melillo ’00, the founder and CEO of Foundation Cigars, a premium, hand-rolled cigar company. Melillo’s tobacco is shipped to Nicaragua, where it ferments for two years before being blended with native tobaccos. “You can’t replicate what we grow here anywhere else in the world,” says Melillo. “We had about 25–30 percent of growth each year,” Melillo quickly took the lead on all aspects of Drew Estate’s expansion. “This is the biggest conglomerate purchased Drew Estate in 2014, and it always be a crucial part of that.”

He truly is the true ivory-tooled cigar game,” says an industry still dominated by machine-rolled products. “I feel an obligation to represent this cultural treasure, even if Westerners couldn’t pronounce it.” Melillo said, laughing.

“Every brand, all parts of the rolling process and the full history from Nicaragua, Honduras and the Dominican Republic. For innovative startups in the medical, travel, financial services, virtual reality, cyber security, construction, fitness and humanitarian sectors. The company was honored as “Murphy’s Innovator of the Month” for August. Senator Chris Murphy (D-Conn.) presented Nae with a professional certificate.

“Way into high-end smoke shops all over the world and re-

ments for two years before being blended with native tobac-

of tobacco.”

The company was married in London and moved to Connecticut, an area long known for producing the best shade and broadleaf tobaccos.

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second location in Azov, CT. The company offers profes-
sion service to post-stroke and post-accident victims. He lives in Hamden, CT.

TONI CORVI married Jeremy Pela on June 11, 2016, in South Bend, IN. In May 2017, she was promoted to director of development for Reed Exhibitions, a key account manager for Schneider Elec-
tric. The couple lives in Cre-

Hamden hold a special place in my heart. They would have not met if she hasn’t been finishing up her first wedding anniversary on Street Grille in Hamden.

BY ADAM DURSO
PHOTO BY CHRISTIAN DRISCOLL

Master tobacco blender Nicholas Melillo knows a superior cigar when he sees—and smokes—one. That’s why he lives most of the year near his factory in Hamden and keeps his office and tobacco farm in Windsor, Connecticut, an area known for producing the best shade and broadleaf tobaccos.

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2. Logan Kensten, Oct. 9, 2017, son of Lawrence (Salzman) Kensten ’10 and her husband, Brian.
3. Jay Shah, Aug. 27, 2017, son of Betsy (Girard) Shah ’05 and her husband, Aakash.
5. Maxzen Walker, center, July 24, 2017, son of Desmond Walker ’99 and his wife, Erica. Also pictured are siblings Aliza and Raiden.
10. Olivia Flaim, June 13, 2017, daughter of Michelle Flaim, MS ’16, and her husband, Joe.
12. Maxfield Nash Fraser, Aug. 2, 2017, son of Lauren Cable ’07 and her husband, Brendan Rieger.
17. Samantha Adrian Chimento, Sept. 27, 2017, daughter of Christine (Polidoro) Chimento ’03, MPT ’05, and her husband, Steven.
WEDDINGS AND BIRTHS

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2. Logan Kersten, Oct. 9, 2017, son of Lauren (Rutman) Kersten ’10 and her husband, Brian.
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**IN MEMORIAM**

2016

Nancy (Ploski) Dobrowski '86
Walter Danielak '52
Dale Aaron Culp '67
Frederick Columbo '64
Thomas Candelent '69
Lucille Bilger '45
Kimberly Bilello '03
Lorraine (Myers) Bertini '47
Benjamin Belinkie, JD '05
Theodore Beals '72
Dora (Beruk) Hartwell
Sava (Krechoweckyj) Ford '72

2015

Robert Walsh '55
Maria (Isabettini) Tonucci '48
Donald Smith '78
Meghan Fisher '02
George Sherwood '59
Thomas Sheridan '81
Barbara (Bradley) Schiffer '40
Mary Erin (McGuigan) Parker,
Robert McNeish '01
Salvatore Grignano '66
Jane Gray '49
Barbara (White) Hille '51
Teresa King '53
Bertram Garskof (Professor Emeritus)

2014

Robert Mecca Roundball Open, Wallingford and The Traditions: QU.edu
Big Event day of community service at 100 sites in the Wallingford area, for students, alumni, faculty and staff.

April 7
Big Event day of community service at 100 sites in the Hamden and New Haven area, for students, alumni, faculty and staff.

April 10
Theater alumni are invited to tour the new Theatre Arts Center: 515 Sherman Ave., Hamden, and preview an on-going run-through of plays that will debut at the New York Festival April 21. Reception to follow.

April 21
Boba Festival in the Broncs in the Bronx.

May 18
檢察官在全州的州長競選中，他們的人選是通過民意調查和投票確定的。這是一個非常重要的選舉，因為選民可以從不同的選舉中選擇他們支持的候選人。

May 19
Undergraduate Commencement, TD Bank Sports Center: 9 a.m. for School of Business; School of Health Sciences; 11 a.m. for College of Arts & Sciences; 1 p.m. for School of Education; 3 p.m. for School of Nursing.

May 20
Undergraduate Commencement, TD Bank Sports Center: 9 a.m. for College of Arts & Sciences; 1 p.m. for School of Business; School of Health Sciences; 3 p.m. for School of Education.

May 21
Softball alumni are invited to join the former teammates for the annual alumni softball game, Mount Carmel Campus.

May 22
Graduate Commencement, TD Bank Sports Center: York Hill Campus: 9 a.m. for School of Business, School of Communications and School of Education; 11 a.m. for the College of Arts and Sciences, School of Health Sciences and School of Nursing.

May 23
School of Law Commencement, York Hill Campus: 9 a.m. for School of Business, School of Health Sciences; 11 a.m. for College of Arts & Sciences, School of Law, School of Education and School of Nursing.

May 24
Boca in the Bronx — Quinipiac at Yankee Stadium, 1:15 p.m., 900 E. 161st St., Bronx, NY 10469. The Mountaineers are led by Mike Donnelly, College of Arts & Sciences, School of Education.

May 25
Game: 50th Annual Goteh Alumni Basketball Classic, TD Bank Sports Center: York Hill Campus.

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May 19
Undergraduate Commencement, TD Bank Sports Center: 9 a.m. for School of Business; School of Health Sciences; 11 a.m. for College of Arts & Sciences; 1 p.m. for School of Education; 3 p.m. for School of Nursing.

May 20
Undergraduate Commencement, TD Bank Sports Center: 9 a.m. for College of Arts & Sciences; 1 p.m. for School of Business; School of Health Sciences; 3 p.m. for School of Education.

May 21
Softball alumni are invited to join the former teammates for the annual alumni softball game, Mount Carmel Campus.

May 22
Graduate Commencement, TD Bank Sports Center: York Hill Campus: 9 a.m. for School of Business, School of Communications and School of Education; 11 a.m. for the College of Arts and Sciences, School of Health Sciences and School of Nursing.

May 23
School of Law Commencement, York Hill Campus: 9 a.m. for School of Business, School of Health Sciences; 11 a.m. for College of Arts & Sciences, School of Law, School of Education and School of Nursing.

May 24
Boba Festival in the Bronx — Quinipiac at Yankee Stadium, 1:15 p.m., 900 E. 161st St., Bronx, NY 10469. The Mountaineers are led by Mike Donnelly, College of Arts & Sciences, School of Education.

May 25
Game: 50th Annual Goteh Alumni Basketball Classic, TD Bank Sports Center: York Hill Campus.

May 26
Boba in the Bronx — Quinipiac at Yankee Stadium, 1:15 p.m., 900 E. 161st St., Bronx, NY 10469. The Mountaineers are led by Mike Donnelly, College of Arts & Sciences, School of Education.

May 28
3rd Annual Bobcat Basketball Classic, TD Bank Sports Center: York Hill Campus.

May 29
Softball alumni are invited to join the former teammates for the annual alumni softball game, Mount Carmel Campus.

May 30
Graduate Commencement, TD Bank Sports Center: York Hill Campus: 9 a.m. for School of Business, School of Health Sciences; 11 a.m. for College of Arts & Sciences; 1 p.m. for School of Education.
June 2017
Reception to follow.*

New Play Festival April 21.

May 12
Graduate Commencement, TD Bank Sports Center, York Hill Campus: 9 a.m. for School of Business; School of Communications and School of Education; 11 a.m. for the College of Arts and Sciences, School of Health Sciences and School of Nursing.

May 13
School of Law Commencement, 9 a.m., and Frank H. Netter MD School of Medicine Commencement, 1 p.m., TD Bank Sports Center.

May 17
Boats in the Brady–Guion Qu at Yankee Stadium, 1:10 p.m., TD Bank Sports Center. Bring the family to Quinnipiac to connect with your fellow Bobcats and the current coaching staff. Free, registration required.

May 18
Alumni Weekend, with a variety of events planned.

May 20
Undergraduate Commencement, TD Bank Sports Center: 9 a.m. for College of Arts & Sciences, 11 a.m. for the School of Business.

May 21
Softball alumni are invited to join the former teammates for the annual alumna softball game, Mount Carmel Campus.

May 28
TD Bank Sports Center, York Hill Campus: 9 a.m. for School of Business; 11 a.m. for the College of Arts and Sciences, School of Health Sciences and School of Nursing.

May 29
Alumni Weekend—on the road game vs. Toronto Blue Jays. Alumni golf tournament on Friday, and a variety of events planned.

May 30
Alumni Weekend—on the road game vs. Toronto Blue Jays. Alumni golf tournament on Friday, and a variety of events planned.

May 31
Alumni Weekend—on the road game vs. Toronto Blue Jays. Alumni golf tournament on Friday, and a variety of events planned.

June 1
Basketball alumni are invited to join the former teammates for the annual alumna softball game, Mount Carmel Campus.

June 3
网上论坛alumni-association@qu.edu/submitclassnote.

June 4
Get good news? Make a note of it by visiting QU.edu/submitclassnote.

June 5
Back 2 Baseball, with a variety of events planned.

June 16
Chase on the men’s ice hockey team at the Homecoming game. Alumni golf tournament at Friday, and a variety of events planned.

June 17
The second game against Cornell University.

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GOOD TIMES

1. Actor Danny Glover chatted with President's Council members at a reception before his Black History Month program in February. From left, running alumnus Jean Inge ’72, Glover; School of Nursing Dean Jean Lange and Millie Hepton, assistant professor of nursing.

2. The Sansone family sample the ice hockey arena during Alumni Weekend’s open skate. Pictured are Jean and Michele (Mecca) Sansone, both Class of 2000, and sons Denk, 8, and Evan, 6.

3. Rachel Conboy ’14 and Steve Cotton ’10 play lawn games during the tailgate party at Alumni Weekend. The couple met at QU.

4. President John J. Lahey with Anna (Dimas) Balletto ’67, who celebrated her 50th reunion in the fall. She was welcomed into the Golden Bobcats at the fall Heritage Luncheon.


6. From left, Monaco Leavelle Kelley, Mitch Guttenberg ’60, Mark Manfredi ’80, Susan Woll ’80, Paul Balaven- der ’80, Tom Hobin ’60.

7. The view is great from the patio of the Rocky Top Student Center, where 2013 alumnus Sara Gentilozzi ’15, Trumbull High School class of 2011, serves as senior account executive for the Bobcats hockey program.

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5. Alumni and guests enjoy a pregamen reception at John Havranek’s Brewery & Ale House in Cambridge, Massachusetts, on Oct. 13 before the men’s ice hockey team took on Harvard. From left, Monroe Lawshe Kelley, Mitch Guttentag ’80, Mark Manfredi ’80, Susan Wolk ’80, Paul Balvenier ’80, Tom Hobin ’80.

6. The view is from the patio of the Rocky Top Student Center, where 2013 alumna Sara Gentilozzi Cullina ’03, JD ’12, was honored by the Connecticut Society of Certified Public Accountants as a co-recipient of the 2017 Jack Brooks Leadership Award. Patrick is a partner with CohnReznick in Hartford, and was recognized for his work as a member of the CTCPA State Taxation Information Group. He is an active member of the Marine Corps League.

7. Samantha Barraca ’13 and her guest, Scott Shapley, mingled with other Bobcats at the reception before the Harvard hockey matchup.

8. Students enjoy the 1985 novel, “Pattie’s Best Deal,” a romantic legal thriller, on Oct. 5, 2017. Set in Lower Manhattan in 2003, it follows the life of Pattie Amadal, an idealistic young public defender at the start of her career.

9. MITCHELL L. LAMPERT of Wiltse, CT, was one of three lawyers presented with the Robinson-Cycle Mentor of the Year Award, which recognizes and honors lawyers throughout the firm for their outstanding guidance, support and encouragement of fellow lawyers.

10. DAVI GRODNICK of Princeton, NJ, was named vice president and director of the North Atlantic Region of First American Title Insurance Company. He has been with First American’s National Commercial Services Division since 2008. David lives in Princeton with his wife, Law, and their daughter, Sienna.

11. PATRICK DUFFANY of Cheshire, CT, was honored by the Connecticut Society of Certified Public Accountants as a co-recipient of the 2017 Jack Brooks Leadership Award. Patrick is a partner with CohnReznick in Hartford, and was recognized for his work as a member of the CTCPA State Taxation Information Group. He is an active member of the Marine Corps League.

12. JOHN J. PAVANO was included in “Best Lawyers in America” as one of the top 50 lawyers in Connecticut by Super Lawyers. John practices personal injury law at Pavano Dombrowski in Windsor, CT. He lives in Southington with his wife and two children. He is a lifetime ice hockey player and hockey coach.

13. HELLY KRAMEN was appointed chief compliance officer and privacy officer of Pfizer, Inc. in Nediva in November 2005. Previously, she spent two years leading the global compliance and privacy functions at Circassia Pharmaceuticals.

14. DUSTIN BLUMENTHAL has joined Goldberg Segalla as a partner in the Firm’s West Palm Beach, FL, office. For more than a decade, he worked litigating high-stakes coverage matters in state and federal courts throughout Florida, New York and New Jersey, and served as trial counsel to global insurers in leadership. He also served as claims counsel in the environmental specialty product-high-profile claims unit of a major multinational insurer.

15. CARMINE PERRI was appointed principal of Crape’s Dade, Popay & Port of Berlin, CT, on Jan. 1. He represents clients in will contests, contested probate matters, nursing facility collection actions, conservation agreements and financial and elder abuse.

16. KIRSTEN L. ZAEHRINGER is honored at Morristown (NJ) lawyer, an attorney at Martha Collins in Stamford, has been named a Fellow of the American Bar Foundation. The AFBF is a global honorary society of lawyers, judges, law faculty and legal scholars who have demonstrated outstanding leadership in the profession and service to society. Kirsten is a member of the Martha Collins Litigation Department and labor and employment practice group. She is a 2016 recipient of the Pro Bono Award for the District of Connecticut and in 2019, she received the Fairfield County Business Network’s 40 under 40 Award. She is in the District of Connecticut Federal Government Committee and the Local Civil Rules Advisory Committee.

17. GREGORY P. MUCCELLI of Guilford was elected a 2017 fellow of the Connecticut Bar Foundation James W. Cooper Fellows Program. The program was established to honor the leading members of the legal profession and the judiciary in Connecticut. Gregory is an associate at Shipman & Goodwin in New Haven.

18. AMANDA PEPPLE of Richmond, RI, has joined the DiOnisio Law firm as an associate and will work with clients in commercial transactions including asset-based and real estate loans as well as foreclo- sures, workouts and debt restructuring.

19. DAVID GRODNICK of Princeton, NJ, was named vice president and director of the North Atlantic Region of First American Title Insurance Company. He has been with First American’s National Commercial Services Division since 2008. David lives in Princeton with his wife, Law, and their daughter, Sienna.

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COURTING DIGNITY

New judges hope their decisions help steer people back on track

BY DONNA TOMMELLEO PHOTO © AUTUMN DRISCOLL

PRESCRIBING OVER A TENANT-LANDLORD DISPUTE, Judge Walter Spader listened intensely as the adversaries pleaded their cases. Each brought a stack of documents and an obvious dislike for each other. But Spader would not let the proceeding spill into unchecked acrimony in his third-floor courtroom. He maintained a respectful tone and expected the same from the litigants, addressing each with dignity and directness.

He then rendered his decision—his 150th of a very busy day that started at 7 a.m. at state Superior Court in New Haven. Spader presides over many cases in his courtroom, but he also spends time in his chambers reviewing important family matters, criminal cases and civil disputes. And there are always warrants application for arrests and searches waiting for his signature.

Such is life for a group of newly minted state Superior Court judges, the latter Quinnipiac School of Law alumni to reach the bench. Spader, JD ’03, John Cordani, JD ’92, and Shari Murphy, JD ’92.

Appointed in May 2017 by Gov. Dannel P. Malloy, the three jurists join a robust list of Quinnipiac-educated judges in the tri-state area. Their paths to the bench varied, but each ended the same day—one another—to make a difference in the lives of others.

“When I took my oath, my intention was to go out and do some public service, something good toward the end of my career,” Cordani said.

A patent attorney, Cordani specialized in intellectual property as a partner with Carmody, Torrance, Sandak & Hennessey. He also was an executive vice president of the legal division at Waterbury-based Platform Specialty Products Corp. The former corporate attorney is now handling dozens of criminal cases each week at state Superior Court in New Britain.

“I get to meet many, many people and have an impact in their lives. Coming from the civil side of things, cases are large and take a long time. On the criminal side, things move fairly quickly,” he said. “We have many second-chance programs that we are allowed to grant to the appropriate people.”

From mental health treatment to substance abuse programs, Cordani said he tries to steer eligible offenders through the system with the tools and programs that could ultimately give them a fresh start without having to go to prison.

“It makes the job more satisfying to have the tools necessary to help people get back on track and to properly administer justice under a wide array of varying circumstances,” Cordani said.

Murphy was a first-generation college student, excited to embark on a journey that would make her family proud. Her short-term goal when she graduated law school was to become a successful litigator. Her long-term goal? Have an impact in a profession mostly dominated by men.

The former civil litigator and partner in the North Branford firm of Keys & Murphy also has taught undergraduate courses in civil litigation, legal investigations and trial advocacy in the Department of Legal Studies at the University of New Haven.

On that spring day last year when Malloy ceremonially swore in the new judges, Murphy knew she had accomplished what she set out to do 25 years ago.

“I was thinking about achieving something I didn’t think was attainable early in my [career],” Murphy said. “Women were not equally represented in the judicial system back in 1992. Most of the judges I presented before were males. I felt I had reached the pinnacle of my legal career when I raised my hand.

But Murphy wondered if being a judge would limit the feedback she received as a litigator and an instructor—those moments when clients thanked her for solid representation, or students expressed gratitude for helping them prepare for a legal career.

That hasn’t happened.

Murphy’s docket at state Superior Court in New Haven is mostly domestic violence cases. She hears regularly from prosecutors, defense attorneys and victims’ advocates on her fair handling of difficult cases. It’s critical in Murphy’s courtroom that victims are not intimidated by the process and are empowered to go on with their lives.

“I try to bring compassion and empathy for everyone involved—the victims and the families as well as the defendants who present before me,” she said.

The rental dispute that came before Spader that day was among the variety of cases he hears. Whether it’s a family case or a criminal case, Spader said he approaches each person the same way.

“I look them in the eyes, whether they are a defendant in shackles or in a civil case, and evaluate myself on a daily basis,” he said. “Was I fair? Did I make any decision that was rash? I want to give people a chance to rehabilitate. If one fails, that doesn’t make me treat others like they’re going to fail. I need to look at everyone’s circumstances.”

THE QUINNIPIAC EDGE

Spader, a former attorney with the North Branford-based Marcus Law Firm, has experience with everything from criminal law and tax foreclosures to planning and zoning issues. A part-time student who graduated No. 2 in his class, Spader is licensed to practice in five states. He said Quinnipiac gave him the well-rounded background he sought.

“It was the law school you go to if you’re ready to go to work in the courthouses. It would help me master these corollaries,” he said. “You have a lot of professors [and instructors] who are working attorneys and working judges. You’re dealing with not just theory that’s a book, but cases that your professors are currently working with in their own practice. That’s the key.”

Cordani, a former adjunct professor at Quinnipiac who taught patent litigation, said the School of Law gave him the tools to adapt to the busy criminal docket he handles each day.

“It prepared me well to think through things and present myself well, to process legal issues quickly and properly,” Cordani said.

Murphy agreed. “When you graduate from Quinnipiac, Law School you are prepared to pick up a life and advocate,” she said. “And even be a judge someday.”

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Spader clearly remembers the day Malloy administered the oath of office, calling it an incredibly humbling event.

“It was an overwhelming feeling. At that moment, there are so many extremely qualified people to receive that honor. I have an obligation now to validate and justify his faith in me,” Spader said.

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New judges hope their decisions help steer people back on track

BY DONNA TOMMELLEO
PHOTO AUTUMN DRISCOLL

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“When I took my oath, my intention was to go out and administer justice under a wide array of varying circumstances,” Cordani said. “I get to meet many, many people and have an impact in their lives. Coming from the civil side of things, cases are large and take a long time. On the criminal side, things move fairly quickly,” he said. “We have many second-chance programs that we are allowed to grant to the appropriate people.”

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Superior Court Judges Walter Spader, JD ’03, left, Shari Murphy, JD ’92, and John Cordani, JD ’92, outside the New Haven courthouse.

Murphy was a first-generation college student, excited to embark on a journey that would make her family proud. Her short-term goal was when she graduated law school was to become a successful litigator. Her long-term goal? Have an impact in a profession mostly dominated by men.

The former civil litigator and partner in the North Branford firm of Keys & Murphy also has taught under-graduate courses in civil litigation, legal investigations and trial advocacy in the Department of Legal Studies at the University of New Haven.

On that spring day last year when Malloy ceremonially swore in the new judges, Murphy knew she had accomplished what she set out to do 25 years ago. “I was thinking about achieving something I didn’t think was attainable early in my career,” Murphy said. “Women were not equally represented in the judicial system back in 1992. Most of the judges I presented before were males. I felt I had reached the pinnacle of my legal career when I raised my hand.

But Murphy wondered if being a judge would limit the feedback she received as a litigator and an instructor—those moments when clients thanked her for solid representation, or students expressed gratitude for helping them prepare for a legal career. That hasn’t happened.

Murphy’s docket at state Superior Court in New Haven is mostly domestic violence cases. She hears regularly from prosecutors, defense attorneys and victims’ advocates on her fair handling of difficult cases. It’s critical in Murphy’s courtroom that victims are not intimidated by the process and are empowered to go on with their lives.

“I try to bring compassion and empathy for everyone involved—the victims and the families as well as the defendants who present before me,” she said.

The rental dispute that came before Spader that day was among the variety of cases he hears. Whether it’s a family case or a criminal case, Spader said he approaches each person before him the same way.

“I look them in the eyes, whether they are a defendant in shackles or in a civil case, and evaluate myself on a daily basis,” he said. “Was I fair? Did I make any decision that was rash?”

“I want to give people a chance to rehabilitate. If one fails, that doesn’t make me treat others like they’re going to fail. I need to look at every person’s circumstances.”

The Quinipiacc Edge

Spader, a former attorney with the North Branford-based Marcus Law Firm, has experience with everything from criminal law and tax foreclosures to planning and zoning issues.

A part-time student who graduated No. 2 in his class, Spader is lauded for practicing in live states. He said Quinipiacc gave him the well-rounded background he sought.

“It was the law school you go to if you’re ready to go to work in the courthouses. It would help me master these corollaries,” he said. “You have a lot of professors [and instructors] who are working attorneys and working judges. You’re dealing with not just theory that’s a book, but cases that your professors are currently working with in their own practice. That’s the key.”

Cordani, a former adjunct professor at Quinipiacc who taught patent litigation, said the School of Law gave him the theoretical tools he needed to handle each day.

“It prepared me well to think through things and present myself well, to process legal issues quickly and properly,” Cordani said.

Murphy agreed. “When you graduate from Quinipiacc, Law School you are prepared to pick up a file and advocate,” she said. “And even be a judge someday.”
Mind Your Manners

The “Connecticut Etiquette Expert” shares her table do’s and don’ts at etiquette dinners for Quinnipiac students several times a year. Savor these tips, from her table to yours.

A. WHAT’S SHAKING?
Hold stemware/plates in your left hand and shake with your right.

B. THE SCOOP ON SOUP
To avoid spilling on your clothes, scoop away from your mouth.

C. ELBOW ROOM
Elbows are allowed on the table, but only between courses.

D. TRAVEL PARTNERS
When asked, pass the salt and pepper together, not separately.

RESPECT GOES A LONG WAY
Etiquette and manners can distinguish candidates from the competition, according to Karen Thomas. Shortly after she branded herself as the Connecticut Etiquette Expert in 2001, she met with a local company over lunch to pitch her services. She recalls everything going well until somebody asked for the creamer and another person reached across the table for it. “Actually, the person who is closest to the creamer should pass it,” Thomas said. “But both of us grabbed it at the exact same time, and all of a sudden, there was cream flying through the air like a volcano. I apologized profusely. I even offered to pay for the dry cleaning, but I knew I had flubbed the interview. I figured, ‘Well, I can kiss that one goodbye.’ But a few days later, they called and offered me the job.”

Etiquette is about more than place settings, Thomas tells Quinnipiac students. “The most important piece students take away from the class is respect—the respect for self and the respect for others. Some people think it’s just about what fork to use. It’s not. It’s about being respectful to one another.”

However, little nuances can set job candidates apart. “It shows they are a little bit more experienced and a little bit more polished than their counterparts,” she said. “We emphasize that once you are hired by a company, you represent that company as well as yourself.”

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Save the date for Alumni Weekend Oct. 5 & 6
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Lahey’s Legacy
Recipe for growth blended equal parts vision, planning and fortuitous timing