

A look at the vandalism behind the Ledges guest ban

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PEYTON MCKENZIE/CHRONICLE

PA program put on accreditation probation

By CAT MURPHY
News Editor

Quinnipiac University’s nationally ranked physician assistant program will be on probation through at least September 2025 after its accreditation review revealed several areas of noncompliance with the accrediting body’s standards.

The Accreditation Review Commission on Education for the Physician Assistant — the national body responsible for accrediting PA schools — determined following a three-year reaccreditation review that Quinnipiac’s PA program did not properly comply with nearly one-quarter of its 102 standards.

At the ARC-PA’s meeting in September, the body downgraded the Quinnipiac PA program’s continued accreditation status to accreditation-probation for a two-year period.

“Our program remains accredited,” said Janelle Chiasera, dean of the School of Health Sciences. “This temporary status allows us time to make program improvements, and to make sure that we are doing things in alignment with what the ARC-PA expects us to do.”

Accreditation, per an FAQ published on Quinnipiac’s website in the wake of the decision, is a “voluntary process academic programs engage in to assure they are offering high quality education as defined by the standards set forth by the accrediting body.”

The ARC-PA first accredited Quinnipiac’s PA program — which is currently ranked No. 1 in Connecticut and No. 16 in the nation — in 1995.

“This is a strong and impressive program, and it remains that way,” Chiasera said.

Although PA programs submit regular self-reports to the body, accredited programs must

undergo comprehensive evaluations every 10 years to maintain their accreditation statuses. Quinnipiac’s September 2023 review was its first since 2013.

“The standards that we had 10 years ago are different from the standards that we have today,” Chiasera said.

Chiasera said the ARC-PA’s most recent evaluation of the university’s PA program detailed 25 areas of noncompliance pertaining to faculty sufficiency, instructor certification, clinical practice learning outcomes and self-reporting.

“This temporary accreditation status is not going to affect the ability of our students to complete the program,” Chiasera said. “It does not mean that our students are receiving any less quality education than we’ve ever delivered.”

Chiasera said Quinnipiac officials have already addressed approximately 75% of the ARC-PA’s citations, particularly those concerning faculty sufficiency.

“The program has experienced turnover over the last four years, and that included the three-year reporting period for ARC-PA,” Chiasera said. “I am happy to say at this point that all of those positions have been filled.”

Chiasera emphasized that university officials plan to continue monitoring “what the program needs are from a faculty perspective and a support perspective.”

“We are still planning on getting them more faculty even though we have filled our vacancies,” she said. “We are committed to making sure that they have the faculty there that they need.”

To address citations pertaining to the program’s self-reporting process, for instance, Chiasera said officials hope to hire a full-time staff member “to help with the nuances of assessment.”

“I’ll be honest, I would argue that our PA program is quite sophisticated in what they do when they look at assessment and outcomes,” she said. “We realize that in order for us to advance the program’s analysis process, we really need a dedicated person to work with the program on a full-time basis.”

This is not the first time in recent years the university’s PA program has come under fire. In March 2022, a former PA student filed a lawsuit accusing program faculty of discrimination.

Accreditors will assess the program’s progress in September 2025.

“This time, they said, ‘We’re going to see in two years, we’d like you to make progress on this,’” Chiasera said. “We are committed to making those changes and we’re really confident that we are going to meet what the ARC-PA needs.”

Chiasera said program officials have begun outlining timelines for addressing the remaining citations.

Come 2025, the ARC-PA will do one of three things: reinstate the Quinnipiac PA program’s full accreditation, extend its accreditation-probation by two years or suspend its accreditation altogether.

“Is there the potential that we could get to a point where the ARC-PA says, ‘You didn’t meet it’?” Chiasera said. “We could, but we are not going to let that happen.”

The Chronicle was unable to independently verify the contents of the ARC-PA’s report, which had not been released online as of publication.

Annual report details five on-campus sex crimes in 2022

By CAT MURPHY
News Editor

Quinnipiac University’s annual security and fire safety report revealed a slight increase in on-campus sexual violence in calendar year 2022.

University officials filed the report in compliance with the Jeanne Clery Disclosure of Campus Security Policy and Crime Statistics Act, often referred to simply as the Clery Act.

Signed into law in 1990, the act is named for Jeanne Clery, a 19-year-old first-year student at Lehigh University who was raped and murdered by another student in her on-campus dorm room in 1986. Following Clery’s murder, her parents lobbied lawmakers to pass federal legislation requiring all federally funded universities to report all crimes committed within their Clery geography.

Joe Dease, Quinnipiac’s Clery compliance officer and investigator, noted that the university’s Clery report details all crimes that occurred on the Mount Carmel, York Hill and North Haven campuses, as well as 86 off-campus properties.

Here’s an overview of the university’s most recent campus safety report:

There were no reported burglaries, robberies or motor vehicle thefts at Quinnipiac in 2022. There were also no murders, aggravated assaults or arsons last year.

However, Quinnipiac’s annual security and fire safety report revealed slight increases in rapes and sexual assaults in 2022.

Two rapes occurred in the university’s Clery geography between January and December 2022, up from one in 2021. Each of the six on-campus rapes reported since 2020 occurred in the Mount Carmel Campus student residences.

There were also three sexual assaults reported within Quinnipiac’s Clery geography in 2022 — as many as in 2020 and 2021 combined. Of the three sexual assaults, one occurred in a Mount Carmel Campus student residence, another occurred elsewhere on Quinnipiac’s main campus and the third occurred in a York Hill Campus student residence.

Tony Reyes, chief of public safety, cautioned that a spike in sexual violence could have many root causes.

“You may get a spike, not necessarily because we’re having more (sexual assaults) year over year, but that there might be a willingness to report more so than the previous year,” Reyes said, noting that the vast majority of sexual assaults go unreported.

Reyes also emphasized the importance of education and awareness, noting that Public Safety’s community education tactics are designed to be “educationally based and really empowering to the victims.”

“Some of our complaints in terms of sexual assaults might be strangers, but some of them have to do with just sort of unwanted behavior among students,” Reyes said. “We really emphatically talk about that and highlight what acceptable behavior is and what it isn’t, and what we will tolerate and what we won’t.”

The Clery Act also requires universities to report violations of the Violence Against Women Act, including domestic violence, dating violence and stalking.

There were no instances of domestic violence for the third consecutive year.

However, three reported incidents of dating violence — abuse that can take place only in a

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Why Ledges lost its guest privileges
A timeline of the events that preceded the visitor ban

By CAT MURPHY
News Editor

In an attempt to mitigate ongoing vandalism in The Ledges residence hall, the Quinnipiac University Office of Residential Life and Housing on Oct. 19 revoked the first-year dorm building’s guest privileges.

“Only individuals who are presently residing in The Ledges will be granted access to the building,” the email to the building’s roughly 400 residents said. “No other persons are permitted in the hall, including non-Quinnipiac guests and QU students from other residence halls.”

The vandalism was not a new phenomenon, though, and this email was far from the first warning Quinnipiac officials had issued to residents.

Here’s what transpired in the weeks leading up to — and following — the Oct. 19 notice:

AUG. 28

Thomas Rouse, a veteran university administrator with over a decade of experience in residential life, took over as Quinnipiac’s newly appointed director of residential life at the end of August, mere days after residents moved into The Ledges.

But in the five or so days between first-year move-in and Rouse’s first day as director, vandalism had already become a problem in the residence hall, particularly in the building’s communal bathrooms.

“Essentially, since Aug. 28 up until now, we’ve been dealing with vandalism,” Rouse said on Oct. 23, nearly two months after the vandalism first began.

In compliance with the Jeanne Clery Disclosure of Campus Security Policy and Crime Statistics Act, the Department of Public Safety records all on-campus crimes, including vandalism, in a daily crime log. One-third of the 12 on-campus incidents of vandalism reported between Sept. 9 and Oct. 22 occurred in The Ledges.

The incidents of vandalism, Rouse said, ranged in scope and severity from broken ceiling tiles and destroyed door decorations to feces on the floor and urine in the waste bins.

“Things that include peeing in places that are not designated for pee, defecating in places that are outside of the toilet,” Rouse recalled. “The last picture that I received there was a can of some type of food in the toilet itself, and then outside, on the floor, there was what is assumed to be poop.”



PHOTO COURTESY OF THOMAS ROUSE

Explicit graffiti on a third-floor bulletin board in The Ledges residence hall.

SEPT. 18

Although Rouse and other residential life officials began “communicating extensively with the residents about respecting the community” in late August, the vandalism continued.

On Sept. 18, three weeks after the vandalism first began, officials held mandatory 20-minute meetings on each of the building’s four floors to “really address this concern,” Rouse said.

“We got called out by floor to pretty much get a talk by a residence hall director,” said Danielle Burney, a first-year political science major who lives in The Ledges. “Like, ‘Hey, this is happening. Stop it.’”

Rouse said the floor meetings failed to mitigate the vandalism, though.

“That didn’t necessarily help much,” Rouse said of the meetings. “The vandalism of the spaces continued.”

OCT. 6

When the floor meetings proved ineffective, Rouse and the assistant director of residential life, Mallory Gatison-Marsh, notified residents via email that the Office of Residential Life was “reviewing the implementation of communal billing per floor to cover the costs of repairs and additional cleaning services.”

“The disrespectful actions exhibited by a portion of our community not only tarnish the atmosphere of the residence hall, but also strain the resources meant to ensure a comfortable living experience for all,” Rouse and Gatison-Marsh wrote in the Oct. 6 email. “The actions of a few are affecting the many, and this cannot continue.”

Burney said the prospect of widespread fines irritated uninvolved residents.

“If there was damage, for example, on the second floor, everyone would be fined even though there’s only one person that did it,” Burney said. “That’s punishing the many for the crimes of the few.”

Rouse and Gatison-Marsh also warned residents in the email that continued vandalism would result in even harsher punishments.

“We are considering suspending resident guest privileges to ensure the safety and cleanliness of our communal areas,” the two wrote. “Although stringent, these measures are intended to preserve the integrity and comfort of our living environment.”

OCT. 11

Dani Mascia, The Ledges’ residence hall director, followed up with residents on Oct. 11 — less than a week after Rouse and Gatison-Marsh announced the impending implementation of communal fines — to reiterate officials’ frustration with ongoing vandalism and disrespect in the dorm building.

Mascia addressed “continuous behavioral concerns that need to end immediately,” including throwing water on doors, screaming in the hallways, ripping down door decorations and knocking on doors at inappropriate times.

“Please respect that this is someone else’s home, and this behavior is a violation of civility and respect,” Mascia wrote.

OCT. 19

By mid-October, residents had struck out. After repeated verbal and written warnings had failed to quell the vandalism, the Office of Residential Life notified residents — and their guardians — that The Ledges would be inaccessible to visitors through at least Nov. 2.

“These actions not only violate the established norms of the community but also foster an antagonistic atmosphere for other residents,” the email said. “Implementing this protocol is essential for safeguarding the welfare and convenience of our residents.”

Rouse said residential life officials implemented the no-guest policy to not only “address the concerns but also control the flow of people in the building.”

“It’s difficult right now,” Rouse said. “We don’t know who’s doing it.”

Officials also cautioned that “any individual found to have violated the guest restriction in The Ledges will be reported to the conduct system.”

However, less than a week after officials revoked residents’ guest privileges, Rouse said students had already begun violating the ban.

“So, obviously not improving as much as we would like to, but we’re actively working to find solutions to make this better,” he said.

The guest ban, Burney reiterated, was particularly frustrating for the residents who took no part in the vandalism.

“I’m getting punished for something that is done on a different floor, by a different group of people,” she said. “And it’s kind of like, why are we in prison?”

And Rouse agreed. “We really hope that this is resolved because it’s not fair to the building,” he said. “It’s not fair to the rest of the residents who want to have a clean living environment that this is happening.”



PHOTO COURTESY OF THOMAS ROUSE

A tomato-based sauce splattered in a communal bathroom shower stall in The Ledges residence hall.

OCT. 24

But as of late October, incidents of vandalism have continued to plague The Ledges.

Rouse emailed residents yet again on Oct. 24 with a laundry list of new reports: spit on the walls, feces on the bathroom floors, property damage and widespread disrespect.

“I don’t even know how you’re unsupervised for that long of a period of time,” Burney said. “Like, you just do that and move on with it? I don’t get it. I’ll never get it.”

The Oct. 24 email — the fourth in the series of written communications with residents — also announced the establishment of an anonymous tip line to “identify who is responsible and put an end to this offensive behavior.”

“Someone must have seen something,” Rouse said. “And we want to get that information, but we understand that students may feel a little bit nervous putting themselves out there.”

Students can text information, photos and videos to the anonymous tip line at (203) 582-6281.

‘I felt kind of helpless’: Quinnipiac students from Maine reflect on Lewiston mass shooting

By CAMERON LEVASSEUR
Sports Editor

Lia Rand, Juliette Lapointe, Oliver Cochran, Mac Davis, Sarah Barter and Hannah Smith all sat in their respective dorms, apartments and houses — most at Quinnipiac University — on the evening of Oct. 25, winding down from a normal Wednesday.

Some 230 miles from Hamden, in Lewiston, Maine, dozens of people celebrated the end of the work day with family and friends, on one side of town at a bowling alley, on the other at a bar.

Over a span of 20 minutes beginning just before 7 p.m., a gunman opened fire in both, killing 18 people and injuring 13 more in what was the deadliest shooting in the state’s history and in the U.S. this year.

In the minutes and hours that followed, the news came flooding in. Smith found out through social media. Davis got a text from her best friend. Rand’s parents called her. Their initial reaction was all the same.

“I didn’t think that it was true,” said Smith, who graduated from Quinnipiac with a degree in journalism this past spring. She was in Portland — approximately 37 miles from Lewiston — at the time of the shooting.

“Immediately I just thought, ‘This is Maine, this has never happened in Maine before,’” Smith said.

Maine had the lowest violent crime rate in the country in 2022, at 103.3 violent crimes per 100,000 people, per data published by the FBI. The national average is 380.7. The state’s ten-year average for homicides, according to the Maine Department of Public Safety, is 19.1 — also among the lowest in the nation. Wednesday’s shooting alone nearly equaled that in a single night.

“It has genuinely always felt like the safest place in the world to me,” said Lapointe, a senior communications and media studies major from Bath, a town located 27 miles southeast of Lewiston. “That’s my home.”

The shooting and ensuing manhunt for the suspect forced closures at every regional school and nearly every university statewide. Bates College, a private, liberal arts college in Lewiston, postponed the Oct. 27 inauguration of its ninth president, Garry Jenkins.

Quinnipiac officials implemented mandatory active shooter training for students in February after a shooting killed three students at Michigan State University. The

15-minute online course titled “Run, Hide Fight,” instructs students to run if an active shooter is in their vicinity, hide if fleeing is not possible and fight only as a last resort.

“I think it’s really upsetting that this is our reality now,” Rand, a junior from Brunswick — 20 miles from Lewiston — said. “As a criminal justice major, I’m going into law. I think that threat assessment and safety measures are really important ... It could happen at any moment, and it does.”

Gun violence has been prevalent on college campuses for years.

Last November, a gunman killed three football players and wounded two other students at the University of Virginia after he opened fire on a charter bus. On Aug. 28, a graduate student at the University of North Carolina Chapel Hill shot and killed his faculty adviser inside his own classroom. On Oct. 3, a gunman shot five people during a homecoming celebration at Morgan State University in Baltimore. And three days after the Lewiston shootings, one person was killed and another injured in an Oct. 28 shooting at Worcester State University in Massachusetts.

Today’s college students — who grew up surrounded by school shootings in Newtown, Connecticut, Parkland, Florida and most recently Uvalde, Texas, — learned from a young age the reality of gun violence.

“Unfortunately I’d assumed if anything happened it would probably be a school shooting,” Barter, a junior psychology major from Falmouth — 31 miles from Lewiston — said.

But not in Maine. Not in a state with the lowest population density east of the Mississippi River. Not in a state nicknamed “Vacationland.”

48 HOURS AT LARGE

In the aftermath of the shooting, the gunman fled the scene in a white Subaru before dumping the car at a boat launch. Just before 10 p.m. on Friday, Oct. 27, police found his body — dead by an apparent self-inflicted gunshot wound — about a mile from the car at the recycling center where he previously worked.

It took hundreds of state and federal law enforcement officers more than 48 hours to locate the body, all while more than 100,000 Mainers in Androscoggin and Northern Sagadahoc counties sat in lock-

down under shelter-in-place orders until late Friday night.

“I can’t believe that they haven’t caught him yet,” Lapointe said on Oct. 26. “It’s so scary to think about that he’s just out there and my family lives there and they don’t know where he is.”

As the manhunt drew on, the miles between Lewiston and Hamden amplified the anxiety.

“My parents and my brother were at home, and I was here,” Rand said. “I felt kind of helpless.”

That feeling was mutual for every Quinnipiac student from the state.

“I’ve constantly been refreshing my social media feeds to see if there have been any updates,” Davis, a sophomore on the occupational therapy track from South Berwick — 77 miles from Lewiston — wrote in a message to The Chronicle. “I have multiple friends in the area just North of Lewiston and have constantly been in contact with them to ease my mind as well as theirs.”

Even after the lockdown lifted and panic subsided, students expressed an absence of closure in how the saga came to an end.

“I was relieved that people could go back to living their lives,” said Cochran, a junior finance major from Cape Elizabeth — 44 miles from Lewiston. “But part of me was a little mad that the guy didn’t have to face justice and he just got an easy out. I’d rather have someone like that have to face justice and live with themselves in prison.”

SKATE ON

On Oct. 27, two days after the shooting, the University of Maine reopened its flagship campus in Orono, 117 miles from Lewiston.

Although the university postponed several athletics contests in the immediate days that followed, Maine men’s hockey made the trip south to face Quinnipiac on Oct. 27 and 28 — playing now, more than ever, for the entire state of Maine.

“We have great support,” Maine head coach Ben Barr said. “The best support that I’ve ever seen in college hockey through thick and thin. Maybe it meant a little more tonight.”

On the other side of the ice, Quinnipiac associate head coach Joe Dumais also had Maine on his mind. Dumais grew up in Auburn, across the Androscoggin River from Lewiston.

“You see all these shootings all the time and just don’t think they’ll happen close to home,” Dumais said. “And then all of sud-

den you see CNN, Fox, MSNBC: Lewiston, Maine. I’ve been to that bar. I’ve been to that bowling alley ... I have family that goes to those places. It just doesn’t even seem real.”

Dumais’ parents and sister drove down to stay with him in Connecticut to escape the region in the midst of a lockdown.

“My whole family lives in Auburn,” Dumais said. “Parents, sister, aunts, uncles, everybody and then a lot of friends ... my cousin knows a lot of people that died, unfortunately ... it’s just tough, it’s just tough to see that.”

Quinnipiac held a moment of silence for the victims prior to the start of both games against the Black Bears.

‘WE WILL HEAL TOGETHER’

There is no time limit to the impact of a mass shooting. It will stay with Lewiston forever.

Mainers will mourn the victims and grieve their loss. They will ask how and why this tragedy happened, and if it could have been prevented. But the city — and the state — will heal.

“Tonight, Lewiston, and the State of Maine, begin to move forward on what will be a long and difficult road to healing,” Maine governor Janet Mills said in an Oct. 27 press conference after the manhunt concluded. “But we will heal together.”

“I think that word — ‘together’ — is so important because we can’t just do it alone,” Smith said. “Lewiston can’t just do it alone.”

That support is not just from the 1.3 million within the state’s borders. It’s everywhere. Even at Quinnipiac, where the Maine student population is small, their bond with the state is as strong as ever.

“I heard one person say, ‘Maine is such a big, small state,’” Rand said. “Like, it’s huge but we’re all so close knit and together and we’re very sheltered from the rest of the country. And I think we need to remember that we have built this beautiful community, and that this is not going to affect that.”

But the 18 victims — parents, siblings, children, friends — that were gunned down on Oct. 25 leave an irreplaceable hole in a community permanently altered.

“I just kept thinking about those people. Those innocent human beings that were at the bar, just playing pool, that died,” Smith said. “This country needs to change, everything needs to change. This can’t be normal.”

CAMPUS CRIME from cover

..... dating relationship — occurred on campus in 2022, up from one in 2021 and two in 2020. Two incidents occurred on the Mount Carmel Campus, while the other occurred on the York Hill Campus. All three occurred in student residences.

Although there were a combined 13 stalking incidents in 2020 and 2021, there were no reported cases in 2022.

The hate crime category of the annual security report includes simple assaults, larcenies, intimidations and vandalism. There was just one on-campus hate crime in 2022, a misdemeanor assault in a York Hill Campus residence.

The security report also revealed a notable decline in liquor law violations and drug offenses.

No students were arrested for liquor law violations within Quinnipiac’s Clery geography in 2022. Campus officials also saw a 17% decline in liquor law referrals between 2021 and 2022. Approximately 90% of the 422 violations occurred in on-campus student residences.

There were no drug offense arrests for the sec-

ond consecutive year. The security filing reported 130 drug law violation referrals in 2022, a nearly 15% decline from 2021. Over 98% of the violations occurred in student residences.

Police arrested one student in a Mount Carmel Campus dorm hall on illegal weapons possession charges in 2022, the first such arrest in three years.

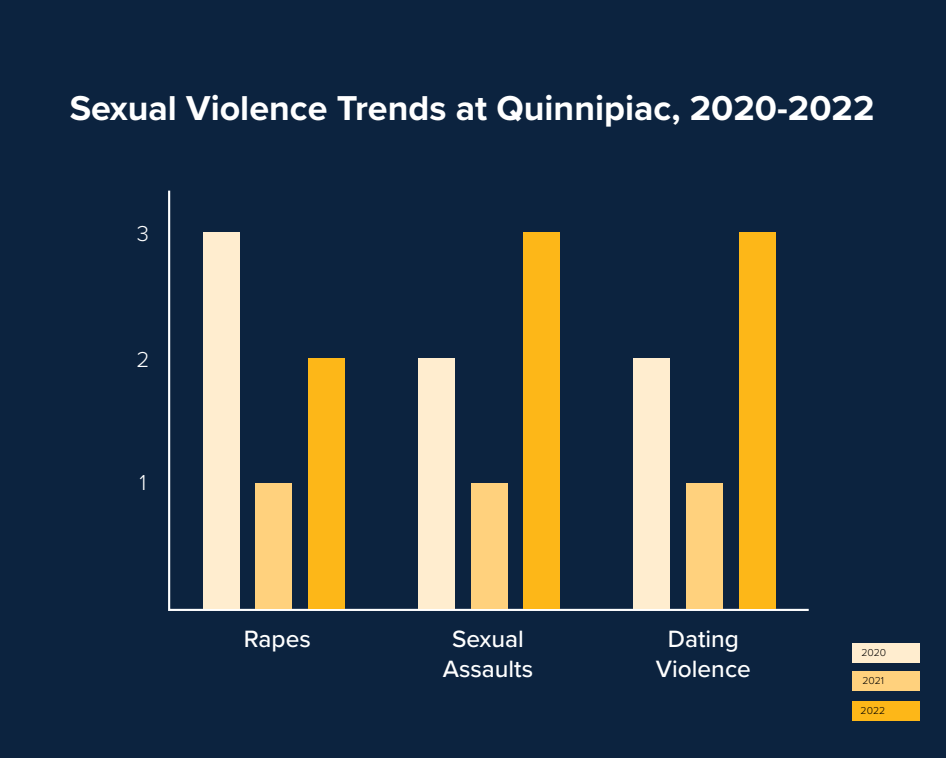
University officials also made one illegal weapons possession referral in a York Hill Campus residence in 2022.

Asked about the decline in liquor and drug law violations, Reyes argued “part of it could be organic.”

“I don’t want to take full credit for necessarily the decline,” he said.

However, Reyes said increased community education may have contributed to the overall decline, which occurred in the year after a Quinnipiac senior overdosed on fentanyl in his non-university owned off-campus residence.

“I think the sense is that we’re trying to be preventative,” Reyes said. “So, just trying to be proactive about having students think through some of these decisions beforehand may have had an impact on the decline.”



INFOGRAPHIC BY LINDSEY KOMSON

Opinion

Republican dysfunction is weakening our government

By **NICHOLAS PESTRITTO**
Staff Writer

On Oct. 3, Rep. Kevin McCarthy was voted out of his position as speaker of the U.S. House of Representatives. And after three weeks of Republican infighting, the House finally elected a representative for arguably one of the most important positions in Congress, Louisiana Republican Rep. Mike Johnson, on Oct. 25.

With the chaos that we have seen surrounding the decision of who will be next speaker of the House, it has become evidently clear that the Republican Party can no longer be trusted with leading any chambers of Congress. It should get just as much respect and appreciation as its members are giving the American people — the tiniest amount possible.

Why should we put our trust in a party that can hardly even pick a leader to head one of the most crucial parts of our government? The Republican Party is as disjointed and confused as it could possibly get.

Before electing Rep. Johnson to the speaker role, the GOP tried to elect several members to fill the position, including fellow Louisiana Republican Rep. Steve Scalise and more recently Ohio Republican Rep. Jim Jordan. For reference, in 2002, Scalise gave a speech to a white supremacist group, per POLITICO, and since being elected in 2006, Rep. Jordan has never had a bill signed into law, according to The Washington Post.

Yes, a major political party in our country just tried to nominate one of its

representatives to one of the most important positions in Congress, but that person hasn't really been doing their job.

It's embarrassing enough that it took McCarthy a historic 15 ballots to become speaker. But when the GOP took the majority during the 2022 election, his same party tried to replace him with people who are definitely much less qualified for the position.

This is what happens when a political party that is so divided is tasked with running a chamber of Congress: absolute political chaos with currently no end in sight. Not even a war involving U.S. ally Israel, seemed to spur any quickness into filling

the speaker role. At this point it is hard to tell what will actually unify the Republican Party, how that will happen and if it will even be able to make any progress on laws as the majority party in one of our chambers of Congress.

When Jordan dropped out of the speaker race, the GOP attempted to nominate a third candidate, Rep. Tom Emmer, but hours after receiving that nomination, he dropped out. One of the main reasons he did so was because former President Donald Trump called him a "Globalist RINO" on Truth Social and some other pushback from hardline conservatives, per CNN.



Former Speaker of the U.S. House of Representatives, Rep. Kevin McCarthy is pictured with former President Donald Trump, before he was voted out of his position on Oct. 3.



Budgeting for beginners

DISCLAIMER: This piece is strictly based on the opinions and experiences of the writer and should not be viewed as a substitute for professional financial advice.

By **A.J. NEWTH**
Opinion Editor

Many think that saving and budgeting are the same thing. However, they couldn't be more different.

While saving money involves putting portions of your cash aside and letting it pile up, budgeting is making a plan to decide how to spend your money over a period of time. Budgeting can ensure money is available, help you achieve personal goals and is a great way to practice financial planning, per Harvard Business Review.

For college students, budgeting is an essential.

The key to budgeting is balance. This means basing your budget off of your income, but if you don't have an income at the time, you can budget your savings. The first step to budgeting is watching your financial habits and placing limits on spending. That way, you have money put aside for the long run.

Budgeting not only keeps your finances under control, but it supports effective financial decision making.

An important benefit of budgeting is that the money you save by controlling your spending has a multitude of uses. Whether the extra cash is put towards a trip in the future, saved for a rainy day or used for an emergency you never saw coming, having extra money for those purchases will improve your financial and mental well-being.

There's a lot of anxiety surrounding money, and it's easy to fall victim to stress and frustration when it comes to obtaining money and learning how to spend it. The thought of running low on funds looms over many people's heads, especially as college students.

As expenses pile up between student loans and all the additional monthly payments that come with adulthood like car payments, insurance and housing, budgeting can be a blessing in disguise to help you organize your finances.

Controlling how individuals spend money can be a difficult task, especially if it means changing the way you normally allocate funds.

Wells Fargo recommends tracking your spending, making a list of expenses and consistently revisiting and adjusting as your income or expenses fluctuate.

Having to cut back spending on things you enjoy isn't fun, but it's worth it.

From personal experience, I can openly admit that changing your spending habits takes effort. Learning how to allocate your funds takes intentional decision making and time. However, by limiting what I spend on certain things, I was able to use extra savings for a trip I've been wanting to go on forever. Travel is my passion and budgeting allows me to see it through.

I'm not saying you need to uproot the entire way you spend money. I'm simply suggesting a shift. Pay attention to your expenses and habits and see if there's room to reduce what you spend.

Budgeting is not about sacrificing the things you enjoy, but redefining how you acquire them. It's a small change with big rewards.

Opinion

Cleaning up for the real world

Why we need home economics now more than ever

By GINA LORUSSO
Contributing Writer

Practical life skills have taken a backseat in the education system. In an era where societal standards are shifting and the world is rapidly evolving, home economics is needed now more than ever.

Schools incorporated home economics classes in the early 20th century to promote the value of “women’s work,” per NPR. During this time, women learned how to sew, cook, clean and care for children, creating the basic frame for a good housewife.

As times continue to change, remaining home economics classes are decreasing due to developing societal expectations and high school students – especially women – are urged to seek a more professionalized curriculum. In retrospect, this is what college is for.

High school is where people of all genders should learn essential housekeeping and life skills that will help them in the real world. When college students are focused on their area of study, they don’t have time to take a financial literacy or health and wellness class. While both present essential lessons, it is not practical to incorporate them into a college curriculum.

It’s evident which students don’t understand the concept of home maintenance, especially in a residence hall with shared spaces. Basic household tasks aren’t difficult, yet students fail to keep their area clean, properly do their laundry and wash their own dishes.

Above all, there is a huge gap between the most independent residents and those with absolutely no self-awareness. I’ve ex-

perienced fellow residents who don’t take responsibility for their living situations, creating frequent messy environments in on-campus housing.

On the financial side of things, many of us are broke college students, yet still go out every weekend. Not knowing how to budget or make wise spending decisions will truly make life more difficult in the future. Knowing how to manage personal finances is crucial to transitioning into adulthood.

CNBC recommends applying for a credit card as soon as you turn 18. Building a credit score early on opens a gateway to lower interest rates and lower fees on loans. High school students should be taught about credit so they understand how to properly manage it when it comes time to get a credit card.

What’s more important: knowing how to build your credit or mastering the art of long division? The answer is obvious.

Time management is another factor that many incoming college students lack. Compared to high school, college schedules are drastically different so students need to manage their time accordingly. Home economics should teach students how to juggle extracurriculars and also find time for themselves on top of their academics.

We spend four years of our lives in high school taking classes that ultimately teach us nothing. Even before high school, we should be learning how to make spreadsheets and manage our time. I don’t know about you, but I don’t think I’ll be asked to play “Hot Cross Buns” on the recorder during a job interview.

College is a fend-for-yourself environment. Some students may not have learned

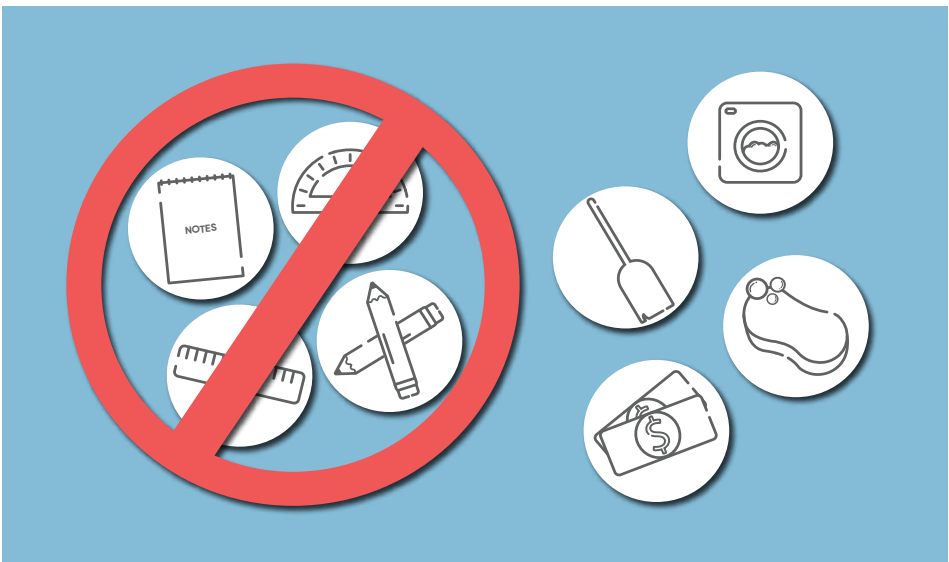


ILLUSTRATION BY AMANDA RIHA

life skills from their families, making it difficult for them to learn on their own. We sometimes feel embarrassed to ask for help with such simple things and it’s inconvenient when we’re caught in a pinch and have no idea what to do.

High school teachers often say they are preparing us for college, but are they?

As of Oct. 31, over half of states require a financial literacy course to be offered in high school curriculum. On the flip side, only 23 states require it for graduation, per Ramsey Solutions, an online financial literacy resource.

For example, the state of Connecticut requires a financial literacy course to graduate. Although it’s only a half-year course, it still gives students a good idea of what to expect when it comes to managing personal finances on their own. If schools across the

U.S. continue to make reforms like this, the future is bright for the next generation.

Home economics courses equip students with valuable lessons that make them more well-rounded and less dependent on others. The revival of home economics is long overdue. The longer schools wait to bring it back into the curriculum, the more future generations are being set up for failure.

There is such a broad range of topics that home economics teaches which are beneficial to college living. These underestimated skills empower young adults to make informed choices and allow them to thrive in a new environment. Even though home economics has developed into something much more than learning how to clean, it’s time we dust off these misconceptions and give home economics the recognition it deserves.

Bobcat Buzz



PEYTON MCKENZIE/CHRONICLE

Quinnipiac University’s York Hill and North Haven campuses feature Costa Coffee Smart Cafe machines, allowing students to get coffee any time of day.

By MICHAEL LARocca
Opinion Editor

Quinnipiac University’s York Hill Campus hosts what might possibly be the best kept secret of the school: the uber-convenient, ultra-delicious Costa Coffee Smart Cafe.

The U.K.-based company’s fresh coffee vending machine, located in the lobby of the Rocky Top Student Center, offers York Hill residents 24/7 access to caffeinated glory just steps away from their dorms. The machine can make drinks in just a few touch screen taps ranging from normal drip coffee, to lattes, espresso and hot chocolate.

The cafe’s sheer convenience makes it the only proper option for anyone looking to cut down on their Dunkin’ or Starbucks purchases.

Coasting along on Costa Coffee

On top of being there all the time, it accepts the normal student dining plan as payment via QCard. There are even some days where all drinks are on sale for \$1.

While the York Hill machine may be known best to the university’s undergraduate students, the original Quinnipiac Smart Cafe is located in North Haven. It saw so much success that university dining decided to bring another to York Hill for more students to enjoy.

From a bird’s eye view, there is no valid reason as to why anyone would feel the need to purchase coffee from the dining hall when the machine is open and working just steps away.

The key word in the previous sentence, however, is “working.”

Like any other machine, it can break down, or need to be closed due to maintenance, making it not 100% reliable. Since it strictly uses fresh milk and other ingredients for its drinks, there could also be times where not every option is available. Regardless, people keep coming back, as they should.

Ever since its installation during the Spring 2023 semester, the Costa Coffee Smart Cafe is there for any occasion. Whether you need a coffee before your morning workout or an espresso after a night out with friends, this machine is the whole package. As the advertisements surrounding the coffee machine say, “the U.K.’s best kept secret is out.”

They’re so correct.

Arts & Life

QU Athletics hosts annual Boomer's Boo Bash

By JACK MUSCATELLO and PEYTON MCKENZIE

Summer-like weather graced the Mount Carmel Campus on Saturday, Oct. 28 for Boomer's Boo Bash, hosted by Quinnipiac Athletics. Students, faculty and locals made their way to the Quinnipiac University Quad to take part in lawn games, food trucks and visit tables from local businesses.

The school's varsity teams hosted a variety of stations where people could participate in aspects of their respective sports.

Anthony Benvenuto, a Wallingford resident and adjunct professor in the School of Education watched as his 7-year-old son, Hayden, slung lacrosse balls into a net.

"We came here last year and it was a great event, and this year seems to be even bigger," Benvenuto said. "It's just a nice way for the sports teams to be out and active and kind of have the whole community together."



Sophia Piperidis, 2, gives a high-five to a member of Quinnipiac's acrobatics and tumbling team after completing a somersault during Boomer's Boo Bash on Saturday.



Hayden Benvenuto, 7, of Wallingford – who dressed up as John Cena for Halloween – slings a lacrosse ball.



Richard Roth, 2, gives Boomer the Bobcat a high-five alongside his father Adam Roth, dean of the College of Arts and Sciences.



Shane Bushey, 5, of Wallingford (right) – who dressed up as Luigi for Halloween – putts a golf ball with the help of first-year golfer Alexia Egdahl.



Max Piperidis hula hoops on the quad.



Lui Viera, 6, runs with a baseball.



Families and visitors walk across Quinnipiac's Mount Carmel Campus Quad.

'1989 (Taylor's Version)' is never going out of style

By ZOE LEONE
Arts & Life Editor

It was 11:59 p.m. on Oct. 26. The house was quiet as my roommates peacefully slept, but any noise present would've been muffled by my earbuds. In what seemed like an hour instead of a mere 60 seconds, the clock struck midnight and a familiar synth beat once again filled my ears. Much like the winning quarterback being interviewed at the end of the Super Bowl, I knew where I was going — but it wasn't to Disney World.

I was going to New York.

For those who didn't take the midnight train into the city that never sleeps, Taylor Swift released her latest rerecording — "1989 (Taylor's Version)" — on Oct. 27. The album, which originally released on the same date in 2014, marked Swift's official departure from the world of country into her reigning domain of pop music.

From only one listen, it's clear that the album — which has long been nicknamed "the pop bible" — easily earned every broken record. Swift's rise to pop stardom was well fought for, and lucky for us, it sounds incredible too.

"1989 (Taylor's Version)" starts with "Welcome to New York (Taylor's Version)," a synth-y ode to Swift's home in the city. The track was co-written and produced with pop production powerhouse Ryan Tedder, the frontman of OneRepublic who's worked on more no. 1 songs than you could ever dream of. It's pure poppy fun, and sets the scene for the iconic album perfectly.

The next three tracks on the album are arguably some of Swift's most famous hits — and for good reason. "Blank Space," "Style" and "Out Of The Woods" proved that

Swift had the skills to take her trademark tell-all, relatable lyrics and translate them into an extravagant production that would live on the radio for months.

"Out Of The Woods" would also mark Swift's first hit with Jack Antonoff, of Bleachers, who has since become her longtime collaborator on her five original albums since "1989." Antonoff and Swift have an uncanny ability to create quintessential pop music — everything they touch turns to gold, and "1989 (Taylor's Version)" carries the tradition on.

While several songs on the album are just as good as they've always been, a choice few stand out as better than ever. "Clean (Taylor's Version)" somehow manages to elevate the beautiful melancholy of one of the best and most honest getting-over-it songs. In a similar vein, "New Romantics (Taylor's Version)" — which is truly the defining track of the "1989" era — ups the ante on its own fun, creating a song that's just as much fun to go out and dance to as it is to cry in the bathroom of a club to.

A deluxe version of "1989 (Taylor's Version)" that was released on streaming the morning of Oct. 27 includes a version of the fan favorite "Bad Blood" remix, featuring Kendrick Lamar. Swift, who wrote on Instagram that the collaboration "was one of the most inspiring experiences of my life," shared that Lamar joined her in the studio to rerecord his verses for the "Taylor's Version" album. The collaboration has always been one of Swift's best, but her mature vocals combined with Lamar's always-excellent rapping creates an even stronger version of the duet.

The pre-existing songs stand the test

of time, but the album hits a hiccup when the vault tracks roll along. While they're not bad by any stretch of the imagination, compared to the unreleased songs on the previous rerecords — "Red (Taylor's Version)," I'm looking at you — they fall a little short.

Standing against the brilliant songs that make up the rest of the original album, it makes sense why they didn't make the cut the first time around. Lyrically they stand strong, but the monotone instrumentals have a habit of dragging the songs down, which is perhaps the biggest downfall across the five new tracks.

"Now That We Don't Talk (Taylor's Version) (From The Vault)" is a notable exception to the rule, featuring a Bleachers-esque melody and tongue-in-cheek lyrics

that are perfectly relatable to those of us who've had catastrophic endings to relationships we never should've been in.

"Is It Over Now? (Taylor's Version) (From The Vault)," on the other hand, would've been the clear winner of the vault tracks if it wasn't for the odd production choices. Why a synthesized chirp makes an appearance throughout the verses I couldn't say, but it takes away from the rest of the song, which is genuinely excellent. The tell-all lyrics still shine, however — and proves that even men who paint their nails and wear pink feather boas are capable of being just as bad decisions as the rest of them.

Overall, "1989 (Taylor's Version)" is just much of a pop triumph as it's always been. Now if you'll excuse me, I need to go dance to this beat forevermore.



ILLUSTRATION BY SHAVONNE CHIN

Rage room event was a smashing success

By CARLEIGH BECK
Copy Editor

If you were on the quad at some point on the afternoon of Oct. 26, the sound of breaking ceramics likely caught your attention.

Large crowds gathered at the "Smash Your Stress Away" event hosted by The Office of Student Engagement and the Learning

Commons. At 1 p.m., students could release their stress by smashing items like plates, mugs and bowls for free. The offices hired Party People Inc. to provide a "rage room" rental.

Hannah Cranston, director of student engagement, spearheaded the creation of this event alongside Timothy Burrus, one of the academic coaches.



AIDAN SHEEDY/CHRONICLE

First-year political science major Katie Flaherty prepares to throw her plate with stressors written on it like "school," "grades" and "life" at a rage room on Thursday, Oct. 26.

"I think this time, the past couple of weeks are usually more of a high-stress time for our students," said Cranston. "So I thought, 'What can be something easy to relieve some stress?'"

Students picked what items they wanted to throw and write what was stressing them out on them. Some wrote a few words, others wrote full paragraphs. Students wrote about classes and schoolwork, specific people in their lives that were causing them negative feelings and everything in between.

Once students were ready to throw their item of choice, they were fitted with a protective face shield before stepping in front of the tent and throwing it on the floor.

Though some students were a little apprehensive at first, most agreed they felt a little better about what they ended up writing after they threw it down.

Lydia Hallett, a senior game design and development major, smashed a plate at the event.

"It doesn't really relax me, but you know the stress is gone because it's broken," Hallett said.

For first-year behavioral neuroscience major Vanessa Nethercott, she and her friends saw other students smashing plates while studying in the Carl Hansen Student Center dining hall, and decided to join the event.

"We went because we were just complaining because midterm grades just came out ... life is just stressful," Nethercott said. "And then we (saw) this, and smashed

our plates. It was therapy-like."

With the stress that many students are experiencing, Burrus wanted to put on an event that would make them smile.

"What can I bring to Quinnipiac that I hope the Bobcat Community would enjoy?" Burrus said. "So previously seeing ideas of the rage room, and then (being) hopeful to bring that here ... was my thought process."

A typical rage room is equipped with a multitude of items that participants can smash. The rooms often include baseball bats, hammers and other weapons to smash things with.

Rates for rage rooms in Connecticut are usually between \$30 and \$50, which isn't in the budget for many college students.

"I've always wanted to try a rage room, so to kind of dip my foot into something small to start off with is nice," Hallett said. "They can cost \$50 an hour ... you can go with friends or family and split the price, but sometimes you're not always going to have the money."

Students who found this event helpful and would like to have other outlets to help manage their stress have other opportunities through the university, Burrus said.

"(If students) would like additional resources, come chat with us as well," Burrus said. "I want them to know that the departments are here because of (students), and we also want to see them succeed."

Robot bears and jump scares: Enjoy a shift at 'Five Nights At Freddy's'

By JENNIFER MOGLIA
Staff Writer

While Halloween weekend is one of the most exciting times every year, things were extra special for “Halloweekend” 2023. A film that has been in the works for eight years, the on-screen adaptation of the popular horror video game franchise “Five Nights At Freddy’s,” finally hit theaters and streaming on Peacock.

“FNAF” first dropped in 2014 as a point-and-click survival game where you play as a security guard working at an abandoned Chuck E. Cheese-style restaurant. Your goal is trying to survive five-night shifts while the animatronic characters who used to entertain audiences at the restaurant try to find and kill you.

The underlying lore tells the story of William Afton, the creator of Freddy Fazbear’s Pizzeria, who brutally murders children who come to the restaurant to cope with his own trauma. He stuffs their bodies into the animatronic suits, and the children haunt the pizzeria, explaining how the characters are able to move freely and attack the security guards.

The original franchise is made up of 10+ sequels to the original game and close to 30 books based on them. Almost a decade later, what started as the passion project of independent game developer Scott Cawthon has gained an unprecedented fanbase. YouTube personalities, kids and teenagers worldwide, and even actor Jack Black have become invested in everything about the game.

Going into the “FNAF” movie, I wasn’t sure what to expect. There’s so much source material to play with, and I didn’t know what the filmmakers would be able to accomplish. After watching the film on opening night and hyper-fixating on it for the past few

days, it’s safe to say that, at least in my eyes, they succeeded.

Without spoiling anything, I have to mention the “easter eggs” and references to the games and books throughout the film. As someone who has been a fan of this franchise since the first game dropped when I was 12 years old, I wanted the movie to be a love letter to the original fans as much as possible, and it totally was.

The references were subtle and beautiful, like the opening credits being in a vintage eight-bit video game style to pay homage to hidden mini-games that Cawthon began hiding in glitches in the game starting with “Five Nights At Freddy’s 2.”

There were a few cameos from YouTubers who have frequently covered the games, references to fan theories through background props and more tiny details that never failed to make me smile. While I can’t speak to the perspective of someone who went into the film without knowing anything about the source material, I don’t feel like the “inside jokes” between filmmaker and OG fan distracted too much from the movie’s plot.

Speaking of the plot, I thought that it was similar enough to the original plot of the games, down to the film lasting five nights and the final one being the most chaotic, but the story was still unique enough. The movie is centered around Mike Schmidt (Josh Hutcherson) who gets a job at the abandoned Freddy’s restaurant while trying to solve the mystery of who abducted his younger brother, Garrett, when they were children.

Mike has to start bringing his younger sister Abby to his night shifts after being ghosted by her babysitter. When she starts befriendng the animatronics (or the souls of the dead children trapped inside them), the chaos begins. The animatronics, crafted



ILLUSTRATION BY KAYA DONAH

by Jim Henson’s studio, looked amazing on screen and really made this film as immersive as it was.

While Hutcherson and Piper Rubio (Abby) had good performances, the film’s true star is Matthew Lillard. He first appears as Mike’s career counselor Steve Raglan, but is clearly not who he says he is by the end of the film. Lillard doesn’t get a ton of screen time, but he certainly makes that time count.

Some adult fans who played the games as kids were concerned about the PG-13 rating, but there were still a few fun scares despite the lack of gore. I personally prefer suspense to blood and guts in my horror movies, so I loved the filmmakers choosing to leave it to sound design and shadows to show the kills.

The PG-13 rating also gave the film time to explore its more humorous side, being aware of its own absurdity. Despite criticism, it’s important to remember that the main

audience for these games, and therefore the main audience for this movie, is made up of children and teenagers. The souls trapped in the animatronics are also still the spirits of children, so it makes sense that they crave playing around and having fun.

“Five Nights At Freddy’s” didn’t have to be a three-hour-long R-rated gore fest to be a fun film that fans and young moviegoers can enjoy. If this gets some of those younger film buffs to check out other horror movies, or even just go see the inevitable “FNAF 2” film in a few years, I feel that its mission has been accomplished.

To me, “Five Nights At Freddy’s” was a surreal experience where I saw scenes from my favorite childhood video game play out on a larger-than-life screen. I hope that, to others, it’s the gateway horror film that introduces them to the world of even more creative, outlandish and bone-chilling thrillers.

There's no Sunday scaries during Halloweekend

How college students are reinventing the holiday

By CHARLOTTE ROSS
Staff Writer

To many, Halloween is regarded as a holiday traditionally geared towards younger children and grade school students. Trick-or-treating and Halloween costumes feel like nostalgic childhood staples of the past that kids grow out of and leave behind once we reach high school.

But do we really?

Along with all the other new opportunities and freedoms that college presents to young people, students have the freedom to join in on the Halloween fun in a new and revamped way, without any of the worry of age standards or parents tying them down. As a freshman myself, everything feels new and exciting, and with Halloween being the first holiday of the semester, it can feel like one of the first nights of being a real college student.

Themed costume parties hosted by fraternities and sororities, bar crawls, halloween dance parties at local clubs and festive on-campus events are just some examples of ways students can partake in the fun.

Dressing up for Halloween shouldn’t be left just for elementary school students. When constantly surrounded by roommates and friends, college is the perfect place to execute a creative group costume. Either thrown together last minute using items already owned, or orchestrated months in advance, the costumes surely get their time in the spotlight, worn out

on the town or in Instagram photos. This year, the costumes especially did not disappoint: Disney princesses, Barbie and Ken, and even trio variations of the classic “Fuck, Marry, Kill” game were the best I saw.

With a whole weekend to celebrate the holiday, many put their other school and

work responsibilities aside to really go all in for one weekend of the year. In fact, nearly all party-goers on Halloweekend end up changing their typical going out habits for the special holiday, as more people decide to drink as part of their celebration.

Having been born and raised in Salem,

Massachusetts, Halloween has always felt like such a nostalgic time for me. I grew up surrounded by the Halloween craze year round, and my memories from past Halloweens are all so comforting, times spent in my neighborhood with friends and engaging in the fun like we used to as kids.

Even though I am away from home this Halloween, I know college doesn’t have to mean anything different. I can enjoy being a part of the Halloweekend craziness buzzing throughout campus, and also get my fill of old scary movies and a surplus of dining hall candy with my friends the evening of Halloween. That and receiving pictures and videos of all the trick-or-treaters costumes from my parents back home make for a perfect night.

With so much available for students, Halloween is easily one of the biggest social events of the year. They can choose to go all out to partake in the fun all Halloweekend long, or to stay in and continue traditions, but one thing is for sure – it’s definitely more fun than it was in grade school.

As Halloween falls on a Tuesday this year, students have the whole weekend before to really get in the spooky spirit. With all the freedom you have in college this Halloween, you can explore all the possibilities and decide your best way to celebrate. The options are endless, and there’s no better place to do it than here.



ILLUSTRATION BY AMANDA RIHA

The music that’s all the rage right now

By ALEX MARTINAKOVA
Copy Editor

On June 24, 2022, the U.S. Supreme Court overturned Roe v. Wade, a 1973 ruling that guaranteed women the right to an abortion. Last Tuesday tens of thousands women in Iceland refused to work, as a form of protest against the ever-persistent gender pay gap. In 2017, Russia decriminalized domestic violence, unless it is so severe it results in a hospital stay. And I can keep going.

It’s the 21st century and yet it’s like the years of fighting from the women who came before us didn’t happen. It’s a fact every woman is painfully aware of. Consciously or not, it’s ever present in the back of our minds.

Years of gender roles did not allow women to express themselves in the same way men could. So they found their own little way through art.

That’s where the term “feminine rage” comes in. It has been explained as an ancestral and inherited response to the struggles, oppressions and wrongdoings that women have been subjected to.

It is not a new concept. It’s been here as long as we have. It was just in the background, ever persistent but brushed aside. Until Paris Paloma’s “labour” emerged through TikTok, unknowingly creating its own genre.

With a powerful chorus and even stronger bridge, “labour” garnered over 1.5 million streams in the first 24 hours of its release.

The lyrics, “All day, every day, therapist, mother, maid / Nymph, then a virgin, nurse, then a servant / Just an appendage, live to attend him / So that he never lifts a finger / 24/7 baby machine / So he can live out his picket fence dreams / It’s not an act of love if you make her / You make me do too much labour,” combined with the background vocals of little children screaming the song, created an enormous emotional response — and it just picked up from there.

Paloma’s other hit “the fruits” — which ironically came before “labour” and yet blew up after it — took a slightly more aggressive turn if you look closely at the lyrics.

I could dissect every single line and write an entire article on that song alone. It has become an unofficial anthem for wronged women in the media via TikTok.

While the first half of my favorite verse of “the fruits”: “Devil you call me / But seem to be enjoying / The fruits of my labour that came to me too young / When he stole my virtue / I’m glad it seems to

serve you / That I was born a daughter not a son” is powerful on its own, it’s the latter half that is the most important.

“Screaming birds sound an awful lot like singing / And I will tell you now / That I’m not even singing / There’s no escape for some.” In my opinion, this explains the entire phenomenon of the feminine rage music genre.

These lyrics show that music can be more than a set of lyrics combined with a melody and rhythm behind them.

Women are tired and angry. Do I really have to spell it out?

And it is not just about the very obvious sexist laws and issues that are still persistent in our society. It’s about the tiny things, things that someone who wasn’t raised as a woman would not even stop to think twice about. Women have been expressing their frustrations for years, but it either went unnoticed or ridiculed. Just listen to Jennifer Lopez, Marina or Halsey, for example.

Paloma’s angry lyrics seemed to have opened a damn, releasing new songs and

suppressed emotions.

You don’t have to listen to Paloma specifically to understand what I’m talking about. Ever yelled out loud the lyrics to Taylor Swift’s “Would’ve, Could’ve, Should’ve?” If your answer is yes, you get it.

Some feminine rage songs can get rather graphic. “Us and pigs” by Sofia Isella released in January of 2023 spells it out without sugarcoating anything. No metaphors, no blank spaces for you to fill. Only pure and unfiltered frustration.

“In nine months, we’ll have a kid you won’t care about / And if the kids not straight, white and male / We guarantee a living hell / Murder in the name of a loving god / Our women are cattle, there’s blood on our kids / Are you being paid to not pay attention? / Does it have to happen to your mother, to your sister or your daughter / For you to take it personal?”

And I’m just listing a few examples here. I could sit here and list all of them out, comb through every decade, every genre of music to give you so many more examples and we would be here forever.

Isn’t that sad? Why is there still a need for this? You might think it’s just a reaction, just women releasing generations of repressed rage. It’s so much more though. Because no matter how much we scream, nothing really changes.



ILLUSTRATION BY ALEX KENDALL

PHOTOS: Warm colors and cool air



Autumn leaves obscure the view of the Arnold Bernhard Library clock tower.

HALEY RUCCIO/CHRONICLE

By CHRONICLE PHOTOGRAPHY STAFF

Sweater weather is upon us again. The leaves are changing color, students are bundling up and The Chronicle photography staff is capturing the essence of autumn at Quinnipiac. From the quad to New Haven, southern Connecticut offers an array of scenic views and unique settings.



GEORGE MADDALONI/CHRONICLE

The sun sets on Quinnipiac's softball field on the mountain at Sleeping Giant State Park.



NICHOLAS PESTRITTO/CHRONICLE

A top-floor view from the Rocky Top Student Center at Quinnipiac University's York Hill campus.



AIDAN SHEEDY/CHRONICLE

During golden hour, dozens of people get active on the East Rock Road Bridge over Mill River in New Haven.



GEORGE MADDALONI/CHRONICLE

The view of the Mount Carmel campus from Sleeping Giant State Park.

Unity, youth driving women’s basketball in transition year

WBB from 12

one step at a time. They need to know how to crawl, then walk, then jog, then run and finally sprint — something Fabbri emphasized.

“The crawl is there, but we’re trying to get up and walk,” Fabbri said. “There’s a good core that’s walking.”

Quinnipiac’s biggest question mark this upcoming season will be how the first years will mesh with the rest of the team with all of the roster turnover.

In the MAAC, eight of the 15 women named to the 2022-23 All-MAAC teams are no longer in the conference. Quinnipiac isn’t any different. Four of its five leading scorers left the team.

Forwards Cur’Tiera Haywood and Mikala Morris transferred to Austin Peay and Kent State, respectively, guard Rose Caverly landed at FAU and forward Mary Baskerville inked a professional contract with BC Pharmasserv Marburg in Germany.

To add to that, guard Rose Caso transferred to Merrimack, guard Makenzie Helms stayed local at Southern Connecticut and 1,000-point club member Mackenzie DeWees graduated and started her post-basketball life.

There will be growing pains for this team, it’s inevitable, but that’s where the veteran presence on the team will prove immensely valuable.

“There’s a standard at Quinnipiac,” junior guard Jackie Grisdale said. “There’s that expectation that no matter who we have on the floor ... we’re gonna still be up at the top of the MAAC.”

Grisdale — who was recently named the first solo captain in program history — leads the way for the returners.

“She’s unflappable,” Fabbri said.

The other returning players are senior Jillian Casey and junior Reiven Douglas, both guards, along with senior Tiera White, junior Grace LaBarge and sophomores Ella O’Donnell and Khadijah Tungo in the front.

All of them have a part to play in ushering in this new generation of Bobcats.

“Even though I have the title of captain, all the upperclassmen are doing something to pull the younger ones along,” Grisdale said.

Out of the returning players, only Douglas, Grisdale and O’Donnell played starting minutes in the past.

From the rotations the team has run at open

practices, it’s fair to say this could be the starting five: Kealy/Girardi, Grisdale, LaBarge, O’Donnell and Foley. Kealy/Girardi will play the one, Grisdale the two and so on.

The offense will run through Foley, allowing her to use her strength of distribution to find someone open. Kealy, Grisdale and LaBarge can pop a three while O’Donnell can work the post and also set screens to create open looks.

It’s going to be heavily team oriented, which bodes well for the culture the Bobcats have established.

“I think for all of us (the team) is a family,” Girardi said.

Quinnipiac kicks off its schedule with a home matchup against Maine on Nov. 6.

From there, the Bobcats have a tough non-conference slate filled with opponents who won conference championships and had postseason success last year. Following the Black Bears, they face Ivy League runner-ups Harvard on Nov. 12, reigning America East champions Vermont later that week on Nov. 17 and Navy and Towson at the Navy Classic immediately after Thanksgiving.

On Nov. 30, Quinnipiac goes toe-to-toe with familiar foe graduate student guard Dee Dee

Davis — a two-time All-MAAC first teamer with the Manhattan Jaspers — and her new squad Rhode Island, which made the WNIT Super 16 last year. Rounding out the out-of-conference slate is a tough matchup against Ivy League champs Princeton, Patriot League champions Holy Cross and a local rivalry with Yale on Dec. 30.

The MAAC schedule gets rolling on Dec. 18 with an away matchup against Rider, then fully gets into gear on Jan. 4 with a home matchup against Saint Peter’s. The Bobcats have a rematch against Manhattan — which knocked them out of the MAAC tournament last season — on Jan. 6.

Other highlights include their Jan. 20 and Feb. 22 contests against preseason No. 1 Niagara and Jan. 27 and Feb. 10 matchups against No. 2 Siena.

It’s overwhelming when listed out, but the Bobcats know to stay present and take each game as it comes.

If Quinnipiac is going to win a lot of games and have a deep run in the playoffs, it needs to play unified and unselfishly.

The united front starts marching on Monday, Nov. 6 against Maine at 5:30 p.m.



Quinnipiac men’s and women’s basketball were both picked to finish fifth in the MAAC Preseason Coaches’ Poll in October.

PEYTON MCKENZIE/CHRONICLE

Men’s basketball looks to outperform expectations

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a lot of guys who can do a lot of things,” Balanc said at the MAAC Preseason Media Day on Oct. 17. “Being able to get other people involved is something I can definitely add to my game. I work on it every game.”

The returns of redshirt senior forward J.J. Riggins, senior forward Paul Otieno and junior guard/forward Alexis Reyes also fill in the slots. Otieno had a great first season in Hamden after transferring from JUCO. Reyes spreads the floor and will get an uptick in minutes, especially late in games.

Last year, the second half of the season was always the Bobcats’ kryptonite. Large leads would dwindle and more often than not, the team would implode and lose in the final minutes. As the team moves to a smaller, more fast paced offense, the scoring should continue in the late-game moments, rather than fall flat. Replacing both Jones and Kortright, two of Quinnipiac’s most important ball handlers, won’t be as hard as one would expect.

As Lewis returns to full strength following an Achilles tear in December 2022, it should take the load off of the frontcourt that was expected to stuff the statsheet early and often last season.

Senior forward Elijah Taylor, who missed

all of last season with a torn ACL, will not be on the roster this season. The Notre Dame transfer stepped away from the program on Monday for personal/family reasons, as announced by the team. He will retain his athletic scholarship, but will not play.

Quinnipiac was selected to finish fifth in the preseason poll, a projection that seems fitting for where the team is right now. In addition, both Balanc and Otieno were named to All-MAAC First and Second Teams, respectively.

“I like to do the little stuff more,” Balanc said. “That’s the stuff that wins games. Everyone can score the ball, but when you have people diving on the floor, rebounding, defending, that’s the stuff that ... really wins games and championships.”

The newcomers, likely to fill a more rotational role to begin the season, all plug different holes on the floor.

The biggest acquisition Pecora got includes a defending national champion in redshirt senior forward Richie Springs. Despite limited playing time with UConn last season, he joins the Bobcats as one of the premier incoming big man transfers in recent memory. Other transfers include junior guard Doug Young — who is expected to contribute heavily all year long — senior guard Arion Lewis and sophomore forward Amarri Tice, all giving Quinnipiac the ability to space the floor playing small ball.

Incoming freshmen, including forward Ri-

hards Vavers, guard Khaden Bennett and guard/forward Daemar Kelly, are all going to be in the rotation. Maybe not instantly and maybe not in a premier role, but the depth of this team will catapult the Bobcats to where they want to be.

“When you step on the court for practice, when you step on the court for games, it’s about what you bring to the table every single day,” Balanc said. “The consistency and the work that you put into the practices is really important. When you teach that to the younger guys ... it can trickle down the players on the roster.”

On paper, the team is solid. But that’s just on paper. They were more than solid last season — the Bobcats started 9-3, including major upsets against Rhode Island and Montana State — but the wear and tear of the conference slate bled them dry late in games.

The team’s historic undefeated stretch to begin out-of-conference play gave false hope heading into the MAAC schedule. Yet, the team competed and stayed competitive before an abysmal season-ending upset at the hands of Marist last March.

“Hope springs eternal this time of year for every team,” Pecora said. “It’s going to be a wide-open season, I don’t think there will be many games that’ll be considered upsets.”

The 2023-24 slate begins like last year’s did, with an easy schedule to ease the Bobcats in. Four home games against Coast Guard (Nov. 6), CCSU (Nov. 10), Albany (Nov. 19) and

Stonehill (Nov. 26) are all meant to boost the team prior to conference play. Non-MAAC play will conclude with a high-octane battle at Florida on Dec. 30, the most prolific opponent the Bobcats will face.

The MAAC slate starts with a trip to western New York to face Canisius and Niagara on Dec. 1 and Dec. 3. Quinnipiac will then head into the conference games full steam, hosting Rider on Jan. 5.

Add in the outside roster turnover within the conference (Iona and Fairfield both went through coaching changes) and the Bobcats should look to compete for their first MAAC title come March.

“You go through a preseason and you’re really preparing for conference play,” Pecora said. “We’re going to play multiple defenses, in the past, we’ve been more of just a solid man-to-man team. I think our experience — having these players with veteran minutes — that travels and that allows you to find ways to win you games on the road.”

But just like last season — and the years past — this Quinnipiac team will be an enigma to watch, one way or another.

“There’s nothing we’d rather have than to bring (the MAAC championship) back onto our campus,” Pecora said. “We’re going to work our tail off preparing for it ... They’re doing a great job.”

Women’s soccer enters MAAC postseason undefeated

Recapping the Bobcats’ conference slate and season awards



Quinnipiac is the first team to go undefeated in regular season MAAC play since Siena in 2020-21. The Bobcats’ average margin of victory in conference is 2.4 goals.

PEYTON MCKENZIE/CHRONICLE

By ZACK HOCHBERG
Staff Writer

The Quinnipiac women’s soccer team finished the regular season undefeated. However, Bobcats head coach Dave Clarke says it’s all just part of the process of winning a conference title.

“We give them process goals, so you can’t just turn around and say ‘This is it,’ it’s one game at a time,” Clarke said on Oct. 21. “Now they go into that last game against Manhattan where they can accomplish it. Very few teams do that.”

The process isn’t just taking it game-by-game, it’s more about how they win games, including how many goals they need to score and how they keep opponents out of the net.

“The message is ‘We want two goals a game on average and a clean sheet’ and that’s what we’re working towards,” Clarke said. “Then, we talk about ‘How do we keep a clean sheet?’ ‘How do we get the first goal

and how do we get the second?’ We want every single player to score a goal and every single player to be involved in the process.”

An undefeated conference record isn’t all the Bobcats want. They want the conference championship, and to make noise in the NCAA tournament.

“One of our coaches described us as insatiable,” senior forward and leading scorer Courtney Chochol said. “We’re never really satisfied. Even when we won and clinched first place, we knew that wasn’t our end goal. We know that we want to keep going and keep pushing. We want to get to the finals, we want to win the finals, we want to win the first round of the NCAA’s.”

That drive and hunger for success is what attracted senior midfielder Emely van der Vliet to Quinnipiac. Van der Vliet found herself in the transfer portal after her sophomore season at UT-Martin, and the Netherlands

native even had doubts if she could make it work in the U.S.

“I wanted to go to a program that wins and wins championships,” van der Vliet said. “I never knew it was going to be like this ... There was a little bit of a doubt when I was in the transfer portal about if I could stay here in the states and do it, and I’m glad that I’ve finally flourished.”

Heading into post-season play, the Bobcats know all of the pressure is on them to finish the job.

“I feel like we are relentless,” van der Vliet said. “When we won the regular season title, it was on no one’s mind that we just won the league, we wanted to keep going.”

Quinnipiac’s stellar regular season was rewarded with a first-round bye as well as seven different selections to the All-MAAC First Team. Clarke received the MAAC Coach of the Year award. He is the first coach from

Quinnipiac to be awarded as the league’s top coach since the Bobcats joined the MAAC in 2013. In addition, Chochol received the MAAC Golden Boot. The award comes following a dominant regular season campaign where the Alliston, Ontario, native led the conference with 23 points. Quinnipiac now has back-to-back Golden Boot winners, after former Bobcat Rebecca Cooke won the award last season.

Senior goalkeeper Sofia Lospinoso received the Golden Glove, which is awarded to the top goalkeeper in the conference. The New Jersey native became the first player in program history to win the award.

No. 1 Quinnipiac will square off with No. 6 Rider in the MAAC semifinals, after Rider defeated No. 3 Canisius 1-0 in the quarterfinal match on Sunday.

Kickoff for the semifinal match is slated for 2 p.m. on Nov. 2.

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sophomore Sierra Gray (20th), junior Lydia Keys (28th) and graduate student Marisa Keiser (31st).

In addition to the five all-conference winners, Martin also received the MAAC’s Coach of the Year Award after leading the Bobcats to the third title in program history. Quinnipiac also became the first women’s squad to repeat as conference champions since Iona won six-straight from 2016-21.

“We’ve never been able to come back and do it again,” Martin said. “To me, this marked kind of a historical (moment) for me to get back. Anyone can go in and win it once. Can you come back and win it again?”

For Barney, it felt just as special to cap off her senior season with a ring, even

though she told The Chronicle she’s returning for her fifth year — “I’m not done yet,” she said.

“We’re just so close together, like race-wise and team-wise, (we) just click together so well,” Barney said. “All the pieces are finally into place and it’s just so cool to see it all play out.”

The Bobcats now prepare for the NCAA Northeast Regional meet on Nov. 10.

“I’m really excited because this is really the best team we’ve ever had,” Martin said. “They need to all put it together on the same day and they need to have confidence and get out there hoping that we can be a top five to eight team in the region. It’s a deep region. It’s who has the better day that day. I think we have to have that in mind, but I think they need to go after it and see what they can do and see how we can finish this year.”



Quinnipiac runners (left to right) sophomore Rachel St. Germain, graduate student Emily Young and seniors Corinne Barney, Liv DiStefano and Alessandra Zaffina earned All-MAAC honors after finishing top 10 at the conference championship meet.

COURTESY OF QUINNIPAC ATHLETICS



Women's XC repeats as MAAC champions

By **ETHAN HURWITZ**
Sports Editor

For the second-straight season, Quinnipiac women's cross country ran past the pack and then some. The Bobcats, powered by five All-MAAC performances, captured the conference title in the MAAC Championships Saturday.

"They executed everything we asked (of) them," head coach Carolyn Martin said. "We had several individuals that I think could have taken the (individual) title, (but) we talked to them a lot about working together as a team."

Those individuals — senior Corinne Barney (third), senior Alessandra Zaffina (fourth), sophomore Rachel St. Germain (sixth), graduate student Emily Young (eighth) and senior Liv DiStefano (10th) — led the Bobcats to just 31 points, the second-best by a Quinnipiac team in MAAC history.

"The team is so close together, that we always just pack up every race, every workout," Barney said. "So any given day can be any of us leading the race. Even though it was me today, I knew I had everyone right behind me and right close by."

Barney's time of 21:01.5 over 6K surpassed her personal best in the conference meet by 44 seconds and led the Quinnipiac squad, which she called an "honor to be a part of."

"Last year, we finally got off the cliff," Barney said. "We were able to do it again this year too, which was so nice."

Following the All-MAAC runners were

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Previewing men's, women's basketball in '23-24

Veterans, youth define two different Quinnipiac programs

Men's Basketball

By **ETHAN HURWITZ**
Sports Editor

A new-look Quinnipiac men's basketball team will step onto the court when the season gets underway Nov. 6.

It's not just the roster departures, but also new head coach, Tom Pecora, who took over



PEYTON MCKENZIE/CHRONICLE
Graduate guard Matt Balanc was named to the All-MAAC Preseason First Team on Oct. 17.

after Baker Dunleavy stepped down as head coach in April.

The Bobcats saw forward Ike Nweke and guard Tyrese Williams graduate and guards Dezi Jones, Tymu Chenery and Luis Kortright all enter the transfer portal and find new homes.

But it all starts with Pecora. New to the role, but not the program.

"I think (the team's enthusiasm) about the transition (has been good)," Pecora said at the MAAC Preseason Media Day on Oct. 17.

"Coach Dunleavy moving on to an administrative role down at Villanova, the opportunity of them taking in the changes and minor differences going on, and the way we do our day-to-day business, both on and off the court, has been great."

On April 13, Dunleavy decided to step down from the helm as the Bobcats' head man. Within hours, Dunleavy accepted the newly-created general manager job at his alma mater Villanova, and associate head coach Pecora was promoted.

The Bobcats have equal parts experience and youth, led by graduate guards and captains Matt Balanc and Savion Lewis. Those two in the backcourt — likely the starting one and two guards — give a sense of familiarity to the floor.

"I'm trying to add a level of passing, with the team we have right now, there's

Women's Basketball

By **BENJAMIN YEARGIN**
Managing Editor

On paper, the 2023-24 Quinnipiac women's basketball team does not look formidable. It's an overwhelmingly young team. The new class of freshmen and one transfer comprises eight of the 15 players on the team.

It's the Bobcats' largest incoming class in head coach Tricia Fabbri's 29-year tenure. But so far they've adjusted well into the program.

"I thought they were truly fearless, coming out and competing," Fabbri said. "The challenge is going to be when we get in live games, there's going to be a ton of learning."

Headlining this incoming class is forward Anna Foley. Foley received the MaxPreps Massachusetts Women's Basketball Player of the Year award for her 2022-23 season where she averaged nearly 17 points and eight rebounds on an undefeated Andover Golden Warriors team.

Her ability to distribute the ball across the court and to work the post makes her a very daunting figure to guard.

Paige Girardi and Maria Kealy both join Foley in receiving massive roles on the squad. The freshmen guards will start at either the one or two in the offense. Girardi makes her money beyond the arc and distributes the ball well, while Kealy's strength is her defense, proving to be a pest no matter who she guards.

Freshmen guards Kassidy Thomp-

son, Karson Martin, Ava Sollenne, Emma Carman, along with sophomore transfer Bri Bowen, will prove to be valuable off the bench, playing small, more fixated roles on the team.

Despite the talent the newcomers bring, the Bobcats know the importance of taking things



PEYTON MCKENZIE/CHRONICLE
Junior guard Jackie Grisdale was named the first solo team captain in program history on Oct. 18.