



Quinnipiac community reflects on crisis in Israel and Gaza

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NICHOLAS PESTRITTO/CHRONICLE

Mold shuts down cadaver lab for five days

By **CAT MURPHY**
News Editor

Quinnipiac University officials shuttered the institution’s human anatomy laboratory for five days in early October after making an inconvenient discovery: mold on two of the lab’s cadavers.

The university’s anatomy laboratory houses dozens of donated cadavers to provide Quinnipiac’s medical, nursing and health sciences students with “first-hand knowledge of the anatomical structures of the human body,” per the medical school’s website.

But on Wednesday, Oct. 4, professors began notifying students working with the cadavers that the laboratory would be closed until the following Monday.

“I regret to inform you that the Human Anatomy Lab is now closed until Monday, October 9th,” wrote Deanna Proulx, clinical professor of occupational therapy, in an Oct. 4 notice to students. “No one may enter including students, faculty and staff during this time.”

The official reason for the laboratory’s sudden five-day closure was not immediately clear. However, rumors quickly began circulating that mold growth on some of the cadavers — or “donors,” as they are known colloquially — had prompted laboratory officials to shut down the human anatomy wing for cleaning.

Maureen Helgren, associate professor of medical sciences and director of anatomy at Quinnipiac’s Frank H. Netter MD School of Medicine, confirmed that officials shuttered the laboratory upon detecting mold growth on not

one but two of the lab’s 48 donor cadavers.

But the situation was more complex than that, Helgren explained.

“Mold in any biological lab is always a potential,” said Helgren, a Quinnipiac alumna who has worked in laboratories for four decades. “We have protocols in place if mold is to show up at any point in time.”

Laboratories treat cadavers with specially formulated chemical wetting solutions to preserve bodily tissues and forestall potential fungal growth.

Yet she said mold growth remains a relatively commonplace — and typically benign — phenomenon in cadaver labs like Quinnipiac’s.

“I would say that probably every year there might be some mold that we take care of,” she said, noting that checking for contaminants like mold is part of the laboratory’s “everyday protocol.”

Prior to this month, though, mold had never in the lab’s decade-long history prompted its closure.

And it probably wouldn’t have shuttered the massive laboratory this time, Helgren said, had the mold not already spread to a second cadaver.

“We’ve never shut down the lab because it’s never really spread,” she said. “That it spread, or was on two donors, that’s where my concern was.”

Left untreated, mold infestations can wreak havoc on anatomical dissection laboratories.

At Eastern Illinois University, for example, a 2014 malfunction in the anatomy laborato-

ry’s ventilation system triggered mold growth so severe it forced officials to discard the institution’s only two cadavers, according to the Daily Eastern News, the university’s student-run newspaper.

“If it spread more, then the possibility of shutting down in the lab and needing to get new donors might have been a possibility,” Helgren said. “I closed the lab so that we could completely take care of it.”

Because the two donor cadavers impacted by the mold were assigned to the same program, Helgren offered a likely explanation for how the mold spread beyond a single cadaver.

“Students don’t just work on their own donor,” Helgren said. “And if they have spores on their gloves, that could transmit to a number of donors.”

This explanation, however, left open the possibility that the mold had unknowingly spread to additional cadavers. Accordingly, Helgren attributed the lab’s closure, at least in part, to the need to check each of the 48 cadavers for previously undiscovered signs of mold growth.

Helgren admitted this process typically doesn’t take her longer than a day to complete by herself — but a shoulder injury, of all things, threw a wrench in those plans.

“This is going to sound ridiculous, but I have a rotator cuff injury,” Helgren said. “And I couldn’t manipulate the donors by myself, so it was better just to close it down.”

However, the lab’s unusual closure, she said, came with an interesting array of speculation.

“One of the rumors I heard was that we then got rid of the donors,” Helgren said. “And that is not true. We just treated the donors, and they’re still in the lab, and they are mold-free now.”

But how exactly does one “treat” mold on a cadaver?

“We do an inspection to see where the mold is, and then we apply chemicals to arrest the mold growth,” Helgren said.

The cadavers, she said, also undergo a debridement procedure — that is, officials remove any moldy tissue and chemically disinfect the surrounding areas.

“It’s almost like a tumor, right?” she said. “You take that tumor out, and you make sure you have clear margins, and then you continue to treat with the chemicals.”

Amid the lab’s closure, Helgren said laboratory personnel also consulted with representatives from the chemical manufacturer and the company responsible for the anatomy lab’s complex ventilation system to review the university’s systems and procedures.

“We always try to maintain the lab for the safety and education of our students,” Helgren said.

Helgren also emphasized, though, that the laboratory has as much of a responsibility to its donors — who are a part of the university’s anatomical gift program — as to its students.

“We also have this priority of maintaining the integrity of our donors,” Helgren said. “They have donated in order to provide education for our health professionals.”

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Community leaders host gathering amid Israel-Hamas conflict

By LILY PHILIPCZAK
Staff Writer

In the wake of a surge in conflict in Israel and Gaza, Quinnipiac University officials on Oct. 10 hosted a community gathering in the Carl Hansen Student Center to provide students, faculty and staff with support and a safe space for reflection.

The militant group Hamas launched an attack on southern Israel three days prior, on Oct. 7. Israeli military forces subsequently retaliated by launching airstrikes and blockading Gazans’ access to humanitarian aid.

Thousands of people, including children, have been killed, injured and displaced from their homes amid the violence — and the casualty counts are expected to rise as the conflict progresses.

Jennifer Brown, dean of the university’s School of Law, opened the forum with remarks and reassurances on behalf of faculty and administration.

“We thought it would be helpful for our community to gather in unity and solidarity,” Brown said. “To support each other but mostly to listen.”

Omer Bajwa, director of Muslim life in the chaplain’s office at Yale University, condemned the violence and spoke about the outpouring of grief he has seen from his Jewish, Israeli, Arab and Palestinian students.

“I can share my truth and my feelings and also create a space that I can listen to another’s truth and feelings as well,” Bajwa said. “They don’t need to be mutually exclusive.”

Bajwa argued that values of tolerance, conversation, exchange and engagement would help communities navigate the pain, grief and suffering.

“I have no answers, other than you are not alone,” said Reena Judd, Quinnipiac’s rabbi.

Students who attended the event, which began in the piazza around 9 p.m. and lasted roughly 30 minutes, had mixed reactions about the length of the gathering.

“I feel like I was expecting more,” said Adji Cisse, a junior business analytics major who is Muslim. “I feel like it was very beat-around-the-bush, I just thought that there should be more.”

The community gathering concluded with a moment of silence.

“I thought because of how drastic this

“I have no answers, other than you are not alone.”

– Reena Judd
QUINNIPIAC UNIVERSITY RABBI

event is and how sensitive a topic it is I think it is best to keep it short and sweet,” said Amina Farid, a junior interdisciplinary studies major. “I felt like the moment of silence was much needed, and I feel like that’s more important than people speaking the whole time.”

Other students argued the event lacked substance, though.

“It felt a bit short,” said Daniel Metser, a fifth-year health science studies major. “It definitely would have been nice to get a bit more technical about the stuff that was going on in Israel.”

And several students said they would have appreciated a more in-depth discussion.

“I liked some of the sentiments, but I felt like they were a bit vague at times and I think you run into that a lot with politics where you don’t want to hurt people’s feelings,” Metser said.

There was a visible Public Safety presence at the event, with no open forum for discussion among attendees.

“It could have been longer,” said Riaz Ras, a sophomore political science and criminal justice major. “I feel like having a couple of people speak on their thoughts in a civil manner so no conflict could occur is something beneficial.”

Despite this, some students who attended the event shared their sense of appreciation for the university acknowledging the violence in Israel and Gaza.

“Being Jewish, having parents that were born in Israel, having most of my extended family living in Israel. I was happy to see the university recognize it,” Metser said. “I wanted to see and be a part of it, and potentially meet some people who are experiencing the same emotions I am.”

The coverage of Israel and Gaza has dominated the news cycle in recent weeks. Over 80% of Americans have expressed at least some sympathy for both Israeli and Palestinian people as they face ongoing fighting, according to a recent polling conducted by CNN.

“I feel like a lot of people are on the same terms,” Ras said. “Everyone agrees that this conflict should end for both sides, the Israeli side and the Palestinian side.”

Students like Nick Heisler, a sophomore nursing major, said they attended to show support for the people affected by the conflict despite not being directly affected.

“I’m not Jewish or Palestinian, but I thought it was important to attend this event as someone who is not directly affected,” Heisler said. “Knowing people who are affected I thought it was definitely important to come to support them and hear what they have to say, and also to educate myself more on everything that’s going on.”

Overall, a major talking point was the impact of social media spreading misinformation about the conflict.

“In general, social media is not the best place to get information because there’s always going to be different stories for different posts,” Farid said. “It should be your own research on it and you should be able to look at both sides of the story.”

Nearly one-quarter of Americans say they have shared a fake news story, with 14% saying they knew the story was false initially, and another 16% saying they shared a story they later realized was fake, according to a Pew Research Center survey.

“As a Muslim, it’s a very challenging time for us and even for people on the Israeli side,” Ras said. “I feel like the media portrays a certain point of view and I think it is important to see both sides of the scenario.”

Ralph Dodd, the regional director of collegiate counseling who oversees Hartford Healthcare’s counseling centers, encouraged students to make a counseling appointment if they felt they needed support. Quinnipiac provides free on-campus counseling services, as well as grief and depression groups.

To make an appointment, students can contact Quinnipiac Counseling Services at (203)582-8680 or by email at counseling.center@qu.edu.



Students and faculty members gather in Quinnipiac University’s Carl Hansen Student Center on Tuesday, Oct. 10, to reflect upon the ongoing crisis in Israel and Palestine.

Quinnipiac, Hartford Healthcare provide free suicide prevention training

By ALEX MARTINAKOVA
Copy Editor

Quinnipiac University is working alongside Hartford Healthcare to provide students, faculty and staff with free Question, Persuade and Refer training designed to spread awareness and educate community members about suicide prevention.

Officials hosted the training in the the Mount Carmel Campus' Recreation and Wellness Center on Sept. 29 and are offering two additional training sessions during the fall 2023 semester — once on Oct. 27 and again on Dec. 1.

“The topic of mental health awareness, in particular when we are questioning somebody who might be suicidal or whether there are any warning signs, is really uncomfortable for us,” said Tami Reilly, director of fitness and wellbeing. “I think the more information we can get the more comfortable we are with noticing some of the signs and the simple acronym of QPR, can really help us, because in the moments of crisis, we all just kind of panic.”

Quinnipiac officials first announced this training on Sept. 14 via the @quwellness Instagram page, but some students like Molly Barney, a sophomore biochemistry 3+1 major, learned about it in their psychology classes.

“I think trainings like QPR can be crucial in escalated situations,” Barney said. “It is hard enough to be in a situation where you need the help, but feeling like you cannot get it is distressing to say the least. QPR training can help spread awareness on prevention methods.”

The QPR process, according to the Suicide Prevention Resource Center, follows three steps: question the individual’s desire or intent regarding suicide; persuade the person to seek and accept help; and refer the person to appropriate resources.

The QPR Institute website notes that the training involves educating the general public about the known warning signs of a suicide crisis — expressions of hopelessness, depression, giving away possessions, talking about suicide and securing lethal means — as well as how to respond.

Reilly compared it to the widely-known acronym CPR, a technique used to resuscitate someone suffering a cardiac arrest.

And although QPR “definitely has the premise of helping somebody else, it is valuable for students to reflect on themselves and be able to reach out to somebody saying, ‘Wow, maybe this is me,’” she said.

Reilly said the university’s Health and Wellness department is trying to broaden the scope of what they offer to students, to make a concerted effort to bring not just education but opportunities for training.

“Mental health is a topic that is on everybody’s mind these days,” Reilly said. “I think the pandemic really brought it all to the forefront, students were feeling more stressed and anxious and lonely than before. That is why we do this.”

On campus, the training is offered by Laurel Reagan, the director of behavioral health for Hartford Healthcare. The QPR Institute offers this course online as well, but Reilly strongly believes that this is an in-person discussion.

“It is a heavy topic,” Reilly said. “Reading the energy in the room and making sure everyone is okay is important, because if someone is triggered, if they are coming because they lost someone to suicide in the past — we want to be with that person and support them.”

The hour-long training is mostly conversation-based, with a PowerPoint presentation and an allotted time for questions and comments. The fa-

cilitator goes through situational scenarios that are then talked about, and how to best handle them. At the end, the participants are awarded a certificate that is active for two years.

Currently, this training is only offered those three times, however Reilly hopes that will soon change.

“We are working with Hartford Healthcare, who is providing the lead on this,” Reilly said. “They donate their time to come and do this — our goal is to get people on campus as facilitators, to train people on staff so that it can be offered more frequently.”

The QPR training came to Quinnipiac after Kerry Patton, the associate dean of student affairs for health and wellness, was awarded the Health and Wellness Education grant, for the purpose of bringing training like this to the student population.

With this grant, Reilly, who works closely with Patton, hopes to bring to the whole Quinnipiac population more initiatives, such as the Mental Health First Aid training, which helps to bring awareness and education on how to handle delicate situations.

Nearly 50,000 people died by suicide in the U.S. last year, the highest recorded number in history, according to the Centers for Disease Control and Prevention. More than 26,000 of those deaths involved a firearm.

In the same year, 388 people aged 10 years and older took their own lives in Connecticut, according to data published by the Office of the Chief Medical Examiner.

Suicide is the second leading cause of death for college students, following accidental injury, according to the American Foundation for Suicide Prevention. The estimated number is around

1,100 suicides on college campuses per year.

In July 2022, the Suicide & Crisis Hotline transferred from the 10-digit number to a three digit 988 Lifeline. Texting or calling 988 connects people with trained counselors that provide free and confidential emotional support and crisis counseling and connect them to other resources. It is available 24 hours, seven days per week across the U.S.

The Healthy Minds Study is an online survey conducted by the University of Michigan’s School of Public Health that specifically focuses on college student’s mental health. In October 2022, Quinnipiac University was one of the 400 colleges that participated in said survey.

According to the survey’s key findings, 14% of students surveyed had suicidal ideations, 6% actively planned for an attempt, 2% attempted and 29% indicated a non-suicidal, self-inflicted injury.

Among the surveyed students, 41% believe that most people would think less of someone who has received mental health treatment.

“Suicide is something no one wants to talk about, but it is something we all need to learn about,” Barney said. “It’s so stigmatized, that it makes it difficult for people to reach out for help when they need it.”

While there is no single cause for suicide, there are risk factors and warning signs which may increase the likelihood of an attempt. Learning them can save lives, per the American Foundation for Suicide Prevention.

Reilly said Quinnipiac students should follow the @quwellness Instagram, to learn about more Health and Wellness initiatives.

“People aren’t alone in their struggles,” Barney said, “They just think they are because no one will talk about it.”

SGA, admin team up to launch free open skate nights

By KRYSTAL MILLER
Associate News Editor

Quinnipiac University students can now skate for free at the M&T Bank Arena between 6 p.m. and 7 p.m. every Monday.

The Student Government Association announced the new open skate night via an Oct. 9 Instagram post. Students only need to present their QCards to rent ice skates for free.

Open skate night has long been a part of intramural sports, but it required students to have their own skates, John Somers, associate director of recreation, explained.

“I’m sure you can imagine being a big hockey school, a lot of students who wanted to get on the ice who might not have their own skates,” said J.P. DiDonato, a sophomore political science and applied business double major and the sophomore class president of SGA. “So our idea was really to get skates available for students that wanted them.”

Students can also participate in informal hockey games at open puck from 7:15 p.m. to 8:30 p.m. on Mondays. Open puck is more competitive compared to open skate, but there is no set schedule or teams like in intramural hockey.

The 2026 class cabinet launched the initiative in January 2022, DiDonato said. At the end of the academic year SGA representatives approached Tom Ellett, Quinnipiac’s chief experience officer, to ask for funding because the idea was gaining popularity. Ellett was able to supply the funding, and SGA purchased 50 pairs of ice skates — which cost approximately \$3,000 — as well as storage racks and other equipment needed to store the skates.

Ellett said when SGA reached out to him about the idea, he saw it as a great opportunity for students.

“I think it also fits into an activity that we honor with the national championship of hockey, that skating is important and part of our DNA so all of

those things together,” Ellett said.

DiDonato said SGA also coordinated with the Recreation and Wellness center and with facilities to make sure the skates would fit in the M&T Bank Arena.

“Right now, they’re in the tunnel coming out of the hockey arena, which is really cool because when you’re going into these open skate sessions ... you’re stepping right onto the ice, which is awesome,” DiDonato said.

Kaitlyn Sternhardt, a sophomore psychology major and health, wellness and accessibility senator and the secretary of SGA, was the person who found the ice skate vendor, Wesco Sports Center, in her hometown of Brookfield, Connecticut.

“I played hockey when I was little, and all my siblings and I would always go to this one specific shop,” Sternhardt said. “So I called up saying like, ‘Hey, it’s me. We’re all looking for a bunch of skates. Can you do that?’”

Over the summer, Sternhardt and DiDonato drove an hour to pick up the skates and bring them back to campus.

Somers heard about the initiative in early August but said it was difficult to find somewhere to get the ice skates sharpened. Somers went to Hamden Sport Center to get the skates — which need to be sharpened before they can be used — ready for the ice.

“They gave us a really nice deal to get the skates sharpened — they gave us like 20% off of what it would normally cost to sharpen the skates which is great,” Somers said.

After the first open skate night, Jazmin Recinos, a sophomore computer information systems major in the 3+1 program and the multicultural senator of SGA, said she predicts more students to attend in the following weeks.

“Our first night was Monday, and it was actually really successful,” Recinos said. “I came a little late so I couldn’t even get ice skates in my



AIDAN SHEEDY/CHRONICLE

Quinnipiac University students attend an open skate night at M&T Bank Arena on Monday, Oct. 16. The Student Government Association bought dozens of pairs of ice skates to launch the initiative, which provides students free weekly access to ice time.

size because there were so many people there.”

Autumn White, a junior criminal justice and legal studies double major attended the first open skate night and said she plans to definitely come to more in the future.

“My friend Jazzy is on SGA, and I wanted to come support her and I also think it’s really cool to try different things and learn different things,” White said. “I’m trying to encourage my friends to come join different things.”

Kavya Patel, a sophomore health science major, heard about the open skate night from DiDonato, but White told her about it that day, which was why she decided to attend.

She added that she missed skating since she hasn’t done it in a long time.

“I hope everyone comes, I mean I know it’s on York Hill, but let’s hope everyone on main gets the word and gets to make memories,” Patel said.

Some students were not aware of the open skate night but said they are excited about attending in the future. Emily Ericson, a junior interdisciplinary studies major, mentioned how her friends had previously discussed a similar idea since the M&T Bank Arena is not always being used.

“I’m living up on York, so it would be so easy to just go on over,” Ericson said.

Opinion

From the river to the sea

Western media isn't telling the whole story about Palestine

By **ZOE LEONE**
Arts & Life Editor

On the morning of Oct. 7, Hamas — a self-proclaimed Islamic armed resistance group — fired missiles into the state of Israel, according to Israeli authorities. I watched in horror as the death toll rose and the photos and videos of death and destruction spanned across my social media timelines.

I read the news as it came in, the amount of casualties that continued to rise and the videos of bloodied families attempting to escape demolished neighborhoods. It was, and still is, horrifying. And yet, every time I have opened Instagram since that Oct. 7 morning, my stomach has dropped for a completely different reason.

The Instagram stories of people I know were suddenly flooded with blue and white. People who I had never once seen talk about antisemitism — or any Jewish issues for that matter — were now posting their prayers for Israel. Every new story I clicked onto had messages about the innocent people lost, the attack on Israel and how the state was now retaliating back.

It, quite frankly, disgusted me.

I am ethnically Jewish. While I have never been religious, my Jewishness is something I have always held close.

Because of this, I grew up enriched in Zionist propaganda. Zionism is the belief that Jews need a protected ethnostate, which is why so many people believe so strongly in the state of Israel. I blindly believed what I had been told for much of my adolescence: that Israel was our homeland, that Jews had rights over the land and, simply put, that it was ours.

Though this ideology is by no means accurate, it's true that Jews are indigenous to the region — but because they're Palestinian Jews.

It took me years of conscious unlearning, of reading and research, to realize how passionately

I believed in Palestinian liberation and how horrified I was that Israel uses Judaism as a scapegoat for Palestinian suffering. Which is why, as I viewed Instagram story after Instagram story of people I knew had never heard of this war until a week and a half ago, I felt horrified.

In order to fully understand why people believe in a free Palestine, it's important to know the unadulterated history of the land. Long before the state of Israel ever existed, there was Palestine, which became an official United Kingdom territory in 1922 by the League of Nations. As Jewish persecution began to spread across Eastern Europe, the U.K. adopted the British Mandate to deal with it, which "created" a Jewish ethnostate within Palestinian land.

The history is long and spans decades, but the influx of Jewish refugees that were entering the region from the end of the Holocaust created more displacement and rising tensions.

After the 1948 Declaration of Israel, lines were drawn that dedicated areas of the region to the country, which led to the Nakba. The Nakba was the first major displacement of the Palestinian people, where over half of the population was forced to flee or were expelled to make room for the new settlers. Around 15,000 Palestinians died and 531 towns and villages were destroyed, and the state of the region for them has only continued to decline.

Since the violence that occurred on Oct. 7, the Israeli government has most certainly retaliated — on the Palestinian people. As of Oct. 16, the death toll of Palestinians in Gaza and the West Bank has reached 2,750 dead, with 9,700 injured, according to Reuters. The Israeli government also cut all electricity, water, fuel and internet access to Gaza, as reported by PBS Newshour and CNN.

Between Oct. 7 and Oct. 12, the Israeli Defense Forces stated 6,000 bombs were dropped



Protestors rally in support of a free Palestine on Oct. 15 in Melbourne, Australia, as fighting continues in Gaza and Israel.

on the Gaza strip. For context, that is only around 1,000 less than the U.S. dropped on Afghanistan over the span of the entirety of 2019.

And yet, outside of one or two friends who also believe in the liberation of Palestine, I have not seen a single person take to their social media in outcry. All the posts about the value of a human life, about condemning violence — did it only matter to you when your "side" was experiencing loss?

The brutal violence at the hands of the Israeli government has only amped up in the previous days. On the afternoon of Oct. 17, Israel launched an airstrike on Al-Ahli Baptist hospital, where Palestinians had been seeking medical care and shelter. The Gaza Health Ministry said at least 500 people were killed, as reported by The Guardian.

The horrors the Palestinian people have been facing — and the complete ignorance by the vast majority of Western society to their suffering — have brought truly nauseating consequences to the U.S.

On the morning of Oct. 15, AP News report-

ed that a Chicago man was charged with a hate crime after stabbing a six-year-old Palestinian-American boy to death, and seriously wounding his mother. He shouted "You Muslims must die!" as he stabbed the young child 26 times. Local authorities confirmed that the killing was a response to the war in occupied Palestine.

Palestinian people are dying. Their land, their freedom and their lives are being brutally ripped away from them. The West, and many of the people in it, are not just standing by and watching, but vocally encouraging this destruction. We cannot sit in silence as an entire population is wiped out of existence before our very eyes.

I beg people to do their research before they post. To learn about the horrors occurring, to look outside the misinformation being spread around through Instagram infographics and to have basic human empathy for people because they should, and not because social media is telling them to.

May Palestine soon be free, from the river to the sea.

Who's losing the 2024 election? Americans.

By **LILLIAN CURTIN**
Staff Writer

No matter what political party you identify with, sometimes you have to sit back and say, "Are you serious?" As we get closer to the 2024 presidential election, some Americans are losing hope. Usually, you can rely on your own party to have a candidate that you want to vote for, but in this cycle, both sides have been disappointing.

Usually, the incumbent has the upper hand, but this situation is so unique, it's keeping everyone on edge. And not in a good way. As of Oct. 15, former President Donald Trump and current President Joe Biden, are virtually tied in the polls.

Trump has been in the spotlight this year as he is currently facing more than 90 criminal charges altogether in four different federal and state cases — including 41 counts of felony charges — not to mention a civil case in New York. You would think this is unappealing to voters, but you would be incredibly wrong. Politico found that "as the prospect of criminal charges hung over Trump, the former president was actually increasing his national advantage over (Florida Gov. Ron) DeSantis."

Even though he has almost 100 charges against him, many Republicans still say Trump is who they will vote for in the 2024 race. Trump is still the front-runner for the Republican presidential nomination, polling ahead of contenders like DeSantis as well as former governors Chris Christie of New Jersey

and Nikki Haley of South Carolina.

As of Oct. 15, Biden has a 53% disapproval rating, with not even his own party wanting for a second term. Over half of Democrats don't want Biden running again on the basis of his age, according to Axios. However, they also don't want Trump as our president again.

Realistically, the two most likely candidates on the ballot in November 2024 will in fact be Trump and Biden: the two candidates most people don't want but will be forced to choose from.

So where do voters turn?

There are other places we can look for candidates that aren't actively being charged with crimes and aren't octogenarians. There are more

candidates than just Trump and Biden.

The Republican candidates have taken the debate stage twice, with Trump not attending either time. Part of this being because he knows he doesn't have to — he'll get votes anyways. But this is where we have to put our foot down. We have to look at the other candidates and give them a shot.

Very few people are doing their own research. It takes a quick Google search to see all of the candidates. There was a decrease in viewers in the last debate since Trump wasn't there. As a result, there is a lack of education about the other Republican candidates, even though many important questions were asked

during the debate.

If you support Trump's ideas, Christie generally holds the same views as the former President. They're both pro-life, support repealing Obamacare and disapprove of raising taxes. It's similar to the ideals of Haley and DeSantis, other candidates that are trailing behind Trump.

If you don't want to vote for a Republican candidate, and none of their views align with yours, there are other Democratic candidates besides Biden that many voters forget about. Writer Marianne Williamson may not be a politician, but her views align with Biden's. She is pro-choice and pro-gun control.

There are third-party candidates as well. These includes Robert F. Kennedy Jr., who originally ran as a Democrat but is now running as an independent. The list of third-party candidates also features a handful of Libertarian candidates. Chase Oliver advertises himself as a "pro-gun, pro-police reform, pro-choice Libertarian" who is "armed and gay." He appeals to both Republicans' and Democrats' most-valued ideals.

There are a surplus of candidates that aren't Trump or Biden. But voters are so hooked on those two that they fail to realize there are plenty of people who share the ideals of the two frontrunners.

We need to look at other candidates. It's essential that we are doing our research with something as important as deciding who will be the next president, or everyone will lose.

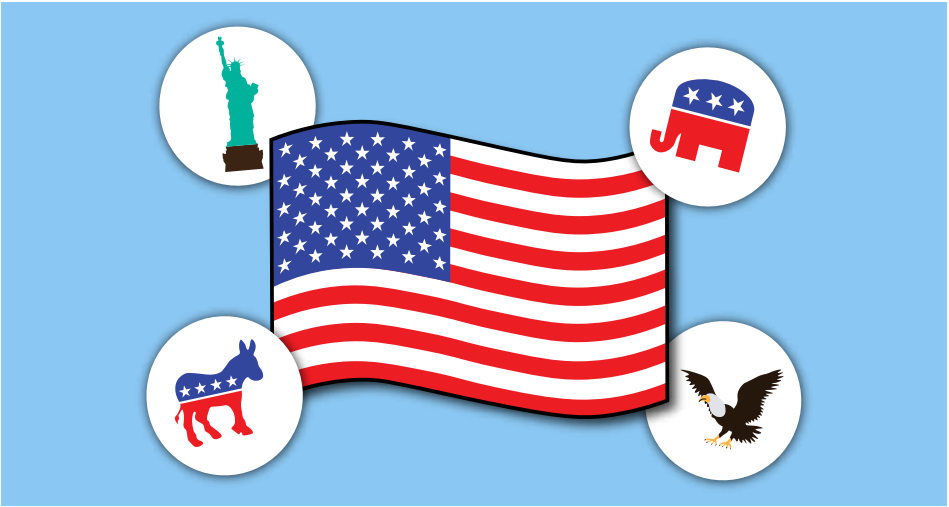


ILLUSTRATION BY LINDSEY KOMSON

Opinion

Don't shame my music taste

By ALEX MARTINAKOVA
Copy Editor

“What kind of music do you like?” and “Who’s your favorite music artist?” tend to be the some of the first questions people ask strangers in an attempt to get to know them.

I hate those questions. How do I explain to a stranger that my current playlist of favorite songs has almost 200 tracks and it ranges from a Minecraft YouTuber, Dream, to the rock band Bring Me The Horizon, to the ever-so-popular Taylor Swift?

Alec Benjamin, Lovejoy, ENHYPEN, Chase Atlantic, CORPSE, Coldplay and David Guetta, all of them have a place on that playlist as well. Which means on that singular playlist — and there are indeed more — ranges from indie pop and indie rock, through metalcore, hip-hop to K-pop and pop music and so much more.

How exactly would you sum that up in a sentence?

Even if you somehow managed to do that, it wouldn’t exactly go, so to say, swimmingly. The amount of side-eyes I have endured when I showed my playlists in the past is too high to count.

As a preteen who spent my sleepless nights jamming to Nightcore songs — edited to increase the pitch and speed up the sound material — I really do not have any capacity to judge anyone for their music taste. What I

won’t ever understand is why some individuals like to do just that.

People seem to be under the impression that your music taste says a lot about you as a person. Is this really true though?

And why do some seem to treat music taste like a personality test?

What exactly does me yelling the lyrics to “Bite Me” by ENHYPEN one minute and then bobbing my head to Dutch Melrose’s “RUN-RUNRUN” tell you about me as a person?

What insight does one gain into my brain when I say my favorite band used to be One Direction but then it was Skillet for a while but right now it’s Lovejoy?

If you have an answer for that please do let me know. Save me the trouble of trying to figure it out for myself.

Scientific research seems to argue with me on this, though. David Greenberg, a psychologist at the University of Cambridge, seemed to find a correlation between the type of music one listens to and what kind of person they are.

“Those who have a well-developed ability to understand thoughts and feelings in themselves and others — so called ‘empathizers’ — tend to prefer mellow music that evokes deep emotion,” John Bonfield writes for CNN. “But the world is full of underlying patterns and systems, and those who can more easily identify these con-

nections are ‘systemizers.’ Greenberg’s research shows they prefer intense music that forms complex sounds.”

Great. Now tell me, where exactly would I fall into that spectrum?

I’m getting analyzed enough by my friends when Dream comes on in my car, I don’t need a random psychologist doing it too.

I cannot count how many times I have experienced awkward car rides because I played music that others didn’t like, especially if the individual judging me happened to listen to music that is widely recognized by the masses.

Is it just a misogynistic thing? Are women the only ones who have this trouble? Because when a man likes Swift’s music, for example, he is regarded as the biggest green flag out there. Women, on the other hand, are ridiculed for being whiny and childish. How is that fair?

My entire point here is that music taste, like fashion sense or even human attraction, is a subjective thing. Everyone is going to have a different one, because everybody is different.

Why does that have to be connected to our deep psychology? Why can’t we just like something because we like it?

In this day and age, we are already being judged daily by our appearance, sexual orientation, relationship status, education, hobbies and so much more. Do we really need to add music taste to that mix?



ILLUSTRATION BY ALEX KENDALL

Could RFK Jr. pull in votes from both sides of the political spectrum?

By BEN BUSILLO
Contributing Writer

Robert F. Kennedy Jr. is not done yet.

Kennedy, son of Robert Kennedy and nephew of former President John F. Kennedy, dropped out of the Democratic primary in his challenge to President Joe Biden for the nomination, and will instead run in the general election as an independent.

Kennedy will now attempt to appeal to voters who are dissatisfied with both former President Donald Trump and Biden, and there’s plenty who fit that category.

“The Democrats are frightened that I’m gonna spoil the election for President Biden,” Kennedy said during his Oct. 9 announcement. “The Republicans are frightened that I’m gonna spoil it for (Former) President Trump. The truth is they’re both right ... My intention is to spoil it for both of them.”

So, is Kennedy a serious candidate?

If you asked me this question four months ago, I would’ve said absolutely not. However, as we get closer and closer to election day, the threat of him taking more votes from Biden and Trump increases. That being said, Kennedy won’t be president. There is no scenario in which Kennedy reaches the 270 electoral college vote mark. That I can tell you with full confidence.

However, Kennedy will definitely have an effect on the outcome of this election — just not in the way you may think. Although a candidate donning the famous “Kennedy” last name is surely going to attract some Democratic voters, his anti-vaccine stance appeals to the right-wing of the electorate.

Kennedy has already received praise from Republican politicians and figures like Florida Gov. Ron DeSantis, Roger Stone and even Trump, regarding his statements on vaccine mandates and his support for defunding vaccination programs.

Outside of that, he’s very liberal. Over his career he’s been an environmental lawyer and activist. Just in the past year, Kennedy supported the Green New Deal, fought against the building of the Keystone Pipeline and supported increased taxes on the wealthiest 1% of Americans, per The Hill.

Kennedy plans to give reparations to Indigenous people. “Under a Kennedy administration, historic wrongs done to Native Americans will be addressed and made right,” according to the Kennedy 2024 campaign website. Considering the Republican reaction to programs with the intent of financially compensating the descendants of slaves, I’m not sure that will go over well.

Currently, Kennedy’s approval rating among Republicans dwarfs that of his with Democrats. If Democrats didn’t immediately dismiss him because of his stances on vaccine mandates, I could easily see a lot more Democrats looking towards Kennedy.

There is a very long and consistent record of liberal politics attached to the Kennedy name, and he plans to continue building that rapport as president.

America is divided and tensions are high between the two sides of the electorate. An independent running on the basis of uniting the country will surely pull in some votes. An anti-establishment guy like Kennedy is tailor-made to entice disgruntled swing voters who are pissed off about everything. And in today’s world climate, there’s tons of things to be pissed off about.

Kennedy has framed himself as an outsider populist candidate, while still associating himself with his father and uncle every chance he gets. He can try to cling on to the success of his elders, but Kennedy’s campaign has been regarded as “dangerous to our country,” in a statement from four of his siblings released on

Oct. 9. So in that regard the Kennedys want nothing to do with him politically.

Ultimately, I think a Kennedy bid could help both candidates.

Republicans still have an overwhelmingly favorable view of Kennedy, and he might be the right candidate to pull GOP voters away from Trump. Yes, there are plenty of Democrats who are not happy with a Biden second term, but they are certainly willing to bite their tongue and vote for him if Trump is on the ballot. Kennedy is just not the right guy to steer those blue votes away from President Biden, which could help him secure a second term.

On the contrary, Kennedy still could very well help Trump back into the West Wing. It just gives him more pathways to win. When voters start to realize Kennedy is sometimes even more to the left on issues than Biden, it’s going to turn off Republicans who will ultimately crawl back to Trump.

Think of it this way: if the Kennedy campaign does an excellent job of appealing to the discouraged and angry part of the electorate (similar to the Trump campaign in 2016), I could see him pulling one state off the board. With these polls already being dangerously close, if the stars align and Kennedy wins a single state, there is a possibility that neither Trump or Biden would be able to reach 270 electoral votes.

If that happens, the House of Representatives would be able to pick the president, with each state delegation receiving one vote. With the Republicans holding the majority of state delegations, Trump would be elected the 47th president.

But that won’t happen — hopefully. If Democrats come out to vote against Trump the way they did in 2020, a Kennedy spoiler scenario is unlikely to occur.



Robert F. Kennedy Jr. dropped out of the Democratic presidential primary on Oct. 9 and will run as an independant in the upcoming 2024 election.

Arts & Life



HALEY RUCCIO/CHRONICLE

QU Relay for Life raises over \$11,000 for the American Cancer Society

By JACKLYN PELLEGRINO
Associate Arts & Life Editor

Quinnipiac University's chapter of Relay for Life hosted its main event Oct. 15 on the Quad to raise money for the American Cancer Society and to celebrate and honor cancer survivors and "angels" — those who died from cancer.

The Relay for Life executive board set up a walking track around the quad and encouraged members to stay for the six hours of the event. There were lawn games, pizza, snacks, three guest speakers and multiple performances, such as the Quinnipiac dance team and The Legends A Cappella.

"It's just to bring awareness to cancer and celebrate those who survived and commemorate those who lost their lives as well," said Julia Liberto, a sophomore health science major and Relay for Life co-chair.

Several different organizations on campus set up tables to help raise money such as QTHON — Quinnipiac's Dance Marathon — and Bobcat Project Management. The Student Programming Board also gave out free popcorn to anyone who participated in the walk and hosted a raffle.

"We were honored to be a part of this event, we got to fundraise and they allowed us to have a table here so we're super excited to just be here and see the hard work that the Relay for Life e-board put into this," said Ashlyn Manuel, a senior interdisciplinary studies major in the 4+1 elementary education program who tabled for QTHON.

Aine Clarke, a senior interdisciplinary

studies major and the other Relay for Life co-chair, said her group has been fundraising online through the American Cancer Society website since the spring. She said prior to the event, the chapter raised almost \$5,000 since 2019, when Quinnipiac held its last Relay for Life event. By the end of the event, the chapter exceeded their goal of raising \$10,000, topping over \$11,000.

President of the Survivor Advocacy Alliance on campus, Keira Hines, said the organization was invited to join Relay for Life and raise money together. She said the organization raised \$686 at the time of the event between the seven to eight people on the team.

"It's been really great," Hines said. "I've enjoyed all the activities and all of the recognition for caregivers and survivors because it kind of shows that cancer affects the lives of everyone, not only the survivors, but the caregivers as well."

Event attendees had the opportunity to play lawn games, eat a variety of different foods and get t-shirts and other merchandise, while listening to music from WQAQ radio. The windy day didn't stop attendees from coming out and showing their support.

Buck Biestek attended the event because a close family friend was diagnosed with a rare form of cancer and he, along with the other members of the team, Mighty Maddy, wanted to surprise her on her birthday.

"(The event) has been nothing but positive," Biestek said. "I'm pleased to see all the people here, all the different styles of

booths, all the help from the students here ... I think it's fantastic and it's been nothing but 100% positive."

Several local organizations also attended the event, such as the Livestrong program at the YMCA and Ivy Rehab Physical Therapy in Wallingford.

Livestrong is a program for cancer survivors. Scott Moore, who tabled for Livestrong, said the program helps cancer survivors get back into being social and getting physically fit. He said it's typically a 12-week program that involves resistance training,

Madison Yates (center) a childhood cancer survivor, finishes a lap with her supporters for the fight against cancer at the Relay for Life event on Sunday, Oct. 15, 2023.

aerobic training and builds self-confidence.

Throughout the year, Quinnipiac's Relay for Life chapter has held several tabling events to help raise money and made care packages for cancer patients. The group is planning on having an ice cream social at the end of the semester.

"We hope that people have a little more of an idea of what Relay for Life is and what they do for people," Liberto said. "It also just brings together a lot of different teams that are fighting for the same cause and I hope they find that sense of community."



HALEY RUCCIO/CHRONICLE

Edgar Allan Poe meets Big Pharma in Netflix's 'The Fall of the House of Usher'

By JACK MUSCATELLO
Digital Managing Editor

The stories and poems of Edgar Allan Poe stand the test of time, wrestling with grief and psychological dread in a way that still strikes a chord in 2023. For writer-director Mike Flanagan, Poe's collection offers up a modern opportunity—a critique of capitalistic greed and Big Pharma, taking shape across eight episodes marketed as this year's best television nightmare.

It may not be the most predictable reimagining for the 19th-century literature that now finds itself trapped in middle school textbooks. But with a healthy dose of the supernatural and a commanding cast at the center, the ever-quirky "The Fall of the House of Usher" is prime scare material.

The series introduces its bizarre premise, and the crime family in the middle of it all, with a story.

Roderick Usher, his family's patriarch, decides now is the time to spill his guts—his life, his losses and the long history of crimes committed under his Fortunato Pharmaceuticals company banner. The real-life Sackler family, allegedly responsible for much of the modern opioid crisis, is a clear influence for the Usher's industry empire here.

Receiving this behemoth of a story is U.S. Attorney Auguste Dupin, who takes a seat in Usher's dilapidated childhood home after focusing his life on bringing justice against the man himself. As the story unfolds, the series whips Dupin across decades of Usher's life, hinting at why his house must fall.

The show's titular selling point is a surprising non-spoiler—all six of Usher's children, each powerful in their own right, die horrifically over

the course of two weeks. For Dupin and the public, their deaths are all independent, ironic tragedies on their own.

But Usher knows the truth about the horror behind his family's demise, setting the stage for a wild adaptation of Poe's best works.

As expected, the series is packed with plotlines. Each of the Usher kids get their due time to display wealthy stereotypes and immense egos, which often seal their fates across the series. Usher gets a flashback of his own, explaining his bizarre rags-to-riches development that holds the key to the supernatural threat at the heart of the story.

Flanagan borrows from a number of Poe's gems, placing the Usher children inside loose narrative shells of "The Tell-Tale Heart," "The Cask of Amontillado," "The Raven" and other short stories and poems. It's a unique approach to the typical adaptation, adding significant depth to each episode. If you're familiar with Poe, searching for the clues to each adapted work is part of the fun.

However, Flanagan's writing sometimes detracts a bit from the series' bite. The majority of the story plays out in conversations, even opening with one. The dialogue is crackling and sharp, adding weight to each character's justification for their heinous worldviews. But this amounts to a lot of tell and little show. Many moments live behind the talk, lending a feeling of emptiness to some episodes in the midst of the dense plot.

It's a strange dichotomy, but the scares more than make up for it.

Flanagan has dedicated his career to righting the wrongs of the "jump scare." The practice is tired, boring and devoid of much depth. The terror



ILLUSTRATION BY CONNOR YOUNGBERG

exists only in the bang, lacking any emotional punch to make them memorable. He understands this point so well, opting to build his scares around characters' traumatic histories instead.

He surrounds his main cast with complexity and nuance, and designs each scare in the same fashion. There are jolts and crashes of orchestral strings, of course, but he capitalizes on dread and suspense even after ghosts or hallucinations first appear. It's the staying power of the scares that places Flanagan's work a cut above the rest, smoothing over many issues with the series' pacing.

For the show's multitude of messages, the largest stems from its focus on Big Pharma. In each episode, Flanagan and the writers' room find ways to inject timely commentary on the industry's predatory practices. Oftentimes it works well, but the critiques are limited by their

delivery. Jabs thrown towards pharmaceutical titans and the blood on their hands for the opioid crisis exist only in monologues, of which there are many.

Again, Flanagan's strengths as a writer poke through more often than not, but his long-winded dialogue hinders a few of the brilliant points this show itches to make, leaving it one step short of greatness.

"The Fall of the House of Usher" lands on Netflix just in time for horror's best season. It's scary in all the right ways and deeply entertaining with its mysteries. Flanagan and his team use up every minute made available to them and it shows. If you're in the mood for some of the best horror of the year and a healthy serving of not-so-subtle societal commentary, this strange mix of Flanagan and Poe delivers the goods.

RecWell hosts Spin is My Self-Care event



AIDAN SHEEDY/CHRONICLE

QU RecWell proved there was nothing scary about exercise as students took this popular cardio routine outdoors on Friday the 13th.

By AIDAN SHEEDY
Photography Editor

Under the brightest sun and clearest sky, the Quinnipiac Recreation and Wellness Center hosted an all-day spinning event at the Rocky Top Student Center at the York Hill on Friday.

Spin instructors hosted different themed classes throughout the day, such as a country music-themed hour. The weather stayed clear as students used the two dozen bikes on the lookout during the all-day event.

They enjoyed cycling, but also took this event as an opportunity to connect with each other in a non-academic setting.



AIDAN SHEEDY/CHRONICLE

Graduate physical therapy student Annie Beckman pushes her students to their limit in a country-themed spin class on Friday.



AIDAN SHEEDY/CHRONICLE

Graduate physical therapy student Kevin Barry sat in the seat front and center, as he works hard without wiping the smile from his face.



AIDAN SHEEDY/CHRONICLE

Senior nursing major Alissia Almeida brings life to the class and crack jokes, all while embracing the social benefits of spinning.

Tell them how the crowds went wild for 'Taylor Swift: The Eras Tour'

By **ZOE LEONE**
Arts & Life Editor

Friday, Oct. 13, is often considered an unlucky day, with superstitions and spirits swirling on people's minds. But for Taylor Swift, it marked the widespread release of her newest project, "Taylor Swift: The Eras Tour." The concert movie premiered in theaters with record-shattering numbers, officially heralded as the highest grossing domestic debut for a concert film of all time and one of the biggest opening weekends for a film this year. And while the numbers are certainly impressive — and prove once again that this really is Swift's world for the taking — the movie itself is even better.

I was fortunate enough to attend The Eras Tour in person. And while I was naturally excited to relive one of the best nights of my life on the big screen, I've never been the kind of person who gravitated towards concert films. I naively assumed that while I would enjoy it, "The Eras Tour" would be the same.

I will be the first to admit it — I was completely and utterly wrong. As the coming attractions came to an end and the lights dimmed, a familiar sight popped up on the screen: a countdown clock set to 13 — the same one that counted down Swift's arrival to the mainstage during The Eras Tour. And suddenly I felt the familiar twinges of excitement in my stomach. From a technical standpoint, it's easy to realize how visually and audibly impressive the film is. The quality of the visuals are so good it feels like Swift is standing directly in

front of you, performing her three-hour setlist just for you to see. The audio of the cheering fans, screaming and singing along to every song, submerses the audience into feeling like they're right there in the stadium. But for most of us Swift fans, the technical aspects are not the most important part. That comes about seven minutes into the film, when dancers lift gorgeous pieces of multi-colored fabric to reveal Swift, standing in the middle of the stage in one of her bedazzled "Lover" era bodysuits. This was a sight I'd seen before. I'd been in the audience, screaming and crying and jumping up and down as Swift began singing "Miss Americana & The Heartbreak Prince." I'd looked around me at the rows of people feeling the same thing as I was, feeling beyond lucky that the fates had aligned to put me in this moment. And yet, as I sat in an IMAX theater in the middle-of-nowhere New Hampshire, I felt the same thing. That's the magic of Swift and the most impressive thing about "The Eras Tour:" there is never a moment throughout the two hour and 48 minute run time where she doesn't make you feel. The concert movie takes audiences on a journey through Swift's 10 eras of music, spanning 17 years of a truly groundbreaking career. Each era is introduced through a fun title card that shortens the transitions in the show from each album (for longtime fans, keep an eye out for Karyn's exciting upgrade). Swift's setlist stays mostly intact, though devastating losses can be felt when "The

Archer" and "cardigan" disappear from their respective sets. Why she does what she does, I could never say, but I would've happily sat in the theater 10 minutes longer if it meant hearing each set in its entirety. Perhaps I'm biased, but "The Eras Tour" shows Swift at her best: singing and dancing around the stage with her band, her dancers and her fans. Everyone who is there — at the concert and at the movie theater — is there because they love something, and they love it together. I was five years old when I fell in love with Swift. One of my earliest memories is sitting in the backseat of my mom's first minivan, singing along to "Tim McGraw" in my booster seat as we drove home at the end of the day. Now, I drive around in my own car, listening to Swift's music so loud that everyone in the neighborhood gets to enjoy it. While I've been a fan since the beginning, my theater was full of little kids who had definitely been born no earlier than the "reputation" era (and I get it — "Dress" is a really sexy song). But what could've easily been a distraction was nothing more than another thing to bring a smile on my face. I watched as young girls in tulle and sequins jumped up and began to dance uncontrollably, their high-pitched giggles Swift's back-up singers for the showing. "The Eras Tour" movie is groundbreaking. But for many of us fans, it's also like getting to come home again. So when Swift starts her show singing, "It's you and me, that's my whole world," it's impossible not to believe it.



PAOLO VILLANUEVA/FLICKR

Taylor Swift performs at SoFi Stadium on Aug. 9, one of the concerts that was filmed for "Taylor Swift: The Eras Tour."

More than Roy Kent: Brett Goldstein shines on 'The Second Best Night of Your Life' tour

By **ZOE LEONE**
Arts & Life Editor

There are few places in the world you can spend an hour-and-a-half hearing about The Muppets, sex and why we should kill all men. Luckily for all of us, there is one exception: Brett Goldstein's "The Second Best Night of Your Life" comedy tour. For those unfamiliar with the name — which he acknowledges very quickly in his set is a painfully average name here in the states — Goldstein catapulted to fame in

2020 after the first season of "Ted Lasso" went from Apple TV+ sleeper hit to one of the most critically acclaimed comedies of the last decade. Goldstein played fan favorite Roy Kent, known for his grumpy sarcasm, heart of gold and affinity for the word "fuck." While the actor himself is much softer around the edges and generally speaks in complete sentences instead of Kent's trademark grunt, his ample cursing has led to many bleeped

out acceptance speeches at awards shows. As "Ted Lasso" rolled out its final season, Goldstein shifted from on-screen to off-screen as one of the creators and lead writers of another massive Apple TV+ hit, "Shrinking." Although he also served as a writer on "Ted Lasso" — he was originally hired for the writer's room before he tried out for Kent — the delightfully dark humor on "Shrinking" struck as distinctly Goldstein. And yet while these high-profile projects, ample interviews and multiple Muppet-related appearances have given the general public a fairly good idea of what Goldstein is all about, nothing could prepare you for attending one of his stand-up shows. Goldstein's material starts strong but fairly tame. He cracks jokes about being a Brit in America, tells weird stories with his friends and family and says nothing in his life — not even the birth of his hypothetical child — could ever compare to being on "Sesame Street." And then things get wild — and personal. For a relatively private public figure, Goldstein holds nothing back as he dives into the nitty-gritty of his botched relationship history, affinity for one-night stands and, yes, his penis. I know what you're thinking: ew. But somehow, through it all, the audience never stops laughing. I'm fairly sure Goldstein is the only man on the planet who could make the phrase "a little pot of cum" seem endearing. But Goldstein truly manages to balance an impressive line of jaw-dropping, yet non-offensive comedy. Nothing is off limits, and while obscenities and foul language are in

abundance, there's never a moment where you're left thinking, "This man is about to get canceled." For a white male comedian, it's oddly refreshing. There are several bits in the show dedicated to masculinity and the horrible behaviors of men. Whether he's poking fun at his own self-destructive habits or discussing his disbelief at elements of society as a whole, the punchlines always hit as genuine. And considering Goldstein's background, it makes sense — he graduated from the University of Warwick with a degree in film and feminism. That's the thing that makes "The Second Best Night of Your Life" so charming. You're not sitting in the audience for an hour and a half watching a brilliant comedy writer or "Roy Fucking Kent." You're watching Brett Goldstein, purely in his element, baring it all on the stage. At the end of the written material, Goldstein answers questions from the audience that were filled out ahead of the show. The only instructions? The dirtier, the better. And while some were rather wholesome questions about favorite movies and lockdown habits, there was no lack of audacity as the audience asked him to whether he'd fuck, marry or kill Gonzo, Beaker or Oscar the Grouch (fuck Oscar, marry Gonzo and kill Beaker, in case you were curious). Whether you're a long-standing fan or just looking for a night of laughs, "The Second Best Night of Your Life" will not disappoint. It might not be as good as filming an episode of "Sesame Street," but it will do.



ISABELLE ADAM/FLICKR

Actor and comedian Brett Goldstein performs a stand-up routine on his "The Second Best Night of Your Life" tour.

Why Tupac was ahead of his time

By MICHAEL PETITTO
Staff Writer

Tupac Shakur is regarded as one of the greatest hip-hop artists of all time, and his legacy has lasted long after his premature death in 1996.

Like any other artists, people turn on Shakur's music to enjoy his work and don't look any further. However, the man was simply ahead of his time, and we should acknowledge it.

To many, he may seem like just another rapper talking about gangs, drugs and violence — all themes which can definitely be found in Shakur's lyrics — but once you peel back the layers and take a dive into his catalog, you find an artist rapping about profound social issues.

Shakur made the blueprint for this type of conscious writing in hip-hop. Although it was done before he stepped onto the scene, he was the one who popularized the concept and touched so many people with his powerful lyrics.

From his debut studio album "2Pacalypse Now" to his posthumous works, Shakur's music is littered with social justice causes — many of which are still major talking points in the present day. Shakur always had an ability to discuss issues plaguing America in his writing, the most famous example being his 1993 song "Keep Ya Head Up," which serves as a support letter to women.

"And since we all came from a woman, got our name from a woman and our game from a woman," Shakur raps. "I wonder why we take from our women, why we rape our women, do we hate our women?"

Later on in the same song, Shakur gives his thoughts on abortion.

"And since a man can't make one, he has no right to tell a woman when and where to create one."

While other rappers during this time were

creating songs objectifying women, and Shakur also participated in this practice, he also wrote songs that lifted those same people up. Shakur voiced his opinions and made sure that everyone was heard, men and women.

Although Shakur expressed his thoughts differently than other hip-hop artists at the time, he was still classified as a gangster rapper. Shakur has a long history with the law and his 1996 album "All Eyez On Me" is filled with more lyrics about violence and objectifying women rather than thought provoking subject matter.

Shakur's spat with the law leaves a stain on his overall legacy, spending nine months behind bars for a sexual assault charge in 1995. Shakur was found guilty of sexually assaulting a female fan named Ayanna Jackson, which Shakur claimed was consensual.

On top of this, Shakur was affiliated with Death Row Records, a record label that has been associated with gang violence, and other illegal activities.

This should not take away from the powerful messages shown throughout these songs. His music is art, with Shakur calling his work poetry during a 1995 police interrogation.

"(Rap) is poetry, to me," Shakur said. "It is my opinion that I started to rap when I was writing poetry. Storytelling, poetry, even iambic pentameter is rap. It's the way you write it, the structure."

Almost everything Shakur talked about in his lyrics are still hot topics of discussion in America today, with many rappers now taking the same approach Shakur took 30 years ago. Kendrick Lamar's "To Pimp A Butterfly," Joey Bada\$\$'s "All Amerikkkan BadA\$\$," and J. Cole's "4 Your Eyez Only" all come to mind as modern-day examples.

If Shakur believed that someone was morally corrupt, no matter who they were, he was going to call them out on the mic, even a sitting president of the U.S. Shakur took shots at former president Bill Clinton and 1996 Republican presidential nominee Bob Dole on his song, "How Do U Want It."

"Worse than all the others; Bill Clinton, Mr. Bob Dole. You're too old to understand how the game's told."

Shakur was fearless and ruthless in his presentation of social issues in his music, with his third studio album "Me Against The World" being regarded as not only one of the best hip-hop albums of all time, but one of the most socially conscious rap projects to date.

Ahead of his era, ahead of the game and always socially aware. Shakur was a forward-thinking individual who laid the groundwork for many of the artists who came after him.



MURAL BY BENZI BROFMAN, PHOTO BY LOCO STEVE/Flickr, A mural in London of rapper Tupac Shakur, created over 20 years after his death.

'Gilmore Girls': the epitome of fall

By ANGIE CAMOZZI
Contributing Writer

It is that time of year again folks — the leaves are changing color, the air is getting colder and suddenly having a cup of apple cider in your hand just feels so right. It is indeed fall.

Wait, what is that? Oh, it is just the sound of the most iconic fall-themed show being streamed on most TVs near you.

"Gilmore Girls," which debuted in 2000 and ran until 2007, is the most "fall" show out there. This show exhibits the lives of Lorelai Gilmore (Lauren Graham) and her daughter, Rory Gilmore (Alexis Bledel) as they take on life together.

The Gilmore girls have remarkably interesting, drama filled lives which make the show fascinating and keep the viewer hooked. Other recurring characters, however, make most of the stories and plot lines. Characters such as Luke Danes and Sookie St. James really add entertainment to the show.

This show gives me all of my fall feelings all year round even when it is not fall. This past summer I watched it and it made me yearn for the next months I knew would be upcoming.

The mock town of Stars Hollow (located in a very general area of Connecticut) is one of the main reasons for all of the fall feelings that come along with this show. Now this fact, along with the fact that "Gilmore Girls" has many fall themed episodes, calls for the town center to be constantly depicted in fall.

The main reason for this show giving all the fall vibes is the grainy effect of the cinematography. Although there is no real filter placed over the content and it simply is just the cameras used, many fans have replicated the style, using filters to make their social media

posts look like they are living in a scene of "Gilmore Girls." This grainy look gives the show a comfy feel. Sometimes when I am watching, I will just take in the grain and it makes me feel very comfy and cozy.

My favorite fall-themed episode is "A Deep-Fried Korean Thanksgiving," which is about how Lorelai and Rory have to get to

three different Thanksgiving dinners. This episode gives off so many fall feelings for me and brings back memories from my childhood of having to rush from one family member's house to the next. This episode, even though I watched it in July, made me feel as if it was a day in November.

Another example of this is when Rory

moved into Yale University in "The Lorelais' First Day at Yale." This episode made me not only excited to move into Quinnipiac University for my freshman year, but also brought back old feelings of the first day of school. I always associate the first day of school with fall (even though in recent years the weather has not been too kind).

From pumpkins on business fronts to the hay bales in the town gazebo, the set really gives the autumnal impression. Even when it is not fall, the town center still gives that homey feel through the colors and the whole look of the town.

Another reason for these seasonal vibes is the fashion throughout the series. The fashion, while being very appropriate for the early 2000s, stays in a very fall theme with the colors and fabrics. A lot of scarves, jackets and longer material clothing give the feel that it is chilly and there is a need for layers.

It is exceedingly rare to see a character not following this dress code. More recently, the "Rory Gilmore sweater" has been trending on TikTok, an oversized cream colored knit.

It is a basic closet must-have that is cozy and can go with anything. Another staple in the Gilmore Girls world is a solid jean jacket. I can bet you that almost every character on the show wore a jean jacket on at least one occasion. The jean jacket is a tried and true classic and not just that but also tried and true. Another staple to add to these two timeless pieces is Luke Dane's flannel shirts. This piece of clothing made it in pretty much every episode. Luke would not be Luke without the flannel and his classic hat.

"Gilmore Girls" perfectly encapsulates the fall feels that everyone needs this season.

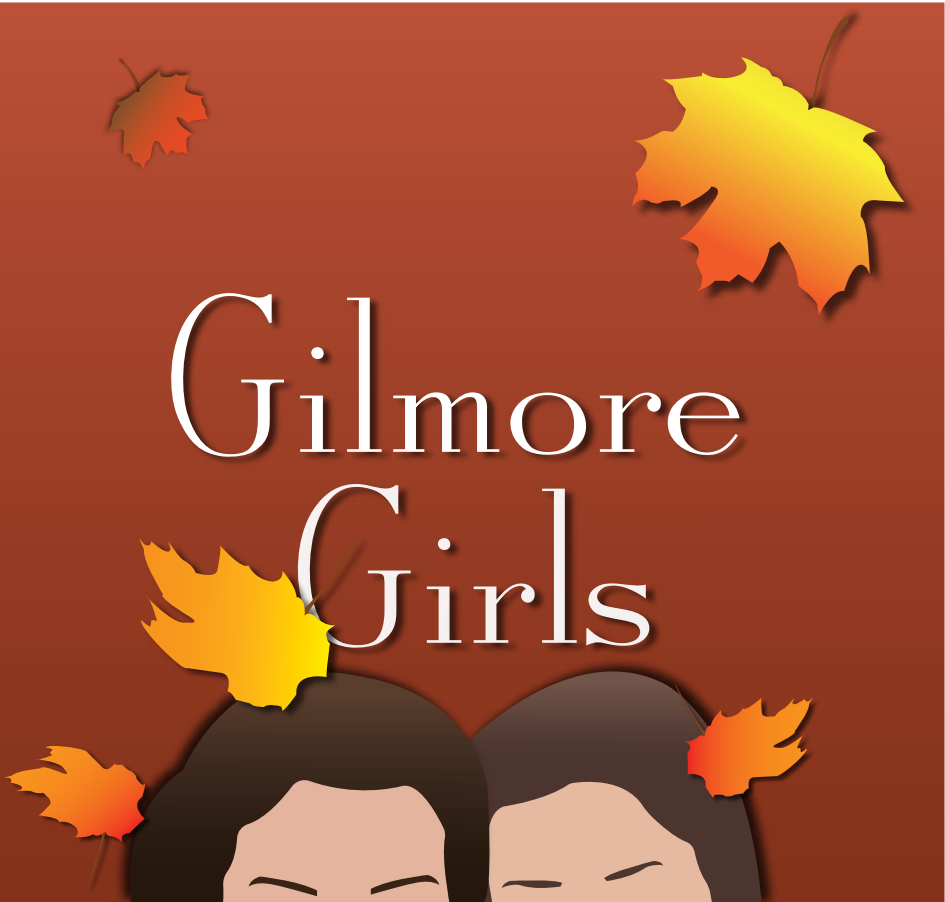


ILLUSTRATION BY AMANDA RIHA

Memory loss shortened her recruiting window, then her first school disbanded its athletics program

Leilani-kai Giusta’s path to Quinnipiac was far from conventional



TYLER RINKO/CHRONICLE

Freshman outside hitter Leilani-kai Giusta hails from the Hawaiian island of Oahu. She moved nearly 5,000 miles to join the Bobcats. “Adjusting hasn’t been too crazy so far,” Giusta said.

By ZACHARY REAGAN
Staff Writer

In her sophomore year of high school, Leilani-kai Giusta suffered a catastrophic concussion.

“We were in this (volleyball) clinic and a girl had a really hard hit and I was standing on the side,” Giusta said. “I got hit in the face, then whip-lash, and the back of my head hit like the metal corner of the wall.”

“It was scary, I know it’s weird to think about but things never came back instantly,” Giusta added. “It was kind of all foggy. So if I (saw) someone, I wouldn’t recognize them at first.”

The now-Quinnipiac freshman outside hitter was rushed to the hospital. Soon the Giusta family discovered something truly harrowing: that their daughter had lost her memory. Giusta couldn’t remember her family, friends or why she was even inside her own home.

School was never the same for Giusta, and she had to relearn everything she had been taught in high school. That experience paled in comparison to the toll the injury and memory loss took on her emotionally — something she described as “sur-real” and an “out-of-body experience.”

Fast forward to today and Giusta is Quinnipiac volleyball’s newest Hawaiian phenom. In just 10 games of MAAC play, she’s already fifth in the conference in kills per set and fourth in points per set. She’s already proven to be a valuable member of a squad fresh off of their first ever MAAC Championship, earning two MAAC Rookie of the Week awards and one MAAC Player of the Week award.

Despite the quick start, the adjustment to college life in Connecticut has been an unexpectedly tame one. On the island of Oahu, her hometown of Kaneohe is nearly 5,000 miles away, meaning there’s some differences to get used to. She would often spend her time back home outdoors, playing beach volleyball, surfing, hiking and taking pictures of the scenery.

“Adjusting hasn’t been too crazy so far, but I think the biggest thing would be the cold, and it hasn’t been too bad yet,” Giusta said. “So ask me that question in a couple of months and I’ll hate it.”

Volleyball culture in Hawaii is intense. Whether you’re playing on the beach or indoors, volleyball is ubiquitous on the islands. Between the culture and Giusta’s mother Tammy, who played volleyball at Sonoma State University, she was bound to learn the game somewhere.

“She had a passion and she kind of had to because I was coaching,” Tammy said. “We started when she was young but she pursued it on her own. Then I stopped coaching when (Giusta) stopped listening to me around 14 years old.”

Giusta’s skills in volleyball grew, by high school, Tammy saw her daughter swinging for the fences in crunch time. That’s when she realized she had a real fighter when it came to the game. Little did she know, the injury would prove that even more so.

“It was a hard time,” Tammy said. “She held it together and really held us together. We gave her all the support we could and the doctors did too.”

When it came to being in certain familiar locations, Giusta found herself feeling a sort of déjà vu. While the process of regaining the bulk of her memory took around four months, she remarked that it took a few weeks to start remembering her family and best friends.

After such a stressful eight months of total recovery, Giusta was caught on the back foot when it came to college recruiting. Many west coast schools already had their teams set by the time she began asking around, so she tried for the east. She felt like she found a home at St. Francis Brooklyn. Giusta liked the urban atmosphere that Brooklyn offered. If she couldn’t be closer to home in California, why not go to New York City to experience something brand new? Unfortunately, that dream came crashing down when in the spring of

2023, St. Francis Brooklyn announced it was cutting all athletics at the end of the season.

Giusta was forced to pivot, and she was talking to Quinnipiac before she accepted her scholarship at St. Francis.

“I actually was embarrassed to reach out to Quinnipiac again, because I hadn’t told (Associate Head Coach) Katie (Urycki) that I committed anywhere else. I just didn’t say anything,” Giusta said. “So she reached out to me again, and she’s like, ‘Oh, I’m so sorry. I heard about St. Francis. We actually still have an outside hitter position scholarship available if you’re still interested.’ So that was really a blessing in disguise and I had committed a few days later.”

When it came to Giusta, though she is from the nation’s 50th state, like many of Quinnipiac volleyball’s international students, Robinson found her style of play captivating when scouting her at an annual volleyball combine in Hawaii.

“I’ve always liked the Hawaiian style of play,” Robinson said. “I’m not anti-(mainland) American, but yeah, the American game is just weak. It’s just not focused on the style of play that I like good ball control, and creativity from setting. Instead (in mainland America) we grow big and strong and just go hit balls like almost a cavewoman style. Well, there’s an art to it.”

Giusta and all of the women on the Bobcats’ roster, fit the bill that Robinson looks for, and that’s players with flavor. When it comes to assimilating to a primarily white institution, Robinson feels like he’s cultivated enough flavor for his players to feel comfortable.

“I think Leilani’s doing a great job,” Robinson said. “I think she’s enjoying being here and I think it’s a surprise to her even. And this is what I tell people about Quinnipiac, like it’s not what you think, right? We are predominantly (a) white private school, but we have a lot of flavor. Even when I was playing against Quinnipiac back in the day, it was known as being like the snobby place. I

don’t ever feel that here now.”

When it comes to her teammates, they have nothing but kind words for the freshman. Regardless of whether they’re old friends from Hawaii like junior libero Fa’avae Kimsel Moe or senior setter Chloe Ka’ahanui or new friends from all over the globe, Giusta has already made her mark on Quinnipiac volleyball.

“She came in really easily, and she’s a really easy person to get along with,” junior opposite hitter Alexandra Tennon said. “She does bring a lot of fire and passion to her game. You can always count on her.”



TYLER RINKO/CHRONICLE

In her first year at Quinnipiac, Leilani-kai Giusta sits fifth in the MAAC in kills per set.

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Therefore, Quinnipiac would walk away empty-handed.

What's the bottom line? If Quinnipiac fails to take down Temple, it will be eliminated from entering the Big East tournament.

The Bobcats are playing a game of dominoes. Each piece must fall into place, or their season will be cut short.

"It's going to be a great fight," graduate midfielder Stella Tegtmeier said about Old Dominion. "It's going to be another Big East challenge."

Klein hopes to see junior forward Emilia Massarelli back on the turf for the match, but her return is still up in the air.

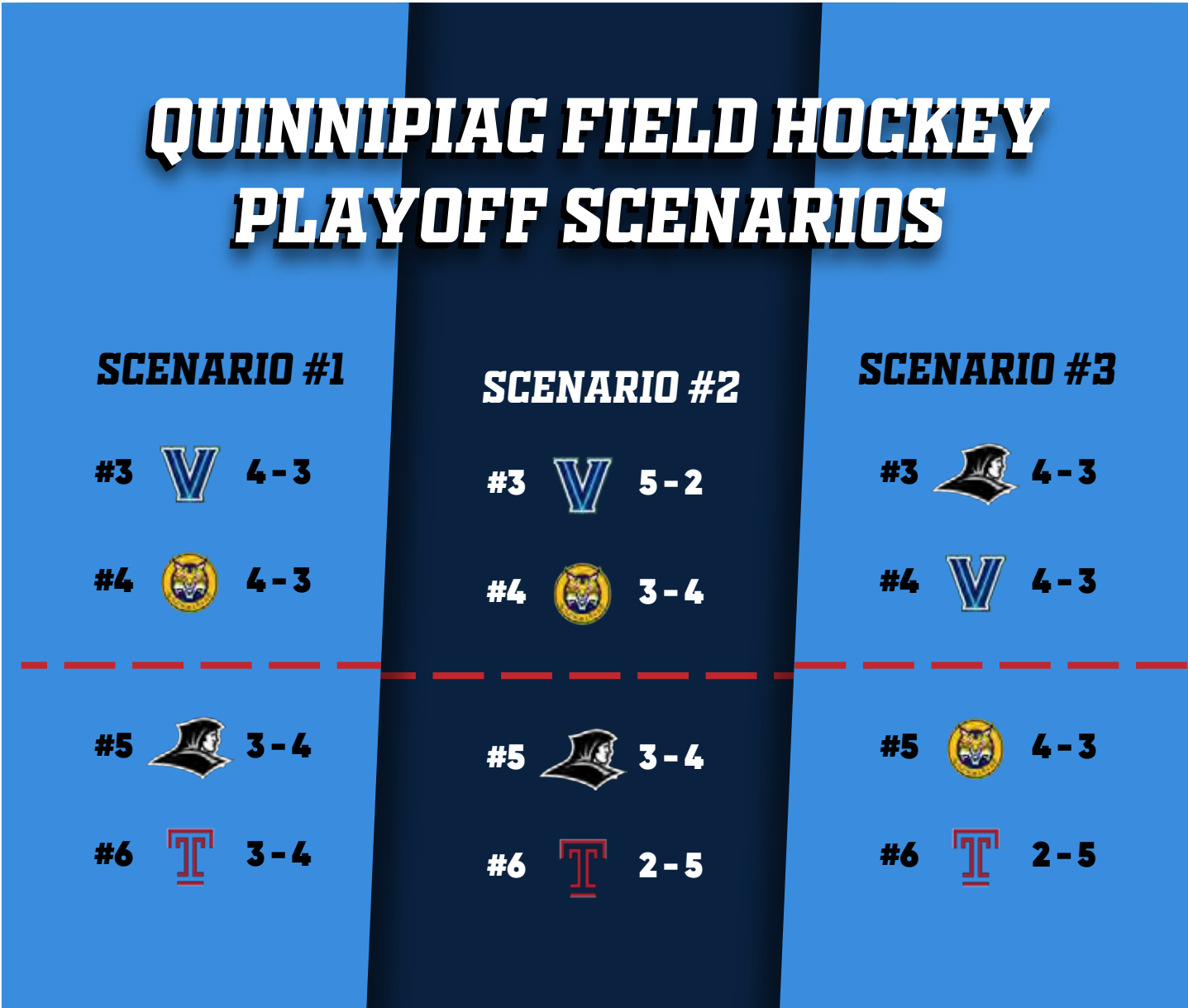
"She's surely missed right now," Klein said. "I don't want to be a team that builds around one player."

Massarelli missed the past four games recovering from an injury in her left wrist and hand. In 2022, she earned All-Big East Second Team honors and was named to the NFHCA Division I All-Mideast Region Second Team.

Klein and the Bobcats have been forced to adapt without a key offensive component. In the meantime, graduate transfer forward Sophia Pompeo, returning junior forward Lucia Pompeo and returning sophomore forward Cameron Brower have bolstered Quinnipiac's attack to make up for Massarelli's absence.

Whether Quinnipiac makes the Big East tournament is a coin toss. Only time will tell, but one thing is certain: the Bobcats have proven they belong in a competitive conference, and they have the depth for a successful future.

"They have fight. They have passion," Klein said. "They have love for each other."



In tournament victory, Quinnipiac sets tone for fourth-straight MAAC championship run

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Luu and Aimee Uchida and junior Fuge Zhang.

In her latest win at the Quinnipiac Classic, Peralta shot a 3-over-par to take the top spot. The second round spelled trouble for her, sinking to a 4-over-par on the day after four straight bogeys, including a double bogey between the 11th and 14th holes.

"Leeyen sometimes gets down, (it) doesn't take much for any golfer to get down," O'Connor said. "(A) double bogey, it's hard to recover from that. You gotta mentally know how to recover from that."

But Peralta sank a birdie on hole 16 to keep her in contention for the win.

"It was a rough start," Peralta said. "I just had a few hiccups but I tried to recover from it. (I) ended okay, not the way I wanted to but try to salvage myself."

Peralta recovered from those bogeys in the final round shooting a 1-under-par, propelling her to the top spot in the tournament. She finished one stroke off her career best three round score, scoring 219. But Peralta's score was not on her mind.

"I honestly didn't know how I was doing the whole day. But I think that's better honestly," Peralta said. "Just keep playing my best and try to stay focused throughout the match."

Luu's win came at the Hartford Invitational after she shot a 9-over-par in the tournament to earn her first collegiate first-place finish. Fellow senior Uchida, finished first most recently at the Hartford One Day Invitational on Oct. 2, finishing with a 74 (2-over-par) to take the top spot. At the Quinnipiac Classic, she finished fourth, shooting 9-over-par.

"I didn't play too bad," Uchida said. "I was a little worse than that yesterday but my short game was what I struggled on but overall hitting wise I did pretty good."

Zhang, the 2022-23 MAAC Golfer of the Year, has yet to compete during the fall season,

but is set to return to action this week according to O'Connor. In a team that has champions, having Zhang in their back pocket for the upcoming spring season could be what the Bobcats need for a fourth-straight MAAC conference championship. In the MAAC Championship her title winning score of 214 (1-under-par) set the record for the best three-round score of all-time at a MAAC Championship.

Freshmen Alexia Egdaahl, Natalie Spiska and Samantha Galantini have big shoes to fill after senior Kaylee Sakoda and junior Elena Spangle moved on from the blue and gold following a MAAC Championship-winning season.

Galantini started the Quinnipiac Clas-

sic shooting a 4-over-par and improved each round after. In the second round, the West Orange, New Jersey, native shot a 1-over-par and finished the third round with a 2-over-par. She finished third overall in the tournament shooting a 7-over-par, while Spiska and Egdaahl finished tied for 27th and 36th.

"Yeah, I played pretty solid," Galantini said. "Going on, so how I was playing yesterday, just keep playing well and sticking to my gameplan, it worked out well."

O'Connor noted that Galantini had qualified for the U.S. Womens Amateur Championship this summer, but he feels that this is only the beginning for the first year.

"I don't think I've seen the best golf from her yet," O'Connor said. "She's going to get much better and she had a great summer."

Maintaining consistency is hard to accomplish in sports and women's golf has proven to be the outlier. The last Quinnipiac team to win three-straight conference championships was women's basket from 2017-2019. Before them, rugby won three-straight national championships from 2015-2017.

Quietly dominating on the course, the Bobcats have shown their ability to consistently bring home hardware to add to their trophy case, one that often goes unnoticed, but is among Quinnipiac's most decorated.



PEYTON MCKENZIE/CHRONICLE

Graduate student Leeyen Peralta connects on a putt during day one of the Quinnipiac Classic at the Farms Country Club in Wallingford on Oct. 9



COLIN KENNEDY/CHRONICLE

Quinnipiac golf: Under par and above the competition

By RYAN JOHANSON AND RYAN RAGGIO

WALLINGFORD, Conn. — As graduate student Leeyen Peralta lined up her putt at the final hole of the Quinnipiac Classic on Oct. 10, teammates, coaches and fans were so quiet you could hear a pin drop. This putt would secure the win for Peralta, who started in third place coming into the final round.

The scene moved in slow motion as she pulled back her putter and connected with the ball, but when it dropped into the hole, jubilation erupted at the Farns Country Club. Teammates sprinted to shower Peralta with water, cooling off the California native after she scorched the field in Quinnipiac’s lone home tournament of the fall.

Peralta, now in her fifth year, hasn’t slowed down. In four tournaments this season, she’s won two, finishing top three in another. Her initial win came on Sept. 25-26 at the Red Bandana Intercollegiate in Canton, Massachusetts, shooting a 6-over-par to capture the top spot.

“Having Leeyen back is a huge deal for us,” head coach John O’Connor said. “She’s probably the best golfer in the conference.”

That’s high praise from O’Connor, who in his 15th season at the helm of the Bobcats’ program is hoping that his squad is once again the best in the conference.

While a MAAC champion won’t be crowned until April, Quinnipiac is looking to become the second MAAC team to win four consecutive conference titles. Siena, won 11 straight from 2001-2012.

The Bobcats have four golfers that have won a collegiate tournament: Peralta, seniors Emily

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What will it take for Quinnipiac field hockey to make the Big East tournament?

By AMANDA DRONZEK
Staff Writer

The 2023 season has been a tremendous rebuilding year for Quinnipiac field hockey. In 2022, it went 2-5 in Big East competition. With two conference games still to play this year, the Bobcats sit at 2-3, with a tournament berth in the balance.

So what’s changed?

The Bobcats are playing under their second head coach in team history — former associate head coach Nina Klein.

The Klein era has brought newfound success to Hamden, with Quinnipiac now ranked fourth in the Big East amid a four-way tie between Providence, Temple and UConn.

Despite their sub-.500 conference record, the Bobcats have led at some point during every match, falling by just a single goal in each loss.

Performances outside the Big East are no different. In its four non-conference losses, Quinnipiac has started on top, only for teams to defeat it by a one-goal deficit.

“We’re a completely different team than last year’s,” Klein said.

But what’s the catch? Only four teams make the Big East tournament, which is slated for Nov. 3 in Philadelphia. Quinnipiac has the depth and the defense, but it lacks the goals.

On Oct. 13, the Bobcats fell 2-1 to then-No. 7 Liberty. Both goals were scored on penalty corners by the Flames. Quinnipiac proved it can play, but it must execute offensively to win.

Here are Quinnipiac’s most likely scenarios to cross the tournament threshold, and a third scenario where the Bobcats come up just short.

Due to UConn’s strong strength of schedule and overall record, this article is written under

the assumption that the Huskies will not enter the Big East tournament.

SCENARIO 1 — QUINNIPAC MAKES THE TOURNAMENT WITH 4-3 RECORD

The ideal outcome for the Bobcats is to sweep the rest of conference play. This includes upsetting Old Dominion on Oct. 20 and defeating Temple on Oct. 27.

For this to be enough, Providence must first defeat last-place Georgetown. For the sake of clarity, it is assumed that Providence eliminates Georgetown.

Villanova must lose to Temple on Oct. 20. Then, Villanova must beat Providence on Oct. 27. This places Quinnipiac in the fourth seed, tied with Villanova.

There is another way for the Bobcats to slide into an even better seed: third place. If Providence upsets Villanova, Quinnipiac moves up to the No. 3 seed, clinching a spot in the tournament.

SCENARIO 2 — QUINNIPAC MAKES THE TOURNAMENT WITH 3-4 RECORD

Quinnipiac is in a three-way tie for fourth place with Providence and Temple.

On Oct. 20, The Bobcats travel to Old Dominion as the underdog for a crucial contest. Quinnipiac is 0-6 against Old Dominion since 2017. Currently, the Monarchs are the No. 2 seed in the Big East. They only trail undefeated Liberty.

However, Quinnipiac can lose to Old Dominion and still secure fourth place.

Why? That same day, Providence will likely take down Georgetown, and Villanova

is expected to beat Temple.

Oct. 27, the probable winners Providence and Villanova go head-to-head. For Quinnipiac to advance in this situation, Villanova must top Providence.

Whether Quinnipiac defeats or falls to Old Dominion, its match against Temple on Oct. 27 — the Bobcats’ final home conference game of the season — is a must-win.

Now, Quinnipiac and Providence are in a two-way tie for fourth place with 3-4 campaigns. In accordance with Big East competition, a two-way tie is broken by head-to-head regular season records. The Bobcats are 1-0 against the Friars, meaning they would advance.

SCENARIO 3 — QUINNIPAC DOESN’T MAKE THE TOURNAMENT WITH 4-3 RECORD

The tables turn for the Bobcats if Providence beats Villanova on Oct. 27. Even if Quinnipiac goes 2-0 for the remainder of conference play by upsetting Old Dominion and Temple, it may not be enough.

Villanova’s record would fall to 4-3, tying with Quinnipiac and Providence. In a three-way tie, the team with the best overall record moves on. In this scenario, that team is Villanova.

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PEYTON MCKENZIE/CHRONICLE

Quinnipiac has yet to make the Big East Tournament since joining the conference in 2016.