

JACK SPIEGEL/CHRONICLE

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LGBTQIA+ History Month Teach-In highlights intersectionality of identity

By **KATIE LANGLEY**
News Editor

As a part of its recognition of the accomplishments, struggles and stories of the LGBTQ community, the Quinnipiac University Office of Cultural & Global Engagement held the second annual LGBTQIA+ History Month Teach-In on Oct. 13.

The program hosted in the Carl Hansen Student Center Piazza included a lineup of student and faculty speakers. It opened with a presentation about LGBTQ representation in media by William Jellison, a professor of psychology and women’s and gender studies.

Junior political science major Leea Cotter attended Jellison’s portion of the event.

“It offered a perspective I have not really considered before regarding LGBTQ+ representation in television and films,” Cotter wrote in a statement to the Chronicle following the event. “The speaker mentioned how Hollywood tends to use stereotypical

characteristics that are harmful to the overall population.”

Junior political science major Emily Diaz then led a discussion about the intersections of Latinx and LGBTQ identities. Next, Arnold Bernhard Library Public Services Librarian Robert Young featured his work chronicling the history of gay men.

Young discovered photographs of a gay couple from the 1950s on eBay in 2010. Since then, he has been developing collections to track down family and friends, and sometimes, the people featured in the photographs themselves.

“I was born in the early sixties, so these men were from my mother and father’s generation, and they were also before the Stonewall Rebellions kind of sparked the modern LGBTQ movement, which I benefited from,” Young told the Chronicle.

Young said that LGBTQ people of the

mid-20th century such as those in his photographs grew up in a very different world than he or LGBTQ youth today have.

“Whenever I share the photos on Facebook I get such a huge response from the gay men who said, ‘These are wonderful... I feel so moved when I see the photos, these mean so much to me, this is our history,’” Young said. “This is stuff that you don’t think of (being in) this time period of people living happy, fulfilled lives.”

Following Young’s presentation, Associate Athletic Director for Academic Support Kristen Casamento and Senior Associate Athletic Director for Business and Administration Alyssa Hyatt highlighted professional and college-level athletes from the LGBTQ community. This included U.S. women’s soccer player Megan Rapinoe and University of Pennsylvania swimmer Lia Thomas.

“Sports is such a microcosm of society that if we could share the stories of the LGBTQ community and activists within athletics, maybe it helps to spark that conversation outside of athletics, too,” Hyatt told the Chronicle.

Part-time political science professor Ellie Bargeon spoke next on the topic of the LGBTQ experience within the armed forces.

Her research, “Diverse Warriors: The Changing Experiences of LGBTQ Servicemembers,” includes Bargeon’s own story as a lesbian Iraq War veteran as well as the accounts of other LGBTQ military members.

Bargeon told the Chronicle that she decided to participate in the event to show the different layers of being LGBTQ in the military. She said it is both an institution which has historically silenced LGBTQ people with policies, such as Don’t Ask,
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QU Democrats host CT State House candidates

By ZACK HOCHBERG
Staff Writer

Associate professor of legal studies at Quinnipiac University Sujata Gadkar-Wilcox and incumbent Rep. Josh Elliott, two Democratic candidates currently running for seats in Connecticut’s State House of Representatives, visited the Quinnipiac Democrats on Oct. 11, to speak about their campaigns.

Gadkar-Wilcox is running to represent Trumbull’s 123rd district for the third time since 2018. She is running against incumbent Republican Rep. David Rutigliano, who has been in office since 2012 and defeated Gadkar-Wilcox in the last two elections.

Both of these candidates are no strangers to Quinnipiac University. As a professor, Gadkar-Wilcox specializes in constitutional, comparative and human rights law. She also directs the Global Engagement Fellows Program and the University’s Mock Trial Program.

Elliott graduated with a bachelor’s degree in sociology from Ithaca College before obtaining his juris doctorate at Quinnipiac School of Law.

Despite losing in 2018 and 2020, Gadkar-Wilcox is hoping this time will be different. During the event, she stated she believes her district has finally turned Democrat after being Republican for a long time.

“I see myself as the bridging personality that Hartford needs,” Gadkar-Wilcox said.

According to a 2020 report by the Connecticut Voices for Children, the state has the third-highest level of pre-tax income inequality in the nation. Gadkar-Wilcox’s campaign spotlights fixing that problem. She said she wants to increase taxes on people that make more than \$5 million per year and make campaign financing public so that politics can become more about the issues at hand and less about the money poured into campaigns.

“There’s just so much bitterness and so much disinformation out there, we could get so much more done if we just worked together,” Gadkar-Wilcox said.

Even though Gadkar-Wilcox is running as a Democrat, she said she believes in a more progressive political system that includes more parties. Gadkar-Wilcox said her message needs to resonate with moderates and even moderate conservatives.



YAMINI DALAL/CHRONICLE

Rep. Josh Elliott (left) and Sujata Gadkar-Wilcox (right) are campaigning for election in the Nov. 8 state representative races in Hamden and Trumbull, respectively.

“I think having someone closer to the middle is better than having someone who is just so far left or so far right,” said Noah Brown, a junior engineering major. “We need more people who can speak to both parties in order to remove the toxic environment we’ve seen over the last five years.”

Elliott assumed office in 2017 after winning the election for the 88th District representing Hamden in the Connecticut House of Representatives. Elliott retained his seat, winning re-elections in both 2018 and 2020, and is seeking another re-election this November against Republican candidate Mike Pace.

Like Gadkar-Wilcox, Elliott also believes that income inequality is a significant problem in Connecticut. As a result, he also wants to raise income taxes on wealthier citizens.

Elliott said he believes it’s ‘good’ for the minimum wage to be at \$15, but it’s not enough.

“If you didn’t get a raise this year, your wage actually went down around 7% right now, just because of inflation,” Elliott said.

Elliott said he wants to restructure the tax system in the state, mainly because “the state does not tax universities, government buildings, hospitals or non-profits, so places like

New Haven don’t make a lot of money on taxes,” Elliott said. “We miss out on around \$700M worth of taxes because we don’t tax these entities... Yale is written into the state constitution as an untaxable entity.”

Elliott said he knows that retaining his seat in the house is much easier than getting there in the first place, but that doesn’t mean he’s slacking off on his campaign.

“They already know who you are, so that makes it a bit easier... I’ve spent a lot of time going door-to-door, sometimes a couple of hours a day, and just talking to people in my community,” Elliott said.

While Elliott and Gadkar-Wilcox are in different districts, they both have the same goal: win.

“I believe in the education we get here at Quinnipiac and knowing that there are candidates who got that education or are a part of giving us that education definitely makes me more likely to vote for them in the election,” said Catherine Johnson, a senior psychology major.

The two candidates are hoping to see all of their work come to fruition on election day, which is set for Nov. 8.

TEACH-IN from cover



CASEY WEIDERHOLD/CHRONICLE

Junior theater and game design double major Amari O’Connor and women’s and gender studies professor Lauren Sardi spoke about asexuality at the LGBTQIA+ Teach-In Oct. 13.

Don’t Tell while simultaneously being the way in which many LGBTQ youth escape poverty and unsafe home lives.

“In the verbatim words of current service members, they’re like, ‘yeah, we know that we weren’t welcome (in the military) before,’” Bargeon told the Chronicle. “But now we’re building these wonderful, gay lives for ourselves.”

The question Bargeon posed throughout her talk at the teach-in was “does anyone belong in war?” In addition, she raised a question about the morality of current military recruiting tactics which she said target vulnerable young people.

“It’s easy to write about these things in the academic setting,” Bargeon told The Chronicle. “It’s another thing to face the very real reality that wars are happening right now, in Ukraine, and Russia and Syria, and so, even though nobody belongs to wars, there are folks

who will make meaning of it.”

Next, journalism professor Margarita Díaz gave a presentation titled “Adiós to All That: Leaving Home to Find My Latina, Lesbian, Immigrant Self.” To close out the Teach-In, there was a discussion about asexuality and its definitions, hosted by professor of sociology and women’s and gender studies Lauren Sardi and junior theater and game design double major Amari O’Connor.

Sheralyn Burke, a junior health science studies major, attended the event with professor Joanna Gentsch’s human sexuality class.

“I was surprised by how many movies portrayed LGBTQ negatively and how little positive representation there is,” Burke wrote in a statement to the Chronicle following the event. “I was also very impacted by the viewing of many different photographs of gay men and how they lived in the 1940s.”

Study used to better understand student mental health

By CARLEIGH BECK and KRYSTAL MILLER

Quinnipiac University administrators are conducting an online study to comprehend student mental health and wellbeing and help better understand needs on campus.

Associate Dean of Student Affairs for Health and Wellness Kerry Patton, along with a team of researchers from the University of Michigan, sent an email on Oct. 12, to all students announcing the survey, called the Healthy Minds Study.

Patton said the purpose of this survey is to better understand students’ mental health, emotional and mental health topics and support resources.

All Quinnipiac students are invited to participate in the Healthy Minds Study. It is a 25-minute online study that is conducted by researchers at Michigan’s School of Public Health and is open for four weeks until Nov. 7.

“The goal is that once we get feedback, is to be able to understand what are some things that the students are saying that are helpful,” Patton told the Chronicle.

This survey does not come without the benefits for students, Patton said. Not only will students potentially have improved mental health services in the near future, but there is a possibility for them to win prizes.

Those who complete the survey will be entered in a sweepstake, in which two students will be selected to win \$500, and five students will be selected to win \$100.

Though Patton admits it is a lengthy survey, she highlighted the many ways it can benefit that campus environment.

“If we saw a lot of students are using a certain substance, maybe that’s something we can tackle in a kind of programming,” Patton said. “If we’re seeing that students are feeling more depressed during midterms, how can we look at that data to inform how we can program?”

Quinnipiac is one of over 400 colleges to have students participate in the Healthy Minds Survey as a partner of the JED Foundation, a nonprofit organization that aims to protect the emotional and mental wellness of teenagers and young adults.

Patton said the JED initiative is a four-year commitment to assess wellness at the university. A team has been created across different disciplines to help understand policies are already in place and what can be improved upon.

This summer, the university received a grant from Gov. Ned Lamont to improve mental health on campus. Patton said some of the money from the grant was used for Quinnipiac’s JED status.

“I think nationally, there’s an increase when you talk about mental health,” Patton said. “One in four college students struggle with mental health issues, it’s pretty much a national increase, since COVID especially.”

According to the Mayo Clinic Health System, 44% of college students report symptoms of depression and anxiety. One of the main causes for these symptoms is the rising cost of education.

Tim Malone, a senior film, television and media arts major, said the Healthy Minds Study is an effective way to gauge the mental wellbeing of the general student population.

He said Quinnipiac does a great job of supporting students’ mental health through the counseling services, and knows of students that have used the services and had positive experiences.

“I feel like there’s a lot of students who want counseling and to get involved but they just don’t know what the first step is,” Malone said.

Malone said many students struggle to deal with stress and social situations, especially when first coming to Quinnipiac.

“I’ve talked to a lot of students, finding your place and your home your first semester, even your first two semesters, is difficult when you feel isolated, like that is when mental health is crucial to have a jump on,” Malone said.

Julien Mercado Bonanno, a first-year media studies major, echoed Malone’s sentiment on the difficulty of transitioning into college.

“I definitely think for freshmen, coming into a new environment, you don’t necessarily know what to expect,” Mercado Bonanno said.

Mercado Bonanno also pointed out the lack of routine and change is often the root for stress in many first-year students.

“I think making sure students understand the resources, having the option for counseling in person and on Zoom,” Patton says. “But we also have a new digital dashboard. It’s not an actual app, but it’s called Togetherall.”

As for other initiatives to address student mental health, Quinnipiac promoted Togetherall, an online community where students can anonymously get support for their mental health, in last month’s parent newsletter. There are also on-campus counseling services, and other online resources.

According to the American Psychological Association, multiple studies show that 75% of people who go to therapy show some benefit from it.

“College is a scary thing, we’re all in this together,” Mercado Bonanno said. “It’s OK to not know what you’re doing. It’s a process, it takes time. . . Give yourself time to adjust, and talk to people if you need to.”

PHOTOS: Quinnipiac celebrates Rec Center progress, Hartford HealthCare partnership



(From left) Executive Vice President and Chief Clinical Operating Officer of Hartford HealthCare, Jeff Cohen, Student Government Association President, Owenea Roberts, President Judy Olian and Chief Experience Officer, Tom Ellett, officially cut the ribbon of Quinnipiac University’s new Recreation and Wellness Center, which will open fully next month. Ellett, Olian and Roberts all touted the 60,000 new square feet devoted to physical and mental wellbeing, Thursday, Oct. 13.



Ellett joined community members on a tour led by Vice President of Facilities and Capital Planning Sal Filardi. The first-floor of the Recreation and Wellness Center is home to dozens of exercise machines, weights and a two story rock-climbing wall. The new facility has four separate exercise areas, as well as a new counseling center and meeting rooms.



Hartford HealthCare’s LIFE STAR helicopter lands on the Quinnipiac Rugby Field to celebrate the end of Wellness Week and the opening of Quinnipiac’s new Recreation and Wellness Center, Friday, Oct. 14.



QU EMS Director of Operations Alex Bayer speaks with LIFE STAR helicopter pilot, Brendon Colt. The HHC staff opened the doors to the chopper for students, faculty and staff to check out the equipment inside the airborne medical facility. (NOTE: Bayer is a staff photographer for the Chronicle.)

Opinion



ILLUSTRATION BY EMMA KOGEL

Conquering the sophomore slump

How to find motivation when it seems impossible

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

We live in a world where everything has a level of difficulty to it.

Whether it’s achieving good grades, applying for a dream job or just trying to get out of bed in the morning, everything can be a challenge.

Before college, I didn’t need motivation. I was determined and driven, but only because those around me pushed me to be. I had a set schedule of school, sports and work, with few decisions being made on my own. Even my first year at Quinnipiac University felt scheduled. Between Residential Life events, club and organization meetings, everyone around me seemed to be experiencing the same adjustment from high school to complete independence.

As a sophomore, life feels different. Motivation is no longer crowd-sourced by those around me. It feels like every person I know has their own goals and has figured out who they are and what they want to do in life. I know I’m not the only one who feels they’re falling behind.

I have always felt the pressure of expectations. Everyone around me seems to think I am capable of great things. However, those same people have never walked a day in my shoes.

Each person has their own unique struggles when it comes to staying motivated. Some choose to talk about the things that make their lives hard, while others choose to struggle silently. Nonetheless, everyone’s challenges look different, and it is impossible to understand the real world perspective of another person.

If you asked me two weeks ago how I was feeling about college, I would have laughed at you. I was struggling to get out of bed, eat three meals a day and drink enough water, let alone staying on track academically and with extracurriculars. The slight changes I have made to shift my focus towards my motivation had an incredible impact on my mental health and mindset.

There are many different ways to stay motivated. Some things I added into my lifestyle have been regular journaling, motivational podcasts on my walks to class, and a regular routine in the gym a few times a week. Health Direct, an online supplement retailer, recommends surrounding yourself with positive people, finding mentors and setting achievable goals. However, in college, setting an achievable goal can seem impossible when even the littlest things feel big.

Staying motivated also helps with adaptability. As we respond to changes in our environment, shutting down and disengag-

ing always seems like an easy way out. Motivation helps us to take corrective action through fluctuating circumstances and strengthens mental wellbeing. When mental health becomes difficult to manage, staying motivated feels like the last thing to focus on, however it can actually help through a depressive or anxious episode, according to Positive Psychology, an online mental health resource.

I am a firm believer that all goals are achievable with hard work. The most difficult part of working towards a goal is finding the incentive to do so. It is easy to be distracted by every aspect of life, from the media, to our families and even friendships. The toughest part of finding motivation is realizing that in order to be successful, you have to start putting yourself first.

Taking care of yourself is the pathway to fulfillment and high performance in work and in life. If you feel better about yourself and your goals, it is easier to be supportive of those around you, according

to MSNBC. Staying motivated proves to be extremely difficult if you prioritize others over yourself, which is why it’s essential to find your own inspiration without the influence of others.

The best way to avoid lack of motivation is by giving yourself credit for the little things you achieve no matter how small. It’s also beneficial to be gentle with yourself and understand that some days are harder than others. Additional things to try include writing down positive experiences throughout the day, staying organized and asking for help when it’s needed, according to the Mental Health Foundation.

College can be very stressful, and there’s a lot of pressure to succeed in the eyes of those around us. The best way to find success is to define it ourselves. It’s crucial to find motivation in every aspect of life, especially when it seems like everyone else knows what’s best for you.

My advice to anyone struggling to find motivation, especially sophomores, is to lean onto the community around you. Even though college is the epitome of first-time independence for many people, it’s important to know that you are not alone. Also know that not every day needs to be a motivational day. It is okay to miss a class or sleep through a few alarms, breaks are necessary and well deserved.

At the end of the day, the only person who can really motivate us is ourselves. Take some time to discover what success means to you, set goals and push yourselves to achieve them. Life isn’t easy, but I believe through motivation, it’s possible to accomplish anything.

“Lean onto the community around you. Even though college is the epitome of first-time independence for many people, it’s important to know that you are not alone.”

– A.J. Newth
STAFF WRITER

Opinion

Simply don't hit my line

Phone calls leave much to be desired as a modern form of communication

By **KATIE LANGLEY**
News Editor

It's pretty much understood that a 20-year-old girl who doesn't know anything about cars besides the fact that hers is a decade-old orange Toyota isn't going to be respected at the auto repair garage. However, the moment that fills me with immeasurable existential dread isn't the inevitable mansplaining or overcharging, it's the initial phone call.

I've spent almost two and a half years writing for the news section of the Chronicle and a summer interning at my hometown newspaper. It's fair to say I've made quite a few phone calls. I've done phone interviews with everyone from police, to state house representatives, to Facebook moms and university students.

And every time, I really, really hate it.

According to Headspace, telephone phobia, "the fear (and/or) avoidance of phone conversations," affects 15 million people in the U.S. There are many fears associated with telephone phobia. One might fear being judged for their voice or choice of words, or be afraid that they're interrupting or intruding on the person they're calling. They might even avoid phone calls in order to dodge receiving bad news.

For me, telephone phobia is connected with my imposter syndrome more than anything else. When I call sources for my articles, I'm often afraid they will see right through my professional facade and mark me as a student journalist or a 20-something intern, both of which I am. I find myself nervous because I don't have a fancy title behind my name, like

"Katie Langley, New York Times," that my sources will think less of my ability, and—literally or figuratively—laugh in my face.

When you're speaking over the phone, you can't see a person's body language or behavioral cues such as head nods and smiling, and it's difficult to read a person who is sitting silently on the other line, according to Headspace. Instead, you ask yourself all kinds of hypothetical questions and make assumptions about your phone partner, such as will they like me? Will they listen to me? Respect me? Am I saying something wrong?

As older members of Generation Z enter the work force, we are increasingly communicating with bosses and coworkers by text, email and message boards like Slack. It's quicker and easier than a phone call and takes out all the pleasantries while getting to the point. Like many in my generation, I'll never understand people who have to pick up the phone just to ask someone a simple question.

However, phone calls come with the territory of being a journalist. As someone who suffers from an anxiety disorder, I've sometimes doubted my ability to be able to project confidence over the phone, especially with the often necessary cold call. My fear of awkward social interactions has admittedly been a detriment to my self esteem in my chosen career. But what you love doesn't necessarily have to come naturally.

Though it's much easier to avoid making that doctor's appointment or talking to the mechanic, it's (regrettably) not sustainable in the long run and will probably make you



ILLUSTRATION BY SARAH HARDIMAN

feel worse. Sometimes, life is just a cycle of phone calls you really don't want to make. And though my heart says that society has progressed past the need for phone calls, the world is a little late to catch up. However, there are some ways you can make it easier on yourself.

Coping strategies range from everything from cognitive behavioral therapy, to exposure training (for example, calling a restaurant and asking what time they close), to rewarding yourself after you make the big call with some self care, according to VeryWellMind.

Personally, I always go into a phone call with notes. In any interaction, my nerves can make me forget what I was planning on saying. Having at least a brief outline of what I

need and how I'll ask for it can help me keep some of my composure.

Though there are ways to navigate a world dependent on phone calls, I certainly hope it isn't this way forever. When the COVID-19 pandemic moved all in-person meetings online, I hoped that Zoom would be the death of the awkward phone call. Face-to-face interaction, even by computer, allows us to read each other's body language and helps ease some of the uncertainty of chatting with a stranger. I would take dealing with glitchy faces on Zoom over picking up the phone any day.

But, until I completely work through this fear, please, just text me.

Popularizing serial killers reopens old wounds for society

By **NICHOLAS PESTRITTO**
Contributing Writer

In light of the new and extremely popular Netflix series, "Dahmer - Monster: The Jeffrey Dahmer Story," it only makes sense to examine why our country glorifies serial killers and why it is so wrong.

According to Deadline, the show tallied 196.2 million hours watched within six days of its release, fascinating viewers, but not everyone is a fan of these very graphic films and their intended meanings.

From serial killer Halloween costumes, to comic books based on killers like Dahmer, John Wayne Gacy and more, they have all become normalized within American culture. This is a huge problem. The media has been profiting off of television shows and

documentaries about killers who have done terrible things. The Conversation reported that Netflix paid \$300 million to Ryan Murphy, one of the creators of the series, which shows that they expected to make serious profits off of it.

It does not make sense why we continue to glamorize these people who have committed some of the most violent acts the world has ever seen. Similarly, Netflix has named a series after Richard Ramirez's nickname "The Night Stalker," another attempted use of a terrifying nickname to make money. Unfortunately in our world and throughout the media, these names have become normalized.

Yes, most of the nicknames that serial killers get are based on who they are and what they did, but that still does not make it OK. If America,

along with the media, keep giving these awful people attention like they are cool people there will be more attraction towards them and people will think that what they did is fine. It will make their victims feel even worse and devalue the impact of what they did.

Bringing attention to what these serial killers did is extremely important, but by showing certain scenes and displaying characters in a certain way, it only adds to minimizing the impact of their crimes. Showing these fictional portrayals of their crimes, it has become easier for our society to normalize and downplay the seriousness of the horrors that they caused. It may be a sign of the normalization of violence due to the fact of increased threats over the past years, whether it is terrorism related or a school shooting threat.

The media and Hollywood will continue to profit off of their romanticization of serial killers and sadly, Americans will keep watching and believing what they see in films about these terrible people. At the same time, this increases profits while minimizing the effects of what the criminals did. These works also retraumatize the victims of the killers and make them feel worse overall about what happened.

Another question to ask is, how did serial killers become so popular in films and the media in the first place? When we look at these different films, many of the actors who are cast as the serial killers are famous and well known. Actors like Zac Efron and Leonardo DiCaprio have both played roles as Ted Bundy and H. H. Holmes. Those actors are purposely chosen because they are supposedly good looking and it leads to the

fixation of them being gentle and caring which adds to their likeability. They are also seen as more trustworthy and have other perks because of how they look. Not only does this contribute to the romanticization of these characters, it puts the viewer in a tough position and makes it so they have to like them.

It is important to understand what these people did but we can not forget that the victims' families are probably still grieving. According to Today, the family of Errol Lindsey, who was a victim of Jeffrey Dahmer's crimes, has critiqued the new Dahmer Netflix show and his sister, Rita Isbell, said it was "harsh and careless," she also says that the creators never even reached out to her about the series. This is a very dangerous trend and everyone should be paying close attention to how the people impacted by these terrible killers feel about the publicity.

If Netflix consulted the families of the victims of the killers that are featured in various films and series across the platform, they might have been able to make it less traumatizing and controversial for those families. There should have been something done so that the company could gain more insight into what happened, while making sure that they do not overstep and make a film that is too sensitive and traumatic.

We must not let the glorification and romanticization of serial killers continue. Putting them on a pedestal and making them out to be "cool" is not right. Showing how vicious these people were needs to come before Hollywood profits.



ILLUSTRATION BY ALEX KENDALL

Arts & Life



JACK SPIEGEL/CHRONICLE

By DAVID MATOS
Arts & Life Editor

From skateboarding to rock climbing, everyone has their own niche or hobby. However, not everyone can make a business out of it. Quinnipiac University student Merve Sariyildiz turned her passion for baking into a successful online store called Strawberries by Merve.

In July 2020, at the height of COVID-19, Sariyildiz, a current sophomore interdisciplinary studies major, decided to pick up baking to pass the time, and it quickly became one of her favorite activities. But she began to want to try something a bit different. After swiping through her Instagram feed, she found what would soon become her biggest career move yet.

“I was scrolling through Instagram Reels and then I came across chocolate-covered sweets,” Sariyildiz said. “And then I saw how people made designs with them and put edible letters on

it to make it very customized and personal. So I was like why not make a business out of it?”

After experiencing her eureka moment, she asked her parents if she could start her own business of making chocolate-covered sweets. At first, she was met with pushback as they wanted her time to be spent focusing on school rather than a business venture. After months her parents finally caved. In January 2021, Sariyildiz opened her very own online shop, Strawberries by Merve, specializing in chocolate-covered treats.

Her business offers a variety of chocolate-dipped delectables including strawberries, Oreos, pretzels and cake pops, and delivers her items locally. She recently ventured out into making cupcakes of different varieties.

One of the essential components of starting your own business is advertising your products. With this in mind, Sariyildiz took to Instagram to

promote her chocolate-covered treats. To start, she would place her sweet products, usually following specific themes like Valentine’s Day or Bad Bunny, in a blue box, photographing her creations for the world to see. She then posted step-by-step tutorials bringing her chocolate-covered sweets to life on Instagram and TikTok.

“People started reposting and I did a few (Instagram) giveaways and those giveaways led to more people figuring my business out and they kept ordering,” Sariyildiz said

According to a 2021 World Bank survey, women-owned businesses responded to challenges caused by the pandemic with “resilience and innovation,” and in comparison to men-led small and microbusinesses, women-led small businesses “were much more likely to increase the use of digital platforms.”

Sariyildiz said she didn’t expect to get more than two orders a month when she first started her business. However, after the positive feedback she received online, she wanted to keep growing Strawberries by Merve.

“It kind of motivated me to keep going,” Sariyildiz said. “In the beginning, I was a little hesitant. It was also considered my first job. And so after I started it off, I was like, ‘You know, this is kind of motivating to have customers keep coming and everyone kept complimenting my stuff.’ And it just felt good and I was like, ‘why not continue doing this?’”

For Sariyildiz, not everything was sunshine and roses. She said the most challenging part of her business thus far has been promoting it after a successful holiday season. Nevertheless, she has remedied this by creating impressive designs for her products and connecting with customers even after the holidays.

“Usually, around Valentine’s and Mother’s Day it slowed down a lot,” Sariyildiz said. “So I thought about different products or different designs to do so that it could catch people’s eyes.”

Sariyildiz said after nearly two years in business, she has received only positive feedback.

“Everyone loves every single item I made,” Sariyildiz said. “I always make sure they tell me the truth. And another way I figured out is if they rebuy from me again, and that kind of guaranteed

me that they actually like my product.”

Her devotion to her craft has led her to sell her baked goods at events hosted by Quinnipiac organizations like the Latino Cultural Society, Women Empowered and the International Student Alliance, spreading her love and talent for creating chocolate-covered sweets to students.

Christine Lupo, a junior 3+1 marketing and business analytics double major, said she learned of Sariyildiz’s business through her boyfriend. After doing some digging herself on the Strawberries by Merve Instagram account, she liked how her work was presented.

Sariyildiz’s impressive display pushed Lupo to want to buy chocolate-covered strawberries for her boyfriend, but he’s lactose intolerant. However, Sariyildiz accommodated his needs by making vegan chocolate-dipped strawberries.

“He really loved it,” Lupo said. “You know, he can’t have a lot of sweets and all, so it’s really hard on him to really find junk food that he can actually eat. So he loved it and she makes the presentation of it look so good and it also equally tastes really good too. So I totally love her business and I would definitely purchase from her again.”

Sariyildiz is optimistic about her business’s future as she hopes to one day open a cafe or bakery featuring her best-selling items — her chocolate-covered treats.

“I would want it to be like a side hustle (in addition to) being a teacher as well, like on the weekends or like during holidays and stuff,” Sariyildiz said. “That would be like a good side hustle to focus on and to have like my name out there.”

She said her best advice for anyone that wants to start their own business or side hustle is to have courage and do whatever you put your mind to.

“Honestly, do what you want to do,” Sariyildiz said. “If some people tell you it won’t be a good idea, you won’t get enough customers or whatever it is — if you put your mind to it, you will eventually come to the goal that you want to reach. It’s just you have to be confident in yourself before you end up selling a product or even the thought of selling the product.”



PHOTO CONTRIBUTED BY MERVE SARIYILDIZ

Merve Sariyildiz, a sophomore QU student, started her own online baking business selling chocolate-dipped treats like strawberries, Oreos, cake pops and pretzels in January 2021.

The odor of toxic masculinity

By AIDAN SHEEDY
Copy Editor

Men, we have to do better. There’s a stigma surrounding men’s health that is troubling to me. It has become a regular occurrence that I hear generalizations like “men are gross” because, frankly, we are. But if another man says they moisturize or gets manicures, it becomes a problem for some men.

Unfortunately, it is normalized for some men to shame other men for taking care of themselves. However, it doesn’t have to be this way. If we want to erase this stigma, two things need to happen. We need to stop demonizing self-care and basic hygiene by dubbing it as “gay” or “feminine,” and we need to educate ourselves on what proper hygiene is. It’s the sole responsibility of men to ensure this can happen.

Ending the Stigma

Many large hygiene product companies have attempted to address the issue of toxic masculinity, the dilemma that suppresses men from expressing emotions or maintaining an appearance of toughness. There are two companies to look at, specifically Dr. Squatch and Old Spice.

Founder and CEO of Dr. Squatch, Jack Haldrup, began his soap company in San Diego in 2013, formulating a soap that the company says “helps you smell like a man.”

This company is only exacerbating the message that men have to be tough, big and strong. Dr. Squatch’s advertisements promote models with long hair, a big beard, six-pack abs and huge bulging muscles. Not every man looks like that, and that’s certainly not changing with the scent of soap with pine needles in it.

While the backward effort of Dr. Squatch promotes toxic masculinity, beloved scent shop Old Spice is actually tackling this issue in satirical form. The P&G company has an

advertisement campaign dubbed “Men Have Skin Too,” which features “Black-ish” actor Deon Cole and comedian Gabrielle Dennis as a couple.

Each commercial features a new Old Spice product, but Dennis continuously steals the product because she thinks it’s for women. At the end of every ad, the couple always ends up agreeing – men have skin too.

All in all, skin care shouldn’t be for a specific sex. As much as I’ve seen the Old Spice commercials as a beneficiary to promote men’s care, there should not be a need to urge men to buy more soap in the first place.

Product Usage

Think about the number of hygiene products you have in your bathroom right now. There are probably about 10 bottles and containers of things you need to stay clean and feel fresh. However, in my experience, men don’t have a plethora of products to use daily.

According to a 2017 Statista survey, only 37% of identifying males in the U.S. use skin-care products daily out of 1,039 responses. That is not healthy. With many of us in college worrying about our skin and acne flair-ups, why wouldn’t you make the effort to wash your face?

This again is in due part to a societal message that only women are socially permitted to have a skin-care routine. I even had someone laugh when I told them I have a nightly skin-care routine. Personally, I don’t want to break out, but the message is I should feel bad for doing something about it. Taking care of yourself shouldn’t be shameful.

Improper Practice

Growing up, it was never my priority as a boy to learn how I should be washing. When I was little, I learned what soap was and why I should use it. Now as an adult, I have learned



ILLUSTRATION BY AMANDA RIHA

about my body and what it needs to stay healthy. Unfortunately, this is not the story for most men.

Another Statista survey from 2017 polled over 1,000 men in the U.S. 18 years and older finding that 51% of men use shampoo every day and for men ages 18-29, 35% use conditioner every day. These stats are upsetting. It may seem like washing your hair every day seems like a logical practice, but it’s actually harmful.

"Obviously every guy is different but on average I recommend washing with shampoo every three days," Susan Bard, a dermatologist at Manhattan Dermatology Specialists, said in a Men’s Health article.

There is also misinformation on what your hair needs. It’s a joke that so many men use a 3-in-1 in the shower. It’s become a punchline. Guys, it doesn’t take much more time out of

your day to add an extra step in the shower. The lower costs of 2-in-1 are not worth damaging your hair. Two separate hair-care products exist for a reason. Healthline says that while shampoo acts as a cleansing agent, conditioner works as a barrier to protect your hair from harsh elements. When you have a bottle of 2-in-1, the key ingredients are not being used properly.

Endgame

You don’t need to buy a product that has the added “for men” on the label. If someone uses moisturizer or a certain soap, it doesn’t make them any less of a man. Being manly should be about being your true self and having confidence in your body. I know we don’t like to talk about our health or our feelings with each other, but I hope this can help other men improve their personal care.

‘She-Hulk: Attorney at Law’ is a great show despite negative discourse

By CONNOR YOUNGBERG
Staff Writer

Marvel’s “She-Hulk: Attorney at Law” wrapped up its first season on Oct. 13, and the audience reaction has been mixed, to say the least. Although the Disney+ show might not be everyone’s cup of tea, I think it’s a refreshing series that is changing the Marvel formula, while also having an immense amount of fun.

One of the most refreshing parts of the show is the fourth wall breaks. Throughout the show, both Jennifer Walters, played by Tatiana Maslany, and her alter-ego, She-

Hulk, talk to the audience while directly looking into the camera. As the season progresses, the breaks improve, even predicting a negative reaction from the audience in the last week’s episode.

The show is so self-aware, which is clearly a reflection of the writers really having fun. The show does not necessarily have a typical main antagonist for a superhero series, but there is a fictitious online site called “Intelligencia” that shows users bashing She-Hulk for being a female superhero.

The site looks just like Reddit, which is funny considering some real-life Reddit

threads reflected similar sentiments. I think it is poetic that the people hating on “She-Hulk: Attorney at Law” in real life are basically the villains within the show.

Many have been criticizing the show online even before the show’s release, due to disappointing visual effects and the show’s more comedic tone. However, most of the hate stemmed from the third episode’s post-credit scene, which featured She-Hulk and popular hip-hop artist, Megan Thee Stallion, twerking in her office. Many viewers took to Twitter to call the scene cringey.

However, I think this scene was funny and a lot of the criticism feels like people are reaching for a way to hate the show. If it was Ryan Reynolds’ Deadpool twerking instead of She-Hulk, I think the audience would have a much different, more positive, reaction. As upsetting as it is, the realization is that some of the audience is reacting more negatively because the show centers around a woman.

People even complained that one of the episodes had spoilers for “The Sopranos.” If you’re watching “She-Hulk: Attorney at Law” before “The Sopranos,” a show that was released over 20 years ago, that’s a you problem.

Maslany was one of the best parts of this show. Her ability to play Walters and She-Hulk was awesome. Her take on the character is nearly identical to her comic book counterpart, flawlessly balancing the superhero and the lawyer aspects of the character. It’s easy to see she is having a lot of fun in the role.

The show also incorporates one of Marvel’s most beloved characters, Daredevil, with Charlie Cox returning to play Matt Murdock from the Netflix series of the same name, as well as “Spider-Man: No Way Home.” Many fans were concerned about his inclusion, but the transition was seamless and other fans, like myself, were pleasantly surprised.

My favorite part of this show by far was the finale. When all storylines were coming together in the last episode, She-Hulk pulls the ultimate fourth-wall break and goes somewhere the Marvel Cinematic Universe has never gone before.

I won’t spoil it because it’s something you really have to see for yourself. The episode ends with the show completely abandoning the Marvel formula, with an anti-climactic ending that is actually perfect for the conclusion of the season. To me, the final episode rivaled Loki’s season finale as the best episode of any Marvel show on Disney+.

However, as Marvel always does, they included a scene that gets fans excited for the future of the MCU. When Mark Ruffalo’s Bruce Banner returns to the series after a few episodes gone, he returns with news that will likely set up a future movie.

This show was genuinely awesome to watch each week, ditching the basic superhero story in favor of a lawyer comedy that’s just having fun. I wish this show was getting the praise it deserves, but it’s not. While I understand this humor is not for everybody, I highly recommend checking it out. You might just love it.



ILLUSTRATION BY CONNOR YOUNGBERG

This is your sign to sign up for Prime Student.

Start your 6-month trial.

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A card that goes a long way

By NEHA SEENARINE
Arts & Life Editor

In our childhood, many of us spent countless hours creating cards for our loved ones. What if after a dreadful day of classes, you could go and create a card that could put a smile on a stranger’s face?

Quinnipiac University’s Cards for Care is a student organization in its second year where students can make greeting cards that are distributed to hospital patients. Cards for Care has worked with several hospitals in Connecticut like Danbury Hospital, Bridgeport Hospital, Reston Hospital Center and sent virtual cards for St. Jude Children's Research Hospital.

Sadia Ali, a senior health science studies major, founded the organization. Before she started the organization, Ali worked in a nursing home as a certified nursing assistant during the peak of the COVID-19 pandemic. She noticed the no-visitor policy at the time took a toll on the patients, so a card could go on a long way.

“The residents of the nursing home were really sad and lonely,” Ali said. “Their family visit is what they would look forward to every week, but they weren't allowed to have that anymore. I just was thinking about how we can still make an impact on people that might (be) stuck at the hospital (or) stuck in a nursing home.”



QU's Cards for Care president, Sadia Ali (left) and vice president, Katie Riley (right) work with organization members to send greeting cards to local hospitals.

Katie Riley, a senior health science studies major and vice president of Cards for Care, admires how low maintenance the organization is, but said the sentiment goes a long way.

“You can make a card and leave within 10 minutes, but yet, you're still making the impact which is really cool,” Riley said. “We also have people make cards, like on their own time, and then drop it off to us. If they don't have time for the meetings. I really like that aspect of our club.”

Cards for Care is an organization where students can give back to the community without having to fulfill certain obligations. Ali noted the organization is accessible to students who are unable to travel, “you don't have to leave, you stay on campus.”

Riley noted that Cards for Care makes her feel like “a proud mama.” When she delegates meetings, she looks forward to seeing the creativity that comes out of members.

“All of the meetings are so fun because everyone makes really good cards, we have a lot of artistic people that come,” Riley said.

The organization’s coordination team actively looks for new places to deliver whether it’s local nursing homes to children's pediatrics centers. Ali said she plans to do more than cards in the future.

“I was thinking we can do like care packages instead of plain cards,” Ali said. "If we do period kits for a women's shelter. Even though it is great, giving the cards, it is really nice, and it does put smiles on people's faces. But, maybe seeing if we can do something a little more than that would be really nice.”

Anime fans celebrate as ‘Bleach’ returns

By ALEX MARTINAKOVA
Staff Writer

A decade. It took ten years and seven months for “Bleach” to finally return to our screens, and on Oct. 11, it finally happened.

“Bleach,” based on the manga series with the same name by Tite Kubo, is one of the greatest Japanese anime television series of all time. The last streamed season ended in March 2012, leaving the series unfinished as the final arc never left the pages of Kubo’s drawings.

Since, there have been many talks and empty promises made by its animation studio, Studio Pierrot, about its inevitable return. Alongside other anime classics like “Naruto” and “One Piece,” “Bleach” raised a whole generation of fans from all over the world.

I am a member of that generation. That’s why since the original announcement by the manga-magazine Weekly Shonen Jump in 2020, I am one of many who have been patiently waiting for the last arc to be finally animated. I didn’t have much hope. Anyone who watches anime can attest that animation studios are rarely able to keep their promised release dates even if it’s not their fault, as they are known to be severely understaffed and underfunded, but I digress.

This time luck was on our side, and in December 2021, fans got the first look of the trailer as well as the name, “Bleach: The Thousand Year Blood War.”

Despite the manga exceeding 500 chapters, “Bleach” as a series was always known for incorporating side stories, known as fillers, that did not align with the original storyline. The scenes were simply used to fill the time, as the publication dates of the series and the manga often got out of sync.

For those who hate this system, I have good news. Currently, there are no fillers planned for the final season and, as the site EpicStream confirmed, it will run for a total of 52 episodes over the next few months.

Ten years is a long time and the majority of the original viewers are now older with higher expectations. Speculations and debates have flooded social media sites like Reddit and Twitter months before the official release, as the fandom

slowly awoke from its long slumber.

Kubo himself confirmed in his recent interview to VIZ Media’s YouTube channel, that the anime will be different from the original series, especially the coloring and animation style, which was already obvious from the graphics in the trailer.

However, Kubo also said there are some big changes to the way the story develops, as he said he no longer has to worry about scenes being cut for being deemed too heavy, as was common practice ten years ago. And from watching the first episode, I would argue it’s a development for the better.

Unlike U.S. book-to-movie adaptations, anime series tend to stick to the manga practically panel by panel. As someone who has read the “Bleach” manga more times than I’ll admit, I thought there was nothing about this series that could surprise me anymore. Oh, how wrong I was.

Even though the first episode follows the manga chapters exactly, it was still refreshing to hear the full original voice cast return to their roles and bring the characters back to life once again.

Kubo and the Studio Pierrot animation team fulfilled their promise, as even the first 20

minutes of the series set a much heavier tone than the previous seasons did. This, in my opinion, is a win for the original fans that have since entered adulthood and can stomach gorier images than the original series showed. Naturally, there have already been complaints made all over Twitter and Reddit. Some fans said there was no need for any change, but I will have to disagree.

Watching a series I grew up on once again brought back a crushing wave of nostalgia. Remember the meme of the guy watching the first Marvel Cinematic Universe movie as a kid, and then the last movie as an adult, yet his smile is the same in both pictures? That’s what watching the first episode of “Bleach” felt like, despite the changes to the animation and tone.

“Bleach” was a member of the original “Big Three,” the three most popular and highest-grossing anime of the golden age 2000s period. It looks like it’s once again coming to claim its rightful place as one of the greatest, this time streaming on huge platforms like Disney+ (outside of Asia) and Hulu (in the United States), reaching a much wider audience than ever before.

In my opinion, and I do warn that the opinion is heavily biased, it’s definitely worth checking out.



Dear Counselor

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

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



DANIEL PASSAPER/CHRONICLE

I’m worried about my friend because they seem depressed. What can I do?

First of all, and most importantly, you are on the right track; YOU NOTICED AND YOU CARE!

Aside from normal academic pressures, many college students have a great deal on their minds. Many have complex personal struggles. It’s a comfort to know that others care. While I don’t want you to burden yourself, there are ways you can show support. Let them know you are there for them, in a caring, non-judgmental way. Check in regularly, encourage them to see a therapist. Ask them if you can help in any way.

- Here are a few suggestions to get you started:
- I’ve noticed Are you OK?
 - Is there something I can do?
 - Have you had thoughts of hurting yourself?
 - Know that I care and am here for you.
 - It’s okay to cry
 - Would you like to spend some time hanging out?
 - I’m sorry to hear that, it must be difficult for you
 - Can I help you schedule a Counseling appointment?
 - You can also complete a CARE referral on MYQ.

Remember that you are not an expert or professional. It is important to take care of yourself. If you feel overwhelmed worrying about your friend, you can always seek help from a counselor for yourself.

Hartford Healthcare Counseling Services are located on the 2nd floor of the Health and Wellness Building. To contact Counselling Services, call 203-407-4020, email Counseling.general@hhchealth.org or walk in for assistance. To speak to a licensed Mental Health provider in the event of a mental health crisis, call 203-407-4020 and choose option #3.

Scores
&
Schedule

Wednesday 10/12

WSOC won 5-0 vs Rider
MSOC won 3-0 @ Rider
VB lost 3-1 vs Siena

Friday 10/14

MHOK tied 5-5 @ No. 3 North Dakota
FHOK won 3-1 vs Georgetown
WXC 9th of 18 @ Penn State National Meet
MXC 28th of 31 @ ECAC Championships

Saturday 10/15

MHOK won 6-2 @ No. 3 North Dakota
WHOK won 5-2 @ Harvard
MSOC tied 1-1 vs Iona
WSOC lost 1-0 @ Iona
VB won 3-0 @ Rider
RUGBY won 4-5 vs SHU
GOLF 7th of 12 @ Delaware Invitational
MTEN @ Brown Fall Invite (no team results)

Sunday 10/16

VB won 3-1 @ Saint Peter's
FHOK lost 2-5 @ Fairfield
GOLF RESULT @ Delaware Invitational
MTEN @ Brown Fall Invite (no team results)



SEPT. 30 PEYTON MCKENZIE/CHRONICLE

Wednesday 10/19

WSOC vs Manhattan 2:30 p.m.
MSOC @ Manhattan 6 p.m.

Friday 10/21

WTEN @ ITA Super Regionals
MTEN @ ITA Super Regionals
WXC @ CCSU Mini Meet 11 a.m.
FHOK @ Villanova 5 p.m.

Saturday 10/22

MHOK @ Maine 7 p.m.
MSOC vs Saint Peter's 2 p.m.
VB vs Canisius 1 p.m.
RUGBY @ LIU 1 p.m.
WSOC @ Saint Peter's 12 p.m.
WTEN @ ITA Super Regionals
MTEN @ ITA Super Regionals

Sunday 10/23

MHOK @ Maine 4 p.m.
VB vs Niagara 1 p.m.
FHOK vs Penn 2 p.m.
WTEN @ ITA Super Regionals
MTEN @ ITA Super Regionals

Monday 10/24

WTEN @ ITA Super Regionals
MTEN @ ITA Super Regionals
GOLF @ Lehigh Invitational 9 a.m.

Tuesday 10/25

GOLF @ Lehigh Invitational 9 a.m.

'We're going to keep fighting'
Quinnipiac men's soccer prepares for final
push heading into MAAC playoffs



PEYTON MCKENZIE/CHRONICLE

Junior defender Jared Smith recorded his second career goal against Iona on Saturday.

By MILTON WOOLFENDEN
Staff Writer

With five games to go in the regular season, Quinnipiac men's soccer is gearing up for a deep playoff run.

After a 1-1 tie against Iona on Oct. 15, the team moved to 8-3-2, currently fourth in the MAAC, with an in-conference record of 3-1-1.

While early season predictions pegged Rider, Iona and Saint Peter's as the Bobcats' main competition, only the Gaels have become true threats to the Bobcats. Iona is currently fifth in the MAAC while Rider sits in eighth and Saint Peter's is at the bottom of the conference in 11th.

Manhattan, which finished eighth last season, currently leads the conference, with a record of 4-1-1. Last year's conference champion, Marist, is currently ranked 10th.

The Bobcats' offense has been built around the senior class. Forward and captain David Bercedo leads the team in goals (9), points (21) and shots on goal (20). Looking at overall points, three of the top five spots belong to seniors.

However, Quinnipiac has also shown its depth this season, as it went over a month without senior forward Brage Aasen, one of its key players, going 6-2 over that period.

Aasen was injured during the team's game at Northeastern on Sept. 6, and only returned to play Wednesday against Rider, registering an assist as part of a Bobcats' 3-0 win.

As he gets more minutes, Aasen should be able to reach his pre-injury ability and become an offensive threat once more.

"He's gotta continue to work on his fitness," Bobcats head coach Eric Da Costa said. "His skill set is special and it'll come in big for us in the long run."

Freshman midfielder Alexander Stjernegaard and sophomore forward Sam McCann have proved to be reliable sources of offense. Stjernegaard currently has four goals and a team-leading nine assists, while McCann has six goals on the season, which places him second on the team behind only Bercedo.

So far this season, the team has had 18 different players register at least one point, with 12 being non-starters.

Of those 18, half of them are underclassmen, led by McCann and Stjernegaard.

Playing with passion is important in any sport, soccer included. The appropriate amount of passion can be a good thing. However, if you play with too much passion you can start to make costly mistakes.

The team has had 32 total cards so far this season, compared to 29 total cards all of last season. However, when the team has been assessed two or fewer cards in a game, they have a record of 6-1-1.

"We try not to match their physicality, we try to make them match our intensity," senior midfielder Jason Budhai said after the team's 3-2 victory against Marist on Oct. 5.

The team's final five games of the regular season are at Manhattan, at home against Saint Peter's, at Mount St. Mary's, a final home game against Canisius and the regular season finale on the road at Niagara.

It isn't the most desirable final five games, but it's manageable.

The team should be able to handle Saint Peter's and Canisius. Neither team has an in-conference victory and has a combined record of 2-15-8. In four of their five MAAC games this season, Saint Peter's has been held scoreless. The Peacocks also haven't

won on the road yet this season, going 0-9.

Canisius has only scored six goals this season, granted three of those came against Iona. Just like Saint Peter's, the Golden Eagles have not won a road game yet this season, going 0-3-2.

Mount St. Mary's will be a toss-up, as the Bobcats have never won back-to-back matchups against the Mountaineers. This will be the teams' first meeting since 2012. This is Mount St. Mary's first season in the MAAC, after playing in the NEC since the school's jump to Division I in 1989.

The Mountaineers are currently seventh in the MAAC, with an in-conference record of 2-3-1. While the team got shutout 5-0 vs Niagara, they ended in a 2-2 tie at Manhattan.

The team has struggled for possession, with opponents having over 100 more shots, and exactly twice as many shots on goal.

The biggest question marks on the schedule are Manhattan and Niagara.

While Niagara is 4-6-3 overall, they're 3-0-2 in-conference. That being said, it's only played one top-five team, Siena, that Quinnipiac defeated 2-0.

The Bobcats have almost doubled Niagara's offensive output, scoring 35 goals against Niagara's 19.

Manhattan ended in a scoreless tie at Siena, and lost 2-1 at Iona, so there is potential. However, just like the Bobcats, Manhattan hasn't lost on home turf yet this season.

Two players the Bobcats will need to keep an eye on are the Manhattan duo of sophomore forwards Gunnar Studenhofft and Henry Hamilton.

Studenhofft is tied for the team lead in points (11), which includes four goals. Hamilton is tied for the team lead with five goals. Three of those goals have come as a result of penalty kicks. So far this season, the Bobcats haven't awarded a penalty kick to the opposition.

Behind junior goalkeeper Danny DiMarco, the Jaspers have only surrendered 14 goals so far this season. DiMarco has faced 80 shots this season and has only allowed six goals in 11 starts, resulting in a goals against average of 0.58.

For reference, Bobcats freshman goaltender Karl Netzell has faced 79 shots in 10 starts, allowing 14 goals, for a GA/AVG of 1.47.

Something the Bobcats might be able to capitalize on is that the Jaspers appear to be a first-half team.

The Jaspers have surrendered 10 of 14 goals in the second half, allowed 70 of 113 shots, awarded 30 of 45 corners and their opponents have taken 29 fewer fouls in the second half. If the Bobcats can keep the game close in the first half, they stand a good chance in the second half.

There's no question that a spot in the MAAC playoffs is in the Bobcats' future, the team has shown its depth and offensive abilities this season.

If the Bobcats hope to be MAAC champions there are some things that, regardless of the opponent, the team will have to make a priority. These include overall team health, being able to keep cards to a minimum and continued production from underclassmen.

Bobcats junior defender Jared Smith put it best after the team's tie vs Iona on Saturday.

"As long as there's time left on that clock we're going to keep fighting," Smith said.

Pete’s Pond: Winning out west

Men’s hockey rises to No. 3 after successful weekend at North Dakota



JACK SPIEGEL/CHRONICLE

Quinnipiac’s win over North Dakota on Saturday marks the first in program history for the Bobcats in Grand Forks.

By **PETER PIEKARSKI**
Staff Writer

Quinnipiac’s ability to execute against the No. 3 team in the country proved two things: the Bobcats can compete on the road, and they’re a top team in the country.

A lackluster effort against LIU in an eventual tie during the season’s opening weekend made the ensuing series at North Dakota seem much more difficult to overcome. Based on the first weekend, I expected that Quinnipiac would get walked over in the first game and that the second game would be a one-goal or overtime finish.

That depended on whether or not Quinnipiac showed up in the opening period and demonstrated what head coach Rand Pecknold frequently refers to as its “identity.” That being relentless forecheckers, winning battles on the boards and in the corners and forcing turnovers in all three zones.

The Bobcats did, in fact, play to their identity.

“We expect to win, we have that confidence to win.” Pecknold said. “I think it’s a strength.”

In both first periods combined, Quinnipiac outscored North Dakota five-to-one, converting on 41.7% of its shots on goal. The Bobcats generated most of their chances by dumping in the puck and applying pressure to North Dakota’s breakout, forcing turnovers that allowed them to score at a high rate. Only one goal was scored on the rush for Quinnipiac this weekend, which is very telling considering they found the back of the net 11 times.

This series will ultimately play a key role in providing the Bobcats confidence as the season rolls on while also majorly impacting the PairWise rankings. Outside of the Fighting Hawks, Quinnipiac is only lined up to play at at most two ranked non-conference teams during the season. Beyond that, there are currently four total conference clashes with ranked opponents in Harvard and Cornell. Clarkson would bring the total to six but it is currently on the fringe of being ranked.

“The Friday game was just a roller coaster emotionally,” Pecknold said. “They dominated, we really struggled. We had some players that struggled for whatever reason, just weren’t playing well.”

There were several performances of note, headlined by two graduate student forwards. T.J. Friedmann and Ethan de Jong both potted two goals and an assist this weekend. The latter was named ECAC Hockey Forward of the Week for his efforts.

Friedmann’s goal off of a turnover during the first game seemed to be the dagger to put away North Dakota before a monumental comeback from the home squad brought the game even. The following night, Friedmann again scored during the second period, but this time it tied the game at two and swung momentum into Quinnipiac’s favor.

However, de Jong did manage to put the nail in the coffin by redirecting a pass on the power play to put Quinnipiac up by two and then scoring off of a deflection in the third period sealing the game for the Bobcats.

Though it’s early in the season, there are four Quinnipiac players that look to be growing more comfortable in their roles. The collection of these sophomore forwards: Collin Graf, Cristophe Tellier, Jacob Quillan and Christophe Fillion, are starting to click with flashes of their game starting to show out.

Of the four, Quillan is the most notable, as he already tallied five points in four games on the season, which ranks second on the team. Just last year, he only collected nine in 36 games. His goal against North Dakota was a product of out-hustling the opponent. He skated into the zone for strong-side support and found open space inside the faceoff dot, snapping Friedmann’s pass right over the goaltender’s shoulder.

Looking at the overall play in both games, Quinnipiac was toe to toe with North Dakota in five of the six periods in terms of shots and possession. The lone period was the second period during the first matchup, in which North Dakota outshot Quinnipiac 21-7.

“This is what I love about our program right now, where we are,” Pecknold said. “We tied that game and no one was happy. We didn’t walk out saying, ‘Hey, we just tied North Dakota on the road.’”

Quinnipiac’s special teams didn’t quite statistically perform this weekend, with the penalty kill allowing three goals on eight opportunities and the power play converting once out of its six. While the penalty kill performance may look poor on the scoresheet, the timing was a major factor.

The North Dakota fanbase was rabid this past weekend, providing a backdrop that rivaled the 2016 National Championship between these two schools.

“We talk a lot about, as a team, attacking adversity,” Pecknold said. “That’s what gets created when you have to go on the road.”

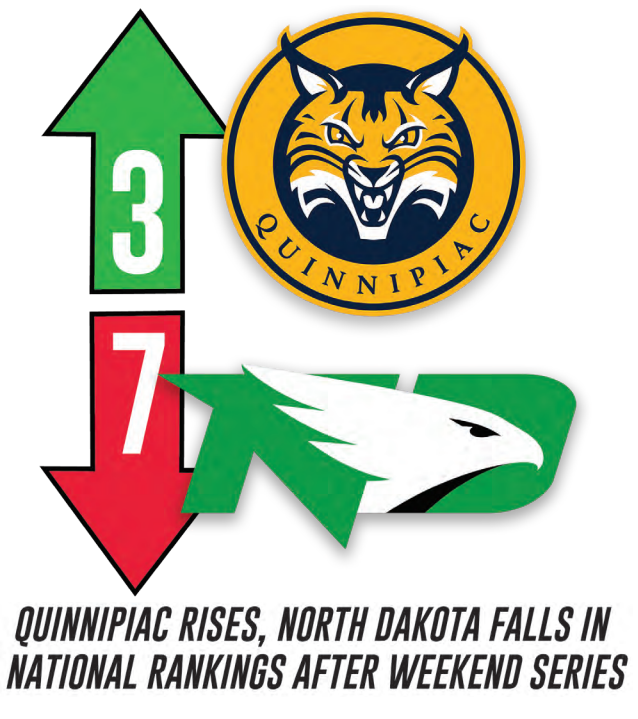
During the first game, North Dakota scored on its fourth man-advantage and managed to draw another power play just before

scoring. With the deficit cut to just one goal, all the momentum fed into the fifth power play, which the Fighting Hawks naturally capitalized on to tie the game up.

So far, the Bobcats’ power play seems to have taken a step forward from last year. That likely is due to some personnel changes, as both Tellier and Graf are set up on opposite sides of the 1-3-1 formation. Now that Quinnipiac has a right-handed forward with a tendency to shoot and score, the power play will probably open up shooting lanes from four locations. Freshman forward Sam Lipkin also is on the first unit. He’s tasked with hovering around the crease and causing chaos.

Get used to seeing those three names in the box score next to power-play goals throughout the season. They will be vital for Quinnipiac to compete against the stronger ECAC Hockey teams.

As for the upcoming games, Quinnipiac will head to Maine for a two-game road series before returning back to Hamden the following week to kick off conference play against Colgate and Cornell. The season is young, but expectations for Quinnipiac are already high.



INFOGRAPHIC BY CAMERON LEVASSEUR



JACK SPIEGEL/CHRONICLE

Inside the life of one of Quinnipiac rugby’s biggest contributors

By **ZACHARY CARTER**
Contributing Writer

Time is of the essence in college, and when you are a Division I athlete like Quinnipiac rugby’s Kat Storey, it can be challenging to find time for extracurriculars. The junior standout has worn many hats during her time in Hamden in a way that no other athlete may have done before.

Athlete and student are two titles generally used to describe Storey, but it would be remiss not to mention a couple more. To properly detail Storey’s life off the field, titles like entrepreneur and advocate more accurately describe her. Parallel to her career on the field, Storey has built a brand off the field in the form of her own t-shirt business.

Love Someone Today was an idea that came to Storey in high school and has since taken on a life of its own. With her own startup company, she aims to use her t-shirts to advocate for college athletes’ mental health awareness. Her shirts give simple, yet important advice to all those who read them: love someone today.

“That’s something that I struggled with and something a lot of people around me struggle with,” Storey said.

One of Storey’s most impressive qualities is arguably her time management skills. Competing in any sport at the Division I level is not easy. Doing it at a high level is even harder. Running your own business on top of all that? Next to impossible. But Storey does it swiftly and with grace.

“Sometimes it’s difficult,” she said. “There are so many things happening at once, but it’s all about prioritizing what is most important for you at that very moment.”

On the field, Storey has found immense success. The former Pennsylvania Woman’s High School Rugby Player of the Year provides Quinnipiac with an impact at the fullback position that most other schools can only dream of having.

She has an ability to react quickly or stop on a dime, only to break away with blazing speed, headlining a unique skill set that allows Storey to have so much success. In just her last four games for the Bobcats, Storey has recorded seven tries, including three in one game against Sacred Heart on Oct. 15.

“You can literally watch and see the crowd react when (the ball) gets into her hands,” head coach Becky Carlson said.

To captivate a crowd merely by taking possession of the ball is a trait any player longs for, but only few are able to have. And Storey has it.

Not only can Storey impress the fans, but her teammates as well. Sophomore forward Lily Cartwright marveled at Storey’s skills on the pitch and her ability to take control of a game at any given moment.

“She is so shifty,” Cartwright said. “She knows how to see the game from anywhere on the field, guiding everybody on defense and offense.”

And yet, there was a point in Storey’s life when rugby was not always in the cards. The fullback didn’t even pick up a rugby ball until her freshman year of high school. Storey played a multitude of sports throughout her youth and into middle school, including track, lacrosse and basketball.

“But I never found something that I stuck with,” Storey said. “Everything felt too cliquey to me and I wasn’t making friends in the sports that I was playing.”

It was her babysitter who originally introduced Storey to the sport of rugby in high school. Ever since then, Storey has been able to use the sport to make a life for herself.

“I fell in love with the people that I was playing with,” Storey said. “The community that it built around me was something that I had never felt before.”

Community is a word that Storey values greatly, and she found it at Quinnipiac with a little help from her friends back home.

“I ended up coming here with two of my best friends from high school,” Storey said. “So I was able to still keep a community close.”

As Storey transitions into the latter half of her college career, she continues to preach a team-first approach, one that she says has been the secret to the success she’s already had in her first two seasons. Each week is a new battle for the team which got off to a rocky 1-3 start in 2022 but has since surged back to even things up at 3-3.

“I just want to build us up as a team,” Storey said. “We are meshing so well together this season ... I’m really excited to see where it goes not only this year but next year as well.”

Her future in the world of entrepreneurship is equally as bright. What was once just a 20-page proposal that Storey wrote her junior year of high school has now become a legitimate business. Storey looks forward to taking the next step with Love Someone Today, revealing she’s possibly taking her business in some new directions.

“I’m still ironing out the details,” Storey said. “But I hopefully want to move into some non-profit work and working with athletes and their mental health.”

As for Storey as an individual, she has made the most of her time at Quinnipiac. She is a devoted student and an incredible competitor. She is an advocate for the mental health of college athletes, and her own boss of an inspiring business that she created all on her own. Above all, she is a leader, both on and off the field.

If that isn’t a Storey worth sharing (pun intended), I don’t know what is.



PHOTO CONTRIBUTED BY ALEX BAYER/QBSN

Junior fullback Kat Storey has recorded multiple tries in each of the Bobcats’ last two contests.