



# QU renovates mail centers, unveils smart package lockers

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JACK MUSCATELLO/CHRONICLE

**By ALEX MARTINAKOVA AND CAT MURPHY**

Quinnipiac University unveiled a reconfigured campus mail system on Aug. 28 after remodeling the mail pickup centers on both the Mount Carmel and York Hill campuses to reduce excessive student wait times.

As part of the comprehensive overhaul, Quinnipiac officials replaced the service window and aging student mailboxes in the Carl Hansen Student Center with 590 self-service package lockers and a redesigned mail distribution center.

And on York Hill, the mail center in the Rocky Top Student Center now boasts nearly 400 smart package lockers of its own.

Students receive a “you have mail” package alert via email or text message when the mail center on their residential campus has received and processed their package. The notification includes the locker number and the locker bank number corresponding to their package, as well as the locker size, a QR code and an access code.

The technologically savvy locker system — which features lockers ranging in size from extra-small to extra-large — then offers students four ways to access their packages.

The self-service kiosks located at each of the locker banks allow students to scan the package’s QR code, enter the access code or tap their QCard. Alternatively, students can use the QTrak mobile app to open their package locker without using the kiosk, though they must be within four feet of their assigned package locker for the door to open.

“They are very easy to use and super convenient,” said Emma Blackwell, a first-year human resource management major. “I like them a lot.”

Grace Carello, a sophomore nursing major, described the new pickup system as a user-friendly, time-saving upgrade.

“I find it pretty easy — it says in your text or

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## Eight first-years still living in lounges one week into semester

**By CAT MURPHY**  
News Editor

After a surge in freshman enrollment forced Quinnipiac University officials to use repurposed study lounges as dorms for the first time in four years, just over a half-dozen first-year students remained in overflow housing on the Mount Carmel Campus on Tuesday.

The university’s freshman housing shortage first made headlines in mid-August after the university placed nearly 60 first-year students in converted study lounges.

University officials had already reassigned about one-third of these students to conventional dorm rooms prior to freshman move-in, and the number of students assigned to overflow housing dipped to 22 by the first day of classes on Aug. 28.

John Morgan, associate vice president for public relations, said eight students were still living in converted lounges as of Sept. 5.

Chief Experience Officer Tom Ellett said on Aug. 28 that the majority of the students still assigned to repurposed lounges on the first day of classes were living in the Commons and the Ledges residence halls, with just a handful remaining in a single common room in Dana English Hall.

Ellett, describing the first-year housing situation as “fluid,” said it was impossible to determine how many students would remain in overflow housing for the foreseeable future.

Tyler Chen, a first-year finance major, expected to live in a communal lounge in the Commons residence hall until the Office of Housing reassigned him.

Prior to move-in, Chen was conflicted about his housing situation. On one hand, he said the converted lounge furnished to house as many as eight students made him “feel like a zoo animal.”

But by Aug. 19, university officials — who

had warned him that his housing assignment may change — had already moved a handful of his original roommates out of their common room accommodation.

“My two other roommates got moved,” he said at the time. “So, there’s a chance that I’ll probably get moved.”

And although he later received a traditional housing assignment, Chen said he was in some ways open to the idea of having more living space.

“I actually don’t mind,” Chen said. “Every freshman wants a big room.”

Although the university has yet to release the exact number of first-year students, an Aug. 25 article published by Quinnipiac Today described a freshman class of more than 1,800 students. Of these students, an estimated 1,700 are residential.

By comparison, Quinnipiac enrolled just over 1,600 total freshmen in the fall of 2022.

Fully occupied, the nine first-year residence halls on Quinnipiac’s Mount Carmel Campus are only equipped to accommodate around 2,000 residents.

However, not all of the available rooms in these buildings are designated as first-year housing — some of these buildings house both freshmen and sophomores.

So, this class size figure — albeit approximate and preliminary — in many ways contextualizes the university’s housing issues.

“Twenty-two on the first day of classes is actually pretty small when you think about how to do predictive analysis for an entering class,” Ellett said of the number of students still living in overflow housing on Aug. 28. “I think 22 is pretty darn spot on for us, to be honest.”

And the root cause of the housing shortage

— an approximately 12% increase in freshman enrollment — bolsters Quinnipiac’s case for its \$293 million South Quad project, which is slated to include a 417-bed first-year residence hall.

Upon recognizing the size of the incoming class, Ellett said university officials in May offered incoming freshmen the option to voluntarily live in quad-style rooms in exchange for a \$1,000 housing discount.

Then, in early August, university officials sent dozens of students who not completed certain tasks — signing a housing contract, or submitting immunization records, for example — a reminder to do so, or risk being reassigned to a lounge.

“After a week, we waited and people still didn’t do those things,” Ellett said. “We selected a segment of that group to put in the lounges.”

Ellett said university administrators tried to prioritize communication and fairness but emphasized the university’s willingness to reevaluate the process.

“They had a process that tried to be fair and equitable, rather than, ‘Hey, these are kids who didn’t register,’” Ellett said. “Again, I’m happy to review our process with student government if they think there’s a better way.”

The students who university officials involuntarily assigned to lounges, Ellett said, will also receive a \$1,000 housing discount.

But is Quinnipiac’s imperfect housing situation really so unusual? Ellett argued it is not.

“I have been in housing 38 years,” he said. “This has happened probably 16 times in 38 years.”

Ellett noted that first-year housing shortages are not even particularly unusual at Quinnipiac.

“I want to say it’s happened at least four to five times in the last 25 years,” he said, adding

that housing shortages forced the university to use lounges as freshman dorms as recently as 2019.

Former students who lived on campus in the mid- to late-2010s — the last time Quinnipiac experienced similar housing issues — remember how the lack of sufficient on-campus housing impacted freshmen.

Although Quinnipiac graduate Sean Raggio did not live in the “forced triple” he said university officials assigned to the Irmagard Tator Hall study lounge on his floor his freshman year, he said the lack of a communal work space in his dorm building often left him without a place to study beyond the Arnold Bernhard Library.

“We didn’t have a dorm common room my freshman year, which kind of isolated my half of Irma from the other half,” said Raggio, who graduated from Quinnipiac in 2020 with a bachelor’s degree in journalism.

But while the university has implemented similar measures in the past, this year’s first-year housing shortage marks a stark departure from the pandemic-era housing model Quinnipiac utilized as recently as last year.

At the height of the COVID-19 pandemic, the university assigned just two students to quad-style dorms designed and furnished to accommodate four students.

Ellett acknowledged that the imperfect housing situation was a “double-edged sword” but stood by Quinnipiac’s decision to keep all students in campus housing.

“Again, when you think of the number of students, you’re talking about 1% of the freshman class,” Ellett said. “Can you imagine if we sent them to a hotel? I can’t imagine that would be a very warm and welcoming experience for the students.”



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MAIL CENTER from cover

email what locker to pick it up in and you just go tap your card and it opens,” Carello said. “It saves all the time waiting in the line like we did last year.”

Unlike the prior pickup system’s staffed service window, the self-service smart lockers remain open and accessible to students between 7 a.m. and 11 p.m.

“As long as the building is open, students can get their mail and packages,” the Quinnipiac Mail Services staff wrote in an Aug. 3 email to students.

Kevin MacDougall, associate director of telephone, cabling infrastructure and administrative services, said the flexible pickup hours have already proven to be popular among students, noting that as many as 50% of students now opt to pick up their packages between 5 p.m. and 9 p.m. each night.

“No one ever had the opportunity to pick up packages at dinner,” MacDougall said. “You don’t have to think about your whole day revolving around a five hour window if you really want your package.”

Processed packages have a four-day locker life and a subsequent 11-day holding period before the mail center returns them to their original sender.

The package alert system will issue a pickup notification each day a package remains in a locker. On day five, the mail center staff will mark the package as “stale” and require students to pick it up at the service windows located behind the locker banks in the Carl

Hansen Student Center and adjacent to those in the Rocky Top Student Center.

The new 14-day pickup window is roughly half as short as the mail center’s previous 30-day pickup window. However, MacDougall said that the mail center held very few packages for the full pickup period and noted that staff would sometimes experience difficulties returning packages after 30 days.

MacDougall said Quinnipiac administrators began planning to modernize the university’s increasingly antiquated campus postal system in December 2022.

“We’re always looking for ways to improve the student experience,” MacDougall said. “And ever since COVID, the amount of packages has just drastically increased.”

As students return to campus and classes, MacDougall said the university’s mail center is receiving upwards of 2,000 packages per day right now. But he said that even once the rush of back-to-school orders slows in the coming weeks, daily package deliveries will continue to average in the 700s.

The sheer number of daily package deliveries would yield “completely unacceptable” pickup lines that MacDougall said quickly overwhelmed Quinnipiac’s previous mail center — the foundation of which, he noted, was a “giant, alphabetized pile” of boxes and oversized envelopes.

“The line could be 90 minutes long,” MacDougall said. “We actually had to install a camera and build a website so people could go check how long the line was.”

Noting that the campus mail centers typi-

Former QU basketball player named in major NBA lawsuit

By CAT MURPHY AND ETHAN HURWITZ

He was a key player on the Quinnipiac men’s basketball team in the early 2010s. Now, a decade later, he is the central figure in an explosive National Basketball Association scandal involving the New York Knicks and the Toronto Raptors.

But what happened? Here’s an overview:

The Knicks organization filed a lawsuit in the Southern District of New York on Aug. 21 accusing a then-Knicks employee of emailing thousands of pages of confidential documents to Raptors employees.

The Knicks named former Quinnipiac basketball player Ikechukwu “Ike” Azotam as the ex-employee in the suit.

Between 2010 and 2014, the 6-foot-7-inch former forward named in the eight-count lawsuit was a statistical powerhouse for the Quinnipiac men’s basketball team.

In his second year as a Bobcat, Azotam made over 55% of his more than 360 field goal attempts. Since then, only two Quinnipiac forwards who attempted at least 100 two-pointers have recorded higher field goal percentages. Azotam then put up 518 points his senior season — a feat no Bobcats forward and just two guards have achieved since.

Azotam attained all-conference team status three times during his Quinnipiac career before moving to Spain to play professionally for CB Marín Peixegalego in 2014-15. However, Azotam’s professional playing career ended in December 2015 after a routine physical revealed an irregular heartbeat.

Graduating from Quinnipiac in 2014 with a bachelor’s degree in media studies and from the University of Texas at Austin in 2018 with a master’s degree in advertising, Azotam held various positions in the Knicks’ video and analytics departments between October 2020 and August 2023.

The Raptors organization, per the suit, began recruiting Azotam in June 2023 before officially offering him a job the following month.

The lawsuit claims that Raptors head

coach Darko Rajaković, player development coach Noah Lewis and 10 unknown Raptors employees then “conspired to use Azotam’s position as a current Knicks insider to tunnel proprietary information to the Raptors to help them organize, plan, and structure the new coaching and video operations staff.”

In a statement, Toronto Raptors owner Maple Leaf Sports & Entertainment denied having “any involvement in the matters alleged.”

“MLSE responded promptly, making clear our intention to conduct an internal investigation and to fully cooperate,” the statement read. “MLSE and the Toronto Raptors will reserve further comment until this matter has been resolved to the satisfaction of both parties.”

The Knicks allege that, between late July and mid-August, Azotam — whose employment agreement with the Knicks contained a confidentiality clause — used his Knicks email account to share “proprietary information,” first with his personal email account, and subsequently with the Raptors.

The suit against the Raptors accuses Azotam of providing his future employer access to over 3,000 files and documents, including scouting reports and play frequency reports.

Two of the emails the Knicks specifically describe in the lawsuit had the subject lines “FW: INDIANA GAME 82” and “FW: DENVER ADVANCE SCOUT REPORT.” In these emails, Azotam allegedly shared with the Raptors scouting reports of the Indiana Pacers and Denver Nuggets, hundreds of diagrams and breakdowns of each team’s plays and spreadsheets documenting each team’s play calls during specific games.

“From both my experience and conversations with others around the league suggests that showing up with plenty of examples of past work is extremely commonplace,” former Milwaukee Bucks director of basketball research Seth Partnow tweeted. “For the most part, information contained in such samples gets stale pretty quickly, so it’s more about

cally only receive a few inches of letter-sized paper mail each day, MacDougall said the age of technology had rendered the student mailboxes that the package lockers replaced effectively obsolete.

However, students can still pick up paper mail — as well as any oversize or stale packages — at the Mount Carmel and York Hill mail center service windows between 11 a.m. and 4 p.m. on weekdays.

Publicly available building permits issued between June 6 and July 19 show that Quinnipiac spent approximately \$310,000 remodeling the Carl Hansen Student Center and another \$165,000 renovating the Rocky Top Student Center in preparation for the lockers. How much the university spent on the locker units themselves is unknown.

Although Quinnipiac officials initially planned to install the package lockers the week of fall move-in, MacDougall said a supply chain issue delayed the delivery of the locker units by a week. The unexpected setback in the installation forced the university to distribute all mail from the old postal center behind the College of Arts and Sciences until Aug. 28.

First-year entrepreneurship major Ava Capra praised the lockers’ convenient location, calling the walk to the Mail Service Center building — an already lengthy route further complicated by the South Quad construction detours — a “hike.”

“I get so many packages, and I think they are definitely worth it,” Capra said of the new self-service lockers. “I don’t ever want to have to walk again to that green house.”



COURTESY OF QUINNIPAC ATHLETICS

The New York Knicks accused former Quinnipiac University men’s basketball player Ikechukwu Azotam of sharing confidential team information with the Toronto Raptors.

the form of the report, document or tool rather than the contents.”

The lawsuit shines a particular spotlight on the scouting reports Azotam allegedly forwarded to the Raptors, noting that such documents are “widely recognized in all major sports leagues as some of the most secretive and important pieces of proprietary information.”

The Knicks stated in the suit that the organization’s insider threat security team discovered the file theft in mid-August. An investigation of the Knicks’ records subsequently revealed that the Raptors defendants had accessed the team’s files thousands of times, according to the lawsuit.

“This material is confidential, competitively sensitive, and valuable to the Knicks,” the suit states. “The Knicks have been harmed by this theft and will continue to be harmed if this misconduct is not enjoined by this Court.”

Quinnipiac Athletics declined to comment on the ongoing investigation.



# How Quinnipiac’s tax-exempt status affects Hamden’s finances

**By CAT MURPHY**  
News Editor

Hamden Mayor Lauren Garrett and Connecticut Lieutenant Governor Susan Bysiewicz led a press conference on Aug. 28 to discuss the \$48 million in state funding the New Haven County town is slated to receive in fiscal year 2023-24.

But why does Hamden receive more state funding than over 90% of Connecticut’s 169 municipalities? In the case of one specific grant, it’s because of the relationship between Quinnipiac University’s tax status and the town of Hamden’s property wealth.

The measure of a town’s taxable property per resident — formally, its equalized net grand list per capita — indicates how easily a town can raise revenue from property taxes. An adjusted property wealth formula considers a town’s per capita income in the latter calculation.

Hamden’s income-adjusted property wealth ranks in the bottom 15% among all Connecticut municipalities in fiscal year 2023-24, data from the Department of Education reveal.

And although Quinnipiac’s two 250-acre college campuses in Hamden inhabit roughly 2.4% of the town’s total land, the university’s status as a 501(c)(3) nonprofit organization exempts it from paying town property taxes. Thus, Hamden’s financial woes are only further complicated by the town’s inability to collect property taxes on Quinnipiac’s Mount Carmel and York Hill properties.

For exactly this reason, the state of Connecticut operates a \$339 million municipal aid program to reimburse towns for exemption-related lost tax revenues. The state issues these reimbursements — aptly named payment in lieu of taxes grants — to towns

with private colleges, as well as those with hospitals or state-owned property.

“Connecticut is actually one of the few states that provides any reimbursement at all to municipalities for the tax-exempt property owned by private colleges and by hospitals,” said Martin Looney, president pro tempore of the Connecticut Senate, at the press conference.

In 2023-24, Hamden received more than \$7.6 million in PILOT funding — the ninth-most in the state — for its tax-exempt properties, including Quinnipiac.

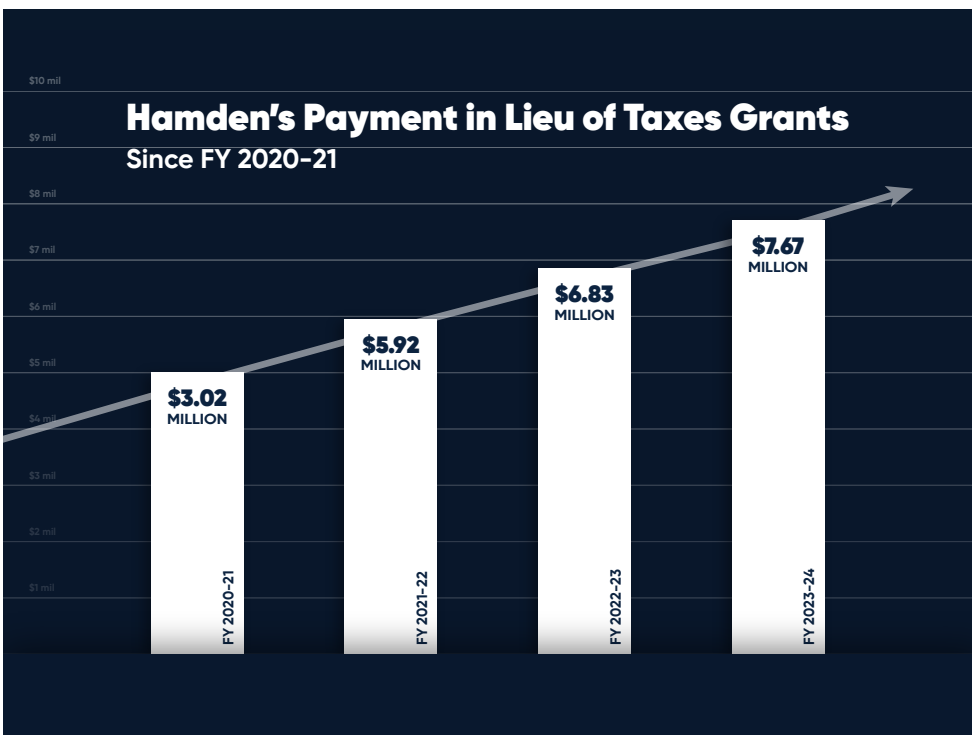
“The PILOT funding that we get is pretty significant, and it really does help to reduce the burden on taxpayers,” Garrett said. “It’s not as much as we would get if we got tax revenue directly from the property, but it is still very helpful.”

This funding — which accounts for approximately 2.7% of the town’s revenue — is not only an 11% increase from Hamden’s FY 2022-23 PILOT funding but also a more than \$430,000 increase from the allocation initially recommended in Governor Ned Lamont’s biennial budget.

“It’s important that with the improvements that are being made at Quinnipiac, that we go in and make sure that our assessment is appropriate,” Garrett said. “Because that gets sent up to the state and we have the opportunity to further increase our PILOT funding.”

Garrett wrote in an Aug. 2 budget revision order that the town intends to put the majority of the additional funds into the legislative council’s emergency fund account.

Connecticut’s statutory PILOT grant formula technically guarantees a 77% tax reimbursement for private universities and



INFOGRAPHIC BY PEYTON MCKENZIE

hospitals and a 45% tax reimbursement for most state-owned properties. However, a lack of sufficient government funding for PILOT grants led state legislators in 2021 to restructure the program to prioritize communities with the lowest property wealth.

Now, the state allocates PILOT funding via a three-tiered system to provide the most financial assistance to towns with the most need. As of fiscal year 2023-24, the redesigned program ensures that tier one municipalities — towns and cities with below \$100,000 of taxable property per resident — receive at least 53% of the funds owed by the statutory PILOT formula.

Meanwhile, tier three municipalities — the state’s wealthiest communities with more than \$300,000 of taxable property per resident — are entitled to only 33% of the statutory funding calculation.

Amid Quinnipiac’s continued growth, Looney said that Hamden’s delegation fought to “ensure that the formula put Hamden in the top tier for reimbursement.”

“Prior to a couple of years ago, all PILOT property was treated the same way,” Looney said. “And what we’ve done is now look at the need of the town, and Hamden and eight of those communities are in the top tier for reimbursement and get a significant increase in PILOT over what the previous formula had done.”

# Professor awarded grant to create AI-based language translation app

**By KRYSTAL MILLER**  
Associate News Editor

After receiving a Quinnipiac University grant in June, Chetan Jaiswal, associate professor of computer science, is creating technology capable of instantly translating two voices on a phone call in as many as 100 languages.

Jaiswal is working to create the app with Peter Zegarek, a sophomore 3+1 computer science major, and they plan to complete the first prototype by the end of the 2023-24 academic year. Users will eventually be able to apply the program to Zoom meetings and YouTube videos.

The translator does not currently know any languages because it is in the developmental stage. Jaiswal said he has been studying language learning models that already exist but has not yet started the data collection process. Members of the Quinnipiac community, such as faculty and students will create the data collection research team.

Artificial intelligence, which the project is created from, uses computers and machines to mimic problem-solving and decision-making skills.

Jaiswal teaches about AI in his database and programming classes to Quinnipiac students. He said he is passionate about AI technology because it can make daily actions easier for him through computer programs.

“I introduced different concepts here and there so students get excited about it and try to learn more about it,” Jaiswal said.

Jaiswal is among 10 Quinnipiac University faculty members who received grants from the

Faculty Scholarship and Creative Works Impact Fund administered by the Office of the Provost. Quinnipiac administrators implemented the fund to advance opportunities for full-time faculty as scholars, practitioners and creators.

The donor-funded grants are worth between \$4,000-\$5,000. Jaiswal said the money from the grant will fund student stipends and materials.

Zegarek joined the project after Jaiswal brought up a research opportunity during his

class. He talked to him after class and the two decided to work together. He said he has been wanting to get more into the computer science field.

“So, because I felt that I had a good foundation to go off of, I wanted to start to expand out and actually work on something that can impact and help people,” Zegarek said.

Jaiswal said using human translators and platforms such as Google Translate requires

more time than AI because they do not allow people to communicate without delays.

“Now this doesn’t only apply to students in Zoom lectures or in-person lectures, it also applies to anywhere where communication is important,” Jaiswal said.

Anyone will be able to use the translator once it is available, Jaiswal explained, whether it is in a job setting or talking to a friend on the phone.

“The project goes way beyond the scope of the grant itself,” Jaiswal said.

Jaiswal plans to teach the AI to translate American Sign Language by having one person use ASL through the camera on their phone. Then, the AI will play the translation back to another person on the other line. He said Quinnipiac students will be able to utilize the translator once it is completed to listen to class lectures or with their patients if they are in the health sciences.

“I think it can help us go beyond the normal student body,” Jaiswal said. “We can have students that are not native English speakers and still be part of (Quinnipiac) because they can get the lecture in the language of their choice,” Jaiswal said.

Zegarek emphasized that AI translators will allow people to speak more easily with others that speak different languages, such as family members who live in other countries.

“I think this project is very important because it allows us to help bridge gaps between people who may have a lack in communication between each other,” Zegarek said.



PEYTON MCKENZIE/CHRONICLE

Chetan Jaiswal, associate professor of computer science at Quinnipiac University, is using grant money he earned in June to create artificial intelligence technology capable of translating languages.



# Opinion

## ‘Sportswashing’ does not cleanse injustice

**By BENJAMIN YEARGIN**  
Managing Editor

The recent star player acquisitions by the Saudi Pro League sounds like a 2010s soccer dream team.

Cristiano Ronaldo, Karim Benzema, Neymar, Sadio Mané, Kalidou Koulibaly, Riyad Mahrez, N’Golo Kanté, Fabinho, Jordan Henderson and Édouard Mendy.

In other words, Saudi Arabia received six Ballon d’Ors, 17 UEFA Champions League trophies, 2,101 career goals and a lot of clout for around a whopping \$1.84 billion.

That’s higher than the GDP of 16 individual countries.

The Saudi government chooses to engage in “sportswashing” to deflect attention away from its human rights violations and numerous wrongdoings, which I’ll get to later.

Britannica defines sportswashing as “the use of an athletic event by an individual or a government, a corporation, or another group to promote or burnish the individual’s or group’s reputation, especially amid controversy or scandal.”

Russia recently did it when it hosted the 2014 Winter Olympics in Sochi and with soccer when it hosted the 2018 World Cup. That was also around the time Russia meddled with the 2016 U.S. presidential election and committed non-authorized killings of LGBTQ+ peoples.

Going back nearly 80 years, Nazi Germany engaged in sportswashing when it hosted the 1936 Summer Olympics in Berlin.

You could even argue that Saudi Arabia’s next-door neighbor Qatar used sports to cover its actions when it hosted the 2022 World Cup this past winter.

On top of its awful record of LGBTQ+ rights, Qatar used migrant workers to build the stadiums for the World Cup

and the cities around it, which led to the deaths of at least 50 laborers and about 500 injuries according to the International Labor Organization.

This isn’t the first time and it won’t be the last time that Saudi Arabia uses its riches to cover up human rights atrocities and injustice permeating throughout the government and country.

Saudi Arabia has used its capital to finance or broker deals with some of the most major companies and sports in the world, one of the most prominent examples being LIV Golf.

Originated in 2021 as a competitor to the PGA, LIV Golf broke up the monopoly that was professional golf. Soon, LIV poached some of PGA’s biggest names for truckloads of money.

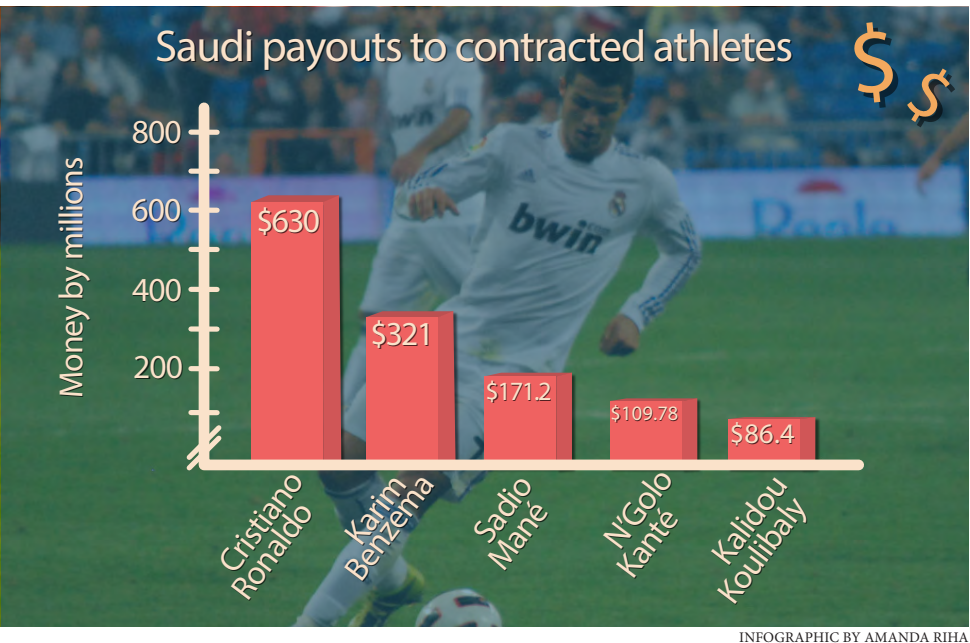
As quick as a starting pistol, LIV had Phil Mickelson, Dustin Johnson, Brooks Koepka, Bryson DeChambeau, Bubba Watson and Ian Poulter all under its payroll.

The price tag? Approximately \$630 million.

Even the WWE signed a nine-figure deal with Saudi Arabia through 2027, bringing it lots of money but simultaneously losing what little part of its moral compass it has left.

Going back to the pitch, arguably the best soccer player ever — Inter Miami’s Lionel Messi — received a \$505 million proposal from Saudi Pro League Al-Hilal and current Paris Saint-Germain superstar Kylian Mbappe got a combined \$1.1 billion dollar offer from the same club too. Both rejected these offers.

For the players and business, it makes perfect sense to partner with Saudi Arabia. All of the players are past their physical primes and have achieved a great deal in



INFOGRAPHIC BY AMANDA RIHA

their athletic careers, so going to a brand that will pay them an exorbitant amount of money for a couple years of service is the logical thing to do.

A separate and more difficult question to ask is whether it’s the moral thing to do.

I argue it absolutely is not.

Saudi Arabia as a country notoriously has little to no women’s rights and LGBTQ+ rights, granted it doesn’t have many basic human rights either.

For example, authorities have a system where men possess complete guardianship over women. It’s legal to completely shut down a woman’s autonomy to marry, divorce and seek higher education, according to Human Rights Watch.

The government also criminalizes premarital sex, gay and lesbian couples and transgender people all together. According to the Human Dignity Trust, those who vio-

late that law could be sentenced to death.

Not to mention the mysterious murder of Washington Post journalist Jamal Khashoggi, a sharp opponent of Saudi Arabia, who was tortured and murdered at the Saudi consulate in Istanbul.

It’s okay for a country to spend lots of money on sports — just look at Chiefs quarterback Patrick Mahomes’ latest contract — but when a corrupt country uses the biggest athletic stars on the planet to repaint the country’s image to the world, it delegitimizes sports and trivializes the heinous things the Saudi government continues to do.

It takes the attention away from the lives the Saudi government has hurt.

Getting Ronaldo or Mickelson won’t get back Khashoggi or wipe the repugnant record of human rights violations.

## Being fairweather doesn’t mean I’m not diehard

**By MICHAEL LAROCCA**  
Opinion Editor

The average sporting event is around two to three hours long. I don’t have that kind of time to throw around willy-nilly. Not unless I’m given good reason.

Since I started following sports full time in 2015, I’ve settled in nicely to being a New York and New Jersey professional sports fan.

I’ve seen great moments, like Taylor Hall’s MVP season for the New Jersey Devils in 2018, the New York Yankees’ run to

the American League Championship Series in 2017 and the New York Giants’ win over the Minnesota Vikings in last season’s NFC Wild Card Game.

However, I’ve also trudged through a lot of bad times: the Giants’ 2017 season where they finished with 13 losses, the Devils’ run from 2019 to 2022 where there was rarely ever a reason to go out of my way to watch and the catalyst for today’s article — the Yankees’ 2023 season, where they are cur-

rently poised to finish with a losing record for the first time since 1992.

During those times, I straight up stopped watching those teams. I’ve been told that distancing myself from my teams while they are struggling makes me a bad fan. I don’t think that’s the case; I think it makes me human.

Frankly, it’s not worth it to watch a team that is unsuccessful. It’s not worth the headaches, the stress or the lost time that could have been better spent elsewhere.

Right now, I am a senior in college looking to hopefully graduate next spring. With how busy my schedule is, it’s not in my best interest to devote a lot of my time to watching every single game my teams play.

For MLB, the sheer amount of games during the summer makes it difficult to stay on top of everything, especially when I’m recovering from the previous school year. The NHL always plays during the evening, when I usually have class or student organizations to tend to, and while NFL Sundays are iconic, I don’t need my scares to get any scarier.

I show my support for my teams in other ways. I’ll keep track of any news through either ESPN or The Athletic, watch YouTube content about the leagues as a whole, as well as wear the copious amounts of merch I own.

Sports just aren’t that serious. There are very few things in life that you can step away from when times get tough, and not face consequences for doing so. When I’m strug-

gling in classes, I can’t ignore it; that would only make the problem worse. But when my favorite teams are struggling, it doesn’t affect my everyday life, so why not take advantage and just ignore them?

If my teams find ways to improve after long stretches of poor play, like the Devils did this past season, I’d certainly find more time to watch, because I believe it is now worth the time spent.

Despite all of this, my bottom line remains the same. My teams will always be my teams. I’ve seen others who may abandon their team all together when they are in times of struggle. That’s when you are a bad fan. There is no problem with taking a step back, but when you change sides, that’s where I draw the line.

So I don’t think I am a bad fan. I’ve been called fairweather — defined as someone who only takes part in an activity when it is easy for them to do so — which is 100% true. But that’s not a bad thing.

My teams have been ingrained in me since I was a child. Whether it be my dad taking me to Devils games when I was a kid or watching the Giants with my brothers and cousins, these teams are part of my identity.

So frankly, I shouldn’t be put down for stepping away when times get tough. After all, it’s just a game, and I have better things to do.



ILLUSTRATION BY CONNOR YOUNGBERG



# Opinion

## A campus controversy

### Why ChatGPT is an education essential

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

A typical first class for a college senior comprises a greeting from the professor, an introduction from other students in the class and a walkthrough of the syllabus for the year. Never did I imagine the first day would include a threat against the use of artificial intelligence, or AI.

In November 2022, OpenAI launched ChatGPT, a futuristic chatbot that is not only interactive but also understands context, nuances and humor. The chatbot went viral on social media quickly due to its accessibility and simplicity, as well as its enormous data set, per Dallas News.

Professors are taking a new approach to their curriculum this year at Quinnipiac University, and it is not uncommon to find a section of your syllabus that prohibits the use of ChatGPT and other forms of AI. Faculty members are threatening academic integrity violations, plagiarism and even expulsion from the class.

I understand why professors are nervous about cheating. However, I think they’re failing to look at the bigger picture: AI is a tool that should be considered an aid in the classroom, not a weapon.

There are simple ways that professors and teachers can meet in the middle, allowing students to gain an incredible learning tool while preventing them from taking advantage of it.

Begin by addressing the issue of plagiarism clearly and explaining the consequences that accompany wrongful use of the chatbot. Then teach students how to use it in a productive and proactive way.

One professor at Quinnipiac believes in working with AI instead of against it.

“In my media studies class, I think (AI) can be useful to help with various brainstorming activities, although I’ve made it clear that it

shouldn’t be used to write papers,” said Nancy Worthington, professor of media studies, in an email to The Chronicle.

If you’re reading this, chances are you use AI every day without even knowing. Some examples of AI in our lives are maps, navigation, facial detection on our iPhones, autocorrect, Venmo payments and social media, according to Internet of Things, a data and software website.

While all of these methods of artificial intelligence are perceived by society as acceptable and even helpful, the latest adaptation is leaving many people angry and uncertain, including Quinnipiac faculty members.

“It’s definitely an evolving issue, so I’m trying to find balance between staying true to the course goals and capitalizing on AI for certain efficiencies,” Worthington wrote. “I plan to be explicit on assignment guidelines about when it can be used and how, and I’m asking students to be sure to

cite it when they use it and include drafts showing how their work evolved from AI results to the finished product.”

Many people do not believe that ChatGPT is revolutionary and see it as damaging to education, with the National Education Association stating, “more than one-fourth of teachers have caught students using the chatbot to cheat ... an influx of ChatGPT generated work has left many educators spending more time checking for AI plagiarism.”

Educators are approaching this the wrong way. They simply focus on the negative aspects of the program instead of its potential in the classroom. Specifically for college students, ChatGPT can be used as a database for sources for research papers, a search engine for potential job opportunities and a tool for feedback on written responses.

An article on LinkedIn by LearningSol

states that the program can be used as a creative outlet and increase aspects of learning such as accessibility, engagement, cultural knowledge and innovation.

Students gain instant access to information and can ask questions, request explanations or seek guidance from the program without relying on teachers or peers. For students who prefer a conversational learning style, ChatGPT makes learning more interactive and engaging while catering to students’ interests and goals.

The AI model can also increase cultural exposure through different perspectives, languages and communication styles. It can also act as a brainstorming partner, problem-solver or generate literature for inspiration. I personally use the platform as a database to find sources for research.

Regulating and balancing when ChatGPT should be used in the classroom is a good conversation to have with students. By completely outlawing the program as a resource, professors are putting limits on students’ ability to grow.

Quinnipiac has addressed the issue in a variety of ways, with some professors against it and some intending to teach students how to use it.

In August, Quinnipiac Provost Debra Liebowitz announced the creation of a Committee on AI Strategy to address the best possible way to work with the program, according to the provost’s fall 2023 update. While this is a positive step forward, the AI conversation is far from over.

There are always going to be students who would rather cheat than learn. There is always going to be evolving technology that allows for more unique learning. Banning ChatGPT is not fair to the students who want to experience learning from a new perspective, especially when it’s likely that AI will follow them into their careers.

We have always been a society that embraces change and encourages innovation. Are educators seriously ready to draw the line at a chatbot?



ILLUSTRATION BY ALEX KENDALL

# Financial Aide: Investing doesn’t have to be scary

By **MICHAEL LAROCCA**  
Opinion Editor

Throughout most of my life, I thought investing was just the stock market. I’d see Wall Street on TV, with all of its hustle and bustle, and I’d think, “I am not going anywhere near that.” However, this summer I learned that there is a lot more to investing than just stocks,

and participating is easier than I could have ever imagined.

As part of my internship with Retirement Daily, an online-based finance publication, I was given the opportunity to invest \$250 into anything I chose. The sheer amount of options were overwhelming.

I initially wanted to explore mutual funds,

which are a pool of several different stocks bundled together in a way that can keep investments safe. I could have also tried finding a stock that pays dividends, a small return on your investment paid back to you by a company you own stock in, usually annually.

I didn’t choose either of those options.

With the help of some financial advisors, I learned about my risk tolerance, my capacity for risk and how to use those traits to decide where I should put my money.

Risk tolerance is your ability to withstand different risk levels, ranging from putting money in a savings account to gambling your house on the Boston Celtics. Risk capacity is how much capital you are able to risk before you are unable to live life the way you usually do.

“How do I feel about investing? Am I going to sleep at night if I invest a certain way?” said Eric Roberge CFP, founder of Beyond Your Hammock. “Do I have to have extra money outside of the investment that I can use for daily functioning? Or is this the only money that I have? And if it’s the latter, you really shouldn’t be investing it or shouldn’t be doing something at a very risky level.”

After some self-reflection, I learned I have a high risk capacity, but a low risk tolerance, so I wanted to put my money into something that will keep my principal, or the amount that

was initially invested, secure with a little extra on top.

I eventually chose to invest in a certificate of deposit. A CD is where you deposit money into an account for a set period of time with the guarantee that you will get that money back at the end, including any interest it accrued over that time. They tend to yield at higher interest rates than traditional savings accounts.

The process was quite easy and efficient, and besides any mistakes on my end, like forgetting to connect my depositing account and needing to reopen the CD from scratch, it went perfectly. I expected to have to fill out hours worth of paperwork to do such a small thing like open up an account for the CD, but it only took maybe 15 minutes.

By this time next year, the money I deposited will come back to me with a profit of \$15. While a modest yield, I am proud to say that I invested in something for the first time. I have the confidence now to go back and find more ways to invest my money as I get older, which is exciting.

Investing doesn’t have to be scary, and you don’t need to do exactly as I did. But explore a little bit. Learning now can pay off big later.

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



ILLUSTRATION BY KAYA DONAH



# Arts & Life



PHOTO CONTRIBUTED BY AUTUMN DRISCOLL

International Student Services hosted the annual International Orientation on Aug. 22, welcoming students from around 30 countries.

## The second impressions of an international student

### This time as a mentor, not a mentee

**By ALEX MARTINAKOVA**  
Copy Editor

A year ago, I wrote my very first piece in the Chronicle about my first impressions as an international student.

A year ago, I came to this school like a lost puppy. Quite literally wandering around, my metaphorical tail between my legs, asking myself why I thought it was a good idea to move across the ocean by myself.

I still ask that question multiple times per week. Mostly before midterms and finals.

I remember moving in a week before the start of the fall 2022 semester, three days before the rest of my class. My Global Partner mentor walked me over to my dorm, Irmagarde Tator Hall, in pouring rain as we both covered under a shared umbrella.

The day of my international student orientation — on what must’ve been the hottest day of that year — I spent my day in the Mount Carmel Auditorium with no air conditioning and a silent wish for a plane ticket back home.

This year, as the global partner student coordinator, I was the one in charge of the new lost puppies from all around the globe and I wanted to make sure their experience differed from mine.

Please don’t misunderstand; I wasn’t being tortured last year. I wasn’t crying myself to sleep every night. I was just alone. I wasn’t on any of the sports teams, knew no one in the area and was so shy I could barely talk to myself in the mirror.

Somehow, somewhere over the past year, I grew up. Don’t ask me how that happened, because I truly won’t be able to tell you. But it did give me the right motivation to welcome the new class and make sure no

one would feel that alone.

Of course, I’m not going to be there to hold my mentees’ hands throughout the entire year, but I don’t need to be. Everyone manages to find something for themselves eventually, just like I did. I started writing for the Chronicle, attended SPB’s Bingo Nights and made friends along the way.

Their experience hopefully won’t be much different. For now though, they need all the help they can get.

Compared to this year, my class had very few international students, and I was one of the only students who wasn’t an athlete.

This year, there were so many more incoming students, both undergraduates and graduates. Coming from around 30 different countries from around the world, this group included first years, transfers and graduate students alike.

As a European, I was overjoyed to see faces from countries like Poland, Hungary, Netherlands, Germany, Czech Republic, Spain, United Kingdom, Italy and even the Slovak Republic — my home country.

While the majority of the international student body comes from Canada — and really, how international are they — the international class of 2027 is a rich tapestry of various cultures and languages, as well as reasons for choosing Quinnipiac for their college experience.

“I chose to come to Quinnipiac primarily because of the geography,” said Danielle Burney, a first-year political science major from Germany. “I wanted to go to a place that had all four seasons, and I also enjoy watching hockey. I was more into it when they weren’t the National Champions, but that doesn’t hurt either.”

Moving an entire ocean away like I did is no easy task. It’s stressful and takes a lot of mental energy and patience while going through the process. Naturally, there are also fears associated with coming to the United States. When you see an article once a week about school shootings across the U.S., it doesn’t exactly scream welcoming.

I’m not the only one who thinks that. Burney admitted that before moving, pretty much everything she knew about the U.S. came from the media, and in her words, it “wasn’t exactly good.”

Thankfully, I haven’t had an experience yet that would make me pack up my things and hop on the next plane back home, and I sincerely hope I and no other international students ever will.

I did have people ask me, when I told them where I’m from, if I actually meant Czechoslovakia, to which I would usually respond with a death stare and a silent need to tell them to look at a map from this century.

As Burney noted, sometimes even college-educated U.S. citizens “lack knowledge about places outside of the U.S.”

Dramatics aside, Quinnipiac is actually a decent place to be at as an international student. All the struggles I have mentioned? They seem quite insignificant after some time. Quinnipiac offers much more opportunities for getting involved than I would’ve had if I stayed at a university back home.

I’m not just saying that because I’m biased and managed to settle here already. The university, mainly the International Student Services staff, really tries to make the experience as uncomplicated for us as possible.

That’s what the Global Partners program was created for: to connect current students,

U.S. citizens and internationals alike, with prospective Bobcats. Global Partners are there to help and guide them, as well as just being a friendly face in the crowd.

While most partners are in charge of just their mentees, as a Student Coordinator I oversaw all of the new undergraduate students as well as all of the undergraduate Global Partners. That meant most of my summer involved writing emails and bossing people around. My kind of fun.

Sitting in on presentations about student visas, twice in less than two weeks, is much less fun, but worth it. This year I even got to sit on a student-run panel, answering questions about my life here at Quinnipiac.

But if another Canadian athlete asks me what my favorite alcoholic drink is, I might pop a blood vessel.

Regardless, I’m glad I got to be a part of this program. To be the someone for somebody new, the someone that I didn’t have last year. The Global Partners program has grown so much in just a year and I’m proud that I got to contribute to that.

“Quinnipiac was very welcoming towards me being an international (student), so I think that made my transition to college that much easier,” Burney said.

As a Global Partner mentor, hearing a student say that makes me feel like my job this summer has been accomplished. Who doesn’t enjoy the occasional pat on the back after putting in a lot of work?

I ended my first article with the rhetorical question: “It could always be worse right?”

I’m going to end this one with the answer: Yes, but it’s not going to be.



# Jeremy Hartwell from 'Love Is Blind': The intersection of ethics and reality TV

By JENNIFER MOGLIA  
Staff Writer

I’ve been watching reality television for as long as I can remember watching television. Watching these shows with my family became a ritual of sorts, a way to wind down after a long day, and something for my mom and I to bond over. As I got older, I started discovering other reality shows that I enjoyed watching, like “Dance Moms,” “The Bachelor” and all of Netflix’s original shows, including “Love Is Blind,” “Too Hot To Handle” and “The Ultimatum.” All along, I’ve known that what I’ve been watching probably isn’t accurate to what happens in real life. The amount of editing, footage manipulation and framing done behind the scenes of reality shows has never been a secret.

I probably even had suspicions that cast members weren’t treated the best behind closed doors, hearing reports from outlets like Bustle about how the first night of a “Bachelor” or “Bachelorette” season actually takes place, with 10-12 hours of filming straight. However, it took one Business Insider article for my view on the realities of reality television to change forever.

The piece, titled “‘Love Is Blind’ is Hell on Earth,” was published in April 2023 and included accounts from many of the show’s former cast members slamming Kinetic Content, the production company behind the show, for its unbearable working conditions.

Briana Holmes, who appeared in the show’s first season, was filmed having a panic attack and decided to quit the next day. Danielle Ruhl and Nick Thompson, a fan-favorite couple from the second season, had a similar experience and were pressured to stay on the show after Ruhl had a breakdown and said she wanted to leave.

Fellow season two cast member Jeremy Hartwell decided to take legal action against Kinetic, which frequently teams up with Netflix to distribute its shows. He accused them of labor-law violations and subjecting contestants to unsafe and inhumane working

conditions, including withholding food and water from them, but keeping the alcohol flowing at all times. Hartwell also highlighted that the cast members’ \$1,000 per week stipend while on the show translated to about \$7.14 per hour, less than half the minimum wage in California, where most seasons were filmed. Hartwell said that contestants had their phones and passports confiscated, were escorted everywhere by silent production assistants and had their sleeping and eating schedules dictated by Kinetic. He even noted that some were forced to sleep in cockroach-infested one-room trailers with bunk beds for up to 15 of them. After reading this article, I couldn’t bring myself to tune in to “Love Is Blind” anymore, even though there was a brand-new season out. I started to ask myself, “how would these cast members feel if they could see me continuing to enjoy a show that had extensively tortured them physically and mentally?” I got the answer to that question when Hartwell sat down for an interview with the Chronicle last week. “It’s important to understand the fact that just because someone conveys what happens behind the scenes doesn’t mean that’s

believable (by the public),” Hartwell said. Hartwell discussed how shows like “Love Is Blind” and “The Bachelor” can be comforting to watch, especially for long-time fans, and how it can be hard to let go of a piece of media you’re so attached to. “I don’t fault anybody for watching reality TV,” Hartwell said. “(What’s happening) is so beyond belief that the initial reaction is, ‘that can’t possibly be true, it can’t nearly be this bad,’ but any normal human being who has full view of what’s been happening ... would be horrified and never watch it ever again.” However, he explained that these shows are designed to do exactly that: get you so invested that you can’t imagine changing the channel. “When you watch someone on one of these shows, you feel like that person is in your tribe, and you feel a responsibility to act on that,” Hartwell said. “It really does hack into our psychology ... (the shows) are deliberately produced to take advantage of the instincts that we have.” Hartwell started the Unscripted Cast Advocacy Network in collaboration with Thompson and Dr. Isabelle Morley, a licensed clinical psychologist who specializes in couples therapy and writes for Psychology Today. The UCAN Foundation’s mission is to

support and advocate for reality TV cast members by providing them with legal and mental health resources, assisting them in knowing what they’re getting into on set, getting help if they need it and making well-informed decisions about their futures. “We want people to understand that what’s happening truly is this horrific,” Hartwell said. “We want to be a key in implementing that change, becoming a trusted source in the industry.” Some of UCAN’s goals include having mental health and legal specialists available for cast members before, during and after the production of a show and developing a certification course that people can take to become a UCAN representative. Hartwell also explained that, even if it looks like conditions are better on-screen (like in the most recent season of “The Bachelorette”), they almost certainly aren’t in real life. “Whitewashing, or showing a prettier picture, doesn’t cost money,” Hartwell said. “Changing what happens behind the scenes is what costs money.” Hartwell shared that he has heard stories similar to his, not just from his “Love Is Blind” castmates, but from contestants on shows like “America’s Next Top Model” and even international versions of shows like “Big Brother.” He said that canceling your streaming service subscription is the best way to show your disapproval in the streaming age, but most aren’t willing to do that. In terms of what you can do to help the cause, Hartwell cited engaging as a community on social media platforms and writing letters to shareholders as an effective way to make your voice heard. Constantly bringing up the topic, generating discussion and putting pressure on the companies to make a change is the key. “It’s more profitable to produce these shows unethically than ethically ... we need to flip that,” Hartwell said. “We’re trying to shine a light on this; it’s been covered up for a very long time. Ultimately, we’re trying to end the exploitation.”



ILLUSTRATION BY SHAVONNE CHIN

# Who runs the economy? Girls. How 'Barbie,' Beyoncé and Taylor Swift are boosting the economy

By ZOE LEONE  
Arts & Life Editor

There’s a blonde woman in a pink cowboy outfit sitting on the curb, sobbing into her hands. She picks up her head, her hands gesturing as she speaks to a camera she doesn’t know is there. “She thinks I’m a fascist?” she weeps. “I don’t control the railways or the flow of commerce!” The woman in question is Barbie, the titular character of Greta Gerwig’s smash hit, “Barbie.” And while she hasn’t taken up the role of train conductor anytime recently, her influence on the flow of commerce is a whole other story. As the third quarter of the U.S. economy’s fiscal year comes to a close, economists are pointing to three very specific sources for the bulk of the estimated 1.9 percentage point boost, according to research by Morgan Stanley. The sources in question? “Barbie,” Beyoncé and Taylor Swift.

Swift set unprecedented records with the announcement of The Eras Tour, her three-hour-long concert that featured a setlist made up of music spanning her more than 15-year-long career. While Swift has since announced worldwide legs of the tour, CNN Business reported that the North American tour brought in over \$2 million in ticket sales alone.

That doesn’t even begin to take into account what some news organizations have been referring to as ‘Swiftonomics,’ which refers to the huge economic booms regions across the country have encountered when The Eras Tour rolls into town. A report from the Common Sense Institute estimated that Swift’s two Denver dates would contribute \$140 million to Colorado’s GDP, with the expenses coming in from tickets, travel, merchandise, lodging and food. In a similar fashion, Beyoncé’s Renaissance Tour has also brought a massive boost to local economies. According to The New York Times, the average Beyoncé fan spent \$1,800 to attend the concert, a price tag that generally includes tickets, travel, lodging, food, merchandise and an outfit. In the same Times report, Tara Lewis, who analyzes Yelp data around the local ‘Beyoncé bump,’ found that the tour increased not only local revenues, but interest in minority-owned businesses as well. In Philadelphia, New York City and Chicago, the search for businesses ranging from beauty and spas to food and restaurants that were Black, women or LGBTQ+ owned increased anywhere from 2% to 194% during a six-day time period. The third quarter of the U.S. fiscal year

ranges from July to September, which placed its start right around the time “Barbie” premiered in theaters across the country. Since its nationwide release on July 21, the film has since become the first movie directed by a woman to gross a billion dollars and the highest-grossing global release for Warner Bros., beating out “Harry Potter and the Deathly Hallows: Part 2.” Not only was the behind-the-camera team made up of mostly women, but the people

buying the tickets and sitting in the theater seats were women as well. In an article by NPR, author Matthew Belloni found that 69% of ticket buyers for opening weekend were women, while the number ticked up to 71% the second week. So when the third quarter comes to a close and economists are posting their findings about the unexpected fiscal boost this summer, remember where the bulk of the money came from. A hot girl summer, indeed.



PAULO V/WIKIMEDIA COMMONS

Taylor Swift's The Eras Tour has grossed over a billion dollars in North American ticket sales alone.



# The 'everything shower' and its benefit on mental health

**By AIDAN SHEEDY**  
Photography Editor

Deep in the algorithms of my social media lies the satisfying genre of random deep-cleaning videos. I'm talking about the grout scrapers, car detailers, kitchen cleaners and pressure washers. But what if someone could perform a deep-clean on themselves? Well, you actually can.

An innovative self-care routine has taken over Gen Z in 2023. With over 327.7 million views on TikTok, the everything shower has even the most stressed person walking out of the bathroom feeling brand new, and it's exactly what you think it is — a bathroom routine that

cleans and takes care of everything on your body. This regime of soap was created initially for women to complete all of their maintenance in one trip. Lindsay Ray of Glam Magazine said she reserves everything showers for “those occasional moments when you need to do it all — from washing the hair to exfoliating the body and shaving the legs.”

Based on the extensive amount of everything shower tutorials, most practitioners start with a pre-shower treatment plan even before lathering up. This can range from small tasks, like brushing your hair, to applying an exfoliating face mask. Then, you can put on your favorite comfort

songs, light a candle and you're ready to start. Now, this may not sound appealing for many men as this is a trend catering toward women's health specifically. However, I strongly believe that all people should create their own everything shower.

Personally, I take long showers at the end of a long day of working, bring as many products as I can into the shower and play some music while I replenish. My "everything" consists of hair care, face and skin care, body shaving and even dental care. Everything showers are for everyone, it just might look different for each individual.

Extensive bathroom practices like this are nothing new either, but users all over the world are finding that there are significant mental benefits as well as physical.

A group of researchers led by Spike W.S. Lee, associate professor of psychology at the University of Toronto, published their studies in July 2022 on cleaning and response to stress. The findings indicated significant evidence that all types of cleaning reduced the anxiety levels of their subjects during stressful events. Thus, the team concluded that daily cleaning behaviors can alleviate physical and psychological risk.

Especially during a part of your life that's full of anxiety-inducing hell, college should also be the time where you develop your best coping mechanisms for these issues, and an everything shower is definitely one way to do it.

This ties back into a large, crucial conclusion from Lee's study — participating in cleaning practices can decrease stress and anxiety even during stressful situations.

Showers are one of few things in life where you can be completely isolated from the world and feel like you are in complete control.

Dr. Peter Bongiorno, president of the New York Association of Naturopathic Physicians, explained in a Psychology Today article that medical research supports using hot and cold baths to help increase brain function. We can only theorize that an everything shower must affect brain efficiency too.



ILLUSTRATION BY KLARA DHANDILI

# 'So What Now': Reneé Rapp leaves Broadway for the music industry

**By CASEY WIEDERHOLD**  
Photography Editor

Reneé Rapp is taking over the music world. Rapp starred in the musical theater adaptation of “Mean Girls” and transitioned to pop music with the release of her first single, “Tattoos” in 2022.

Rapp spoke about the release of her debut album, “Snow Angel,” on Aug. 17 and gave insight to what her new 12-song album, released on Aug. 18, entails in a press conference with °1824.

“Talk Too Much” is the second single from the album. The song is about talking yourself out of your own happiness. Rapp is 23 years old and in her writing she creates music that her target audience — mainly queer individuals and women — are going to relate to. I find this to be an admirable quality in a songwriter because it is not easy to put your feelings on display like that.

The first few songs, along with “So What Now” make use of the unspoken rule that many songs are about relationships. The next song, “So What Now” is about finding yourself in the same place as an ex-partner. I love the feeling that this specific song creates: anger and resentment for ending up back where you started with your previous partner.

“I feel like I'm living the ‘So what am I supposed to do now,’” Rapp said. “‘You want to talk? Would you like to chat?’ Like come on, grow up. It's just about your ex being in the same city that you live in like, ‘Why are you fucking here? Like yes, you did grow up here, your family is here, you were born

here, but I don't give a fuck.’”

“Pretty Girls” is my favorite song on the album. I really like the instrumentals, which have a techno sound that is different from the basic-pop vibe of the rest of the album.

Lyricism fuels the song, creating an uptempo beat as the chorus arrives in the song. This song is meaningful and relatable to me, as someone who is a part of the LGBTQ+ community. Rapp's songs have underlying themes of past relationships, being hypersexualized, trying to be carefree and even being in love.

“Pretty Girls” is, I think, my most up-tempo song I've ever put out,” Rapp said. “But, it's a really sad song. Like the words are incredibly sad.”

The lyrics to “The Wedding Song” are referencing setting someone's world on fire because you are so in love with them. It's a ballad-style song, however, it is a pure love song. Rapp explained that she recorded this song multiple times because she wanted it to sound perfect.

One of the final three songs of the album is “I Wish.” When I first listened to the song, I felt myself becoming overwhelmed with emotions. This song utilizes an acoustic guitar, which I found refreshing from the drumsets and electric guitar. The song is about mourning the idea of not knowing about the concept of death.

“‘I Wish’ is a song I wrote about my parents and my first understanding of mortality when I was like 10,” Rapp said. “It is something that really haunted me there

for a while.”

Every album has songs that aren't going to be favorites. “Willow” and “Tummy Hurts” are examples of those. They have a unique sound that makes them catchy, however, I wouldn't listen to them everyday. When I first listened to the tracks, I didn't have an initial reaction as I did with the other songs.

The album is thoroughly written, with intricate meanings behind all of the songs. With this being Rapp's first album, there were songs that could make the listener feel all sorts of emotions, and other songs that could make listeners feel more relaxed. Despite the little aspects that I do not find enticing, I would send all musical theater fans to this album.



PHOTO VIA KATIA TEMPKIN



# Zach Bryan remains authentic in self-titled fourth studio release

**By CAMERON LEVASSEUR**  
Sports Editor

He’s topping charts and selling out city after city, but Zach Bryan focuses on the simple things in his fourth studio album, a self-titled project released on Aug. 25.

Bryan puts into words the indescribable feeling of existing on the outskirts, in the parts of America overlooked and undervalued, but integral to the being of those who live there. He bemoans the draws of modern life, longing instead for simplicity found in these places.

This is not a new theme for Bryan, who has long romanticized a quiet, bucolic existence. But following the 2022 release of his third studio album, “American Heartbreak” and its lead single “Something in the Orange,” his fame has skyrocketed – and with it, seemingly, his desire to escape it.

In track 14, “Tradesman,” Bryan wishes to trade his career for one of physical labor, where success is evident and commitment is to the work itself. He sings, “So give me somethin’ I can’t fake / That rich boys can’t manipulate ... Wanna sweat like hell, throw a hammer down / And know the old feelin’ of a five o’clock smile / And know I didn’t take no easy way out.”

It’s the allure of a long, open road and an engagement to the present that he’s chasing. A cup of coffee in the morning or shoes by the door, as he references in track 15, “Smaller Acts.” Bryan preaches the preservation of



ILLUSTRATION BY ELIZABETH LARSON

the parts of life lost in an ever-growing war for attention fueled by the internet and social media – human details that touch the soul in meaningful ways beyond the everpresent dopamine loops of the 21st century.

The album comes across exactly how he intended: authentic. It’s not a curated folder of radio hits or the typical country staples of beer and trucks. Rather, Bryan journals experience through song. Raw emotion is tangible in every track. Tone and meaning are imbued as much through Bryan’s gritty vocals as his heartfelt writing.

In track seven, “Ticking,” Bryan wrestles with a lost love and fame again through the lens of life on the road with the lines, “And everyone thinks they know me now / In these close-minded leave-me towns,” “There’s wheels running down the interstate” and “Philly by the morning and Ohio by the night.” The latter two locations were back-to-back tour stops, painting a clear picture of when and where he wrote the song.

Like on “American Heartbreak,” Bryan pens a poem on his latest release – titled “Fear and Friday’s,” which focuses on contentment in the present and beauty in the everyday. But more broadly, the opening track – and the album at large – showcases the incredible writing talent of the 27-year-old.

His work has garnered comparisons to many legendary songwriters in recent years. Putting him on a pedestal among the best this century, a list that includes Jason Isbell, who Bryan has called his “songwriting idol” and who has shared praise for the Oklahoman.

Bryan has become popular fast, amassing nearly 17 million monthly listeners on Spotify to date. But his greatest strength in that rise has been not letting fame change his music.

His authenticity has remained, as this album proved. For as much as Bryan has personally evolved over the years, he’s still (in his own words) “the fightin’, fiendin’, Okie son. The restless, reckless, hopeful one.”

The creative process and vision is visible throughout much of the release — which bleeds heavy influence from Bryan’s travels on this summer’s Burn, Burn, Burn tour.

The premise of track five, “Hey Driver,” centers around his internal battle with modern life while on tour.

The opening verse of “Hey driver, pull on over / I’m in a fight with God / This Carolina shoulder / Seems the place I’m gettin’ off” went viral in May when Bryan released a video performing the song quite literally on the side of a road.

# 'Standing Room Only' is yet another great Tim McGraw album

**By ETHAN HURWITZ**  
Sports Editor

It may feel more like a stereotypical 90s country project. Maybe it doesn’t fit the trends that country music is going through in 2023. But Tim McGraw’s 17th studio album, “Standing Room Only,” is a fantastic album for the fans of the artist and genre.

The singer, who has been pumping out music since before I was born, doesn’t seem to slow down, even at age 56.

Masked behind a very poppy sound – evident in “Hold On To It,” “Paper Umbrellas” and “Small Town King” — the album is a deep introspective of McGraw’s life as a whole. Ranging from themes of alcoholism, reflecting on the past and human growth, McGraw is emotionally raw throughout.

“Standing Room Only,” the title track, is a ballad to himself as he hopes to “live a life so when I die, there’s standing room only.” It’s a deep song in which he turns away the ideals of possessions and monetary value. The important stuff in life is the impact you have on people’s lives, and that’s what’s at the core of the album as a whole.

Just take one of the verses. Wouldn’t you want to live your life that way?

“I wanna take my grudges and my old regrets, and let ‘em go / I wanna learn how to say a lot more yes and a lot less no / Girl, I wanna dance and shout and love out loud, and come alive / Don’t wanna be the guy too cool to laugh and too scared to cry.”

Another example of McGraw’s emotional writing is “Remember Me Well.” Over a

slow tempo, McGraw sings about looking back fondly at life, including past relationships.

“If you’re gonna drink to me, drink tequila / If you’re gonna think of me, think of that balcony / On the corner of 5th and Eviston / Like we’re back in that beach motel again / It wasn’t just wasted time we spent together / We had a few moments worth forever.”

The guitar solo on the backend of the song is what makes it great. I’m a sucker for good guitar outros and this one was one of the highlights of the album. There’s another one in “Cowboy Junkie” and it’s just as good, if not better. It’s what McGraw has made his bread and butter in these past two decades. His voice may not be as pristine as it was on his earlier projects, but the guitars didn’t take a step back.

Lori McKenna, known for writing McGraw’s 2015 hit “Humble and Kind,” is the lone feature on the project. McGraw and McKenna trade lines in “Nashville, CA/L.A. Tennessee.” It’s not my favorite, as is “Some Songs Change Your World” just one song later. But the two songs provide a nice slower-paced listen to the faster, pop-styled songs that open up the album. Oh, and the latter song had a killer guitar solo, so that was a nice bonus.

A lot of the songs seem similar during the first few listens. As McGraw croons about a glass of whiskey or a past heartbreak, it’s easy to get some of the later songs confused with each other. “Letter From Heaven” does a great job of getting the listener out of that funk as the album comes to a close.

The song is a strong way to close out what is an emotional project. McGraw refers to a



ILLUSTRATION BY ALEX KENDALL

dead relative and talks about finding solace in the important things in life (as he references in the song: finding God and trusting family).

“The things you need to stay alive / Aren’t the things you need to live / Give ten percent to little smiles / You get back what you give / And I know that it sounds crazy / But try hot sauce on your PB&J / Have you ever thought just maybe / Change the name of worry to pray.”

It’s not the same Tim McGraw of his early

years and that’s OK “Standing Room Only” is a blend of head-nodding instrumentals to grab some radio airtime, but also enough introspective lyrics to really tug at the heartstrings. Maybe we can all learn something from the album.

Now if you excuse me, I’m going to try some hot sauce on my PB&J.



# ‘Something to prove’: Depth, experience propelling men’s XC

**By CAMERON LEVASSEUR**  
Sports Editor

Men’s cross country isn’t exactly the premier program at Quinnipiac. Not at a school where the men’s hockey team is fresh off a national championship and the women’s cross country team is poised to successfully defend their MAAC title. The athletes know that. Head coach David Scrivines knows that. That doesn’t mean the Bobcats are going to roll over and die.

“We feel like we have something to prove,” Scrivines said. “We’ve got three seniors on this team, guys that are in really good shape looking forward to the season. We have some other returners that feel like the results last year were OK, but we feel they can be a lot better.”

Quinnipiac probably will not contend for a MAAC championship. It has finished eighth or lower in each of the last four conference meets and was picked No. 9 in the preseason coaches’ poll. Regardless, the Bobcats are calling their shot at moving up in the ranks.

“I think we’re going to beat (No. 8) Fairfield for sure,” senior Nolan Kus said. “(No. 6) Manhattan has to watch out for us and I think (No. 7) Mount St. Mary’s also has to watch out for us because if we put it all together on the day of MAACs, I think we can beat both of those teams as well.”

If the Bobcats are to beat those three teams, they’ll need to do it without their two best runners in 2022.

Cam Starr and Kevin Carballo, who finished 51st and 85th in last year’s conference championship meet, both graduated, leaving major holes to fill this season.

“Cam was a really good one and a great team guy,” Scrivines said. “Performance wise and all that sort of stuff, nobody is going to run the times that he’s running.”

The name of the game for Quinnipiac is depth, which it feels like it has despite only having a seven-man roster, down from 10 a year ago.

“With scoring, it’s about where we are one through five, one through six, one through seven,” Scrivines said. “We feel like we’re deeper this year, even though we don’t have that guy out front like we had Cam last year.”

That’s not stopping the Bobcats from attempting to take the next step and match that output. Kus, who was Quinnipiac’s top finisher at the Stony Brook Season Opener on Saturday, said he wants to break 15 minutes in the 5K and 25:30 in the 8K, marks that would put him near or below Starr’s personal bests in the events.

“I feel like we have a lot of upperclassmen who are ready to step into roles similar to what



COURTESY OF QUINNIPAC ATHLETICS

**Men’s cross country only has seven athletes on its roster this season.**

Cam did,” Kus said. “And instead of it being one top guy, I feel like we can all work together and be up there.”

Kus singled out many in the Bobcats lineup as breakout candidates, including junior Keegan Metcalfe, freshman Michael Strain and senior Andrew Woodbine, who he said has been “working his tail off.”

Success is not going to come overnight for

Quinnipiac, but Scrivines and his group understand how this season acts as a puzzle piece to a much bigger picture and a brighter future in the results column for the distance program in Hamden.

“For us, it’s just about making improvement and we want the general overall trajectory of the program going up,” Scrivines said. “We think that even though we have a lot of work to do, we’re headed in the right direction.”

## Quinnipiac field hockey hunting for playoff berth under new leadership

**By MICHAEL LAROCCA**  
Opinion Editor

Since the Quinnipiac field hockey program was founded in 1995, it has only ever known one head coach: the venerable Becca Main, who announced her retirement this past February after a 28-year career with the Bobcats.

Without Main at the helm, a new age has begun, one led by head coach Nina Klein, who was a member of the Quinnipiac coaching staff from 2018 to 2021 under Main before spending the 2022 season at Boston College.

“I’d say (BC head coach) Kelly Doton is one of the best coaches in the nation,” Klein said. “So to be able to learn from her ... was fantastic and I just want to be a very exciting, threatening attacking team moving forward.”

That lone season with the Eagles gave Klein a new outlook on how she plans to run a Bobcat offense that scored 37 goals in 2022. It was an improvement from the 18 goals scored in 2021, but a far cry from the 65 scored by the 2022 Big East champion Liberty Flames.

“The biggest thing that I want to add in our first season is just a really threatening style of attack,” Klein said. “I want to make sure that we’re in a position that we’re scor-

ing a lot of goals early on.”

Klein inherited a squad that is at a crucial point in their contention window. Quinnipiac finished 8-11 last season, its most wins in a season since 2015, the program’s final season in the MAAC.

As members of the Big East, the Bobcats are perpetually in a tough spot when it comes to postseason contention. With the conference tournament only admitting four teams, Quinnipiac will likely battle for fourth place as conference rivals UConn, No. 9 Liberty and Old Dominion are all consistently ranked among the nation’s top-20 teams.

Now is the time for the Bobcats to strike, as 11 of the team’s 23 players are upperclassmen, eight of which are starters.

Graduate student midfielder Stella Tegmeier — who was named to the preseason All-Big East team — and junior forward Emilia Massarelli fuel the offense again in 2023, while defenders graduate student Olivia Howard and freshman Katie Shanahan will anchor the defensive circle.

“I trust Olivia Howard with my life,” Klein said. “She’s one of our greatest leaders. She’s one of our captains and she’s a great staple of our defense. Then to have Ka-

tie Shanahan, she’s just so poised. She’s almost playing like an upperclassman, and she has great leadership qualities already.”

Despite all of the returning talent and the eight total wins in 2022, only two came in conference play, resulting in a sixth-place finish for the Bobcats.

However, they may not be far off from a playoff berth, as the two teams ahead of them were Temple and Villanova, squads that the Bobcats lost hard-fought games to at crucial points last season.

Quinnipiac lost to Temple on Sept. 16 by a score of 6-3 after leading 3-0 at half-time, and lost 4-3 to Villanova on Oct. 21 after coming back from a 3-0 deficit to tie the game in the fourth quarter. If the Bobcats found ways to win either one of those games, they could be in a completely different spot as a program.

Quinnipiac has already had several missed opportunities like this in their 2023 season. The team is currently 0-2 after one-goal losses to New Hampshire on Aug. 25 and to UMass on Aug. 27.

Massarelli drove the offense against New Hampshire with her first-ever hat trick, but the defense allowed four shots to get past sophomore goalkeeper Cristina Torres in the 4-3 overtime loss. Against UMass, the defense held strong, allowing no goals from the field, but it took the offense 56 minutes to get anything going, resulting in the 2-1 defeat.

The Bobcats don’t play again until Sept. 8 against Dartmouth. Their goal now is to take all that went wrong during the opening weekend and correct it in time for Big East play, which does not start until Sept. 15 at Providence.

Taking over for a long-time coach can be tough, but the team has responded well to Klein’s style.

“It’s definitely different,” Howard said. “I had my four years with (Main), but having (Klein), she just has a championship mindset. She really wants to push the potential of her players and make sure we’re reaching where we want to go, which is the Big East championship.”

The jury is still out on whether that’s where this field hockey squad goes, but there’s no better time than the present.

## Men’s soccer back to ground zero

**MEN’S SOCCER** from Page 12

At the forefront of any great team is great leadership, and the Bobcats are fully confident in the two men chosen to don the armband. graduate student forward Brage Aasen and senior defender Luke Allen, will step into the shoes of former captain David Bercedo.

“I’ve been here four years now and I’d never thought I was going to be captain,” Allen said. “It’s an honor.”

Besides the captains, the roster is chock-full of seniors and fifth years who are ready to step up and push the team, including graduate student midfielder Dario Cavada and forward Tomas Svecula.

“We like to call it a leadership group by committee,” Da Costa said. “There’s a lot of guys who have been here for a while. They know what we’re about, what the culture of the program is and making sure that we continue to instill that and build upon it.”

A strong locker room environment certainly helps what is already a team full of talented players. Both Aasen and Svecula were named to the preseason All-MAAC team, with Aasen also being named the MAAC preseason player of the year.

The Bobcats also have a fresh set of new players joining the team for the 2023 season. Cavada is expected to bolster the midfield with four years of experience under his belt. Freshman midfielder Francisco Ferreira is also expected to make an impact from the jump, already notching his first goal in a 3-1 win against Boston College on Aug. 28.

“All of our incoming guys have done a great job so far,” Da Costa said. “They all look like they’ve been here for a few years, and I think that’s the biggest compliment we can pay to the group.”

The Bobcats know what’s going to be coming at them over the next two months: teams that want to take their spot as kings of the MAAC. Unfortunately for the rest of the conference, that’s right where Quinnipiac wants them.

“I always feel like we have a target on our back, and that’s okay,” Da Costa said. “That’s what we want.”



AIDAN SHEEDY/CHRONICLE

**Quinnipiac field hockey begins Big East play on Sept. 15 at Providence.**



# Rugby hopes to get back to championship glory in 2023

**By ETHAN HURWITZ**  
Sports Editor

Last season, a dreadful 45-10 NIRA semifina loss to the Dartmouth Big Green left a bad taste in the mouth of the Quinnipiac rugby program.

As the calendar turns back to the fall, the Bobcats hope to get back to its winning ways by playing their own style.

“I think each team is different,” graduate student forward Gracie Cartwright said. “They were just a different type of group and that’s perfect. For us, it’s not going to work.”

Those three national title winning teams have laid the blueprint for this current squad, which

bolsters Cartwright, senior forward Kat Storey and senior prop Hannah Pfersch.

There is a lot to be excited about for the rugby team. Nine incoming freshmen give this program a jolt of youthful energy. Junior utility back Fódhla Ní Bhraonáin is deadly accurate on kicking conversions, going 2/2 against Harvard to open the year. 15 members of last year’s squad were named to the NIRA All-Academic team.

The team’s social media presence on both Instagram and TikTok makes it feel more down-to-earth, something the players love to participate in.

“We started doing it in the preseason, it was

actually kinda fun,” Cartwright said. “Every now and then, we have some little bit of fun time, just getting to know each other, especially our new freshman class.”

The team’s new style of play, which features more of a 1-3-3-1 style of offense, opens the field up for some of the wings and plays on the outside more. Players like Cartwright, Storey and junior flanker Riva van der Valk all are able to utilize this offense better. It just takes time to adjust.

“It feels good when you’re on,” head coach Becky Carlson said. “We’re running a completely different game plan that we’ve never run before

... they’re getting comfortable with it.”

However, the season didn’t get off on the right foot for the Bobcats, as the visiting Crimson marched in from Massachusetts to the tune of a 55-14 drubbing.

Despite the hopeful outlook, the Bobcats were handed a blow in their preseason scrimmage last week. Junior forward Lily Cartwright (Gracie’s younger sister) broke her left leg, ending her season.

“It’s been tough for us,” Carlson said. “It’s part of the game.”

But the elder Cartwright has a different approach to her sister’s injury.

“It definitely helps motivate us that we know she has our back no matter what,” Gracie Cartwright said. “It took us aback a little.”

In addition to Carlson on the sideline, the Bobcats added a former all-american to the coaching staff this offseason. Emily Roskopf, who spent four years with Quinnipiac, was brought along in July to help this current Bobcats squad, including taking over that improved social media presence.

“Her experience as a student-athlete in both 7’s and 15’s – along with her time spent as a NCAA head coach – has put Emily on the map,” Carlson wrote in a July 10 press release. “I’m thrilled to have her help lead our student-athletes moving forward.”

With Carlson’s experienced tenure, the player-to-coach pipeline of Roskopf and the veteran depth of the current roster, the Bobcats have the ability to return to the NIRA postseason.

Quinnipiac will search for its first win of the season as the Bobcats welcome in LIU on Saturday. A two-game road trip to Navy (Sept. 16) and Dartmouth (Sept. 23) follow — a stretch of the schedule that is expected to impact the rest of the season.

“We know what our strategies are, what our strengths are, what are weaknesses are,” Gracie Cartwright said. “Together as a group we have a lot of skills ... We’ve just got to put them together.”



Senior utility back Alexis Haskins (26) evades Harvard tacklers during Saturday’s season opener against the Crimson.

PEYTON MCKENZIE/CHRONICLE

## Volleyball is ignoring the noise

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Tennon, are looking to break out during the Bobcats’ title defense. Tennon is likely in the best position to have a break-out year after a decent 2022 season that started red-hot and then cooled down as summer turned to fall.

“(Tennon) put in a lot of good work in the spring and she’s been able to develop into a completely different player,” Diaz said. “She’s now able to play in the back rows. She’s swinging in a different way from the front row ... And I think she’s putting in a lot of work to change the way that she played from last year.”

The team went 1-2 this past weekend as well at the Columbia Invitational, losing to Virginia and Fordham, but defeating the hosts Columbia.

Height will likely play a factor for the Bobcats this season. The graduation of 6-foot-3-inch Nicole Legg now leaves no player on the team standing higher than 6 foot, 1 inch (Turhan). This is the first time since 2009 that the team’s tallest player was less than 6 feet, 2 inches.

The team will be back in action this week-end at the Henson Hawk Invitational hosted by the University of Maryland Eastern Shore. However, the real action begins on Sept. 16 when the Bobcats face off against Niagara to open up MAAC play.

What will matter most for this squad is whether or not it can produce a hot start. In 2021, Quinnipiac started 4-6 in conference play before finishing 9-9, and the 2022 championship team started an even worse 2-7 before finishing 10-8.

Finishing strong is great, but the MAAC Tournament is only admitting the top six teams this year, down from all 10 in 2022 and the top eight in 2021, so every match matters more than usual.

Quinnipiac volleyball has always been a program that’s worked to beat the odds when there is no one believing that they can. In 2021, the squad showed there was potential. In 2022, they showed it was possible. In 2023, it is up to them to show they can do it again.

## Women’s soccer finding its footing

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to the Providence Friars and 1-0 to the Dartmouth Big Green.

Quinnipiac was severely outplayed against Providence, but in its home opener against Dartmouth, the aggressive attacking Bobcat team of last season showed up. The Bobcats outshot the Big Green 13-6, but because of a costly penalty, Dartmouth was able to secure the victory.

“We definitely created enough chances to win, definitely equalize, so we just got to get a little lucky break,” Clarke said. “We saw the one there, the scramble, the keeper had no idea where the ball was, she turns around and it just falls in her hands, so we’re not getting those little breaks and those little deflections are running against us.”

Quinnipiac has created opportunities so far this season, it just couldn’t capitalize through those first two games.

After a tough loss to Dartmouth, the Bobcats

bounced back and defeated Drexel 2-1 at home. Quinnipiac scored its first two goals of the season and finally got some of those lucky breaks that Clarke alluded to.

“I think it’s good for us, we needed that momentum 100%,” Schnieders said. “We instantly got that first goal in the first five minutes of the first half and we just kept going and going and then we got another one in the first five minutes of the second half. We really just needed that to boost our confidence.”

In their most recent game, the Bobcats dominated Stonehill 5-0 for their most convincing win of the season.

Now that Quinnipiac has picked up its first two wins and built some momentum on offense, it should feel much more confident for the remaining non-conference games on its schedule.

But conference play is where it really counts. Quinnipiac’s first game against a MAAC opponent is on Sept. 9 on the road against Niagara.

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Young and senior Liv DiStefano, roommates and captains of the team. With the pair setting the standard as all-conference performers, their precedent has trickled down to the younger members of the team.

“It’s kinda different because (college) went by so fast,” DiStefano said about being a leader. “No matter what grade you’re in, you’re a role model and people are going to be looking at you and learning from you. As a senior and as a captain, I feel like I have more motivation and it comes more naturally to want to help everybody.”

Younger student-athletes, including sophomore Rachel St. Germain — the 2022 MAAC Rookie of the Year — have seen their confidence grow from year one to year two. But the collective togetherness of the upperclassmen has helped St. Germain improve as well.

“I’m close with most of them, so I like to pick their brains if I need help,” St. Germain said. “It means a lot that they stayed. I kept in touch over the summer ... we’re very close.”

It’s not just those three that lead these Bobcats on the trails. Seniors Alessandra Zaffina and Corinne Barney and junior Grace Michaud all help Quinnipiac become a deep,

well-rounded program.

That was evident as Quinnipiac kicked off its fall campaign with a fantastic showing at the Stony Brook Season Opener Saturday, finishing first with 33 points as a team. All five scoring runners (DiStefano, St. Germain, Barney, Young and Zaffina) placed in the top 10.

Whether it is the coaching from Martin, the self-motivation from the student-athletes or a little bit of both, the team’s tactics have clearly worked. The Bobcats only brought in two freshmen and did not lose any athletes from last year. That drive to help push and improve the team has made strides, both on

and off campus.

“This guy at the grocery store was like, ‘oh, women’s cross country, I heard you did really well in the fall,’” DiStefano said. “It’s really cool to be a part of and help build the school a little bit ... every sports team deserves that attention because every team works really hard.”

“It was cool to have the Trader Joe’s cashier say something like that,” DiStefano added. “It made me feel good about the whole team.”

And if this fall was anything like last fall, it will be more than the staff at the West Hartford Trader Joe’s that will recognize these Bobcat runners.





DANIEL PASSAPERA, JACK SPIEGEL/CHRONICLE, EPHEMIA NICOLAKIS/QUINNIPIAC ATHLETICS, PHOTOILLUSTRATION BY CAMERON LEVASSEUR

# Quinnipiac’s four reigning fall MAAC Champions enter ‘23 with dynasty on their minds

## Men’s Soccer

By COLIN KENNEDY  
Associate Sports Editor

Most teams coming off a championship season want to build off of it, using the title campaign to their advantage. The Quinnipiac men’s soccer team is preparing to do the opposite.

The Bobcats want to start at ground zero.

“We wanted a clean slate, and we wanted to sort of wipe last season,” head coach Eric Da Costa said. “We’re proud of that success, that being in the history books, but for this team, they haven’t accomplished anything.”

Da Costa is entering his 19th season manning the ship for the Bobcats, making him the longest-tenured coach in program history. With his experience, Da Costa knows what it takes to reach the top, and this group still has a ways to go.

“It’s just game-by-game and week-by-week, just taking steps in the right direction,” Da Costa said. “We talk about it in training every day, be better today than you were yesterday and hopefully that’s almost as good as you’ll be tomorrow.”

The Bobcats are well aware of the saying, “heavy is the head that wears the crown.” Every team that stands across from them knows the level that they are capable of playing at.

“It’s what we are expecting, and that’s exactly what we want,” sophomore goalkeeper Karl Netzell said. “When you perform well that’s the consequence, but a great team is a team that can handle the pressure and still perform every week.”

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## Volleyball

By MICHAEL LARocca  
Opinion Editor

Heavy are the heads that share the crown.

In 2022, Quinnipiac volleyball went on a run for the ages, winning nine out of 10 matches to finish the regular season. The Bobcats then won another three in the MAAC tournament, including a 3-1 upset over top-ranked Fairfield in the title game, resulting in the program’s first conference championship and NCAA tournament berth.

Despite the Bobcats’ late-season dominance and the return of 10 out of 13 players from last year’s campaign, it was not enough to earn sole possession of No. 1 in the MAAC Preseason Coaches’ Poll. Quinnipiac shares that spot with Marist, both receiving three first-place votes.

“I don’t think we deserved to be tied,” graduate student hitter Aryanah Diaz said. “I think that we’ve put in a lot of hard work and effort into making ourselves known to certain people and to be tied with a school like Marist, we were taken aback.”

Head coach Kyle Robinson was indifferent to the result.

“We do just fine with our own opinions of ourselves,” Robinson said.

With the team’s brightest stars returning, their opinions of themselves will do just fine. Diaz is back, as well as MAAC All-Rookie setter Damla Gunes and sophomore hitter Ginevra Giovagnoni, who was named to the Preseason All-MAAC team alongside Diaz.

Other players, like junior hitter Alexandra

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## Women’s Soccer

By SANTINO MAIONE  
Contributing Writer

Following a humbling 4-1 loss to the Penn State Nittany Lions in the NCAA Tournament, Quinnipiac women’s soccer knew what it wanted to do going into the 2023-24 season.

“My goal, their goal, our collective goal, is to be the dominant team in the MAAC again next year,” head coach Dave Clarke said after last season’s NCAA Tournament loss to Penn State.

In a season where they won the conference for the second time in program history, had the leading goal scorer in the NCAA and dominated its opponents, Quinnipiac had a surefire recipe for success.

However, this year’s team does look slightly different. They lost the likes of Paige LaBerge, Lauren Triglione and Emily DeNunzio among others. However, the biggest loss for this team by far was the 2022 NCAA goal scoring leader, senior forward Rebecca Cooke. Cooke entered the transfer portal on May 4. Fast forward to June 16, when Cooke officially announced that she was joining Penn State.

While the Bobcats suffered several major losses in the offseason, they also made several new additions to their squad, including graduate transfer Lily Schneiders who scored her first goal of the season in the Bobcats victory over Drexel.

So far this season, the Bobcats have a 2-2 record through four games. They were held scoreless in the first two games, losing 3-0

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## Women’s XC

By ETHAN HURWITZ  
Sports Editor

This offseason, the Quinnipiac women’s cross country program raked in the accolades. The Bobcats were tabbed to repeat as conference champions, and as recently as last week, ranked No. 15 throughout the northeast region by the United States Track and Field/Cross Country Coaches’ Association.

Rightfully so, as the defending MAAC champions ran past the competition last year and then some.

“When you’re in the hunt every year, it’s way more exciting,” head coach Carolyn Martin said. “It’s been a lot of fun. We have a tremendous amount of talent right now, we’re still young ... (Last year was) probably the deepest team we’ve ever had.”

With Martin at the helm for what is now her 13th-straight season, the groundwork has been laid for another successful year and a trip to NCAAs, a personal goal that Martin has had for a while.

Last November, the Bobcats had their second-highest placement at the NCAA Regionals in program history, finishing in 12th place. Though the season ended on a high note, the taste for improvement still lingers.

“I don’t think we’re constantly trying to break records,” Martin said. “I think we’re setting new bars and it’s making the program get better and better.”

What’s making the program better is the leadership duo of graduate student Emily

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