



Recreation and Wellness Center construction to be completed by November

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Quinnipiac ‘actively monitoring’ monkeypox virus, university says

By CAT MURPHY
Staff Writer

Quinnipiac University is working to quell fears about the nationwide monkeypox outbreak as students and faculty return to classrooms without masks for the first time since 2020.

“We are actively monitoring public health guidelines and the latest developments with monkeypox,” John Morgan, associate vice president for public relations wrote in an email to The Chronicle. “We also have the added resources and expertise of our on-campus healthcare partner, Hartford HealthCare, to support Quinnipiac’s efforts should any changes be needed in our student health protocols.”

Monkeypox is a disease caused by the monkeypox virus that, though rarely fatal, can cause flu-like symptoms and a painful rash, according to the Connecticut State Department of Health.

According to the Centers for Disease Control and Prevention, person-to-person transmission of the virus tends to occur through prolonged skin-to-skin or face-to-face contact with someone infected with monkeypox, including during intimate relations. However, contact with respiratory droplets or with objects, fabrics or surfaces used by someone with monkeypox can also spread the disease.

Although the CDC began responding to an outbreak of the monkeypox virus in the U.S. in May, the White House did not declare the virus a public health emergency until early August.

The CDC has confirmed nearly 20,000 cases of monkeypox in the U.S. as of Aug. 22, though NPR reported in early August that this figure is likely higher due to limited testing capabilities.

However, the CDC’s data reveal that only 93 cases have been reported in Connecticut, and weekly case figures from the Connecticut Department of Public Health have steadily declined since mid-August.

“Monkeypox cases seem to be declining but are still present in enough numbers to still warrant concern,” said Dr. Ulysses Wu, an infectious disease specialist and the chief epidemiologist at Hartford HealthCare.

High-density congregate living settings such as college dormitories may present a high-risk environment for person-to-person transmission due to the amount of people living in close proximity, Wu said.

“It is possible (the monkeypox virus) could spread on a college campus, depending on their public health measures, as well as education,” Wu said.

Although monkeypox cases are declining nationally, multiple U.S. colleges have reported recent cases of the virus on campus.

According to NPR, monkeypox cases were confirmed at Georgetown University in Washington D.C. and the University of Texas at Austin earlier this summer, and the Center for Infectious Disease Research and Policy reported an additional case at the University of Pittsburgh on Sept. 1. These reports come as many universities, including Quinnipiac, are beginning to relax their COVID-19 policies.

“The best way (to avoid infection) is to avoid close, prolonged physical contact with individuals who may have monkeypox,” Wu said. “This includes not engaging in any risky sexual behavior.”

More than half of undergraduate students nationwide reported having vaginal or oral sex within the last 12 months, according to 2022 data from the National College Health Assessment.

Although anyone exposed to monkeypox is at risk of contracting the virus, CDC data indicates that gay, bisexual and other men who have sex with men account for the majority of monkeypox cases in the U.S. Wu expressed concerns about the stigma that may be associated with the virus as a result and its potential

implications on a college campus.

“Any outbreak, including monkeypox, has the chance to adversely affect any college campus,” Wu said. “But with monkeypox, there may be a stigma associated with it as well.”

Quinnipiac has not implemented any monkeypox-specific safety precautions, though university officials said they are monitoring the outbreak.

“While there have been few reported cases of monkeypox in Connecticut, students can make an appointment to visit Student Health Services if they would like to discuss any concerns regarding monkeypox or to request more information,” the university wrote in an email to the Quinnipiac community on Sept. 1.

The university also directed concerned students and faculty members to the general public health information about monkeypox published by the state Department of Public Health and the CDC.

Many students reported having no concerns about the virus.

“I don’t really have any concerns with the monkeypox virus here on campus,” said Katrina Warren, a senior finance major. “I don’t think

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Renovated Recreation and Wellness Center to fully open in November

By KRYSTAL MILLER
Associate News Editor

The renovation of Quinnipiac University’s Recreation and Wellness Center will be complete by early November, three months later than originally planned, Vice President for Facilities and Capital Planning Sal Filardi told The Chronicle. Filardi said the project was initially planned to be completed by the start of the fall 2022 semester in August but was delayed due to supply chain issues.

The remaining unfinished work includes additional construction and the acquisition of a certificate of occupancy from the Town of Hamden, Filardi said. Currently, the health clinic and counseling areas are fully completed and began seeing students on Aug. 24. Workout equipment is also open for students to use in the weight room.

Filardi said a delay in receiving electrical switchgear pushed back construction by six months.

“We ordered equipment that we were expecting in July of 2021 so we could install it in the summer and then start the whole building,” Filardi said. “That equipment didn’t arrive until the last week of December (2021), so we didn’t get to install it into the first week of January.”

The recreation area is also expanding, with new equipment and the addition of a rock climbing wall. There will also be new dance, yoga, spinning and aerobics studios. The south region of the building will have a grass area with an amphitheater and firepit, Filardi said.

“Now both the health clinic, the counseling center, and the recreation areas are all under the same roof,” Filardi said. “It’s physical health, mental health, healthy lifestyle living because it’s all right there, so it can be a more comprehensive experience for students.”

Tami Reilly, director of fitness and well-being, said the new center will give staff the ability to hold more programs. She said there will be a dedicated space for meditation and yoga.

“So yes, it will be more, but in a great way, like we’re excited to have more opportunities for programming for students when it comes to this idea,” Reilly said.

There will be an addition of an outside recreation area, which will allow for activities such as kayak rentals or hiking. Reilly said these different types of fitness are self-care that students can discover to help their mental well being.

“We’re all so different, so I think it’s going



PETER GALLAY/QUINNIPAC UNIVERSITY

The construction on Quinnipiac University’s Recreation and Wellness Center was delayed by supply chain issues, Vice President for Facilities and Capital Planning Sal Filardi said.

to open up more opportunities for students to explore the ways that they will best take care of themselves,” Reilly said.

The university was also intentional about the center being Leadership in Energy and Environmental Design Gold certified, Reilly said. Quinnipiac’s website says that the building will have rain gardens and living walls, which consist of plants. Filardi said the university will be applying for the certification at the end of construction.

“I just think it has so much more to offer as far as the lighting and the intentionality of the greenery and including the outdoor environment on the inside,” Reilly said.

When the space opens completley, Reilly said she hopes that the center will allow students to connect, even if they do not want to take a class or go to the gym.

“I’m hoping that this space allows students to find other ways to meet their wellness needs and that they’re not intimidated or turned off by coming because it’s so much more than just a fitness center,” Reilly said.

Some students are questioning the date of the center’s opening with the current state of the building.

Instagram account @qubarstool posted a video on Sept. 5 showing water leaking from the building’s ceiling, being collected in trash bins with the caption, “Didn’t know the rec center included a pool.” The video included a text overlay that said “New Rec Center looking ‘ready by fall of 2022.’”

Filardi said the leak happened at the “in-

tersection of the new building and the old building where the exterior glass walls are not yet complete.” He said that additional tarps were used to clean up the water, without causing damage to the building.

Although there has been a delay in the progress of construction, students said they are still excited to use the new features of the facility.

Thomas Scheno, a sophomore biomedical science major, said he will be using the center once it’s finished. He said he is most excited about taking advantage of the new gym equipment.

“It looks very nice from the outside, I haven’t really been in there much, but it does look very nice in there,” Scheno said. “It looks very big, I know there is going to be a smoothie place in there and stuff so that will be cool.”

Ashley Brennan, a junior health sciences major in the 4+1 master of arts in teaching program, thinks that having a space for mental and physical health together is a great idea.

“I really like how they’re doing that juice bar, and I really like the counseling services that they’re going to have, because I feel like they didn’t really have that stuff in the Wellness Center before,” Brennan said.

Brennan said students will be more motivated to use the center with it being aesthetically pleasing and having all new equipment.

“People are definitely gonna go there with their friends and workout and have a good time,” Brennan said.

MONKEYPOX from cover

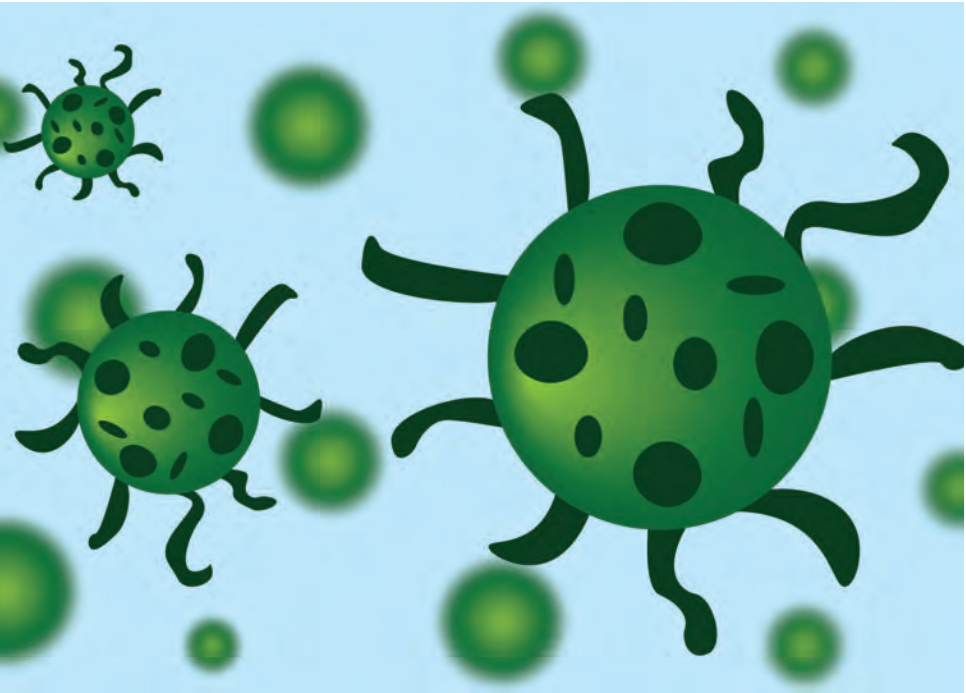


ILLUSTRATION BY SHAVONNE CHIN

the university really has anything to be worried about right now.”

Ethan Figueroa, a first-year film, television and media arts major, expressed similar feelings about the monkeypox virus, saying he felt that the university’s preventative measures have “mostly been centered around COVID.”

“I haven’t seen or heard any precautions,” Figueroa said. “I don’t think I’ve seen (the monkeypox virus) taken seriously, so I can’t take it seriously based on what I’ve seen.”

However, some students acknowledged having concerns about the university’s response to the virus and the potential for an outbreak on campus.

Tobias Adams, a sophomore psychology major in the accelerated dual-degree 3+2 social work program, expressed frustration with the university’s “lack of action.”

“I am semi-concerned for any kind of outbreak, but I’m mostly concerned with the fact that not everybody really knows what (monkeypox) is or what’s going on with it,” Adams said.

Modern language professor creates new linguistics course

By JACKLYN PELLEGRINO
Copy Editor

Associate professor of modern language and interdisciplinary studies Mary Paddock created a new linguistics course that launched this semester, which is the only currently offered course in the subject of modern languages.

Paddock said although there are various language subjects offered in the modern language department, they are never studied together in one course. She said she thought that the course would be a good way to “span the department.” In addition, the course is cross listed in the academic catalog with interdisciplinary studies and anthropology.

“Linguistics is something that I’ve always had an interest in teaching but haven’t had a chance to,” Paddock said. “I was an administrator for a long time and became a full-time faculty member pretty recently. So, I’m able to add a few courses to my repertoire.”

Paddock said the course will cover topics such as the “building blocks” of language, the origin of human language, units of sound and word formation. The course will also go into cultural and regional variations of language. In the last few weeks of the class, students will get to choose a topic for a project such as language acquisition, neurolinguistics or historical linguistics and then they will present it to the class.

Eleven students are currently enrolled in

the class despite it opening after students’ registration period.

The students taking the course this semester will have the opportunity to speak with language informants, which are native speakers of another language, throughout the duration of the class. The 11 students will have a pre-made script that they will ask the informants to translate and then the class will compare how the different languages operate.

“I would very much hope that they will learn pretty quickly that languages are systems and that they are put together and composed of many different things, and they develop in certain ways,” Paddock said. “There are certain universals about language, but there are also a lot of things that make one language different from another one.”

Aileen Dever, professor of modern language and chair of the department, said she believes this new

course will work toward improving the department due to its attention to detail.

“The goal of the course would be to increase our understanding of ourselves and the world through the lens of language,” Dever said. “The value of the course is that it’s something new. It’s a way to improve our communication skills.”

At the end of the semester, Dever said she hopes students will be able to communicate more clearly, understand others, take an interest in how and why we speak and better understand others and ourselves.

“I think it’s a real tribute to Quinnipiac,” Dever said. “Quinnipiac is open to really offering all sorts of different courses, you know, giving students the opportunity to take courses and for professors to innovate and create.”

Naomi Gorero, a junior sociology major, decided to take the course because of an interest in languages. Gorero can speak Korean fluent-

ly, has taken Chinese classes in past semesters and took Spanish in high school.

“I’ve always been so fascinated with languages and how there’s a lot of connection and correlation,” Gorero said. “So ever since I started learning Korean, since 2015, I could see patterns such as how this is connected to Chinese and how also the Korean language is also connected to the Japanese language and other languages have such a familiar pattern.”

In the course, Gorero said she hopes to learn how to analyze languages and how different languages connect.

“I feel like learning about linguistics is so underrated because people are interested in language but they don’t really know how it came to exist or how we are able to form languages,” Gorero said.

Another student in the class, Alexandra Martinakova, a first-year English major, has always been interested in languages and currently speaks five. Martinakova said the class has recently been covering the origins of language, as well as animals and human language.

“It’s really interesting to see the different theories (of the source of language),” Martinakova said. “It ranges from the divine source of the languages given to us by God to ... the fact that somebody thinks we got our language from listening to other animals and the sounds they make.”



ILLUSTRATION BY SHAVONNE CHIN

Two-day, unmasked new student orientation returns to QU

By KATIE LANGLEY
News Editor

The Quinnipiac University class of 2026 began college last week amid almost nonexistent COVID-19 restrictions, including an orientation that reflected pre-pandemic conditions.

While orientation was held in one-day summer sessions for the classes of 2024 and 2025, this year’s newest students had the opportunity to stay overnight in dorms before the start of their classes.

First-year students entering the university, including commuters, chose from five different orientation dates in June or an additional session in August. Transfer students also had separate sessions in June and August to choose from.

Director of Student Engagement Erin Provitalis said that the time of new student orientation had to be cut from around 25 hours to about ten due to COVID-19 restrictions.

“It was really about wanting to move back to be able to cover more stuff at the orientation,” Provitalis said about the return to overnight sessions. “But also really letting students have that experience of being in the residence halls overnight, spending the night there getting used to that feeling and having that experience.”

New students who came to orientation in June stayed in the Irma and Dana Residence Halls and were randomly placed with a roommate from their session.

Students who attended in August arrived the Tuesday before classes began, moved into their assigned rooms for the year, and completed orientation on the subsequent Wednesday and Thursday.

“I liked that they required us to stay overnight because it allowed us to see where we could possibly be living next year and how life at college would be,” said Gabby Pierce, a first-year software engineering major.

Pierce went to one of the June orientation sessions, so she stayed overnight in a different room than the one she is living in this school year, with a different roommate.

“It was a little stressful not knowing who you were rooming with,” Pierce said. “I feel like it was a nice transition though, so we did not just have to jump right into college.”

With a more relaxed schedule, Provitalis said that the orientation program was able to go over resources, traditions and expectations on day one, as well as split new students up into orientation groups and do icebreaker activities.

The morning of the second day of every session was dedicated to academics, Provitalis said. Students met with staff from the Learning Commons and then broke off into specific schools or colleges to learn more about registration and advising.

The program ended with the orientation leaders sharing things they wish they knew before starting college and allowing new students to share any fears they may have going into the new experience, Provitalis said.

First-year business 3+1 undecided major Madeline Monkiewicz said that she made new friends through her June orientation session.

“Although the presentations were long and boring, I enjoyed it for the most part,” Monkiewicz said.

Kripa Patel, a senior health sciences studies major, experienced traditional two-day orientation as a first-year student in 2019 and went on to be an orientation leader in 2020 and 2021, when orientation was limited to one day due to COVID-19 protocols. Now, she is an intern for the orientation program and said she is very glad that the program has returned to its original schedule.

“We were able to incorporate what we’ve been doing for years prior called Evening Entertainment,” Patel said. “Where students can kind of let loose, they can bond with the



AUTUMN DRISCOLL/QUINNIPIAC UNIVERSITY

New students had the chance to stay overnight in university dorms for the first time during their summer orientation sessions in June and August.

orientation leaders and other students in their group and students in other groups as well.”

Evening Entertainment, Patel said, includes activities like playing games and dancing the “Cupid Shuffle.”

Paul Cappuzzo, a senior economics and political science major and orientation program intern, said that more time at orientation strengthens the relationship between orientation leaders and students and between fellow first-years.

“I certainly think that first-year students enjoyed the overnight model more,” Cappuzzo said. “It allowed them to find people they’d be able to connect with during their first couple of weeks on campus.”

In addition to the longer sessions, this summer’s orientation sessions were also mask optional, a new rule since face coverings were required at orientation during the summer 2020 and 2021 sessions, Provitalis said.

“I think that at this point, we’re two and a half years into (the COVID-19 pandemic),” Provitalis said. “My hope was that people would be smart and be respectful and so if they had gotten COVID or they weren’t feeling well, they would choose to not come to orientation and if they were getting over (COVID-19) or they had a close exposure that they were going to choose to mask.”

Despite not requiring face masks, Cappuzzo said that the orientation staff took steps to reduce the spread of illness among new students.

“We asked OLs to test frequently, regardless of symptoms,” Cappuzzo said. “We also encouraged mask wearing for those who may have been more comfortable doing so.”

Opinion

Be proud to be a ‘4+0’ student

A traditional education is nothing to be ashamed of

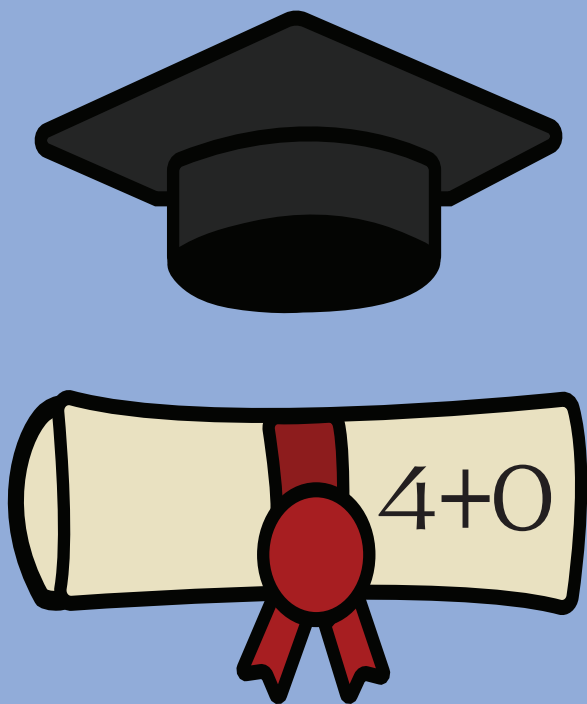


ILLUSTRATION BY AMANDA RIHA

By **HANNAH MIRSKY**
Contributing Writer

I would be surprised if someone in the School of Communications didn’t ask me if I was in the accelerated dual-degree 3+1 program after I say I’m a journalism student. The question of being in this program has come around so often during my time at Quinnipiac that I have begun saying I am a 4+0. I have been met with some laughs, while others felt like I was poking fun, but that wasn’t it at all.

When I committed to Quinnipiac, my deciding factor was the 96% job placement rate in the six months following graduation. I chose journalism because I loved conversing with people and loved writing even more. If the university tells me I have a great chance at working right out of college, and hopefully in a job I love, I have no other questions.

I never felt the desire to finish my education faster, rather I was focused on what I can do in that time to make myself and my family proud. In high school, I never took Advanced Placement courses because I knew I would just take the courses in college. The stress I saw it give to students was also not something I wanted for myself. I knew I could eventually find internships and involve myself in clubs that could give that extra push to do more.

However, this 3+1 program began to irk me. It was always the initial question people asked when they first met me freshman year. My 4+0 education was the same as theirs and we took the same courses during our first semester. It already felt like I was being put in an invisible box even if that’s not what was happening.

But when it came time for class registration for my second semester as a sophomore, I again felt this 4+0 subservency.

I wanted to take the news reporting class, a journalism major requirement that students in the 3+1 program have the opportunity to preregister for to ensure they stay on track. I wanted to take it so I could have the tools to do better as an executive producer for Q30 Television News, but when I

finally hit the register button I did not get into it because the class was already full. I ended up taking my senior seminar course as a second-year — a class I wasn’t supposed to take.

A similar situation occurred again as I attempted to get into the fundamentals of digital journalism course last fall. I was jipped out of it because I couldn’t preregister. Almost all of the seats were already filled by students in the 3+1 program.

It is understandable since they are on a set timeline in which they need to complete these courses on a more accelerated track. For what I could leave off for my senior year, they’d have to take in their third year.

Yet, I am a planner and I knew exactly when I needed to take classes to meet my own academic and professional goals.

I decided my first year on-campus I wanted to be in the Quinnipiac University in Washington, D.C. program during the spring of my junior year. I also declared two minors, none that could be overlapped by SoC courses. This means I have needed to strategically make my course plan to ensure I can succeed in doing everything I want to.

However, it became hard to follow my plan and I would get frustrated that my goals were overshadowed by a program I didn’t feel I needed to be a part of. It is easy to question yourself. Is being a normal college student enough? This is where I feel this invisible line between those in the program and those not.

As I look back, my entire junior year was the reassurance I needed in confirming that 4+0 was the right choice for my educational journey. I completed four internships from the start of my junior year to now— three of them being in cities I’ve always wanted to work in.

The experiences I have had are enough to show I didn’t need to push myself for the extra degree. I had nothing to prove to myself and I know I shouldn’t feel swayed by other students that have different outlooks on what they want out of their college experience.

“I would get frustrated that my goals were overshadowed by a program I didn’t feel I needed to be a part of. It is easy to question yourself. Is being a normal college student enough?”

– Hannah Mirsky
CONTRIBUTING WRITER

But 3+1 is an amazing program to be part of. Students condense their undergraduate education into three years and get their master’s degree that next year. These students, especially if they did not come to Quinnipiac with college credits, are taking 18 credit semesters. On top of that, they are also completing internships and working part-time jobs.

It is easy to feel like you’re not doing enough when you see people enter school the same time as you and leave with an additional degree by the time you have completed your bachelor’s degree.

But I’m proud of being a 4+0 and I hope other regular college students are proud of themselves too. We’re achieving our degrees on our own terms, and that’s something we should all be satisfied with.

Opinion

Love at first flight

Why backpacking across Europe changed my life

By **A.J. NEWTH**
Contributing Writer

If you’ve ever taken a language class in high school or college, you probably spent a significant amount of time studying culture. In Spanish class, you might learn about Día de los Muertos and the famous Running of the Bulls. In French class, you might learn about Claude Monet’s artwork and classic French music.

However, until you really encounter foreign culture firsthand, you will likely never grasp the importance of travel and how it can change the way you view the world.

This summer, I spent two months backpacking Europe and I experienced the culture of 14 different countries from the streets of Barcelona, Spain, to the museums of Vienna, Austria, and everything in between. The journey opened my eyes to a European lifestyle rich with food, music, art and love for life that altered my perspective of the world for the better.

As a British-American dual citizen, I was born into a travel-centric lifestyle, flying to the United Kingdom to visit family since I was three years old. I flew to London by myself for the first time when I was eight and I have been chasing the independence of travel ever since.

What I noticed during my travels is that America lacks an authentic atmosphere. I feel that the United States is consumed by materialism and extremely driven by money, whereas European countries appreciate human connection and conversation instead. The way of life in European countries is so different from anything in the U.S., not just because of the sights and sounds, but because of the experiences that I have never discovered in my American home life.

In the United States, cultural aspects that we come to

know as our own are often borrowed from other countries. According to Insider, hot dogs were invented in Germany and Austria, apple pie stems from Dutch cultures, and even the National Anthem is sung to the tune of a British drinking song. Instead of living in borrowed culture, European countries are genuine in the way they appreciate their own cultures but also acknowledge and respect the cultures of others. That’s what makes Europe so original.

The locals appreciate music, language, food, art and conversation in a way many Americans could never imagine. Text messages are replaced with genuine discussions between strangers. Headphones are replaced with live music on every corner. Instead of taking pictures, you’ll find people enjoying the sights, or sharing a meal without a phone in sight.

I understand Connecticut is not Paris, but I find technology consumes the American way of life. The authenticity in the way Europeans go through their day-to-day life is what seems so inconceivable.

For example, when walking through the streets of Florence, I stumbled across a street performer who brought in a large crowd. He was playing his guitar and singing in broken English for people from all different countries.

To my surprise, these strangers, who were barely united by their limited knowledge of the English language, began to gather and put their arms around one another. Together the crowd swayed and sang the lyrics of the song loud enough to shake the cobblestone streets.

This was unlike any American music experience solely because language is never a barrier in stadiums in the U.S., but in Florence, strangers were able to share the moment using music to connect to each other because language is not an option. The power that music has to replace language is nearly incomprehensible until you experience it.



PHOTO CONTRIBUTED BY A.J. NEWTH
A.J. Newth spent her summer of 2022 traveling Europe, understanding its wealth of culture and personality.



PHOTO CONTRIBUTED BY A.J. NEWTH
A.J. Newth is a British-American dual citizen and grew up traveling to the United Kingdom.

tries, there was one country that I think seemed to value food in a distinctly special way.

The best meal I encountered was on Paros Island, Greece. On my first night there, I found a family-owned restaurant that had been operating on the island for over 40 years. Not only was the food local and fresh, but it genuinely made me feel good.

In Greece, food means so much more than filling your stomach. Where American people worship the corporate ladder and wealth, the Greeks feel richer through human connection and good conversation, shared through a fresh meal.

The Greek people live in a carefree environment. Life is slow and that’s what makes it beautiful. Instead of the American hustle and bustle, the Greeks take each day one at a time. They put so much passion into their way of life and I’m convinced that just by enjoying a meal, you can improve the quality of your own.

Culture is not just something we can understand through a class or a textbook. The European way of life is meant to be experienced through all the senses. It’s in the music on the streets of Italy and the cooking on the Greek Islands. It’s in every conversation with a stranger or through a foreign shared experience.

The world is so big and there are so many incredible places to see, so I encourage you to travel. This trip helped shape me into who I am, so if you’re looking for a life changing experience, you better start packing.



Bobcat Buzz

Be appreciative of our campus environment

By **MICHAEL LAROCCA**
Opinion Editor

When you attend Quinnipiac University long enough, everything starts to seem fake.

Ever since I enrolled, there are times when I’d be going about my day and forget that the campus around me even exists. I used to walk out of my dorm, take one good look at Sleeping Giant and use all of my energy to tell myself that it is an actual place I can visit and explore.

I think we all might take this little college we call home for granted.

As a first-year, I never really had too many opportunities to get off campus because I didn’t have a car, and school-run transportation was unreliable. Most days, my friends and I would just enjoy each other’s company in our dorms or at other spots like the dining hall. For an entire year, I cherished these times with my friends, but I

never really recognized how special our campus is.

In my second year, I can now see the error of my ways. My second Friday back at school, I decided to take a late-night walk around campus for the sake of it. Needless to say, I was blown away in a manner I had never experienced before. It was peaceful. To walk around and hear the quiet sounds of Hamden working in symphony with the fun of a Friday night was almost musical.

The best moment was when I decided to just sit down and look at the stars. It was nothing special, but it’s ours. If every Quinnipiac student sat down and looked up with me, we would see the same sky. Everything around me was real, and it’s all ours to enjoy if we so choose.

Despite all of our frustrations with construction, the Mount Carmel campus is a special place. A place only we as Quinnipiac students can say we’ve lived in and lived through. So let’s appreciate it before our time here is up.



JACK SPIEGEL/CHRONICLE

By AIDAN SHEEDY
Copy Editor

As he emerged from behind the curtain Thursday, the crowd in the Clarice L. Buckman Theater erupted as Quinnipiac University alumnus John Franklin smiled from ear-to-ear, ready to tell stories of drunken mischief, awkward sexual encounters, catfishing moms and the secrets of his time on Netflix’s “The Circle.”

The Student Programming Board’s comedy night was full of laughter as Franklin came out with contagious energy, with the theater containing over 100 students eagerly awaiting his appearance.

“I’m going to remember this for the rest of my life,” Franklin said after the show. “This is the coolest thing ever. I got to do a standup special at my college.”

He was smooth and utterly hilarious. However, Franklin’s first words on stage weren’t even jokes. He began the night just repeating the words “wow” and “this is awesome.”

“I was never really nervous,” he said. “But looking out and (seeing) everyone enjoying it, it just made me feel I’m right where I should be.”

Franklin had the audience in the palm of his hand the entire time. So, he let loose on some crazy stories about his time at Quinnipiac.

Many were on the edge of their seats for every tale of shenanigans, wild nights and unthinkable circumstances. But he had yet to address the elephant in the room—Franklin had just recently come

off the set of the competitive reality show “The Circle.”

The show features competitive elements using social media. The production is similar to that of “Catfish: The TV Show” or “Big Brother.” The show’s format follows players living in completely separate rooms of an apartment building where they are unable to leave or communicate with the outside world. Players are also unable to meet each other face-to-face but rather, strictly through a specialized social media platform.

Before Thursday, Franklin had never done more than 20 minutes of standup comedy. Franklin is a social media content creator and was recently hired by BetMGM as a member of their social media team. In the past, he tended to open for larger comedians in the Northeast region: one of which was his opener, 20-year comedic veteran Sharon Simon.

“She was the first person producing a show that gave me a shot,” he said. “And I wanted to repay her by having her open what would be the biggest night of my standup career so far.”

After Franklin began his routine, he asked the crowd a question: “Is anyone here from New Jersey?” Several hands shot up in the air, but the Hoboken native heard the bombastic voice of Samantha Shaw, a first-year 3+1 film, television and media arts major.

Shaw answered a series of questions to prove many New Jersey houses contain the same insignificant features, like a small refrigerator for the garage and emergency

ice cream. The audience ate this up as Shaw became a part of the show.

“To talk to him directly is so awesome,” Shaw said. “When I tell my cousins back home, they’re gonna be screaming their heads off.”

There was a full-circle moment after the show when Franklin had the honor of drawing the winning number from the SPB raffle. After the first two numbers drawn had missing owners, the magic third number called was none other than Shaw.

“I thought to myself, if he says Samantha Shaw, I might cry,” she said. “Tonight was amazing. The best night of college so far.”

“The Circle” players can choose their own screen name, whether it is their true identity or not. Franklin, being the comedian that he is, decided to log on as his mother, Carol.

“I’m going to remember this for the rest of my life.”

– John Franklin
COMEDIAN/QU ALUMNUS ('19)

Unfortunately, Franklin could not keep up the lie for long, as he was eliminated and could not capture the \$150,000 prize.

After the show was released, Franklin said he has been trying to get used to being recognized almost everywhere now,

getting stopped on the street for photos and autographs.

“I’ll never get used to it,” Franklin said. “It happens literally every day ... it’s something I’ll cherish forever.”

In attendance were Franklin’s parents and some of his closest friends from the show and even a few college friends.

“Ever since I’ve known John, he’s easily been one of the funniest people I’ve ever known,” said Luke Lograno, Quinnipiac Class of 2019. “Everything just comes so easily to him.”

The welcoming feeling of being back on campus was felt by both Franklin and Lograno.

“I’ve seen some of these bits, but to see him do it in front of all these people is just great,” Lograno said. “To see him having fun and you guys having fun is just incredible to see.”

Franklin never seemed to stop smiling and having fun on stage. After the show, he expressed that all the memories from Quinnipiac were coming back. The journalism graduate said although his plans after college have changed, he is happy where he is.

“I never thought I would be considered an entertainer,” he said. “But I also couldn’t imagine any other way of living.”

To Franklin, this is just the first stop on a long journey of a successful comedic career.

“I truly believe only good things are going to come out of this,” he said. “To know that things that I do matter to other people will always resonate with me.”

Roll the dice and take a chance with Game Club

By DAVID MATOS and NEHA SEENARINE

There are only a number of ways you can turn a negative college experience into a positive one, and one of them is by playing Jenga with members of Quinnipiac University’s Game Club.



The Game Club offers a variety of different genres of gaming. From card games, board games, video games, role-playing games or sports games, Game Club’s all-inclusive library connects to every type of gamer, from casual to competitive.

James Dobson, a third-year law in society major and president of Game Club, said the organization is a substantial way for students to rub shoulders with fellow gamers of a multitude of different backgrounds, personalities and gaming abilities.

“You can find all sorts of people at the club,” Dobson said. “We have people that are outgoing, the people that are shy, but they tend to open up when they get to know us ...I’ve made some pretty good friends there myself.”

Deveney Paine, a third-year advertising and integrated communications and graphic and interactive design double major, is the Game Club’s public relations lead. She can often be seen in the Carl Hansen Student Center Piazza handing out meeting flyers for Super Smash Bros. tournaments or the Minecraft servers.

“I don’t usually advertise just the Game Club vaguely because I feel like that’s too broad and doesn’t say a whole lot,” Paine said. “I like to dig into specific events because I feel like that’s what people come to see us for.”

The Game Club also has an associated Discord server, an online communication platform for gamers, where students can communicate outside of their weekly meetings and bond over anything from school to inside jokes between

members.

“School is stressful, a lot of us are in upper years or even in grad school and it can quickly become overwhelming, especially if you’re not one of those people that goes out,” Paine said.

College can be downright maddening, but Game Club is an escape into an alternative reality — bonus points for making real-life friends in the process.

“Sometimes you want something a little bit calmer,” Paine said. “You want to go play board games with your friends. And so I think we’re a really great place for people to come together and just relax a little bit, scream at their friends over a game of Monopoly.”

Though Game Club is open to all educational credentials, the weekly meetings can also act as a proficient way for game design and development majors to test play some of their work.

“It’s a fun experience just playing another student’s game,” Dobson said. “And it also helps that student perfect their game, (while) seeing what a lively test actually entails through that game.”

The Game Club is not looking for members to always come in first place in Mario Kart, but instead a group of friends to throw red shells at each other during the game.

Dobson wrote three articles for The Chronicle between 2020-21.

League of student artists joins campus life scene

Quinnipiac sophomore creates new arts student organization on campus

By ANYA GRONDALSKI
Podcast Producer

Previously drum major for the Lyman Hall High School marching band, second-year Sean Formantes has always had a passion for the arts.

Heading into the new school year, the graphic and interactive design major announced via LinkedIn on Aug. 8, the official recognition of the Quinnipiac University Student Artists League as a student organization on probationary status.

“It was this mix of both artistic and creative thinking, and also just a passion for business and entrepreneurship,” Formantes said. “Those are the things that stuck with me after high school.”

Upon arriving at Quinnipiac, Formantes ran for the Student Government Association as a first-year senator and was elected. Throughout his term, the arts remained at the front of his mind. He had multiple conversations with Quinnipiac’s Director of Music Dr. Sprengelmeyer, and worked on an initiative to clear out the music building on Sherman Ave.

“That was something that really stuck with me, I always wanted to do something arts related on campus,” Formantes said.

Formantes is currently involved with The Quinnipiac Legends A Capella group as social media manager, Quinnipiac’s Chapter of the American Institute of Graphic Arts as vice president and treasurer, and The Chronicle as a designer. During his college search, one of the most important things he looked for was

finding a school with an artistic background. It was important to Formantes that there be a space to express himself uniquely.

“Art is a means of expression,” Formantes said. “It’s a means of communication. It’s a way of sometimes tapping into the unconscious. And I think that’s so important because it’s personal and philosophical, it helps us to think about our own perspectives and also ask those difficult questions.”

But Formantes said he observed early in his search that Quinnipiac does not market itself as an arts school.

“Which is interesting, because we are a notable liberal arts college,” Formantes said.

Formantes did extensive research on the topic, citing past Chronicle articles that discuss the arts in campus culture. He also had his own personal experience with lack of support.

“(In The Legends) we were going to compete in-person at this competition in Hartford, Connecticut, but it got canceled due to COVID,” Formantes said. “We had to do a virtual recording with mics, professional standards, on a stage... But something we realized was that, well, we can’t really do that here. We don’t have the facility or the resources to do that on our campus.”

Hoping to find a solution, Formantes formed the idea to create SAL.

“It was just in the back of my head,” Formantes said. “It wasn’t fully thought out, but I just thought it would be awesome if we had a community for visual and performing arts students to gather, and just create and collaborate on projects and what not.”

bit of success.

“We actually had a small meeting prior to the end of May where we had, I want to say about 15 people that came,” Formantes said. “There were a lot of people who are active in our theater program that showed up, and then some of my friends along with members of SGA.”

Formantes approached assistant teaching professor of theater Abigail Copeland in the spring semester to be SAL’s faculty advisor. Copeland said she hopes SAL generates more creative thinking and collaboration on campus, while also helping students to heal.

“The need to form community, especially in the wake of something like a worldwide pandemic, is at the core of what it means to be human,” Copeland said. “Being able to come together with others and create new and exciting work after experiencing such collective trauma is only one way of healing our communities and ourselves.”

Formantes’ hard work and dedication has culminated in SAL’s first official meeting as a recognized organization, which will be Sept. 12. Although the idea was originally conceived and pitched to SGA, SAL is unaffiliated with the organization.

“I’ve always kind of seen this as a coalition, but not necessarily a council or governing body,” Formantes said. “I see it as an organization that hopes to partner with other arts organizations. I want it to be like a resource.”

Formantes said he also wants to prioritize recruitment and retention as student groups



PHOTO BY RAMIRO VARGAS / CONTRIBUTED BY SEAN FORMANTES
Sean Formantes initiated the Quinnipiac University Student Artists League to welcome the arts on campus.

STUDENT
ARTISTS
LEAGUE

Formantes first brought the concept to SGA’s first-year cabinet in March and received positive feedback. From there, he worked with Associate Director of Student Engagement Hannah Cranston to get the organization up and running. In just that short time, he’s had quite a

LOGO CONTRIBUTED BY SEAN FORMANTES

return to primarily in-person events and meetings.

“I think something that we need to look at is: Are students interested?” Formantes said. “Is this something they want to be a part of? I’m hoping for our social media to have a focus on content creation. I want to be able to showcase that SAL is an interesting organization because we’re starting up, we’re building trust.”

Formantes is a staff designer for The Chronicle.

Dog days: Finding comfort in being alone

By MICHAEL LAROCCA
Opinion Editor

This was a long summer.

From May 13 until Aug. 23, I got to enjoy what I have come to love within my hometown of Middletown, New Jersey. I had all the benefits of home. I got back to work in my local bagel shop, I had a Dunkin’ within walking distance from my house and I was able to drive along the beautiful Jersey Shore coastline.

But after this past year, I saw everything differently.

After spending countless nights with friends during my first year at Quinnipiac University, the calm and sheer quietness I experienced at home was one thing I needed to adjust to.

Instead of being able to walk across the hall, knock on a friend’s door, and have the whole night to hang out, I was forced to make plans with friends from home. And if no one was around that night, I had to bite the bullet and make my own fun.

Surprisingly, as the summer went on, I found myself becoming more and more okay with that. When I was in high school, I saw Saturday nights alone as a social failure. If none of my friends were around, I would essentially mope around the house, walking around in my self pity.

For some reason, when I came home for the summer, I no longer saw it as a failure.

Maybe it was the fact that I was simply busy during these months. From May through July, I was working an internship at a local newspaper, completed seven credits worth of summer classes and worked at least three days a week at the bagel shop.

And when the internship and summer classes ended, I was working upwards of six days a week and shuttling my brothers back and forth to football practice.

All of this is just a long-winded way of saying I had enough going on for me to be OK with simply relaxing at the end of the day rather than spending the evening out on the

town. I would much rather spend time with friends, but I was no longer upset by their absence.

Instead, I made the most of the people around me. I’m ecstatic to say that my two younger brothers are finally at the age where I can productively hang out with them as I would with my friends. When we were all at home, we would go on adventures like a little LaRocca crew.

Those were the best moments of the summer, as I realized there isn’t much time before the three of us all grow up and become responsible adults.

The time with them I used to see as a nuisance finally became something valuable.

And on days when even my brothers weren’t available, I was fine with just being lazy, something that was difficult for me to do at Quinnipiac this past year. With no other responsibilities, I became a couch potato.

This was possibly the greatest summer of my life when it came to my television consumption. I sat down and watched the entirety of “The Sopranos,” “Breaking Bad” and “Better Call Saul.” These shows pulled me in so strongly that on nights when I was home alone, I would just enjoy the company of Tony Soprano, Walter White or even Jimmy McGill.

By summer’s end, I was fully focused on where I am

now, back at school. I knew that before long, I would be back with my friends, knocking on each other’s doors and spending whole nights together.

While I understand that my college years should be some of the greatest years of my life, I think this summer taught me what life post-college is going to be like. Some days might be more eventful than others, but as I’ve grown, I think I’m going to be okay with that.



ILLUSTRATION BY ALEX KENDALL

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My gripe with Grindr

By DAVID MATOS
Arts & Life Editor

After opening the Grindr app on your phone, you’re probably met with several captivating habitual gay dating app niches.

If you’re lucky enough to find a profile that isn’t a blank face with an ominous biography, the headless torso paired with a forward display name such as “looking?” or “masc 4 masc” is typically the alternative.

For those who don’t know, when a man says they’re looking for something on Grindr, they’re most likely not looking for a relationship, they’re looking for sex.

Those with a “masc 4 masc” profile are typically men that identify as masculine but are only “looking” for another man that fits into that masculine label.

You’ll learn an unbelievable amount of gay lingo the more you’re on the app, trust me.

You might have perceived Grindr as just a popular dating app catered to gay men if you’re not in the LGBTQ community. Think in the same vein as Tinder or OkCupid, but for men who have a preference for other men. Though you’re not completely wrong, I’m here to tell you, as a gay man, that the app has grown to be so much more than that since its launch in March 2009.

Based on my experience, the app has become a haven for members of the LGBTQ to connect with other app-goers to solicit sex. I mean, what can you expect from an app called “Grindr?”

My gripe with Grindr doesn’t have to do with the fact that the app is more sex-focused than dating. If anything, I applaud there being an app where gay people can safely and consensually connect with other people in the community in this regard.

I can’t just go up to any guy I’m attracted to and flirt my way to the bedroom. Even straightforwardly asking for someone’s number or complimenting another guy’s appearance comes with a safety risk. Two men can’t even be seen in public performing typical couple things like holding hands or giving a kiss goodbye without the potential of some homophobe enacting a hate crime.

The app is an easy way for gay men to find sex locally and has its benefits, however, its faults can be emotionally draining. For one, Grindr reinforces skin-deep ideals prevalent in the gay community due to the app being sexually-driven.

Like many people in the LGBTQ community, I don’t look like most gay guys’ close-minded perception of what

a man should look like.

Many app-goers, from my experience, condition their ideals after the hyper-commercialized look of the porn stars they regularly watch on Pornhub. From pale skin, ripped bodies and jawlines so perfect you would think they’re a Greek god personified, I’m none of it.

I’m overweight, under six feet, feminine and a person of color. These qualities are things I had to learn to tolerate or love about myself, and my time on Grindr only makes the process longer.

Not to mention being compared to Lovely Peaches and Jackée Harry on the app, though sometimes humorous, you can imagine my continuous frustration with Grindr.

Aside from the occasional shady comment, racism on the app is also an ongoing issue that has yet to be completely resolved. I often find profiles on the app with discriminatory language in their bio like “I’m not into Black guys” or “White masc guys only.”

Amid the Black Lives Matter movement, Grindr eliminated a filter that helped users riddle out ethnicities that did not meet their preferences. Though this was a step in the right direction, the pain it has caused is still fresh. The idea that some gay men still excuse their racism by labeling it as a preference is disheartening.

Not only is there a clear preference for only certain ethnicities on the app, but I have also frequently experienced dated body image ideals frequently into play.

My freshman year of college was pre-pandemic and before I discovered the world of fast food delivery services like DoorDash and UberEats. I was about 100 pounds lighter. During this time I found myself getting a lot more action on the app than I do now. When I was thinner, it was customary for other guys on the app to send unsolicited photos of their

genitalia or to make inappropriate comments about my body.

Now, my encounters usually start with another guy asking if they can see a picture of my stomach, being told they’re not into chubby guys or blocking me after simply saying hello.

Seeing how I was treated then versus now is undoubtedly eye-opening. It’s apparent how different body types on the app are perceived by some of the LGBTQ community.

It can be upsetting for fit men that are primarily looking for love than a sexual encounter to be objectified or for men who don’t fit the ideal body standard to not be given the time of day in any regard. It’s understandable to simply not be attracted to certain people, but there are less demeaning ways to approach it.

What’s supposed to be a safe space for gay men to find their soulmates has turned into a digital circus. If you’re looking for love, good luck, because all you’re going to get is an offer for meaningless sex from user “sugar daddy for young” or blocked by another user who doesn’t have a “preference” for Latino men.

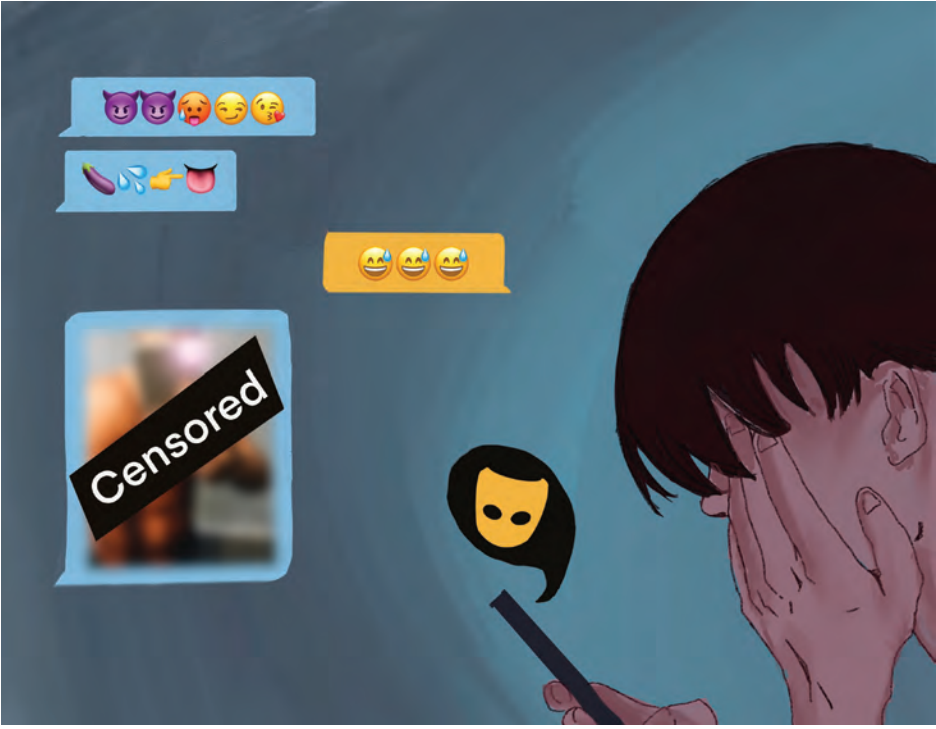


ILLUSTRATION BY ALEX KENDALL

Post-nut clarity’s dreadful aftermath

By NEHA SEENARINE
Arts & Life Editor

There are several moments when our bodies have a sense of relief. It can be from getting out a nasty cough or taking off

your socks after a long day. But behind closed doors during intimate moments, we can experience a climatic shift leading to post-nut clarity and its consequences.

The term “post-nut clarity” was introduced to the world on the podcast, “Call Her Daddy” in 2018. Host Alexandra Cooper and former host Sofia Franklyn explained that “post-nut clarity” is when, after a man reaches sexual climax, he urgently contemplates his life for worse or for better.

However, the idea of post-nut clarity happening only to men is bogus. It’s ridiculous to think women don’t get horny too.

It happens to everyone. Post-nut clarity is like when you’re driving through fog and then you can see once you arrive at your destination. All of a sudden, there is a sensational shift in your mind and the internal lightbulb powers on.

In hindsight, post-nut clarity sounds great. It allows the person to think straight after their wave of sexual desire is gone. However, post-nut clarity can lead to uncertain emotions after the deed is done.

The medical term for post-nut clarity is post-coital dysphoria or post-coital tristesse according to a 2019 study by psychologists Joel Maczkowiack and Robert D. Schweitzer. It can be described as a “condition that can cause feelings of sadness, agitation and crying after

intercourse.” The study shares that 41% of men experienced PCD in their lifetime.

There are unwanted feelings that come with everything in life no matter how minor it is. For example, I can feel bad about purchasing the last pack of gum because what if someone needs a fresh, minty breath more than I do? Understandably, there can be a stir of emotions after intimacy.

Sex is tied to an increase in dopamine and prolactin hormones, Kimberly Resnick Anderson, professor of psychiatry at UCLA School of Medicine told Cosmopolitan.

"Dopamine is considered the 'foot-on-the-gas' of the sexual car and prolactin is considered the 'foot-on-the-brake,'" Resnick Anderson said. "After the euphoria of orgasm, prolactin may trigger dysphoric feelings."

Post-nut clarity can come with regret.

Have you ever purchased an item online and thought it was a waste of money afterward? That’s the same feeling that can happen after a climax.

When people are aroused, they don’t have a sense of stability, according to a 2016 study by psychologists Shayna Skakoon-Sparling and Kenneth M. Cramer. The study found that “both men and women experiencing strong sexual arousal may have lower inhibitions and may experience impaired decision-making.” The main goal is to satisfy the feeling of arousal.

However, sometimes, we forget that people are involved in our desires. When you’re absorbed with personal needs at the moment, you’re willing to see anyone that can help you get the job done. Afterward, the magic is lost and the person doesn’t mean much to you. You might notice your partner becoming distant. There is no way to control people and how they decide to treat you.

Post-nut clarity is not definitely to blame for why people become distant. However, it’s a part of our hook-up culture when there’s a lack of communication. It’s almost like that one time you decided it was a good idea to eat Taco Bell before a big interview, post-nut clarity also comes with the consequence of remorse.



ILLUSTRATION BY AMANDA RIHA

Scores & Schedule

Tuesday 8/30

MSOC won 2-0 @ Vermont

Friday 9/2

VB won 3-1 vs Hartford @ Delaware St. Inv.

Saturday 9/3

WSOC won 3-2 vs Maine

MSOC won 3-0 vs Hartford

FHOK won 4-1 @ Dartmouth

RUGBY won 47-14 vs Brown

VB lost 3-0 vs Delaware St. @ Delaware St. Inv.

WXC 1st of 7 @ Stony Brook Season Opener

MXC 6th of 6 at Stony Brook Season Opener

Sunday 9/4

FHOK won 1-0 @ Maine

Tuesday 9/6

MSOC vs Northeastern

(results unavailable before publication)



SEPT. 3 CAMERON LEVASSEUR/CHRONICLE



SEPT. 3 PEYTON MCKENZIE/CHRONICLE

Wednesday 9/7

WSOC vs Fordham 2:30 p.m.

Friday 9/9

VB vs Morehead State & North Alabama

@ Comfort Inn-vitational 11 a.m. & 4:30 p.m.

WTEN vs Army @ UConn Duals 3 p.m.

FHOK @ Lafayette 7 p.m.

Saturday 9/10

MXC & WXC @ Siena Invitational

GOLF @ Yale Invitational 9 a.m.

VB vs Robert Morris

@ Comfort Inn-vitational 11 a.m.

RUGBY @ Harvard 1 p.m.

MSOC vs CCSU 2 p.m.

WTEN vs Fairfield @ UConn Duals 2 p.m.

Sunday 9/11

GOLF @ Yale Invitational 9 a.m.

FHOK vs LIU 12 p.m.

WTEN vs UConn @ UConn Duals 1 p.m.

WSOC @ Rhode Island 1 p.m.

Cross country: running in opposite directions

By CAMERON LEVASSEUR
Sports Editor

Men's Cross Country

It's no secret that the Quinnipiac men's cross country team isn't exactly the most successful team on campus. It's never made an NCAA championship meet, never finished in the top 15 at NCAA regionals and has only placed higher than seventh in the MAAC twice since joining the conference in 2013. But a new head coach and a plethora of veteran returners are hoping to finally turn the tide.

The Bobcats hired David Scrivines for the role at the beginning of August. Scrivines, who led both the men's and women's programs at Fairfield for the past five seasons, enters the job with 25 years of experience at the helm of cross-country programs.

His position is one of high turnover, as the departure of Rich Marcello to SNHU earlier this year made Scrivines the third man to hold the post in as many years.

The team he inherited is returning 11 athletes from 2021, including graduate student Cam Starr, who was the highest placing Bobcat in five races last season. Starr boasts career bests of 15:12 in the 5K and 31:18 in the 10K.

Junior Andrew Woodbine is another name to watch out for this season. The Rhode Island native has recorded four personal bests in the past year, including a 5K PB of 15:35 at the Rider Invitational in April.

Quinnipiac, which was tabbed No. 8 in the MAAC pre-season poll, kicked off its 2022 slate with a sixth place finish at the Stony Brook Invitational on Saturday. Starr led the way for the Bobcats, posting a time of 19:54 for 6K.

Women's Cross Country

On the other side, the women's distance squad at Quinnipiac has consistently found themselves among the best in the MAAC, never having finished outside of the top five in the conference meet. It seems only inevitable that this trend will continue in 2022.

The Bobcats were ranked No. 3 in the preseason poll, equaling their placement in last year's MAAC Championships. The team is returning its three lowest scorers from the meet, including senior Liv DiStefano. She earned fifth place finishes in back-to-back cross country conference championships and is coming off a strong outdoor season



CARLISLE STOCKTON/QU ATHLETICS

that saw the East Hampton, Connecticut, native break 17 minutes in the 5000m.

Graduate student Emily Young, who finished just behind DiStefano at the conference meet last fall, was the only senior who elected to return for a fifth year with the program. Aside from her speed, Young's leadership will be invaluable to a team that brought in six freshmen for 2022-23.

Among the freshmen is Rachel St. Germain, whose impressive high school resume has her poised to immediately step into a big role with the Bobcats.

St. Germain, who hails from Somers, Connecticut, won four state championships, four New England championships and a national title in the 5000 at the 2022 Nike Indoor Nationals. Her PB of 16:59 in the event places her just behind DiStefano for the best mark on the team.

Fellow freshman Sierra Gray is also looking to be a big contributor to this Quinnipiac squad. The Long Island native placed second in the New York Class B Cross Country Championships last season and holds a 5K PB of 18:25.

The Bobcats' mixture of veteran talent and young blood puts them in a prime position to challenge six-time reigning champion Iona for the conference crown. 2015 was the last time the Gaels didn't win the MAAC, when Quinnipiac snapped what was then a 10-year reign for its first and only title in the conference.

The Bobcats also began their 2022 campaign at the Stony Brook invitational, finishing in a tie for first place with the meet hosts. Young led the way for Quinnipiac, running 14:30 over 4K for fourth overall, followed by St. Germain in seventh and DiStefano in eighth.

All for one: Rugby's emphasis on team is paying off

By CAMERON LEVASSEUR
Sports Editor

Five years, 26 games and a pandemic separate the Quinnipiac rugby team from its last winning season.

That 2017 season saw the Bobcats go 10-2 en route to their third straight national championship. In the four seasons since, they've won 11 games total. The 2022 iteration of the team is looking to turn the tide.

Led by 17 upperclassmen, Quinnipiac's roster has the veteran presence to maintain composure when it's put on the ropes, something it's struggled with in the past.

"Historically when you look at when the opposition has scored, no matter what the margin is, you see our body language tends to wane a little bit," head coach Becky Carlson said following the team's home opener on Saturday. "Today when Brown scored back and answered back, we really didn't have any of that."

While they might not show up on the stat sheet, these intangibles can make or break a team, which is why they've become a focal point for the Bobcats.

"You really want a team to be able to bounce back and have the correct conversations," Carlson said. "In rugby, there's not really any stoppage after you score. They have a couple – maybe 30-45 seconds to gather and really get some key messages, and they've been working on what those key messages are."

A lot of those messages focus on teamwork and togetherness, concepts that are vital in a sport like rugby. The team gained a greater sense of this in late August when it made the trip north for a preseason bout with St. Francis Xavier in Nova Scotia.

"I think for them to be able to travel internationally as a

team to compete and see some high level Canadian rugby was fantastic," Carlson said. "That played more into our connectivity than anything else ... I really think it energized them."

That energy showed when the Bobcats took to the field to begin their 2022 campaign this past weekend against Brown, as eight different players combined for nine tries to earn a lopsided 32-point victory over the Bears.

"Honestly, our preseason this year was amazing," sophomore utility back Fódhla Ní Bhraonáin said. "We had so much energy every practice, and if we didn't we made sure we brought it, and that helped a lot."

Some of that practice intensity can be attributed to the squad's newcomers, who, according to Carlson, have kept their feet on the gas day in and day out.

"There's a tenacity about them and a will to want to compete," Carlson said. "They came to preseason and it wasn't this 'hey let's all be connected and best friends', it was like 'hey, let's all be connected and competitive and push each other. And that's what we've been lacking a little bit of.'"

The Bobcats brought eight freshmen into the program this year, including center/wing Cassidy Dugdale. The San Diego native scored two tries against Brown in her collegiate debut.

Among Quinnipiac's veteran returners are senior forward Gracie Cartwright and junior fullback Kat Storey. Both were All-NIRA honorable mentions in 2021 while Storey led the team with nine tries on the year.

Ní Bhraonáin is another player to keep your eye on. She had the Bobcats only successful conversion attempt in Saturday's matchup and should continue to be impactful as the team tries to implement a more kick-heavy game plan this season.

"She was phenomenal today," Carlson said. "She put a foot on it, her placements were absolutely fantastic."

The game plan Quinnipiac is utilizing values field position over possession, which showed in its regular season opener, as Brown rarely had the ball in the Bobcats defensive half.

With a game in the books, things are looking up for the Bobcats as they trudge on through the fall. Of course, you can't put too much faith in a single performance, but this Quinnipiac team has faith in itself, which says a lot about the program's chances to compete for a fourth national title come November.



CAMERON LEVASSEUR/CHRONICLE

Volleyball ready to make the jump

By **MICHAEL LARocca**
Opinion Editor

Most people are aware that Quinnipiac is a hockey institution. This is true. However, from August through November, the most exciting team on campus resides within the caverns of Burt Kahn Court.

Quinnipiac volleyball is coming off one of its most exciting seasons in recent memory. The Bobcats upset Marist in the MAAC Quarterfinals, reaching the conference semifinal for the second time under head coach Kyle Robinson and just the third time in program history.

Prior to Robinson’s tenure, the program was rather unsuccessful, with only one winning season at the Division I level before he arrived in 2019.

While Robinson hasn’t yet brought the team above a .500 winning percentage under his leadership, his squad’s recent postseason success has them poised for a breakout season in 2022. The Bobcats were ranked third in the MAAC Preseason Coaches’ Poll, receiving one of 10 first-place votes. The other nine were given to in-state rival Fairfield.

These expectations gave the team a different feeling heading into the season, the first without any real COVID-related restrictions since 2019.

“It’s so much better to be honest with you from a lot of different perspectives,” Robinson said. “We’re not in that stranglehold of COVID. Right now, it doesn’t feel like it

at least, so that’s great.”

Seven players from last year’s squad are returning, including All-MAAC First Team middle blocker Nicole Legg, who decided to return to Hamden for her graduate student season.

Other upperclassmen, like senior hitter Aryanah Diaz and junior setter Chloe Ka’ahanui, will look to thrive in more substantial leadership roles, especially on a team with six freshmen.

“We don’t allow you to come here and be passive,” Robinson said. “You’re not going to come here and be a floater, just kind of hanging around. So in their own little way, they’ve all stepped into a role where they take the lead on some things.”

Some freshmen, however, already stepped up into the spotlight of Division I competition, with hitter Ginevra Giovagnoni being awarded MAAC Player of the Week honors for her performance during the team’s opening weekend at a mini-tournament hosted by Stony Brook.

“I think her performance was amazing,” Robinson said. “To have to carry us as a freshman in our opening weekend is not an easy task. So she did an excellent job, I would say she started off a little bit shaky, but got her feet underneath there pretty quickly and was pretty satisfied with her performance.”

Another freshman of note heading into the thick of the season is setter Damla Gunes. In the team’s five-set loss to Fordham on August 27, the Turkey native recorded 55 assists, six shy of the single-game program record of 61. Despite the near-historic performance in her second collegiate

match, Gunes was unsatisfied.

“You try to practice so hard to get to this level,” Gunes said. “I just want to be my best. And I know I can do better. 55 assists in five sets is not that much. I can do better.”

Gunes had to wait for a better performance, though, as she played in just three sets and accumulated 18 assists during the team’s weekend at the Delaware State Invitational. The Bobcats went 1-1 in that tournament, defeating Hartford in four sets and losing to Delaware State in straight sets.

However, her and the rest of the team will have plenty of time to improve and regroup before beginning conference play Sept. 17. The MAAC itself has found itself in an interesting position in 2022, deciding to allow all 10 teams to play in the conference tournament, compared to only six teams allowed in 2021.

“I understand what they’re doing,” Robinson said. “I think as long as the tournament is structured well, and not taxing teams, especially the teams who have fought all season and been at the top for so long. As you’re not taxing those teams, I think it’s an okay move.”

With all of the talent arriving for the Bobcats in 2022, along with the experience the upperclassmen can provide for their younglings, the sky is truly the limit. I reiterate, Burt Kahn Court is going to be a special place this fall. I hope you saved your seat.



CONNOR LAWLESS/CHRONICLE ARCHIVES (2021)



DANIEL PASSAPERA/CHRONICLE

Field hockey changing the narrative

By **SETH FROMOWITZ**
Staff Writer

After a less-than-ideal 2021 season where the Quinnipiac field hockey team finished with only three wins, the Bobcats have a new outlook headed into the 2022 campaign.

Head Coach Becca Main, who is entering her 28th year with the program, discussed a key factor that can positively impact the new season.

“One of the number one things was getting our strength back,” Main said. “We were out of the weight room for two years because of COVID ... so it was really good for us to get stronger.”

Playing just 15 games last season, and only nine the year prior, Quinnipiac will suit up 19 times in 2022, the most since 2015, putting its newly-formed strength to the test.

“We spent a lot more time tactically in positions,” Main said. “If you’re a right defender or a right midfielder, we had that player train that way for four to five months, so that’s brought us to the point of meshing the two groups together, the 16 from the spring and the new seven makes it a little more cohesive.”

One player, however, finds herself in the role of both newcomer and returner.

“We also got to bring back (senior) Eva Veldhorst,” Main said. “(She) played for us her freshman year, then COVID hit and she’s

been gone for two years but came back to do one year for us.”

The senior midfielder and Netherlands native last played for the Bobcats in 2019. She was the only freshman to start in all 18 games that year, registering four points in addition to earning a spot on the Big East All-Academic Team.

One of the more exciting storylines for this season would be the seven incoming freshmen, especially goalkeeper Cristina Torres.

The Barcelona native comes into this season after competing in the 2022 U18 Spanish National Championship, where she was named the tournament’s top goalkeeper.

She now enters the fall campaign with the starting role.

“She is the woman on the team who has played the most this past summer,” Main said. “She is very humble, very all about giving to everyone around her.”

Torres is still getting acclimated to her new environment, but still receives high praise from her teammates.

“I do also have three Spanish-speaking players now so that’s helpful for all three of them,” Main said. “But she is the future ... She has two goalkeepers behind her with the experience and I think the threesome, in general, is very good in the cage ... I’m excited to see her grow and she has already learned a lot in these past three weeks.”

One of those three helping Torres with the language bar-

rier is junior midfielder Micaela Grajales, an Uruguay native and the team’s current on-field captain.

“I feel like I’m one of the most aggressive players we have,” Grajales said. “I want to go forward to every ball like it’s my last, and that motivates the team.”

While Grajales may describe her style as aggressive, the coaching staff sees it as passionate.

“Micaela cares a tremendous amount,” Main said. “She also has a high hockey IQ. So when you put those together, she has the ability to be the catalyst on almost everything that we’re doing.”

Her ability to spark this team paid dividends this past weekend, as the Bobcats knocked off No. 22 Maine in a 1-0 thriller, the program’s first win against a nationally ranked team since 2016.

With the help of its impactful international players, the team will look to turn things around before conference play begins. The Bobcats open their season with five out-of-conference games before the first Big East matchup of the season against Temple on Sept. 16.



PEYTON MCKENZIE/CHRONICLE

Soccer teams looking to exceed expectations

By **BENJAMIN YEARGIN**
Associate Sports Editor

In the COVID-shortened season in the spring of 2021, the Quinnipiac men’s soccer team won seven games and lost two. The Bobcats made it to the MAAC playoffs as the No. 1 seed. They coasted by Siena and Fairfield, and made it to the championship, where they played Monmouth. The final? 1-0, in favor of the Hawks.

Fast forward to the fall of last year, the team went 9-8. This season, the team hopes to return to playoff contention and potentially compete for a conference championship.

One of the few things that remains from both those teams is the front three of senior forwards Brage Aasen, David Bercedo and Tomas Svecula, who were responsible for 17 of the Bobcats’ 27 goals last season. Aasen led the team in goals with 11, and was named First Team All-MAAC for his efforts.

The chemistry of the forwards has been incredible and has helped foster a phenomenal team culture.

“Right now, the environment is perfect. With this, we can get everything to be honest,” Bercedo said after a 3-0 win against Hartford on Saturday.

The Spaniard played the third most minutes on the team last season, while also leading the team with six assists. Bercedo will wear No. 10 this year and the captain’s armband, drawing striking similarities to former Quinnipiac midfielder Paolo Soares. Soares provided tremendous leadership to the Bobcats during his tenure, and Bercedo literally takes on his responsibility to lead this Quinnipiac team.

The team tends to run a 4-3-3 formation, with the left and right backs drifting in and out of the midfield, looking for runs from the forwards and executing passes towards the net.

The midfield is where things aren’t as stable for the Bobcats. Losing Soares and midfielder Dejan Duric leaves a hole that the Bobcats are trying to fix.

Graduate student midfielders Noah Silverman and Alex Holle, along with senior midfielder Domen Bozic, will help plug in those holes. Off the bench, look to see junior midfielder Ter-

rance Wilder Jr. and senior midfielder Andrew Sullivan come in to bolster the middle.

The back four and goaltending has gotten significantly more consistent.

Junior defenders Jared Smith and Luke Allen have been consistent staples starting in the back line. Smith embodies the term “playmaker.” Turnovers have bit him before, but his vision and accuracy on his passes help the team tremendously on defense and in the midfield.

Freshman defenders Alexander Stjernegaard, João Pinto and Luke Schierenbeck are seeing lots of minutes in the back, and have been holding their own. In net, head coach Eric Da Costa has been going with sophomore goaltender Matthew Pisani, but he has also rotated freshman goaltender Karl Netzell into the mix.

Quinnipiac has a lot of depth. They can mix and match the lineups to find the most optimal combination, and use the plethora of talent on the bench often.

For example, the Bobcats’ second-leading scorer last year, sophomore forward Sam McCann, is not starting. Neither is senior midfielder/forward Jason Budhai or senior defenseman Magnus Reistad. Da Costa has the liberty to start or bench them, but while on the bench, he can have full confidence in them filling in for the starters.

“From a coach’s perspective, it’s massive to know that you have a security blanket,” Da Costa said. “If you can lose a player or you need to make a change, then you have some people of quality that can do the job.”

Quinnipiac sits at 2-1 on the year so far, but it has yet to begin conference play, which kicks off Sept. 28, against Siena. With Monmouth out of the conference, the team’s biggest challenges are now Rider, Iona and Saint Peter’s. The Bobcats went below .500 against all of these teams the past 10 years.

A team with this much talent up front and consistency in the back, in the net and occasionally in the middle could compete in the MAAC playoffs and potentially chase down an elusive MAAC championship. Sloppiness, inaccuracy and an unreliable midfield are some of the only things that may halt its chances to do so.

By **ETHAN HURWITZ**
Sports Editor

Coming off a spring where they were named No. 1 in the MAAC Preseason Coaches Poll, as well as seeing the defending champion Monmouth Hawks leave the conference, the Quinnipiac women’s soccer team is, on paper at least, the favorite to claim the throne in 2022.

But how will they reach the highest peak in such a competitive conference? It all starts at the top.

Head coach Dave Clarke, who has been at Quinnipiac for 23 seasons, has been the one mainstay in a collegiate program that has been ‘oh-so-close’ for more than a decade. The winningest coach in Quinnipiac history is returning for another year after an abrupt loss to Monmouth in the conference championship halted a team’s seemingly-certain title.

“You got to look forward. You have to learn from your mistakes from the past. If you don’t look at the past and learn from the mistakes, you’re going to make them in the future,” Clarke said after the team’s 3-2 win against Maine on Saturday. “There’s so many twists and turns before, it has to be one game at a time.”

Clarke referenced a number of qualities needed to rebound from a tough championship defeat, but one thing in particular that is seen in this edition of Quinnipiac soccer has been its toughness and speed. These traits have been common denominators for this program, which has won 163 games since Clarke took over as head coach.

But coaching can only take a team so far.

Going down the hierarchy, it is hard to ignore junior forward Rebecca Cooke. The MAAC Preseason Player of the Year is coming off one of the best seasons that Quinnipiac soccer has seen in a number of years. After four games in 2022, Cooke already leads the team in goals (5), points (11), shots (25) and shots on goal (15).

This team also features several returning contributors, such as graduate student defenseman Lauren Triglione, senior goaltender Meaghan Phillips and junior forward Courtney

Chochol. This strong core of players may not get the media recognition that Cooke receives, but their ability to round the team out gives Clarke a lot of mix-and-match opportunities.

“I’ve been here a long time where you don’t have options on the bench, now there’s options everywhere,” Clarke said. “It’s a long season ... Nothing changes.”

As usual, the incoming freshman class is already making impressive strides within the program. The youthfulness of first-year players can give a spark to any team, but this group has given Quinnipiac bunches of energy. Players like midfielder/defenseman Molly Andrews, midfielder/forward Milena Branco and forward Morgan Cupo are all contributing to the team’s early success not only in games, but also in practice and beyond.

“New people always bring that sense of competitiveness, they are eager to get into the team,” Cooke said. “It also puts pressure on us to maintain our standards, so that we can stay on the squad as well.”

The Bobcats have started off firing on all cylinders this season, but it won’t mean anything unless they can match that effort when conference play begins on Sept. 17. Quinnipiac closes out its regular season schedule with 10 straight MAAC matchups, a fantastic test before the conference playoffs.

Although the Bobcats have had their way with the conference as of late, Clarke is wary of claiming Quinnipiac as a potential championship team.

“Do I think we will be there in the playoffs? Yeah. Do I know where we will rank? No, because there are 10 other teams, some of them are doing really well.”

For one of the better programs within Quinnipiac athletics, the gaping hole in the soccer team’s trophy case is glaring, as the Bobcats have not won a conference championship since 2001. However, based on the otherworldly expectations from last spring and the beginning of this season, 2022 might be a magical fall to remember in Hamden.