

Arts & Life

Former QU student involved in domestic abuse scandal

By **LILLIAN CURTIN**
Opinion Editor

On Oct. 8 and 10, content creator Camilla Araujo posted a two-part podcast on YouTube titled “McKinley’s Story (The Truth of Jack Doherty).” It was a complete exposé on the person that content creator and manager Jack Doherty really is.

Content creator McKinley Richardson and Doherty were together until May 2025. Now, Doherty is dating Christiana Sansone, a former Quinnipiac University student.

Sansone started at Quinnipiac in fall 2023 as a nursing major, after graduating from Seymour High School, also in Connecticut. She was a member of the sorority Kappa Alpha Theta until she randomly left the university at some point.

She’s practically deleted any evidence of the life she had before starting a career in content creation on social media.

When she left Quinnipiac, she traded Boomer for an alleged groomer.

Richardson and Doherty had a fake wedding in November 2024, where he gave her a prenup at the altar and said, “So, shawty gets absolutely nothing when I divorce her, even if I cheat...” but followed it up with the fact that if Richardson cheated, she’d have to pay him \$10 million. He’s an entitled brat.

Thankfully, Richardson has friends that she can rely on, including Araujo, who supported her throughout this mess and abuse. When I watch Araujo speak to Richardson in the video and in other videos that have been released, I can’t help but envy that level of loyalty and care.

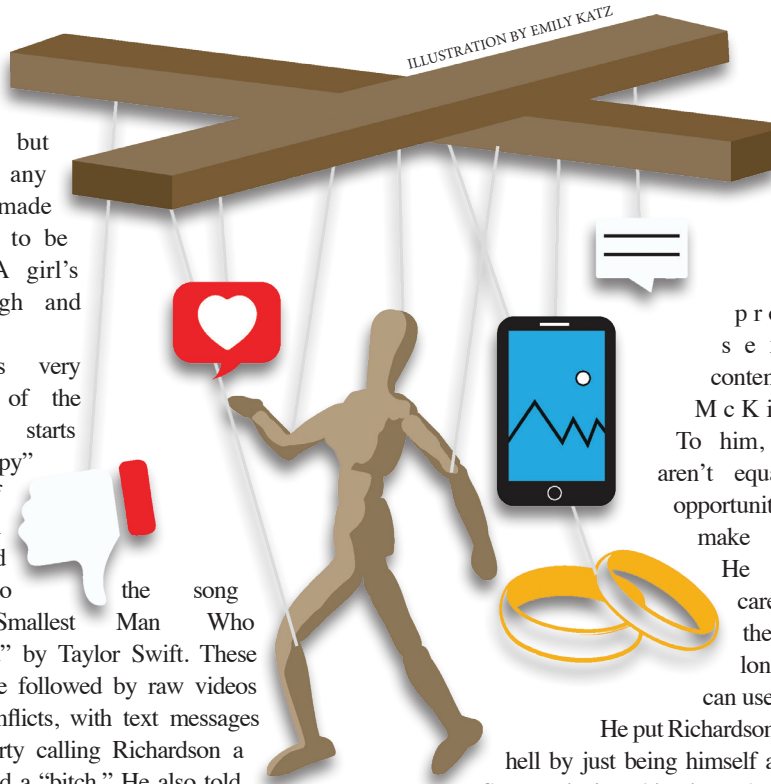
Araujo made it clear there wasn’t going

to be any profit from the video, but instead, any money made was going to be donated. A girl’s life through and through.

Araujo’s very first part of the podcast starts with “happy” clips of Richardson and Doherty, to the song “The Smallest Man Who Ever Lived” by Taylor Swift. These videos were followed by raw videos of their conflicts, with text messages from Doherty calling Richardson a “whore” and a “bitch.” He also told her he hated her while threatening to hurt himself if she didn’t do what he said.

Throughout the videos, we can clearly see Doherty’s narcissistic behavior, which involved name-calling, gaslighting and overall manipulation. There was one video specifically where Doherty is pointing to her breasts while she silently cries, saying, “her tears went right between her tits, look at that.”

His behaviour is disgusting, and he shouldn’t be around any women, let alone manage those



who produce sexual content like McKinley. To him, women aren’t equals, but opportunities to make money. He doesn’t care how long as he can use them.

He put Richardson through hell by just being himself and now, Sansone isn’t making it any better.

Towards the end of the second part of Araujo’s video, she gives Richardson a chance to “talk about the new people involved.” That would include Sansone, the previously mentioned former Quinnipiac student.

Richardson goes into detail about Sansone and other women harassing her online. Sansone has claimed that McKinley wasn’t telling the truth.

Like I said, Richardson and Doherty split in May 2025 after over a year of him draining her and bullying her publicly online. He and Sansone

began dating in the same month. In fact, they’ve even hinted at the relationships overlapping. Sansone said, happily, “Maybe I was the side chick. Maybe he was cheating on McKinley with me.” It’s not something to be proud of.

From the looks of all of the screenshots and videos that include a police call and a restraining order, and a new girlfriend who is claiming that they may have been unfaithful to Richardson isn’t exactly convincing anyone that Doherty’s a saint.

For someone who hates Richardson so much, Sansone is seemingly trying pretty hard to shift into a copy of her. It’s not even just appearance, but the videos they’re making are exact copies. I’m not exaggerating. There’s a video of Doherty “proposing” to Richardson, and a video of him doing the same to Sansone. It’s a replica, right down to the skyline in the background.

Araujo was graceful enough to point out that Sansone may be in a similar situation that Richardson was in. It changed my perspective a bit on the situation.

I feel a little bad for Sansone, as does Araujo. Araujo and Richardson know the extent to which Doherty is a liar and manipulator, and they recognize that Sansone may be getting treated horribly behind closed doors, or even on camera.

One day, if Sansone comes forward with her own story, hopefully, she’ll have someone like Araujo to have her back. I just hope she isn’t so caught up in being a mean girl that she’ll push any of her true friends away.

But for now, Araujo and Richardson have made one thing clear: the truth will come out eventually.

How food brands convinced us more protein is better

By **SOPHIE MURRAY**
Staff Writer

According to MyPlate, the average adult should consume between five to six and a half ounces of protein foods per day, with the exact amount varying by age, gender and activity level. Yet in a world where more is assumed better, that guideline is largely ignored.

Protein is undeniably essential to a balanced diet. But how many people are actually sticking to their recommended intake? The answer is very few and there is one big reason why.

If you slap the phrase “high protein” on a label, consumers automatically think it is healthier for them, and food brands have caught on.

Suddenly, protein is not just whole foods like chicken, beans or peanut butter, it is now being artificially pumped into any food imaginable.

I don’t know about anyone else, but I can not go to the store without getting ambushed by protein. It is everywhere added into random products you would never expect: popcorn, Pop-Tarts, cereal, foods that were never meant to double down as gym fuel.

Somewhere along the way, protein went from being a nutrient to being a solution to everything. Want to lose weight? Eat more protein. Want to gain muscle? Eat more protein. It has been marketed as the universal fix and people are buying it.

You cannot go on social media without seeing recipes for “high protein pancakes,” “high protein pasta” or even “high protein ice

cream.” People are turning basic meals into science experiments, dumping protein powder, cottage cheese or greek yogurt into it, because apparently every dish needs to be qualified as a gym supplement.

To be clear, protein is important. It supports muscle growth and repair, bone health and immune function. But it gets to a point where high protein becomes too much protein. That is where the problem starts.

I realized society has a protein obsession when Starbucks released their new protein drinks and cold foams. Vanilla Protein Latte. Protein Matcha. Banana Cream Protein cold foam. Chocolate Protein cold foam. Each drink ranges from 29 to 36 grams of protein per serving and that is before adding the extra serving of

protein cold foam on top.

Out of curiosity, I looked up a few video reviews on the drinks. I just could not imagine something that is supposed to be sweet and indulgent possibly

tasting good with loads of added protein. And

I feel like most people agree that artificially added protein just does not taste good. There are countless articles online devoted to why protein products, especially protein powders, taste so unpleasant and why everyone hates the taste of them.

However, all of the reviews I saw said it was great, especially the Iced Protein Matcha with the Banana Protein cold foam, so I decided to give that specific one a shot.

And it tasted exactly how I expected: like straight protein powder.

I love matcha and I like bananas. However, with all the added protein, every recognizable taste was completely lost. No matcha or banana, just a chalky artificial aftertaste.

Starbucks is not the only company looking to jump on the trend. More brands are reformulating their products to earn that high protein badge.

We even have celebrities like Khloé Kardashian who launched her own protein popcorn brand called Khloud. They have three different flavors: Olive Oil and Sea Salt, Sweet and Salty Kettle Corn and White Cheddar, with each serving containing seven grams of protein.

It is not that eating too much protein is going to destroy your health overnight. The real issue is that the collective protein obsession is distracting us from a much bigger question: What are we sacrificing in the process?

When everything becomes protein packed, we stop paying attention to the fact that many of these foods are ultra processed. If it has the protein label on it, there is no concern whatsoever.

At the end of the day, popcorn does not need protein. Popcorn can be an enjoyable snack without having to justify itself as a fuel source. Food does not have to earn a place in our diet by promising muscle growth or weight loss.

Maybe the real mark of health is not just about how much protein you can cram into a latte or popcorn bag, but how often you can eat something just because it tastes good.

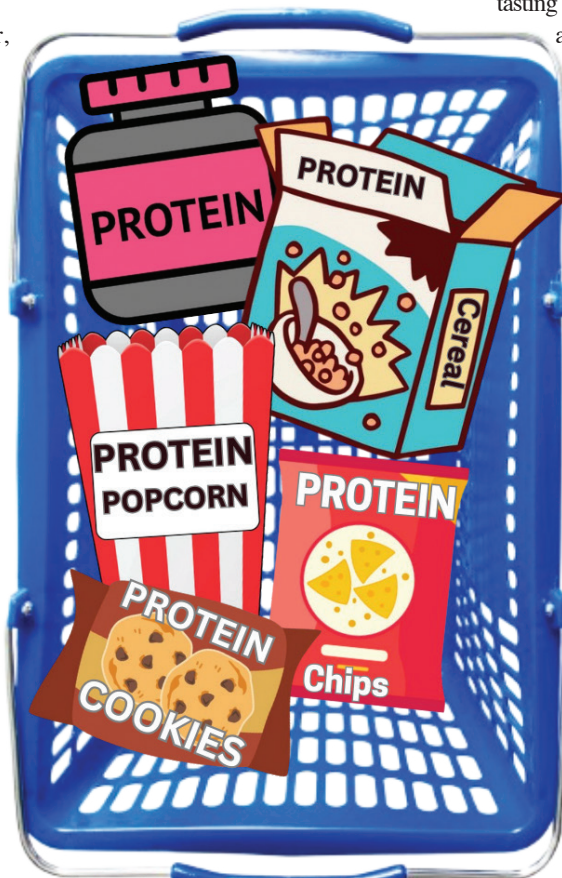


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