

The Charger Bulletin

The student news source for the University of New Haven

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Members of the university community gather outside of Maxcy Hall in support of Ukraine, West Haven, April 1, 2022. Photo courtesy of Charger Bulletin/Mia Adduci.

University community unifies to support Ukraine

BY MIA ADDUCI
Student Life Editor

University graduate student, Arman Agwal, has encouraged those in the community to “come to support freedom, and to support life.”

On April 1, staff, students and individuals from the surrounding community gathered outside of Maxcy Hall to “bring people together on campus both to express opposition to what the Russian state was doing and also for us to show support for the people of Ukraine,” said organizer and history professor Bradley Woodworth.

A sea of blue and yellow filled the quad, from arrangements of balloons to the Ukraine flag flying in rows in the grass, and a large-scale flag draped between the arms of groups of students gathered in support. University community members of all backgrounds and ages congregated in unison to speak on and listen to the efforts of Ukraine and their impact on the rest of the world surrounding them.

The university’s marching band performed a number of songs, with sounds of Ukraine echoing

throughout the academic side of campus. The crowd around the podium that stood in the center grew larger as the ceremony continued.

Attendees also heard first and second-hand perspectives about the activity in Ukraine from staff and students, varying from personal and anecdotal standpoints, and one involving academic discourse.

Matthew Schmidt, professor of national security, was one of the first to speak, who spoke in “honor, glory to Ukraine.”

When asking the crowd to consider the nature of this statement, he said, “What is it to glorify something? It is to sanctify it. How do you sanctify something? You sacrifice.”

He continued, saying, “When we say ‘glory to Ukraine,’ we are saying glory to the women and the men and the children who have sanctified what is Ukraine’s war of independence, and they will win,” eliciting a surge of audible support from his audience.

Andrii Kryvoruchko, a senior criminal justice major, spoke on his perspective as a Ukrainian with much of his life remaining overseas.

In part of an anecdotal insight

into the thoughts and feelings of Ukrainians in the U.S., he said, “It’s painful to hear friends tell me how loud missiles are when they hit my hometown.”

Kryvoruchko continued to tell the crowd about his sister and grandmother, who recently fled from Ukraine to Poland, and in a call to action said, “Today, I urge the U.S. to open the borders to Ukraine... I also urge NATO to close the sky to prevent further casualties.”

Oksana Goroshchuk, a postdoctoral fellow with the Yale Medical School, also presented herself to speak at the rally. She drew back to Ukraine’s history of revolutions in 1990, 2004 and 2014, saying that there was a display of the democratic nature of the country through these events.

“I stand up against all the atrocities that are happening right now in my county,” Goroshchuk said. “Putin’s supporters are responsible for every raped and murdered woman, for every killed child and man, for every destroyed and looted home. It is not about love or hatred, it is about justice. The world has to help us stop the Russian army and return our cities.”

Toward the end of the event, Woodworth stood again before the community, and spoke in nuance on the conditions of Putin’s Russia which have, according to the professor, contributed to the recent warring events. He said that “the Russian people have been lied to by their government,” speaking on the ways that Putin holds control over all of Russia’s news outlets.

When speaking in retrospect after the event, Woodworth shared his satisfaction with the outcome of their efforts.

In preparation for the rally, Woodworth said that “we were strongly supported all throughout the process of organizing and holding the event,” something that he and Agwal, who co-organized the event, said to be very grateful for.



University community members hold up a Ukrainian flag with its coat of arms, April 1, 2022, West Haven. Photo courtesy of Charger Bulletin/Mia Adduci.

“Jujutsu Kaisen 0” is a perfect prequel film

BY FINLEY CHAPMAN
Contributing Writer

“Jujutsu Kaisen 0” (JJK 0), the prequel movie to Gege Akutami’s popular anime and manga series “Jujutsu Kaisen,” is a fantastic example of an anime movie done right. The movie, which was released in the U.S. on March 18, follows Yuta Okkotsu, a student who transfers to Tokyo Metropolitan Curse Technical College to exorcise a vengeful curse attached to him named Rika. His journey eventually leads him to fighting a rogue sorcerer in order to save Tokyo, his friends, Rika, and, ultimately, himself.

JJK 0 as a whole is visually stunning. Animated by MAPPA, whose other works include “Yuri!!! on Ice” and “Attack on Titan: The Final Season,” the movie features the same fantastic animation as the original anime series. The fight scenes, in particular, are absolutely amazing. The flashy effects and hard-hitting attacks keep you on the edge of your seat, and certain bone-breaking punches can make you wince in sympathy for the main characters or cheer

as they take down a particularly tough enemy. Even mundane actions, such as walking down a hallway, are animated smoothly and flow extremely well. MAPPA has certainly demonstrated their animation expertise once again.

JJK 0’s story is another highlight of the movie. Learning about the various characters as well as their backstories and motivations allows you to sympathize with them and even gives fans of the original series more knowledge about their favorite characters. Yuta’s story, in particular, is moving, despite following some common tropes. Watching him grow from a meek person who doesn’t stand up for himself to a force to be reckoned with is very rewarding.

One of the main drawbacks of JJK 0 as a whole, is the lack of interconnectedness, due to being based on a manga volume, which are multiple chapters combined into one book. JJK 0’s manga, for instance, consists of four chapters. While there is an obvious overarching plot, the movie feels almost episodic. It is very easy to tell where the original chapters are, and plot beats seem relatively disconnected in

between. This issue is something that the Jujutsu Kaisen anime was able to avoid due to its creation in an episodic format. Sadly, as a movie, JJK 0 runs directly into this pitfall.

Another issue directly related to this lack of interconnectivity is the absence of a sense of time passing. In the manga, this passage of time is very easily seen in between the chapter breaks, as Yuta increases his skills in fighting and becomes closer to his classmates. In the movie, you don’t get a sense of time passing until the very end, making it harder to follow the progression of character’s relationships to each other.

Despite these drawbacks, Jujutsu Kaisen 0 is, ultimately, a fantastic movie, particularly for fans of the anime. With bombastic action scenes and a heartfelt storyline, despite its clichés, it’s no wonder it has already become one of the top 20 highest grossing movies in Japan, making it a perfect example of an anime movie done well, and definitely worth buying a ticket to see it at a theater near you.



Will Smith slaps Chris Rock at the Academy Awards, March 27, 2022, Los Angeles. Photo courtesy of @web_news.mz on Instagram.

Will Smith banned from Oscars for 10 years

BY ANTOINETTE YEN
Entertainment Editor

Will Smith is banned from attending the Academy Awards for the next 10 years as a result of slapping comedian Chris Rock on stage during this year’s ceremony.

The Academy of Motion Picture Arts & Sciences President David Rubin and CEO, Dawn Hudson, made a statement on Friday which said, “The Board has decided, for a period of 10 years from April 8, 2022, Mr. Smith shall not be permitted to attend any Academy events or programs, in person or virtually, including but not limited to the Academy Awards.”

The Board of Governors meeting, initially scheduled for April 18, was held on Friday in Los Angeles after Smith announced his resignation from the Academy last week. According to a board member, the decision was made after much deliberation about the consequences of an on-stage slap.

The Academy’s letter said, “The 94th Oscars were meant to be a celebration of the many individuals in our community who did incredible work this past year; however, those moments were overshadowed by the unacceptable and harmful behavior we saw Mr. Smith exhibit on stage.”

“During our telecast, we did not adequately address the situation in the room,” the Academy also said in the letter. “For this, we are sorry. This was an opportunity for us to set an example for our guests, viewers and our Academy family around the world, and we fell short — unprepared for the unprecedented.” In their letter, the Academy said it expressed “deep gratitude to Mr. Rock for maintaining his composure under extraordinary circumstances. We also want

to thank our hosts, nominees, presenters and winners for their poise and grace during our telecast.”

“This action we are taking today in response to Will Smith’s behavior is a step toward a larger goal of protecting the safety of our performers and guests, and restoring trust in the Academy,” the letter said. “We also hope this can begin a time of healing and restoration for all involved and impacted.”

“I accept and respect the Academy’s decision,” Smith said in a statement to CNN, which came just minutes after the Academy’s ruling.

“My actions at the 94th Academy Awards presentation were shocking, painful, and inexcusable,” he said. “The list of those I have hurt is long and includes Chris, his family, many of my dear friends and loved ones, all those in attendance, and global audiences at home.”

Smith did not apologize to Rock while accepting his Oscar, however he did issue a statement nearly 24 hours later on Instagram, writing, “violence in all of its forms is poisonous and destructive. My behavior at last night’s Academy Awards was unacceptable and inexcusable.” “Jokes at my expense are a part of the job, but a joke about my Jada’s medical condition was too much for me to bear and I reacted emotionally,” he also said.

“I would like to publicly apologize to you, Chris,” he said. “I was out of line and I was wrong. I am embarrassed and my actions were not indicative of the man I want to be. There is no place for violence in a world of love and kindness.”

Rock decided not to press charges and has yet to formally address the matter.

The actor will keep the Oscar he won this year for his role in “King Richard.”

Camila Cabello releases new “Familia” album

BY SAIGE BATZA
Student Life Editor

After much anticipation, Camila Cabello fans can finally stream the pop star’s third studio album, “Familia,” released last Friday. The album features both upbeat and tear-jerking tracks that highlight Cabello’s transparent vulnerability with her fans.

One of the first songs listed on the album, “psychofreak,” narrates Cabello’s journey of healing and anxiety over the past decade. Having been recognized as a role model for women across the world, Cabello has acknowledged that it’s not always easy being in the public eye 24/7, as she mentions in the second verse of the song: “Everybody says they miss the old me, I been on this ride since I was fifteen.”

Cabello even mentions her ex-band mates, Fifth Harmony, who she had unresolved conflicts with after departing from the group in 2016. In the second verse of the song, she sings, “I don’t blame the girls for how it went down.”

During a recent interview with Jimmy Fallon on The Tonight Show, the artist opened up about the inspiration behind her work. “I started this album during what was a low mental health period for me,” she said. “My own battles with anxiety and mental health, I was young, and I felt a lot of shame in talking about it. I’m not trying to prove myself to anybody or impress anybody, I’m just trying to be me, be vul-



Camila Cabello during the Familia Live event, April 8, 2022. Photo courtesy of @camila_cabello on Instagram.

nerable. Being seen is [part of] the healing.”

Other records released on the album include “Quiet” and “Boys Don’t Cry,” both sultry and emotionally-driven songs that reveal hidden truths behind her relationship with ex-boyfriend Shawn Mendes. During the second verse of “Quiet,” Cabello depicts an image of a man who fans suspect can only be her ex-lover, who she broke up with back in November. She sings, “Did you get taller? Your hair is longer. Couple tattoos since I saw ya.”

“Boys Don’t Cry” features lyrics that reveal the conflict Cabello was facing during her relationship with Mendes before

their mutual public break-up. During the second verse of the song, she sings, “Hate it when you shut me out, acting like it’s your s*** to figure out. Don’t wanna be touched, don’t wanna discuss, I get it I just, uh. Now I’m in my head, about what’s in your head. Come back to bed, can we talk about it?”

Cabello also collaborated with Ed Sheeran on their most recent hit single, “Bam Bam” and released a music video for the song on March 5. The release has already gained tremendous traction from fans all over the world, gaining almost 40 million views.

“Familia” is available to stream on all major music platforms.

Anti-Russian discrimination in U.S. on the rise after Russia's invasion of Ukraine

BY FINLEY CHAPMAN
Contributing Writer

Since Russia invaded Ukraine, Russians who have immigrated to other countries have been facing increased discrimination and violence. This hostility has manifested itself in decreased business and employment for companies with Russian sounding names, even if these companies are not Russian.

Other business owners have reported receiving threatening phone calls and messages. Olga Sagan, a woman who immigrated from Russia in 1999 and is now an American citizen, said she recently received a frightening phone call from someone who threatened to attack Piroshky Piroshky, her Russian bakery in Seattle.

Russian expert and head of Carnegie Mellon's Heinz Col-

lege, Sarah E. Mendelson, said that she "can't recall such intense anti-Russian backlash translating into people protesting restaurants or products, even after Russia's bombing campaigns in Syria and its invasion of Crimea in 2014."

The overall hostility and violent behavior that Russians have recently experienced has extended far beyond businesses and restaurants.

Children of Russian immigrants in the U.S. have reported being bullied at school, while homeowners have had their cars vandalized. One member of the NHL told agent Dan Milstein, who works with many Russian and Belarusian clients, that a stranger told him to "pack his bags and go back to effing Russia."

Unfortunately, the discrimination follows historical precedent in the U.S. During World War II,

Japanese individuals and families in the US were put into internment camps.

More recently, after the 9/11 terrorist attacks, many hate crimes were perpetrated against Muslim businesses, homes and people.

David Foglesong, who teaches history and specializes in U.S.-Russian Relations at Rutgers University, said that Americans need to work to overcome discrimination and hatred towards Russians, and, "instead of terminating cultural exchanges and person-to-person contacts, we should be seeking to maintain them."

Chris Haynes, a professor of international affairs, national security, and political science at the University of New Haven, assessed why people are discriminating against Russians and Ukrainians, and what leaders



Hands point to a map of Russia. Photo courtesy of Pexels/Lara Jameson.

should be doing to protect against this.

"People are holding Russian-Americans accountable for these misdeeds, he said, "sometimes people will use them as a reason to take their own personal

frustrations out."

Haynes also said, "the most important thing is for responsible people and leaders to speak out against these kinds of things and identify the villain, which is Putin."

Ketanji Brown Jackson confirmed to Supreme Court

BY FINLEY CHAPMAN
Contributing Writer

Early last week, the U.S. Senate advanced Judge Ketanji Brown Jackson's nomination after the Senate Judiciary Committee deadlocked.

This decision has ultimately paved the way for Jackson's confirmation, which became official last week. With her nomination advanced to the senate floor, Judge Jackson was confirmed to the Supreme Court on April 7, making her the first Black woman on the Supreme Court. The vote was 53-47, mostly along party lines, with three Republican senators voting in favor.

Throughout the nomination process, the combative set of confirmation hearings have helped further highlight the growing partisanship of the Supreme Court and the government as a whole, giving rise to concerns about future nominations.

Before being confirmed, Jackson faced four days of confirmation hearings, where she fielded questions from the bipartisan Senate Judiciary Committee.

Several senators focused on Jackson's record on crime, honing in on her sentencing history for child pornography cases.

There has been particular media attention drawn to Sen. Ted Cruz's (R-TX) line of questioning regarding critical race theory. Cruz alleged that critical race theory was taught as part of the curriculum of the private Washington school that Judge Jackson is on the board for.

Increasingly, senators will base their confirmation votes on whether the nominee will follow

their party's political philosophy. This decision was put on full display in Jackson's hearings, where only three Republicans voted to bring her nomination to the Senate after the judiciary committee's deadlock. However, this focus on partisanship is not entirely new.

Joshua Sandman, a professor in the legal studies, political science and international affairs department at the University of New Haven discussed this trend. "Over the past few decades, we've seen a polarization process take place," he said. "The Senate is not looking at whether a person is qualified; they are looking at the ideology of the candidate to determine how they're going to vote on issues that affect their agenda."

Sandman also predicted that the Supreme Court nomination process will become more polarized in the future, saying, "you will need a democratic president and senate, or a republican president and senate, to get someone approved."



Ketanji Brown Jackson wears a robe. Photo courtesy of Creative Commons/H2rty.

Negev Summit leads to discussion and opportunities for future summits

BY LILLIAN NEWTON
Staff Writer

The Negev Summit, an Israeli-hosted summit conducted with Arab partners and diplomats from the U.S., officially concluded on March 28. The summit acted as a show of unity against Iran, while also doubling as an opportunity to encourage Israel to reignite peacemaking discussions with the Palestinians.

The summit was a momentous occasion, being the first-ever multilateral Arab-Israeli summit on Israeli soil to occur. Diplomats and leaders are pictured at the event, shaking hands, smiling and taking photos together.

Their discussions took place over a two-day period and were located at a desert retreat, where Israel's first Prime minister, David Ben-Gurion, is buried. These discussions were spurred on by the pending nuclear agreement with Iran and the war in Ukraine.

The summit itself focused on mutual worries over Iran and food shortages brought on by the war in Ukraine. In particular, food shortages are affecting countries such as Egypt and Morocco, as both representatives attended the discussion.

The 18-hour summit produced no solidified public results, but behind the curtains, there were a number of rumored successes. In particular, there were hints that the United Arab Emirates (UAE) and the U.S. were making diplomatic efforts, in contrast to weeks of growing tensions seen previously. The U.S. had been frustrated with the UAE's neutral response to Russia's invasion of Ukraine, while UAE offi-

cialists were upset with the U.S.' perceived indifference to Iranian threats to Emirati security.

It also allowed for the five Middle Eastern states to collectively encourage the U.S. to remain engaged with the region, even with a focus on China and Russia. Furthermore, the summit allowed the Arab countries to deepen their coordination in areas such as security threats, intelligence gathering, food supplies and energy concerns, according to officials at the summit.

Israel said that this event will likely happen again in the future. The evolution of discussions comes alongside Israel's buildup of commercial and security ties with a number of like-minded Sunni Arab States.

Alongside counterparts from the United Arab Emirates, Bahrain, Morocco, Egypt and the United States, Israeli Foreign Minister Yair Lapid said, "Last night we decided to make the

Negev Summit into a permanent forum."

"We are today opening a door before all the peoples of the region, including the Palestinians, and offering them to replace the way of terror and destruction with a shared future of progress and success," Lapid also said.

Many participants seemed very enthusiastic about the idea of holding another summit in the future, preferring to host it in a different location each year.

Lapid also said that the group was "making history," and noted that the partnership was based on technology, religious tolerance, security and intelligence cooperation.

The event has helped to showcase Israel's growing legitimacy in the Middle East, having previously been shunned for decades by regional leaders. It also indicated Israel's ability to act as a middleman between the U.S. and other Arab countries.

ARC encourages students to recognize ASD Awareness Month

BY SAIGE BATZA
Student Life Editor

The month of April marks the start of Autism Awareness Month in America, with World Autism Day having recently fallen on April 2. The University of New Haven Accessibility Resource Center is taking this month to specially recognize students with autism spectrum disorder (ASD) in hopes of bringing awareness to their positive contributions to the inclusivity and diversity on campus.

Linda Copney-Okeke, the director of the Accessibility Resources Center (ARC), said that the university's accommodations program focuses on two main goals: helping to facilitate discussions concerning ASD, and organizing specialized tutoring sessions for students with ASDs.

"ARC coordinates academic accommodations based on the impact of the student's disability, so accommodations vary per individual student," she said. "ARC services include but [are]



Outside of the Accessibility Resources Center, located on the first floor of Sheffield Hall, West Haven.
Photo courtesy of Charger Bulletin/Charlotte Bassett.

not limited to regular one-to-one coaching in time management, academic skill development and tutoring."

She continued to explain that ARC also collaborates with the

university's Counseling and Psychological Services "to provide a support group iConnect for individuals who have difficulty with making connections on campus."

Okeke said that specialized

accommodations vary from student to student. "Depending on the functional limitations that ASD may cause for the student," she said, "they may be eligible for academic or housing-related

accommodations. The resources available to students with autism will help them improve their social and communication skills that will enable them to achieve success in school, at home, and in the community."

"The university can better support students, faculty and [those] with ASD by taking the time to learn as much as they can about autism," Okeke said.

She also encourages the university community to take initiative in assisting their fellow students with ASD at the university. "Be proactive," she said. "We should ask ourselves what we currently know about ASD and identify what we want to know more about to be a better friend, teammate, professor, or support staff to our fellow Chargers with ASD."

To learn more about ARC or how you can support students at the university with ASD, visit ARC's Charger Connection page online or contact them via email at arc@newhaven.edu.

MSA discusses on-campus Ramadan celebrations

BY SAIGE BATZA
Student Life Editor

Over the past year, the Muslim Student Association (MSA) has contributed to campus life with their reaffirmations of diversity, equity and inclusivity. With the start of the spring season and a new month underway, MSA is looking forward to their celebration of Ramadan, a holy month that includes fasting, devotion to prayer and holistic introspection.

Adrielys Gómez, a senior in behavioral economics and the president and founder of MSA, shared a few details about the events scheduled for this month, which will be held every Thursday at 6 p.m. in the Myatt Center, where MSA holds their weekly general meetings. The organization will also be hosting an event in celebration of Eid on May 2 from noon to 8:00 p.m., where they will be handing out roses across campus.

"During these events, we will also be providing students with halal food in order to break our fast together once it's time," she said. "We will also be having a giveaway during the entire month, every time you attend our event, you will be entered to win a lantern!"

Gomez also commented on her favorite part about Ramadan, as a whole. She said, "My favorite aspect of Ramadan is the feeling of healing. Every day I have many opportunities

to reflect and become a better Muslim. Through my five daily prayers and keeping Allah in my mind, I feel a stronger sense of connection to my religion. This month helps me enhance my beliefs and have stronger Iman [faith] because I practice daily in abstinence from drinking, eating, immoral activities, and anger."

She also said, "During the holy month, other forms of worship such as prayer, reading the Quran, and charity strengthen my religion."

In terms of how Gomez would like to see the university better support MSA during Ramadan, she said, "The University can support students who are fasting during this month by allowing them to break their fast even if it is during class and be accommodating as some students wake up before the sun rises to pray and eat, and don't go to sleep until the night is over."

Shahd Omar, a junior criminal justice major and the vice president of MSA, also discussed her favorite part of Ramadan. She said, "My favorite aspect of Ramadan is that it gets you out of your normal routine and makes you adapt to change, so I'm ready to face any obstacles that may come my way! It brings me closer to Allah the majority of the month. I pray to him for the strength and courage to help me with my fasting."

"The university would be supporting students if it recognized



MSA during their first iftar during Ramadan, April 7, 2022, West Haven.
Photo courtesy of MSA/Adrielys Gomez.

that, after all, we are fasting and aren't to the best of our strengths right now," Omar also said. "It takes us some time to get used to, but we also need a break for students who have classes when it's time to break their fast. They

should be allowed to step outside and break their fast quickly before returning to class."

If you are looking to attend any of the events hosted by MSA

this month or are interested in celebrating Ramadan alongside the organization, you can find more information on Charger Connection.

University dance team dazzles during spring showcase

BY MIA ADDUCI
Student Life Editor

The University of New Haven Dance Team took the Charger Gymnasium by storm as they flooded the room for their spring showcase on April 2.

The team of 32 dancers put on a production that synthesized gameday performances with an array of other diverse styles in routines choreographed for the showcase setting, displaying the range of ability that the group is versed in.

The afternoon kicked off with a high-energy gameday number by the entire team, and the level of rehearsal was evident through the girls' synchronicity and clean movement as a unit.

The dance team exhibited a range of skills that covered everything from acrobatic training, to more street style tricks and everything in between.

The group did not hold back in expressing their personality throughout their routines, and in

moments such as ending "Fergalicious" with an entire team dropping into a jazz split, the sass showed that this is a group that has personality and uses it to enhance their stage presence.

Senior captain Emma Dombrowski exemplified the power of facial expressions to transform a performance. In every number, whether she stood downstage in front of the audience or in formation further back, she drew eyes with her ability not only to perform with immense cleanliness but also fully immersed execution at a competitive level.

The team's performances included jazz funk and hip hop genres, but a number of individuals, including junior captain Olivia Sisk, took to the stage with emotionally driven contemporary numbers.

Madison Cook, who graduated in the winter, performed a solo that can only rightfully be described as artful. Cook's ability to control her motion and isolate her movements was technically flawless. This piece played into the power of emotional storytelling unlike any



Members of the dance team in a small group performance, April 2, 2022, West Haven. Photo courtesy of Charger Bulletin/Mia Adduci.

other the entire afternoon.

Junior captain Ashley Mercier performed a solo with flawless attitude turns and a range of control

that was incredibly nuanced.

A small group number, which used music that many could recognize from the popular television show "Euphoria," displayed what could best be described as a modern contemporary number that had some of the most unified timing of the entire show. It was legs, legs and more legs with this performance.

The pom-poms came out to drive the audience into intermission, a nice duality to the progression of solos found in the second half of the showcase.

Junior soloist Melanie Kurtman put on a performance that can only be summarized rightfully by two words: core strength.

Overall, the team showed the power of taking risks within their demonstrated choreography, as they elected to take the top-40s hit "Levitating" in a heavy jazz funk direction, deviating from the commonly seen hip-hop usages of the music on stages across the country. It's no wonder their energy pushes our Charger teams to their highest potential at every home game.

Throughout the afternoon, breaks in the program were filled to honor each of this season's graduating se-

niors: Cook, Dombrowski, Isabella Menta and Daphne Schroeder.

In the final group number entitled "Space Cowboys," the team really hit the mark with their song choices. From "Country Girl (Shake It For Me)" to "Starships," the duality between "space" and "cowboy" showed the range of the girls' ability to choreograph essentially anything, and look amazing while doing it. During this number in particular, the team used their formations to their benefit with such a large group, and not one dancer got lost in the powerful crossover between the two divided groups in this production. The audio transitions between songs in this large number could have been cleaner, but the choppiness was drowned out by the power of the girls' performance.

As Coach Ashley McClain put it, the group "bring[s] an artistry to athleticism," and anyone sitting in the audience would have been able to feel the power of forming a community through the arts. The team is powerful, evidently dedicated and pulled out all the stops to give a diverse performance to bring their season to a close.



Madison Cook performs her solo, April 2, 2022, West Haven. Photo courtesy of Charger Bulletin/Mia Adduci.



The dance team performs a game day number, April 2, 2022, West Haven. Photo courtesy of Charger Bulletin/Mia Adduci.

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TikTok is entertaining, but ruining our lives

BY SAMUEL WEINMANN
Politics Editor

Picture this: you pick up your phone right before going to bed and open up TikTok—the usual routine for many.

You start by watching a heartwarming video of someone saving an animal that was abandoned on the side of the road, then proceed to swipe to a video of someone describing the death of one of their closest relatives. Seconds later, after scrolling through your For You page (FYP), you discover what you consider to be one of the funniest videos you've seen in your entire life.

This routine in which users experience a whirlwind of emotions within minutes continues for hours on end, only to be interrupted by external stimuli. When you close out the app for the night, you likely don't remember most of the media consumed.

While some argue that social media apps like TikTok are a creative outlet as well as an important platform for discourse and social change, we are being so inundated with content and oversaturated with ideas that we don't even know where to start on these issues. Most of us are not even aware of this overstimulation.

Aside from the documented effects that TikTok has on your attention span, the app is deeply

affecting our interpersonal relationships with one another. With the presence of perpetual media, we are able to fill any and every gap in our time with short bursts of entertainment. Individually, we don't know how to be alone anymore.

Within TikTok's undeniably intentional design, many of us are falling down a void of meaningless content, filling every open space in our day with more media. While most social media apps are designed to capture the user's undivided attention, none have quite the same effect as TikTok; there is no end to the media it provides, and each video is created to rework our expectations for entertainment.

In addition to the social ramifications of TikTok, it also has a profound influence on activism and online discourse.

Creators on the app discuss a variety of social issues in an attempt to bring awareness to them. Matters pertaining to institutional racism, misogyny and the LGBTQ+ community are frequently discussed on the app. While many people are engaging with such videos, these issues eventually get lost in a sea of other videos, losing their meaning and impact.

Social media apps such as TikTok are moving so quickly that one idea can't be discussed for too long, as it is merely one topic out of an endless array.

This turns social issues into trends that ebb and flow with



Graphic courtesy of Jacey Ferraro.

whatever is being covered in the media online, preventing any meaningful change. Of course, activism takes many forms and meaningful activism is being practiced every day, but as we spend more and more of our time on this app, it takes over our mental capacity, inhibiting our ability to communicate with each other and to discuss these issues effectively.

Ultimately, TikTok is a young application, but it has already taken the world by storm. Established in 2016, the app already has more than 1 billion users, 60% of which are from Generation Z.

The long term effects of consuming media on TikTok cannot be determined yet, but if it follows the trend of current research, we are speeding toward a future of abysmal attention spans and overstimulated minds.

To move forward into a future where we have healthy attention spans and can create meaningful connections with each other, we will need to break our habits of opening TikTok at every hint of boredom.

Will I do that? Probably not. After all, the app is designed to prevent that.

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Mind your mental health with these self-care exercises

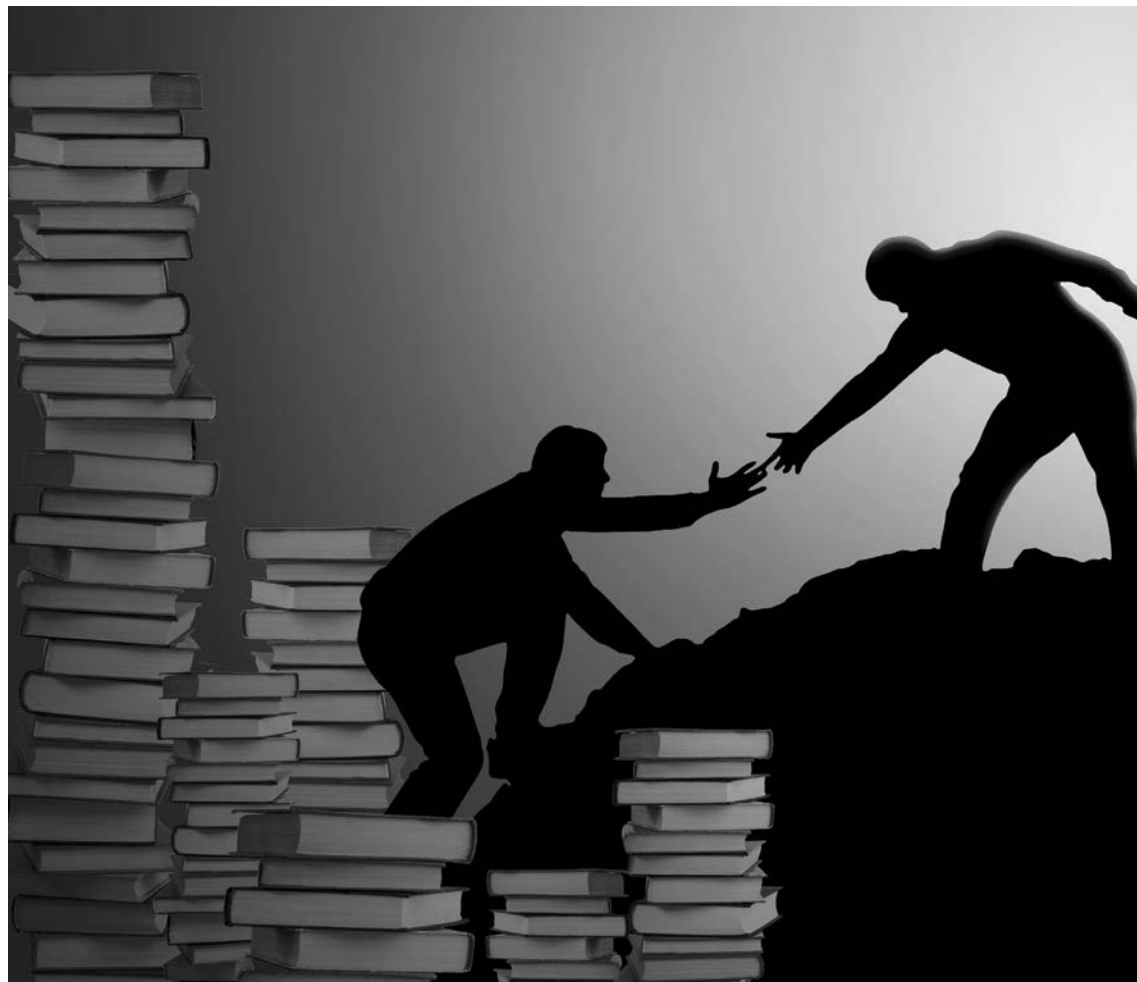
BY TERESA ZANGARI
Contributing Writer

Mental health issues have become a prevalent matter on college campuses across the country, affecting the academic success and performance of students. To many of these students, the surge in mental health crises stem from the uncertainty that follows the pandemic.

Amid the intensified COVID-19 outbreaks, more than 71% of college students have admitted to feeling more anxious and depressed. Environments have become stricter with their isolation policies while counseling services are in high demand, making it harder for students to speak to someone.

But what is our university doing about it?

The university has recently hosted an event with Connecticut lawmakers and leaders to discuss the allocation of education relief funds and the importance of student well-being. A new mental health program will offer support for students while they battle emotional challenges and try to conquer the abnormality of the pandemic. All undergraduate and graduate students will have an opportunity to communicate with professionals about developing plans for coping and succeeding in our academic environment. However, there is still the chance that not all students will have



Graphic courtesy of Jacey Ferraro.

time to seek help or even admit to needing it.

A new program isn't enough for students to get back onto their feet. Students need to become more aware of individual opportunities that can improve their mental health and overall well-being.

For the upcoming month of May, which is Mental Health

Awareness Month, I challenge the members on our campus to step out of their comfort zones and complete some of the following exercises to relax their mind and body:

Implement a routine to keep yourself physically active.

That doesn't just mean working out at the school gym. Something as simple as walking around

campus or finding a scenic hike can help clear your mind. If this is something that might interest you, check out the AllTrails website.

Find a new hobby or interest.

From reading a new book to participating in team sports, hobbies can encourage people to take well-needed breaks. It also introduces new and fulfilling

experiences and connections.

Join a group on campus.

A community that faces similar goals reassures our sense of belonging. It can also add a new layer to the complexity of our identities. Happy UNew Haven, an undergraduate student organization, focuses specifically on the spread of mental health awareness, positivity and kindness. If you're interested, check out their Charger Connection page for more information.

Seek out mindful activities.

These activities can be found in many forms, the most popular being gratitude journals, taking up yoga classes, and/or meditation.

Download mobile apps.

Depending on what issues you are targeting, certain apps are designed and tailored to meet your specific needs while also managing stress levels. Some unique apps are used to aid in breathing, daily positive affirmations, sleeping and/or coping.

The COVID-19 pandemic has been unpredictable, and it will continue to weigh on our mental health. Because of this, it is important for us to consider and create solutions to better our well-being whether it be by seeking professional help or promoting self-care. Any effort made is a step towards discovering what works best for us in alleviating our wavering stress and anxiety levels.

How long will we ignore the lack of security surrounding our campus?

BY MIA ADDUCI
Student Life Editor

It wasn't enough when two students were robbed at gunpoint last fall outside the university's convenience store. As a result, increased patrol vehicles were visible across campus for just under a week, before all activity returned to normal. The random man made his way onto campus, armed, in the middle of the night, seemingly effortlessly.

Last weekend, a man was involved in an assault on public transportation. After making his way through multiple major buildings on our very own campus and was eventually arrested, there's no way of telling how much UPD will up the ante to ensure that students and faculty on campus can guarantee their everyday safety.

For a small university, this one has a considerable number of entrances.

The primary entrance into the university's Office of Admissions has an ungated security booth, despite its road spitting visitors into the epicenter of activity on

the academic side of campus.

The entrance behind Westside has a successful gate that only opens with keycard access; however, only a few yards down the road, people from outside of the university have the ability to pull in past Dunham Hall and Celentano Hall to the center of the residential side of campus, conveniently in front of the C-Store, where the armed robbery occurred.

The library parking lot is also mostly unsupervised and unsecured. At the off-campus housing site, Forest Hills apartment complex, there are only security personnel at certain hours of the night, and unrestricted access throughout the day.

There's also the entrance through the Dunkin Donuts parking lot, making it easy to enter the outskirts of the residential side undetected.

For an institution that has just over 6,000 full-time students, we still struggle to ensure the safety of what would otherwise be, objectively, a very controllable population. Considering how, over less than half a year,

two instances placed numerous university lives in danger, with students crossing paths with undeniably dangerous individuals who should not have gained access to campus in the ways that they did, such a lack of security is unfathomable.

For the university to send out a vague email indicating that an individual who assaulted someone on local public transportation posed "no need for concern" downplays the lack of safety ensured across our mere 82 acres of campus.

There is no reason why every entrance to campus should not be, at the minimum, guarded at all hours, and at the most sensible, gated at all major entrance points, especially at the main entrances off of Boston Post Road and Ruden Street.

We have security guards signing in guests who live on campus into other residential buildings, monitoring sets of doors that are locked by keycard at all times, but almost none stationed in areas that grant outsiders access to roam freely on campus. There seems to be a promotion of the



The main entrance to the university, April 10, 2022, West Haven. Photo courtesy of Charger Bulletin/Mia Adduci.

idea that having residents in buildings that are not their own is more dangerous than non-university community members trespassing undetected.

Is it that the school is, after this

much time, unable to adequately allocate their budget towards priority needs, or is it that they find there to be more pressing matters than ensuring safety on campus and filtered entrance to it?

Men and Women's Track attend TCNJ and AIC invitationals

BY JOSEPH KLAUS
Staff Writer

The New Haven Men and Women's Track teams were back out on the road to compete, this time out of the state to compete in two different meets, The College of New Jersey track meet and also at the AIC Yellow Jacket Invitational. Field events continued to be the staple for the team, sweeping the triple jump alongside dominant performances on the track.

Men's Track

Triple jump was a clean sweep for the Blue and Gold with Jonathan Cineus finishing first, followed by Zerion Montgomery and Jacky Marescot. The three went back and forth taking the top positions from each other. Montgomery took the lead first opening up with a jump of 13.43 meters. Cineus did not let that stand for long, and on his second jump, he marked at 13.64 meters, surpassing Montgomery and Marescot, finding himself at the top of the field. Marescot jumped into the mix on his third jump, landing at 13.28 meters and sitting third behind Cineus and Montgomery. The trio would all make the finals where they would not have to jump and sweep the event for the

Chargers.

Carrying the sweep of the triple jump, Montgomery and Marescot continued their success in the long jump, finishing second and third, respectively. The same friendly competition carried over as Marescot bested Montgomery in the first jump, climbing up to second with a jump of 6.59 meters. Montgomery looked up to Marescot on the leaderboard until his third jump where he jumped past him with a mark of 6.62 meters.

Contributing to the success of New Haven, Nathaniel Peters and Jordan Emile finished on the podium in the high jump. Peters opened his jumping by clearing 1.70 meters before moving up to 1.80 meters which, again, he cleared with ease. Jordan Emile started at 1.85 meters alongside Peters, and moved up to 1.90 meters. Peters then went down to the wire, clearing that on his third and final jump. Emile would narrowly miss going out at a final height of 1.85 meters. At this point, Peters was all alone, but kept going and moved on to 1.93 meters, and cleared it on his last jump to secure first place, followed by Emile. Peters added to his day, finishing second in the 400 Hurdles with a time of 1:00.35 for his second

podium finish of the meet.

Jordan Emile may have missed winning the high jump, but he walked away winning the 110 Hurdles, beating teammate Abdiel Tejada and giving the Chargers the top two times. With a qualifying time of (15.59), Emile was seeded fourth. In the finals he would shave off .29 second crossing in a time of (15.30) followed closely by Tejada (15.43).

Going the distance, William Brown finished second in the 5000 meters and crossed the finish line with a time of 15:50.55, missing first place by less than a second.

While the majority of the team was in New Jersey, Cam Picard, along with other throwers, traveled to Springfield to compete at the AIC Yellowjacket Invitational. Picard, in the Javelin, finished third after throwing 42.09 meters. Opening with a throw of 40.71 meters, he quickly found the release, landing on the podium with his second throw. That mark held against the field and Picard finished in third at the meet.

Women's Track

Kristen Washington is no stranger to the podium in both the long and triple jump, this meet was no different. On her opening jump, she was marked at 5.33 meters, pushing her out beyond her com-

petitors. Washington followed up by beating her own first jump by .09 meters, placing 5.42 meters, a score that would qualify her for the finals, where she went on to win her first event of the afternoon.

Washington later returned to the sand pit for the triple jump. With an opening jump of 11.38 meters, she waited until her third jump to beat her previous score and set the standard for the field. On her final jump in qualifying she jumped 11.51 meters, pushing her through to the finals where she passed her jumps, and would go on to win her second event of the afternoon.

Opening up the meet, the 4x100m relay team finished second, crossing with an overall time of (50.72). They currently have a seed time ahead of the Conference Championships in May.

In Springfield, Mass. at the AIC meet, the throwers controlled the leaderboards. Jalynn McCown took home two second place finishes, first in shot put, followed up in the hammer throw. To successfully make the shot, McCown needed only one throw to land on the podium. Opening with a throw of 10.92 meters, she placed higher up on the leaderboard, setting the standard. That throw placed her in second during her first event of the meet. Following that, she worked

up to her top throw in the hammer throw. Opening with a throw of 42.06 meters, McCown continued to increase her distance each time, working up to a final throw of 44.29 meters. She finished in second place in the event and took home her second, second place finish of the meet.

Elise Dodel added to the team's throwing success, finishing second in the discus finals. She opened up with a throw of 30.39 meters, which secured her a place in the finals with a throw of 31.15 meters. In the finals, Dodel sealed the deal with a throw of 31.74 meters and secured second place for herself in the event.

Neva Bostic continued her domination throwing the Javelin, winning her second meet of the season. Opening up with a throw of 33.99 meters, she set the bar high for herself, but on her fourth throw that wasn't high enough to maintain her score. In the finals, she opened up with a throw of 35.47 meters that guaranteed her winning the event for the Chargers. Bostic finished third in the 400m hurdles, crossing with a time of 1:20.42.

The teams will travel to Central Connecticut State University on April 16 for their next meet.

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