

The Charger Bulletin

The student news source for the University of New Haven

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SAAC hosts trunk-or-treat for children in West Haven area

BY KAYLA
MUTCHLER
Editor-in-Chief

Halloween came early at the University of New Haven when children from the West Haven area dressed as superheroes, mermaids, unicorns, cats, angels and more filled the outside of the Charger Gymnasium on Oct. 29 for a trunk-or-treat. The Student-Athlete Advisory Committee (SAAC) hosted the event with various Charger Athletics sports teams.

Children and parents were able to walk up to tables that were separated by sport, from baseball to tennis and softball, among others. Each table displayed unique decorations and candy for the children. Some athletes even took to dressing up, too, in costumes like Spider-Man and Young Monica from “Love & Basketball.”

Besides the candy, there was also a table with carved pumpkins and a dog that spectators were able to pet.

Associate Director of Athletics for Compliance and Student-Athlete Services and advisor of SAAC Sara Richwine helped

plan the event alongside students in the organization. She said that SAAC is a collection of student representatives from each athletic team at the university. They are able to vote on NCAA rulings and initiatives, participate in community outreach and host events based on various topics such as mental health.

Richwine also said that she thinks it’s wonderful that the university hosts events such as this one.

Abby Murphy, a sophomore business management major and member of the tennis team, said that the event was a great experience, especially coming out of the COVID-19 pandemic.

“It’s great to see all the kids coming out,” she said. “Even with COVID still impacting them, they still get to have a fun time on a holiday they enjoy.”

Murphy described the process behind setting up the tennis table. As a member of SAAC, she told her teammates when to come and gave details of coordinating decorations.

Zachary Pincince, a senior sports management major and member of the baseball team, said that SAAC sent out flyers to local elementary schools to



Members of the tennis team hand out candy to a child outside of the Charger Gymnasium, Oct. 29, West Haven. Photo courtesy of Charger Bulletin/Kayla Mutchler.

promote the event.

On the day of the event, the university provided tables to each team and allowed them to set it up however they wanted.

He also said that it was nice to see all of the children and parents that went, and that he liked many of the costumes.

Camryn DeBose, a senior fo-

rensic psychology major and basketball team member, said that it was nice to see the turnout since they could not host the event last year. Before the event, her team coordinated what to bring, what costumes to wear and helped set up the table.

“We love doing community outreach, especially with

SAAC,” said Richwine, “and just being able to connect with kids in the community and interact with people is more rewarding than pretty much anything.”

She also said she enjoyed seeing all of the people that showed up. “It’s been a long time since we’ve been able to do an event like this, so it’s pretty special.”

Football beats Assumption 16-10 in the rain

BY TYLER WELLS
Associate Editor

“Just one more stop,” New Haven defensive coordinator Matt Scott said to his players on the sideline as the defense prepared to line-up with a chance to win the game. With bone-soaking rainfall and the Assumption College offense pinned at their own seven-yard line, the Chargers’ defense came through.

The Greyhounds were in a two-minute drill, with no timeouts and 93-yards to go. On the first play of the drive, Assumption quarterback (QB) Jordan McAfee dropped back to pass but found no receivers open. New Haven linebacker Khalim Cisse broke past the offensive line and came rushing from the edge into McAfee’s back, forcing him to spike a throw to avoid the sack.

After some review, it was ruled an intentional grounding penalty in the endzone, giving the Chargers two points and the ball. This sealed the game for New Haven, taking home a 16-10 win in the rain.



Shawne Tafe, Ryan Dolce and other players celebrate after a play, Oct. 30, West Haven. Photo courtesy of Charger Bulletin/Jenelle Johnson.

It was a poetic end to the most important game of the season for the Chargers so far.

When New Haven welcomed the Greyhounds, there was little doubt about the importance of the game: two of the top three teams in the Northeast-10 confer-

ence were slugging it out during the final stretch of the season.

The weather was another factor, as Ralph F. DellaCamera Stadium was in the middle of a rainstorm the entire day. This limited each offense, forcing them to keep the ball on the

ground and make each defense work. On paper, this favored the Greyhounds and their star running back Khaleed Exum-Strong more than the pass-reliant Chargers. However, New Haven’s defense stepped up as they have done all year.

In the first three Greyhound possessions, New Haven forced

consecutive turnovers; cornerback (CB) Khyon Fitzpatrick intercepted a pass on only the third play of the game. CB Isaac Etienne added another interception after snatching away the ball from the Greyhounds’ wide receiver Tighe Beck. In the third drive, the Chargers forced a fumble that was recovered by CB Ryan Dolce at the five-yard line.

This set New Haven up for the first touchdown of the game, giving them a 7-0 lead with five minutes left in the first quarter.

Assumption quickly responded, returning the ensuing kick 86-yards to set themselves up in the red zone. The drive ended with a Greyhounds field goal that cut the lead to 7-3. The score remained the same until half as neither team was able to string any offense together.

In the second half, New Haven was boosted by the emergence of running back Zach Mauro. He has progressively become a bigger part of their offense and had a career day in the rain.

In their first drive out of the half, Mauro strung together

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“Halloween Kills”: A great addition to the franchise

BY SHAYLA
HERNANDEZ
Contributing Writer



A scene in “Halloween Kills.”
Photo courtesy of Creative Commons/
monstersforsale.

Though Halloween has come and gone, it doesn't mean we can't pull focus onto one of the most storied movie franchises of cinematic history. On Oct. 15, the third follow-up film to the “Halloween” franchise, “Halloween Kills,” finally hit theaters, earning over \$255.6 million in the box office since the first week it premiered. As an avid horror film fiend, I was dying to see it—pun intended. “Halloween” is one of my top five favorite motion pictures; therefore, I had

incredibly high standards.

The film picks up where the previous left off, leading the main characters Laurie Strode, her daughter Karen and granddaughter Allyson to believe that serial murderer Michael Myers

is officially dead. After their well sought out plan to finally defeat the boogeyman by leaving him to die in a burning house, he ultimately escapes and begins his terrorization to Haddonfield once more.

Throughout the duration of the film, I admired how the plot pulled references and elements from the original 1978 film and incorporated them into the sequel. They brought back fellow Haddonfield survivors who each had personal, near-death encounters with Michael Myers. Also, in previous “Halloween” films, there was always a blanket of fear surrounding the Haddonfield community in which people were

horrified by this notorious killer. They were either slaughtered or were mercifully praying that they weren't his next victim.

However, what shocked me about the sequel was how Haddonfield residents came together to fight back against arguably the most dangerous murderer in history. The plot escalates into essentially a bloodbath, yet Haddonfield wasn't going down without a fight. Instead of cowering, residents were in every nook and cranny of the town proactively hunting for the boogeyman. Personally, this concept is innovative because I have yet to witness a horror film in which the potential victims seek out the

main predator.

The film puts things into perspective for us viewers of whether or not the monster is indeed Michael Myers or the personal vendettas of the Haddonfield residents to avenge their loved ones and how far they're willing to go.

I think that “Halloween Kills” had the perfect amount of gore, panic and chaos to keep me at the edge of my seat the entire time. It also has me eager enough to see how this franchise finally ends. I'll be impatiently waiting for the fourth and final film “Halloween Ends” to hit theatres on Oct. 15, 2022.

Must-watch movie releases on Netflix

BY SHAYLEN
STANCIL
Contributing Writer

The end of the year may be creeping up, but new movies are still hitting theaters and streaming platforms. Whether you watch on the big screen in your own living room, on your mobile phone or another platform, here are a few new Netflix releases to look out for this month.

The Harder They Fall

“The Harder They Fall” is a western drama directed by Jeymes Samuel starring Jonathan Majors, Idris Elba and Regina King. The plot is about an outlaw named Nat Love, who reassembles his old gang to seek revenge on the murderer of his parents, recently released from prison.

This movie has the potential to be huge; it is one of few Westerns where all principal cast members are Black. “The Harder They Fall” will be available to stream Nov. 3.

Love Hard

This festive rom-com comes just at the start of the holiday season. Starring Nina Dobrev, this movie follows a young woman from LA who travels to the East Coast to meet a man she met on a dating app only to find out she was catfished. To see this madness unfold before your own eyes, make some hot cocoa and stream “Love Hard” on Nov. 5.

Passing

“Passing” is the movie adaptation of the 1929 novel with the same name written by Nella Larsen. The film stars Tessa Thompson and Ruth Negga who play mixed-race women who were best friends as children and eventually reunite as adults. Although they are considered

“white-passing,” they identify themselves as African American while others identify them as white. To see how their two different realities end up affecting each other, stream “Passing” on Nov. 10.

Red Notice

“Red Notice” is arguably one of the most anticipated Netflix movies of this year about an agent who tries to capture the most wanted art thief in the world. This action-packed movie features a star-studded cast including Dwayne Johnson, Gal Gadot and Ryan Reynolds. The film is directed by Rawson Marshall Thurber, who has worked with Johnson on other action films like “Central Intelligence” (2016) and “Skyscraper” (2018). Expect “Red Notice” to drop on Nov. 12.

Bruised

The sports drama film “Bruised” starring Halle Berry is also her directorial debut. The movie is about a retired MMA fighter who returns to fighting after her young son, who she gave up for adoption, comes back into her life. “Bruised” will be available to watch on Nov. 24.

The Princess Switch 3: Romancing the Star

Although the third installment of The Princess Switch franchise doesn't have a specific date, its release is confirmed for this month. This is another Christmas comedy that will get you into the holiday spirit. Vanessa Hudgens will be reprising her three roles as Stacy Juliette De Novo Wyncham, Lady Margaret Katherine Claire Delacourt and Lady Fiona Pembroke as they go on a quest to find the Star of Peace, the Vatican's most prized treasure which was stolen.



The streets of New York City.
Photo courtesy of Pixabay/Foundry.

New shows to watch on Broadway

BY SADIE
FRASER-READ
Contributing Writer

As Broadway continues opening new shows in fall 2021, the season will welcome six new productions, made up of four plays and two musicals, to the New York Theater District. Let's take a look at what each show entails.

On Oct. 10, “Chicken & Biscuits” had their opening performance at the Circle in the Square Theatre. This play, co-produced by Nick Jonas and his wife Priyanka Chopra and written by Douglas Lyons, follows a Black family celebrating the traditions of the common Black customs. Filled with jokes and scenes that will bring the audience to side-splitting laughter, this play gives a glimpse into the life of an American family that some may not be familiar with. This show is set to close on Jan. 2, 2022, so don't miss it!

Lyceum Theatre celebrated the opening of “Is This A Room,” the next day on Oct. 11. Written by Tina Satter, the play follows 25-year-old former air force linguist, Reality Winner. When Winner is surprised at her home by the FBI, she is interrogated for leaking evidence of Russian interference in U.S. elections. Many call this docudrama play

“extraordinary” as it showcases a case from the books to the stage. The final showing of “Is This A Room” will hit the stage on Nov. 14.

The John Golden Theatre celebrated the opening of “Thoughts of a Colored Man” on Oct. 13. Writer of the play, Keenan Scott II, also celebrated his Broadway debut along with opening night. The show tells the story of the happenings during a single day in the heart of Brooklyn. It showcases the hopes, sorrows, fears and joys of seven men going beyond the barbershops and basketball courts of their community. “Thoughts of a Colored Man” is running until Mar. 20, 2022 so be sure to catch a showing and experience the vulnerable and vibrant new work.

“Dana H.,” a play based on a true story, opened at the Lyceum Theatre on Oct. 17. The show tells the troubling tale of a woman held captive in a series of Florida motels for five months. Told in Dana's own words and rewritten for the stage by her son and playwright Lucas Hnath, this fresh work shatters the boundaries of the art form and challenges our understanding of good and evil in today's world. With just a short run, “Dana H.” is set to have its final performance on Nov. 13.

Broadway's Tony-nominated

musical “Caroline, or Change” is back on stage, having opened on Oct. 27 at Studio 54. Set in the early 1960s, Sharon D. Clarke, Caissie Levi and John Cariani lead the musical as it tells the story of Caroline, a single mother of four who is working as a maid for the Gellman family in Louisiana. Caroline forms a relationship with the Gellmans' son, Noah, and together they begin a friendship while facing hardships related to that era. This friendship, in combination with the racial tensions of the 60s, produces a vulnerable experience for the audience to view. Listen to the original cast recording from 2004 and get out to see the show before its closing date which is set for Jan. 22 of 2022.

The Stephen Sondheim Theatre will celebrate the opening of the brand new musical “Mrs. Doubtfire” on Dec. 5. Led by Rob McClure, the musical is based on the award-winning film of the same name. The show follows the Dillard family and their newly divorced parents. Daniel Hillard disguises himself as an older woman, securing a job as a nanny so he can spend more time with his three kids. Although there has not yet been a definitive release date for the cast recording, you should now secure plans to see the musical live, as it is only running until May 8, 2022.

Lost and fined: New fines given to hikers needing rescue

BY LILLIAN
NEWTON

Contributing Writer

In recent years, hiking has become a favorite hobby of many, bringing over 49.7 million out to the trails in 2019 alone. With the COVID-19 pandemic, the woods were packed with people looking to escape from lockdowns and quarantines or to get away and get a breath of fresh air.

With the increase of hikers in the woods—especially those new to hiking—the number of rescue operations for lost hikers also rose, leading to a number of states to implement fines for those needing rescue.

Search and rescue coordinator for the Maine Department of Inland Fisheries and Wildlife Sergeant Josh Bubier said that the average number of rescues during April and May was previously 56, but rose to 89 in April and May of 2020.

These increases in rescues have put pressure on search and rescue teams and resources. Because of this, many states are looking for ways to dissuade hikers from taking unnecessary risks.

In 2008, New Hampshire

passed a law allowing the state to seek reimbursement from the rescued individual if state officials deemed their behavior leading up to the rescue to be negligent.

Colonel Jordan of the New Hampshire Fish and Game Department said “We don’t do it very often... it’s got to be something that’s pretty wild, pretty out there. But one thing I am pretty strict on is being unprepared because those are literally the things that cost lives.”

Five other states—including Hawaii, Idaho, Maine, Vermont and Oregon—have similar laws allowing the states to bill those needing to be rescued.

In Hawaii, hikers that fail to follow trail signs or wander off the marked trails would have to reimburse local rescue teams under proposed bill SB 363. SB 363 would also levy criminal fines and petty misdemeanor charges.

At the University of New Haven, opinions on the implementation of these fines are split. On fines from search and rescue after a hypothetical hike gone wrong, senior psychology major Leticia Reyes said “No. I didn’t want to get lost. I [just] happened to get lost.”



A person walks across a rocky terrain.
Photo courtesy of Creative Commons/ True New Zealand Adventures.

Freshman criminal justice major Nadia Gonzalez said the opposite. When given the same hypothetical scenario, she said she would be comfortable paying rescue-related fines.

While opinions vary, some

wonder if such fines will do more harm than good. While relieving the pressure currently being put on search and rescue teams is highly important, many worry that these fines will discourage hikers from seeking help when

they need it the most, therefore potentially putting their lives at risk. For lost or inexperienced hikers, a phone call reaching out for help can make a massive difference in the timeline leading up to their rescue and safe return.

Can political news articles make their language more inclusive?

BY SAMUEL
WEINMANN
Politics Editor

Perspective

There is a common misconception about the meaning of inclusivity—that it only goes so far as to limit exclusion and ensure the involvement of every party within a particular activity.

Inclusivity comes in many forms and cannot be watered down to making sure that everyone is physically involved. One major area lacking inclusivity is language in media, particularly news articles and academic journals.

Frances Likis, former editor-in-chief of the Journal of Midwifery and Women’s Health, wrote in an essay that “inclusive language must go beyond... avoiding exclusion,” and instead “be respectful, accurate, unbiased, and consistent with the preferences of the individuals and communities... being discussed.”

In political or sociological news articles and academic journals, this isn’t always the case.

News sources include language that is outdated, biased and grossly inconsistent with the preferences of the parties being written about.



A stack of newspapers lies on a table.
Photo courtesy of Pixabay/pgdouglas.

This type of noninclusive language can take on many forms, such as inconsistencies in pronoun usage, outdated terminology used to refer to minority groups and one-sided arguments used in political news articles that invalidate the existence of particular communities.

Regarding pronoun usage, various news articles often lack the proper scrutiny to ensure that pronouns are properly used in their articles.

No matter the situation, misgendering someone is harmful. Throughout the past few de-

cadecades, this has been increasingly common among reporting about transgender individuals who have been victims of hate crimes.

In January of this year, two transgender women were murdered in the span of two weeks—Tyanna Alexander and Courtney Eshay Key. Although local activists begged local news sources to take hate crimes more seriously and to stop misgendering victims, news stations continued to misgender transgender victims.

In an interview with the Columbia Journalism Review, author and journalist Meredith

Talusan said, “News outlets unthinkingly report the legal name and gender of a person who has died without actually asking questions about how that person lived their life.”

This leads to surges in cases of misgendering. When news outlets report on people, it is essential that they look beyond legal documents, as that increases the risk of deadnaming and misgendering.

While some may not give weight to this issue, it is a critical roadblock that we must overcome to see inclusive language in political news articles and in journal articles. The pressing nature of this issue can be seen in a petition put out by Evan Greer on The Action Network, an open platform that empowers individuals and groups to organize for progressive causes. Greer is currently calling for more accountability among major news outlets to stop misgendering individuals. In the description of the petition, Greer says that she was “misgendered literally hundreds of times” in a few short hours following a TV interview she did. She says that misgendering “contributes to the violence, oppression, and self-doubt that trans and gender-nonconforming communities face every day.”

While issues with pronouns need to be addressed, so does

discriminatory bias used by reports that delegitimize minority and other marginalized groups. While many major news outlets have been improving in this regard, it still remains an issue.

Linguistic analyst Danielle Kilgo, from the University of Minneapolis, wrote about this in an analysis about the way that media bias delegitimizes Black rights protesters. Kilgo said that throughout decades of news reporting on demonstrations and protests for Black rights, news sources have consistently overreported on the disruptions caused by protests, rather than the actual cause of the protests, such as police brutality and systemic racism.

To address the issue of non-inclusive language, Oregon Health & Science University published a guide on inclusive language which spans from race and ethnicity to immigration status, gender identity, sexual orientation and ability. The guide gives terms to avoid regarding certain groups as well as terms that are acceptable to use.

Using non-inclusive and biased language in political news articles and journal articles is inherently harmful to both our democracy and the marginalized communities impacted by the language.

@UNewHavenBarstool: Comedic relief for students

BY KELLY ADKINS
Student Life Editor

Comedy is the best medicine, and @unewhavenbarstool provides students their doses through Instagram content. Ball-girl tackles, presidential mask scandals, the great flood of the first-year quad and worshipping a package store's "welcome back UNH students" poster—all humorous content that University of New Haven students find first-hand on the account.

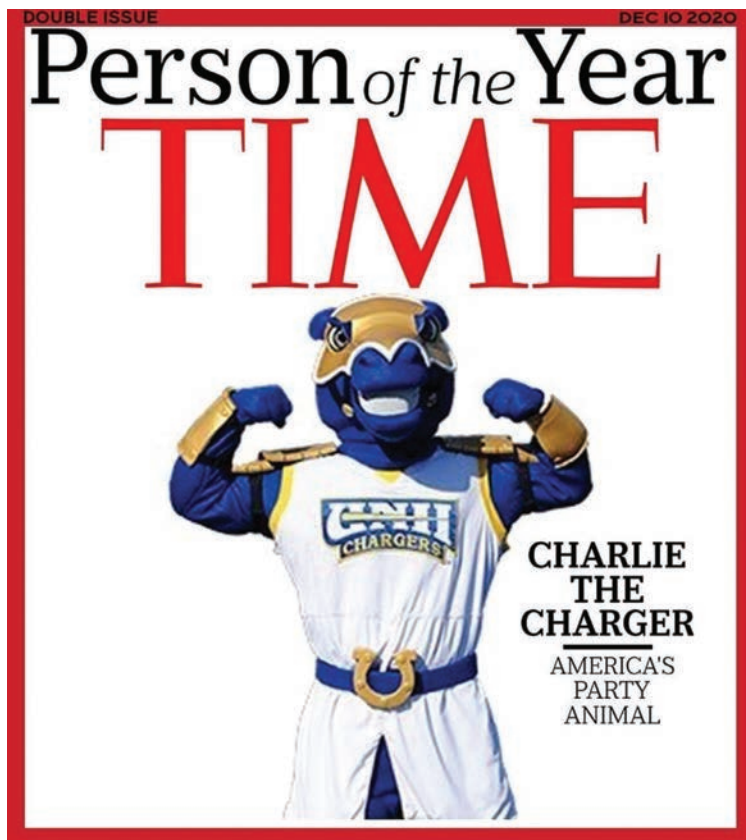
The account has been active since December 2020, and according to the account's anonymous operator, it "was created to target a demographic of people (unewhaven students) to make relatable content for the students."

The account's spokesperson agreed to an interview only if their anonymity—which is integral to maintaining the brand's content—was honored.

The account admins take submissions of humorous videos or posts from students, and votes on which ones will be published to the account.

"If it's unanimous we post it," said the spokesperson.

The official Barstool Sports brand was founded by Dave Portnoy—nicknamed "El Presidente" by the Barstool commu-



A meme posted to @unewhavenbarstool, Dec. 10, 2020.
Photo courtesy of @unewhavenbarstool.

nity—who has become a "widely known sports media American Celebrity" according to an article by ValiantCEO.

The platform reports on all things sports and pop culture, and is known for its raw and humorous content. Although the @unewhavenbarstool account is not yet affiliated with the official Barstool platform, the spokesperson said it is one of the team's

main goals, and they are taking the necessary steps to achieve this.

The account strives to live up to Barstool-standard content, as the @unewhavenbarstool spokesperson summed up the content as "funny," "captivating" and relatable.

"Barstool is trying to get as many people reacting to a post as possible," said the account

holder. "Whether its eyes, likes, shares, saves, you name it, the way they do it is by posting eye-catching content. We want to do the same."

A lot of the content from this account comes directly from the students, which is what makes it so relatable; the ideal submissions document what really happens in the Charger Nation, whether it be students being fully exposed to the elements like the flooding of the Bixler/Gerber Quad or what goes on with students behind closed dorm doors.

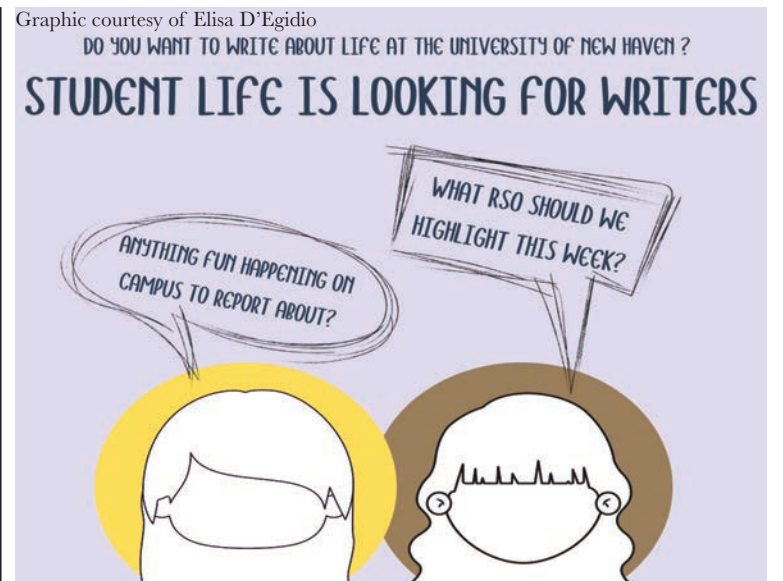
Some students feel the account is living up to their expectations. Sophomore criminal justice major Orietta Lobo expressed her enjoyment with the account

by saying "I think it's hilarious to see the dumb things that UNH students do."

For university alumni Elizabeth Brissette, a psychology major who graduated in 2019, the account maintains a connection to her alma mater.

"It allows me to continue interacting with UNH students and keep up with student activities that you don't typically see on the UNH associated social media platforms," said Brissette.

If students have photos or videos that they think are @unewhavenbarstool worthy, direct message the account for submissions; they are always looking for content.



Students reflect on college experiences as December graduation nears

BY ELISA D'EGIDIO
Student Life Editor

There is only a little over a month left of the fall semester, which signals the final semester for December 2022 graduates. All that's left is Thanksgiving, finals, and then the end of the semester. This is a coming-of-age time for students to celebrate and reflect on their college experience while looking forward to their future.

University President Steven Kaplan said, "Our December Commencement will mark an important milestone in our continued recovery from the impact of COVID-19 as we gather together once again to celebrate at the Oakdale Theater."

"We are thrilled to have the opportunity to recognize this special group of graduates in person. They showed unwavering devotion and pride as Chargers in the face of great adversity," said Kaplan. "I am grateful to have each of these impressive young adults as a member of our University family and eagerly anticipate their bright, bold futures."

Luis Castillo, a forensic

science senior, is a first-generation college student. For him, graduation signifies growing up and having the opportunity to apply lessons taught in class to the real world.

Castillo acknowledged his positive experiences at the university and what he has learned. "Being a brother of Alpha Phi Omega [ΑΦΩ] has impacted my college experience the most," said Castillo.

"Being [the] Diversity and Inclusion chair has taught me to appreciate my culture and learn how to appreciate others. Being Service Vice President has taught me simple yet impactful ways I can give back to the community." He also said it has helped him feel empowered and grow as a leader.

He also highlighted an anatomy professor, who he called Dr. Raye, and said "He taught me that the greatest limitation to what I can succeed is [myself] and my mindset. He has helped me become more optimistic and determined. He cares about his [students'] success beyond his class. Dr. Raye[,] if you ever read this[,] thank you for being such a role model."

Like Castillo, Emily Johnson,



Graphic courtesy of Elisa D'Egidio

a national security senior, views graduation as seeing one chapter ending and another beginning. With wonderful friends, the experience to study abroad and the opportunities to strengthen her leadership skills, she is grateful for her time on campus.

"To me, graduation is a significant step in life as it marks the

end of education and the beginning of the work experience," said Johnson. "Graduation celebrates the accomplishments and knowledge students have gained throughout life and signifies our readiness to enter our chosen fields and make a difference."

Johnson is the president of the Alpha Sigma Alpha (ΑΣΑ) orga-

nization and has been a member since her freshman year.

"I joined this organization as a freshman when I didn't have many friends and didn't feel very at home on campus," she said. "Over the past three years, the girls in this organization have become my family here at school. With this, she has gained confidence and improved many of her personal skills."

For Sarah Carman, communication senior and another member of ΑΦΩ, graduation is a pay off for her late hours of doing homework and projects.

As a legacy student, Carman said that having a degree from the university is important to her as she gets to follow in her family's footsteps. She said she is thankful for the hands-on experiences that have been offered to her, and said she feels ready for the workforce.

The Winter Commencement will be hosted on Dec. 12, at the Toyota Oakdale Theatre in Wallingford, Conn. All commencement attendees must comply with COVID-19 requirements set by the university in place at the time of the event. For more information visit the commencement page.

Try out these tips during daylight saving time

BY NICOLE BIBEAU
Contributing Writer

Daylight saving time is right around the corner. Changing the clocks back one hour will take place at 2 a.m. on Nov. 7 and end on Mar. 13.

The main reason for daylight saving time is to save energy and to maximize sunlight. It was originally practiced in efforts to use less power and conserve energy. As we are in the autumn season now, winter is right around the corner. This means that days are getting shorter, and it is getting darker outside earlier.

Gaining and losing an hour of sleep affects productivity, concentration, motivation, physical health and even mental health. For some people, it may take a couple of weeks to adjust to the time change, while for others it may only take a few days to adapt. Falling asleep and waking

up can be harder as your circadian rhythm, also known as your body's natural clock, will be off balance.

As Eric Feliciano, senior sports management major, says "I feel like [daylight saving time] is needed to keep balance in our days, especially when it gets dark faster. I neither like nor dislike it; it does affect my sleep schedule, but I do not really notice it."

It can be stressful for some to adapt to the time changes and having shorter days, but you can minimize the effects by following some of these guidelines.

Push back your wake-up time and bed-time

It is suggested to make gradual shifts to adapt to the change in time. Push wake-up time and bed-time later rather than earlier as you may do when the clocks move forward an hour in the springtime.

Avoid long naps

If you take a nap during the

day, try to take a power nap of 20 minutes earlier in the day. Napping later in the afternoon or evening will make falling asleep harder, thus further confusing your internal clock.

Minimize unnecessary driving at night

Your driving may be affected, as well. Generally, it is more difficult to see during nighttime and you are more likely to fall asleep while driving in the dark at late hours. You should try to minimize unnecessary driving at night to prevent accidents from occurring as your internal clock adjusts to the time change.

Use artificial light to regulate your internal clock

Due to the sun setting earlier, using artificial light to regulate your internal clock can help minimize the effects. Using a lamp light or LED light can help keep you awake because of the brightness.

Keep a consistent sleep sched-



Outside of the library located in Maxcy Hall, West Haven.
Photo courtesy of Charger Bulletin/Samuel Weinmann.

ule

You should limit your screen time before bed, and have an alarm that you wake up to right when it goes off. This will help keep a consistent sleep schedule that your body can adjust to.

Boost your energy

You can boost your energy through exercise. You can also do your most important tasks such as homework and other priorities during the daytime when you have the most energy and are most concentrated.

Panel discusses domestic violence in marginalized communities

BY ISABELLE HAJEK
Opinions Editor

On Oct. 27, the University's Dean of Students Office hosted a panel event on Domestic Violence in Underrepresented Populations, paying homage to October being Domestic Violence Awareness month. The event highlighted the intersectionality of domestic violence cases and the circumstances that can spark this type of abuse.

The program consisted of moderator and Title IX Compliance Director Ashley Dunn along with panelists: Director of the Myatt Center for Diversity and Inclusion Carrie Robinson, Assistant Provost for Diversity, Equity and Inclusion Alvin Tran, Associate Professor of Psychology and Director of the Research and Evaluation Center of Esperanza United Lillie Macias and junior forensic psychology major, JEDI Ambassador and Wellness Peer Educator Mary Lippa.

Accompanied by a supporting presentation, each of the panelists took turns answering questions prompted by both Dunn and the audience.

Macias began the event, and when prompted for a definition of domestic violence, she turned the question on the audience. After the audience listed verbal, physical and emotional abuse, Macias supplemented the list with financial, digital, reproductive and sexual abuse citing that all forms about domestic violence is about imbalance of power and control in a relationship.

Tran supported Macias' definition, saying, "We immediately associate [domestic violence] with physical violence."

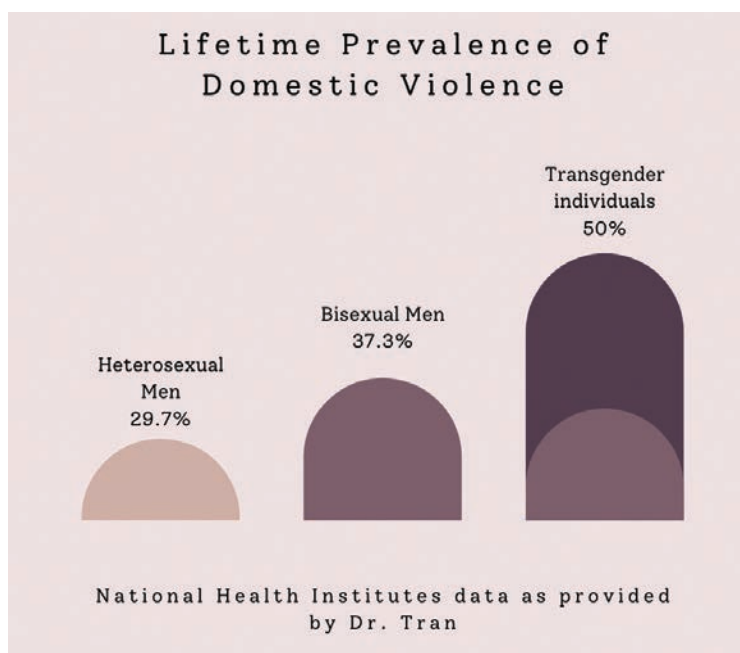
"We have to realize there are many other forms of violence within the scope of public health," she said

According to Robinson, while everyone is at risk to be a victim of domestic violence, those in marginalized communities face unique challenges specific to their social stratification such as the threat of being "outed" for their sexuality or gender identity by their partner.

Those in the immigrant community face increased risks of domestic violence and intimate partner violence—a broader term for abuse in relationships not officiated by living situations. This is due to an intersection of risk factors when the community is less likely to report crime on a whole, they are less likely to know of resources available to them and they are more likely to face financial abuse due to wage disparities and cultural expectations.

Through research she conducted with Esperanza Rising, Lippa said that 20% of Latino youth have faced dating violence which is an underestimate due to their decreased reporting rates caused by the stigma surrounding dating violence and asking for help in their family cultures.

While each panelist held an expertise in their field, Tran's research in LGBTQ+ health disparities allowed him to present some astounding information on the increased risk factors for the



Graphic courtesy of Isabelle Hajek

community.

He pulled statistics from the National Institutes of Health which found that 37.3% of bisexual men will experience domestic violence in their lifetime compared to 29% of their heterosexual counterparts. These figures are increased for the transgender community as one report found that 30-50% of transgender individuals have experienced domestic violence in their lifetime.

Danielle Cooper, an associate professor of criminal justice and audience member, asked the panelists what the future of law enforcement looks like in addressing domestic violence and the various disparities different communities face.

Robinson said that officers need training and education on how to deal with domestic vio-

lence cases, especially on how to not victimize marginalized individuals. She said that a large hesitancy of individual to report is a fear that they will be blamed for their victimization, as with the transgender and non-binary community who is commonly accused of "tricking" their partner because of their gender identity.

Macias also said police should work with community partners in responding to cases regarding domestic violence and in how to support survivors. She cited one program where local officers partnered with social workers when responding to sex trafficking incidents in order to better support survivors and reduce the risk of criminalizing and revictimizing them.

To close out the event, Dunn asked each of the panelists to provide the audience with one

call to action to combat domestic violence and aid survivors.

Lippa pulled a reference from her honor's thesis theme of "Anyone can be a perpetrator and anyone can be a victim," and said that people need to check their "language and biases" when speaking on the subject.

Macias cautioned those who wanted to help individuals in potentially dangerous relationships, saying "A lot of people aren't ready to leave relationships that aren't healthy" and as such, people need to check their own biases on situations they see.

Tran said, "You have choices, too. You have options, as well, trying to reach those in the audience that have been or will be impacted."

Robinson said, "It doesn't all have to be on you," expressing the plethora of resources available.

The university has multiple resources for those experiencing domestic violence either directly or indirectly. While faculty and staff are mandated reporters, Counseling and Psychological services, the Milford Crisis Center, Health Services, and University Chaplain Marty O'Conner are all confidential resources who are not compelled to report cases when the individual does not pose a threat to themselves or others.

The National Domestic Violence Hotline can be reached via text by sending START to 88788, over the phone at 1-800-787-3224 and online at thehotline.org.

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Adviser

Susan L. Campbell

300 Boston Post Road | West Haven, CT 06516

chargerbulletin@newhaven.edu |

www.chargerbulletin.com

Office: 203.932.7182

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The higher education bubble myth, popped

BY SANKOFA BENZO
Contributing Writer

As the political climate in the U.S. becomes increasingly polarized, people are questioning whether college campuses create a bubble that skews individuals' perceptions of progress and societal views. Because of a cultural shift, many colleges have started to posture as progressive and liberal spaces. Although there are some aspects of campus life that are more progressive than outside society, those aspects do not mirror actual societal progress, or the attitude of all college students, and students understand this.

The notion that college students aren't aware of the world around them feeds into the narrative that Generation Z is self-obsessed. Even on college campuses, there are students who do not adhere to the same values that you or the college has; college students are not a monolithic voice.

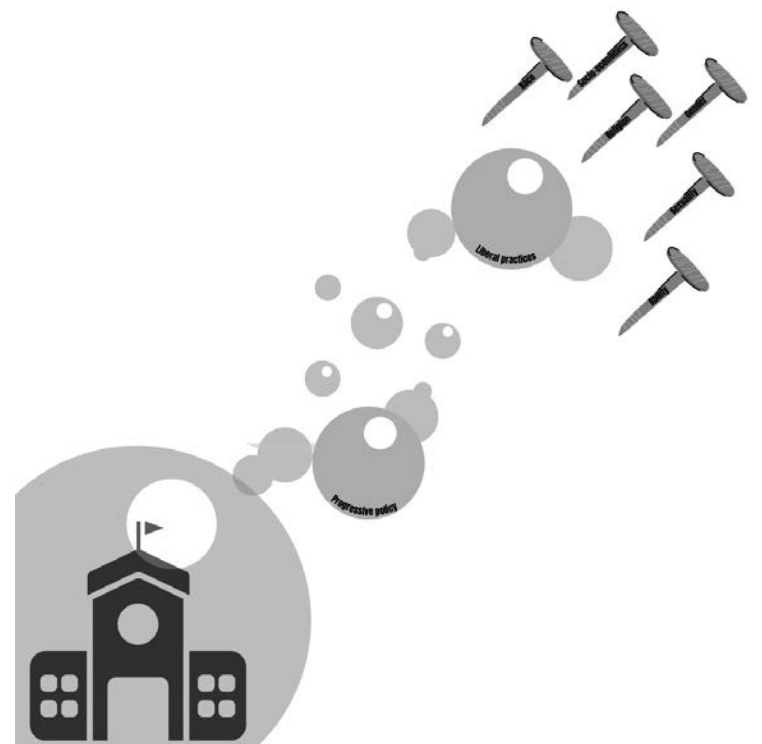
There are dangers of the college campus: echo chambers. They can lead to constant reinforcement of preexisting ideas without challenge, thus deluding individuals' perception of society. Not having open dialogue or reaching out to the community exacerbates this, but these isolated instances are not indicative of the critical thought apparent on campus.

Students are cognizant of

opposing ideals. The concept of a collegiate bubble also furthers the narrative that college shields all the bad things that happen in society. This is disingenuous because that implies students are not able to think critically about the campus and the world they live and work in. No one is going to think that just because you have Diversity, Equity and Inclusion (DEI) policies on campus, DEI programming, the outside world is going to hold the same experiences and liberal practices.

Even if the bubble did exist, it would not cover all members of the university community. For Black students and those in other marginalized communities, it would be almost impossible for them to relish these policies as they do not protect from systemic and institutionalized discrimination and hate. Even if colleges tout themselves as bastions of liberal thought to the point of farce, there is an obscene amount of bias incidents that get reported and have nothing come of it.

One University of New Haven upperclassman recounted the time a group of white students wrote the N-word on a door and how traumatic it was for them to see that when this is supposed to be a safe space. The police got involved, but no one faced any consequences. When a similar instance happened again this year, the same upperclassman said that it happens almost every year and the involvement of the police is just to save face. The furtherance



Graphic courtesy of Isabelle Hajek

of the bubble narrative invalidates the ongoing hardships faced by marginalized groups on campus.

On the other hand, white people are susceptible to this delusion of societal progress. They champion the messages of inclusion and equity mindlessly and don't think about how these concepts translate into the real world where people are fighting for their lives. It's performative and insulting, especially when they try to act as leaders on topics they have no experience with. Their privilege has allowed them to go unscathed by the horrors of the world so they cannot fathom

the harsh realities that marginalized people face; to them it is viewed as a campus complaint. In their mind, the "progressive" nature of campus is indicative of actual society. They don't take note of other communities, their struggles or ways of life. Inevitably, they will leave university and nothing for them will have changed.

They will be trapped in a cyclical thought pattern that shields them from the truth and leads them to believe in fallacies about societal progress, but for everyone else, they never had the reprieve of a collegiate bubble.

Are you lucky enough to be an "emerging adult?"

BY ISABELLE HAJEK
Opinions Editor

T minus 194 days until I walk across the graduation stage—a time that will signify to my family, employers and my peers that I am ready to go out into the world and live life as an adult. But I have no idea what being an adult actually means.

There are conflicting testimonies on what constitutes adulthood. Is the measure legal or biological or economic or social or some combination of them all?

Federal law dictates adulthood begins at midnight on one's 18th birthday. At such an age, parents' legal obligations cease in most states, and individuals enjoy the legal right to vote, to enlist in the military, to marry and to accrue debt, among multiple other tediums.

Biology dictates that the brain and body will fully develop and mature around 25 years of age, though some scientists argue that number is closer to 30, based

Graphic courtesy of Isabelle Hajek

on a variety of environmental factors. Personally, my mother says I'm an adult when I can claim myself as an independent on my taxes and I no longer need to call her to ask how to schedule a doctor's appointment.

The moment when adulthood actually begins is a tried-and-true discussion. Recent conversation on the subject has brought about new subsections of adulthood,

categorized as "young adult" or "new adult," as if the beginning of adulthood comes with training wheels. These phrases are the result of the number of adults living at home with their parents, reaching a majority in 2020 for the first time since the Great Depression. With the economy and job market in their current state, it comes as no surprise that new definitions of adulthood have

surfaced.

In developmental psychology, these categories can be filed under the recently proposed new developmental stage, "emerging adulthood." It is an intermediary between adolescence and true adulthood that focuses on self-identity, instability, internal exploration, a feeling of ambiguity in adulthood and the promise of new possibilities in the future.

This definition is most applicable to individuals in developed and industrialized nations. It hinges on the economic stability of a nation to allow for a more gradual introduction to adulthood which is supported by strong family values and reduced child-bearing rates. The focus is on individuals with enough privilege and opportunity to enjoy such an intermediary state of existence without the financial pressure.

If a person's identity is stigmatized, their existence is oppressed and their focus is on caring for elder parents, a child or any other number of disadvantages. They can hardly subscribe to the

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Emerging adult

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mostly self-indulgent, suspended state of development that “emerging adult” holds space for.

This concept also relies on the individual’s confidence to sit in a place of ambiguity. Recent studies have shown that the age group that constitutes emerging adults, 18-29, are recovering from the lowest levels of self-confidence an individual will face in their lives. They are the most susceptible to the imposter phenomenon, or imposter syndrome, where they might have a difficult time accepting their own achievements and internalizing self-doubt.

Imposter syndrome is especially high in families where achievement is emphasized. Applying that same concept in the U.S., where adolescents are socialized in a meritocratic and capitalistic culture that values achievement and competition, the feelings of being an imposter are to be expected, if not exacerbated. The risk of experiencing imposter syndrome fluctuates based on a person’s identity and level of privilege in society as well.

Varying levels of privilege and the overall cultural condition in the U.S. leaves the title of “emerging adult” to be one few can assume. The majority are left to deal with legal, social and economic pressures that propel them into the responsibility of adulthood.

As I reflect on my own place of privilege in society, “emerging adult” may be a comfortable label to use while I find my place in the world; however, not all individuals have the luck to spend time in such reflection. Do you?

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Positions available for students of all majors!

Graphic courtesy of Kayla Mutchler



A student walks outside of Bartels Hall. Located inside is the Marketplace, which is one place where Sodexo serves food, West Haven. Photo courtesy of Charger Bulletin/Jenelle Johnson.

A long, tangled history of the hospitality giant Sodexo

BY LINDSAY GIOVANNONE
Sports Editor

In 1966, Pierre Bellon founded Sodexo in Marseille, France. 55 years later, the French food and facilities management company has an annual revenue of €22 billion, or about \$25 billion. Sodexo’s services currently encompass 10 industries, including defense, government, healthcare and education.

Sodexo in the U.S. is most common on college and university campuses. A corporation this large is bound to have controversy riddled throughout its history, though much of this has not garnered much attention.

On Sept. 1, I began what I assumed would be a simple investigative piece into Sodexo’s presence at the University of New Haven. Nearly two months and 33 emails later, I have gathered almost every bit of information I sought to find.

Sodexo currently operates five prisons in the U.K. and one in Australia. They also provide services for correctional facilities in 84 prisons across mainland Europe and Chile, ranging from maintenance to food service and work training. They also appear to have policies that include a ban on working with anything other than democratically-elected governments, not providing services in countries with capital punishment (e.g., the U.S.) and not supporting tougher prison sentencing or other political agendas.

This sounds like an excellent policy. However, Sodexo’s claims of “receiving favorable results” during independently conducted inspections are countered by reports of abuse inside their U.K. prisons. An article in The Independent reported that inmate Natasha Chin was found

unresponsive in her cell in 2016 at the Sodexo-operated prison HMP Bronzefield; her death was attributed to “medical neglect” on the coroner’s report.

In 2021, at HMP Peterborough, female prisoners reported having inadequate access to menstrual care products and other sanitary items. In 2017, four HMP Peterborough inmates were unlawfully strip-searched.

Companies such as Marriott International, and private individuals’ lawsuits against Sodexo allege discriminatory lawsuits and mistreatment of employees. Since 2000, Good Jobs First, a subsidy and work violation tracker, reported over \$103 million has been paid in penalties by Sodexo.

In 2002, Sodexo bought out Wood Dining Services, the former food provider for the university. George Synodi, vice president of finance and administration at the university, told me: “The university has considered other food services, [but] the prices are about the same and buying food from the same suppliers and buying from the same regional labor pool.”

He emphasized the importance of management in university dining by saying that good management influences the quality and effectiveness of dining.

After reading about horse DNA being found in frozen beef used by Sodexo in Scotland, I asked Sodexo why students at the university should trust dining services to provide high-quality and healthy food. Sodexo said that “rigorous United States Department of Agriculture (USDA) guidelines and inspection procedures do not allow for horsemeat to be imported or processed for human consumption.”

The term “local” was tossed around a lot in conversations with Synodi and other Sodexo management. I asked Sodexo

to define the word “local,” an ambiguous word, and if there was a list of providers where they source food available. The answer remained the same: “We currently source produce locally and, whenever possible, we source items that are in season and available from local farmers and food producers.”

An interesting component of this response was their statement that they “[host] local farmers and producers on campus to provide students, staff and faculty the opportunity to purchase their goods and services.”

The last “farmer’s market” held by dining services at the university was the reselling of Driscoll’s berries, most of which are grown in California and Mexico and picked by workers earning \$1.90 an hour, according to a lawsuit filed by Central Coast United for a Sustainable Economy against the California Agricultural Labor Relations board on behalf of undocumented migrant workers. Driscoll’s ethics are outside of Sodexo’s reach, but reselling another corporation’s strawberries and blueberries is hardly a farmer’s market.

The New Haven Independent reported that a sous chef at the university tested positive for COVID-19 in October 2020. A Sodexo spokesperson said that

all safety measures were taken and “no one in the dining staff was negatively affected by [the chef’s] condition.” In contrast, the sous chef told the New Haven Independent that when he alerted Sodexo management, they “shrugged it off.”

Their health citations extend beyond this COVID-19 incident. In April 2021, a Sodexo spokesperson told me they had received a grade of 90 out of 100 on their last university health inspection, and “Extremely minor infractions were cited and fixed immediately onsite.” Requests for documentation on the inspection were not answered.

The issue lies in the hypocrisy of universities and other institutions. The university has written articles on its evolving faculty, hosted speakers and made declarations of being against mass incarceration, while sourcing food from a corporation that operates correctional facilities.

For universities to consider themselves forward-thinking, they must consider all components of their operation. This changing world does not, and should not, allow for discrimination, mistreatment, lack of transparency and violations by any entity. Students and employees deserve better, as does every other individual under the ever-expanding Sodexo.



A display of food served in the Marketplace, West Haven. Photo courtesy of Charger Bulletin/Jenelle Johnson.

Football

Continued from page 1

four big rushes, with the last ending with a touchdown. With a 14-3 lead, it looked as though the Chargers had a comfortable lead in the rain. However, Exum-Strong would quickly prove why he is one of the best runners in the Northeast-10 (NE-10).

He ran for 62 yards in their next drive and helped get the Greyhounds into good field position before a defensive miscue left an Assumption receiver open in the endzone. At 14-10, there was an uneasy feeling in the slim lead, especially on a day where the New Haven offense, known for their passing, were forced to run more.

It appeared Assumption was poised to take the lead at the start of the fourth quarter when they pieced together their first sustained drive of the day. On second and goal, a pass to the right side of the endzone went wide and into the hands of Fitzpatrick for his second interception of the game.

After five more scoreless drives, Assumption found themselves with a final chance to take the lead. The defense handled the rest.

“Defense certainly stepped up and created some turnovers,” New Haven head coach Chris Pincince said after the game. “We didn’t take advantage [of them enough] on the offensive side of the ball, but fortunately for us the defense stepped up.”

For New Haven, QB Connor Degenhardt was held to just 17 passing yards with 40 rushing yards. Mauro finished with 133 rushing yards and a touchdown, being the team’s biggest source of production. Defensively, Fitzpatrick led the team with two interceptions and added five tackles, while Etienne intercepted a pass and had six tackles. CB Shawn Tafe had nine tackles, while LB Ryan Hodgins had eight tackles and one for a loss.

With the win, New Haven moves to 7-1 (6-0 NE-10) while Assumption falls to 4-4 (4-2 NE-10). It also makes head coach Chris Pincince the winningest coach in New Haven football history.

“It just means that I’ve surrounded myself with really good football players and great assistant coaches,” Pincince said.

The win now sets up a marquee matchup next week as nationally ranked No. 11 Bentley University travels to West Haven in a match of the NE-10’s unbeaten teams; the game is scheduled to begin Saturday at 1 p.m. at DellaCamera Stadium.

Coverage for the game, including a live stream and live stats, can be found at NewHavenChargers.com.



Inside of the Charger Gymnasium during a volleyball game, West Haven.
Photo courtesy of Charger Bulletin/Joseph Klaus.

Volleyball gets weekend split, bounces back from loss

BY TYLER WELLS
Associate Editor

This weekend, the New Haven women’s volleyball team looked to continue their 12-game winning streak and stay undefeated in Northeast-10 (NE-10) conference play with a pair of games on back-to-back days.

They started with a matchup against Saint Anselm College on Friday night, a team that has struggled in the NE-10 but has a 15-6 record overall.

Touting a tall front line, Saint Anselm was able to effectively counter the Chargers’ own attack that relies heavily on the striking ability of their star players. This kept the match close throughout, as neither side was able to string together many points.

Saint Anselm took advantage of the close sets, walking away with two 25-23 wins and putting the Chargers on their heels.

However, they rallied back in the third set to win it 26-24 and avoid the straight sets sweep. New Haven then followed that up with a 25-21 victory in the fourth set to even up the match.

This forced the deciding fifth set, with Saint Anselm jumping out to a quick lead. With the final set being 15 points, the Hawks early lead proved to be too much for the Chargers to overcome as they lost 15-11.

Junior outside Emily Barry led the Chargers with a career-best 21 kills, while senior right-side Jessica Akiona and freshman outside Macy Brown added 18 and 15 kills, respectively. Freshman setter Sophia Leon-Tabor also

had a career-high 60 assists.

The loss snapped New Haven’s winning streak and dropped their record to 17-6 (7-1 NE-10). However, they had a quick turnaround as they hosted 1-11 (0-8 NE-10) Saint Michael’s College the next night.

New Haven wasted little time in opening a lead, as they dominated from the opening set. After trading points early on, the Chargers outscored the Purple Knights 17-4 and cruised to a 25-11 win in set one. This momentum carried into the second set, as they went on a 10-1 run to start the set and effectively end it, eventually winning it 25-10.

In the final set, New Haven scored the first nine points and took home a 25-7 win, earning the straight-sets victory.

Akiona led the team with 15

kills in this match, while Brown contributed 11 of her own. Leon-Tabor added 34 assists in the match, with sophomore libero Rilee Jessee and Barry adding four service aces.

After the games, the Chargers are now 18-6 (8-1 NE-10) and sit in a tie for the conference lead with Stonehill College. This sets up their final two weeks of regular season play, with matches against the top teams to finalize the playoff seedings.

New Haven hosts Southern Connecticut State University in the Elm City Rivalry this Thursday, with the match slated to begin at 7 p.m. More information on all of the Chargers’ upcoming games to end the season can be found at NewHavenChargers.com.

Men’s soccer holds off Le Moyne with senior night win

BY JOSEPH KLAUS
Sports Editor

In their last home game of the season, the men’s soccer team beat the Le Moyne College Dolphins 3-2 on senior night. With playoff implications on the line, the Chargers honored their five seniors before kickoff: Francisco Guedes, Alvaro Ezpeleta, JP Viruet, Juan Felipe Tobon and John Kauffman.

New Haven opened up strong with Imanol Ruiz scoring in the 7th minute after Pau Santanach sent in a cross, which was slotted into the back of the net.

The rest of the first half saw a back and forth struggle between the Dolphins and Chargers as both backlines and keepers fought to keep the other at bay.

New Haven found the net in the 61st minute by captain Guedes who netted his second goal of the year from the mid-field position. Following Guedes, Santanach scored his conference-leading 14th goal in the 70th minute to give the Chargers a 3-0 lead.

The Dolphins scored two goals in the 81st and 87th minute, putting pressure on the Chargers. However, they were never able to find an equalizer to force overtime.

With the win, the Chargers make it into the postseason. Their official seed is undetermined as they would need another win and a Le Moyne loss to secure the sixth seed, or settle for the seventh seed if Le Moyne wins over Southern Connecticut State University.

The Chargers will travel to Bentley University on Wednesday for their final game of the

regular season with kickoff coming at noon and playoff position on the line.

