

THE CHARGER BULLETIN

The student news source of the University of New Haven.



PRESIDENT KAPLAN TALKS CONSTRUCTION AND OTHER CAMPUS NEWS

EXCLUSIVE INTERVIEW WITH UNIVERSITY OF NEW HAVEN PRESIDENT

Story on pg.3 Photo By Anna Downs/The Charger Bulletin



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BULLETIN BOARD

BULLETIN BRIEFS

Page 4

*A Conversation
with James Gilman,
Chief of UNHPD*

Page 6

*Students Document
City-Wide Open
Studios*

Page 8

*Volleyball Are
Victorious Against
Stonehill College*

Page 10

*Exploring the Struggle
Being Gluten Free
in Europe*

Page 12

*Traveling Alone
While Abroad*



THE CHARGER BULLETIN

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Question and Answer with President Kaplan

BY ANNA DOWNS
EDITOR-IN-CHIEF

On Nov. 7, President Kaplan sat down for an in-studio interview with the Charger Bulletin News, conducted by editor-in-chief Anna Downs. The interview covered subjects such as the new Bergami Center for Innovation and Technology as well as housing, and retirement rumors.

Q: What can you tell us about the new Bargami Innovation Space building? When will it open?

A: So, it's going to be a state of the art academic building, like nothing else certainly in the region or in the state and possibly in the country in terms of being highly flexible and a very fluid space. And, with the exception of the communications program, which has its own particular space in studios and control rooms, it's going to be for every department on campus. It's going to open in the spring, will probably get a certificate of occupancy in February. We'll start programming in there in March, and we might even start classes in there as early as April, but certainly for the fall.



Inside of the new academic building on campus, featuring the atrium. Photo By Anna Downs/The Charger Bulletin



Q: How do you feel the university handled the housing issue from last semester? Will the university continue to offer housing to all students?

A: I think we did the best we could. We always do the best we can. I think in the end everyone learned a little bit about how we can improve the process. We continue to work with the developer, David Beckerman, on the programming down in Allentown. [We] will be opening the Parkview in the fall, and adding 100 beds. This summer, as every other summer, [we] will be spending roughly \$1 millions on ongoing renovations in the current residence halls. So I think the program we have is one of the best in the area, and even though there are issues with housing, everyone has issues with housing. It's like food services, you're never going to make everyone happy; we're serving too many people.

Q: Tell us a bit about our new athletic director, Sheahon Zenger, as well as the university's prospects to become a Division I school.

A: Sheahon Zenger is an incredible hire. He is a national figure. He...is very excited about being here. He's connecting with students, he's connected with the coaches. He's showing us how we can improve our athletic program. And if anyone's going to get us into Division I, it'll be him. And we'll get there, the prospects, I think, are very good. We've talked to several conferences... we're on our way.

Q: Where do we stand with the College of Arts and Sciences Dean search?

A: We stand right at the edge of completing it. Next week, we have two candidates coming in. And then the week after that, two more, and the week after that, we'll hope that we'll have hired someone. It's a great pool, very good candidates.

Q: There have been rumors on campus that you will be retiring. Would you like to give a statement on that?

A: I was just asked this by Ralph DellaCamera, whose name is on the stadium, last night over dinner. I'm 66, and I love my family greatly and want more time with them. But I also love what I'm doing and find it exhilarating. So I'm very torn as to retirement. What our board has allowed me to do is take longer vacations in the summer, and have more time with my family. And as long as I can do that, I frankly don't know when I'll stop doing this because it's an incredible student body, faculty and staff.

Check out the full interview on the Charger Bulletin News YouTube page.

NEWS

A Conversation with James Gilman, Chief of UNHPD

BY ANNA DOWNS
EDITOR-IN-CHIEF

James Gilman has been chief of University of New Haven campus police since last spring. He retired from the Connecticut State Police after 22 years, and held campus safety positions at other colleges in the area, but when the position opened at the University of New Haven, Gilman, UNH '93, was eager to apply. We sat down with Chief Gilman to talk about some of his priorities.

"If I can pinpoint the largest safety concern, safety is the forefront for us here at the University of New Haven police department at all levels, students, faculty and staff safety," said Gilman. "I don't even want to call them concerns with some of the issues I've seen is just the students being aware of their

surroundings, that's the biggest thing, during the day and at night.

"The campus has been redesigned and restructured by the President Kaplan and others to make it more of a pedestrian type campus and we put gates up to alleviate some of the vehicular traffic which would help, but still you have to be mindful of your surroundings and it's good practice here to do it on campus, and to take that off campus, you know, should you go into what downtown West Haven of New Haven, especially at night."

Gilman discussed a new safety initiative, the Live Safe App, that will have features to help students stay informed on safety programs and preventative safety measures.

Gilman said the LiveSafe app is not just a safety app, but includes phone "numbers that you typically don't use everyday

such as bursar, and registrar's number, but also how to report suspicious activity, and what to look for. As well as where emergency call buttons are located. So it's a, great app that I'm glad that the university got on board with it."

Gilman said that using the app," which allows users to text as well as send photos, is the best way to get in touch with campus police to report suspicious activity.

Gilman said, "If you don't feel safe for whatever reason, please

bring that to our attention. If you need a ride need escorts at night you don't feel safe please call us, we'll do that for you.

The entire staff here, there's 19 of us and we're here to help."



Chief of University of New Haven Campus Police, James Gilman.

Photo Courtesy of University of New Haven Marketing and Communications

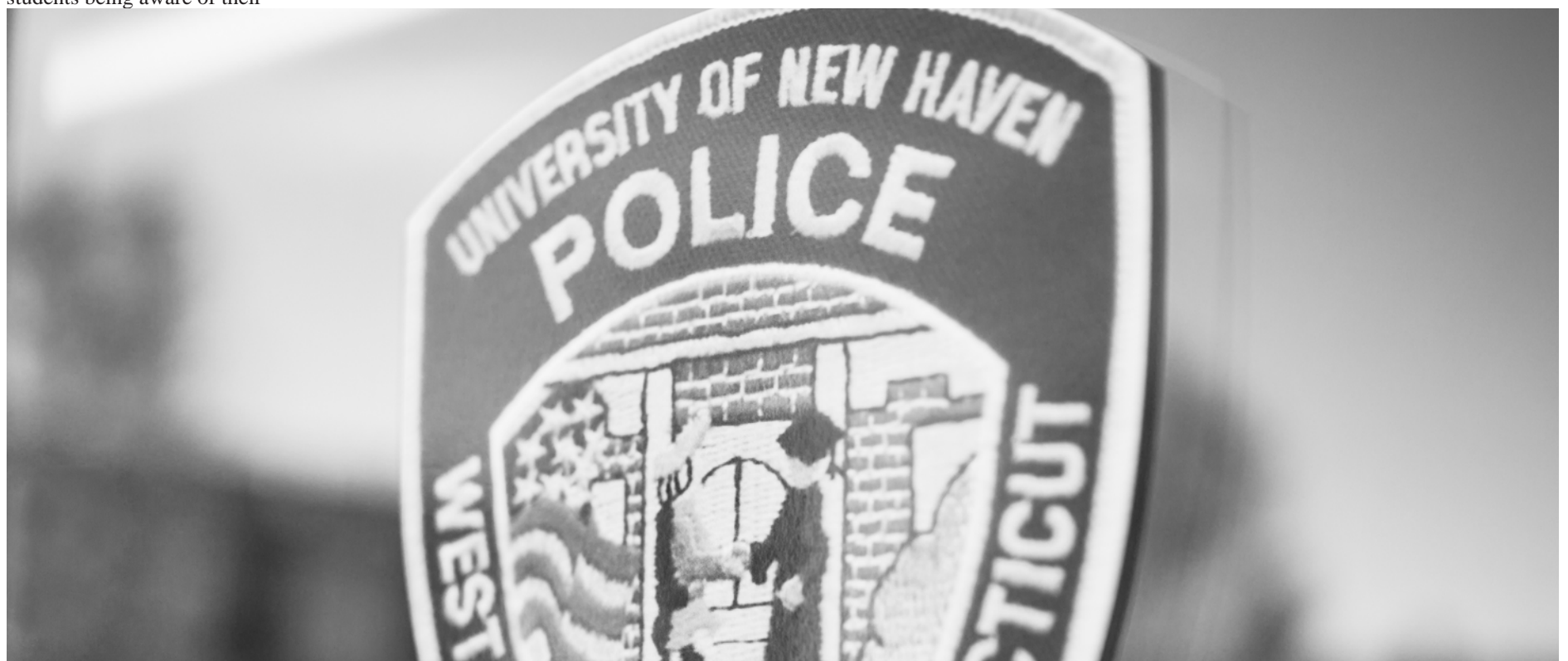


Photo Courtesy of Anna Downs/The Charger Bulletin

NEWS

Beto O'Rourke Discusses Gun Violence with Newtown Community

BY JENNIFER KORN
STUDENT LIFE EDITOR

Former U.S. presidential candidate Beto O'Rourke visited Newtown on Oct. 30, and talked about gun violence.

(O'Rourke dropped out of the presidential race two days after the event. The New York Times reported that O'Rourke withdrew from the race because of a lack of funding.)

Local gun law activists coordinated with O'Rourke's team to bring him to Connecticut.

"It's an opportunity for our community members and activists who have been involved in the movement since the Sandy Hook tragedy to interact with a presidential candidate that has put forth very comprehensive goals, strategies to end gun violence," said Po Murray, chairwoman of Newtown Action Alliance.

O'Rourke agreed to support several proposals as a candidate. Those included creating an office of gun violence prevention and nationalizing Ethan's law, a safe storage law.

He also touched on systemic issues in the country.

"We're never going to be able to address the root causes of the problems that we see," said O'Rourke. "Know that whether I am the candidate or the nominee, or private citizen in West Texas, I am with you every single step of the way until we fully and finally address these challenges."



Photo By Anna Downs/The Charger Bulletin

NEWS

University of New Haven Students Participate in Documenting City-Wide Open Studios

BY ANNA DOWNS
EDITOR-IN-CHIEF

Artspace's City-Wide Open Studios is celebrating its 22nd year. City-Wide Open Studios is a celebration where Connecticut artists come together to showcase their work in pop-up events.

University of New Haven communication, film, and media studies students attended the Alternative Space weekend at Yale's West Campus on Nov. 2 and 3. Students interviewed artists and shot videos and photos. This art will be shared with the artists and may be showcased by Artspace.

The collaboration is the project of adjunct communication professor, Nicki Chavoya.

Chavoya said, "This is our second year partnering with ArtSpace's City-Wide Open Studios, and it continues to be an incredibly valuable and

immersive experience for our students."

The theme for this year's City-Wide Open Studios was "Older But Younger." It showcased installations that explored topics of youth and longevity.

Chavoya said this is an opportunity for students to get off campus and immerse themselves in a creative and collaborative environment.

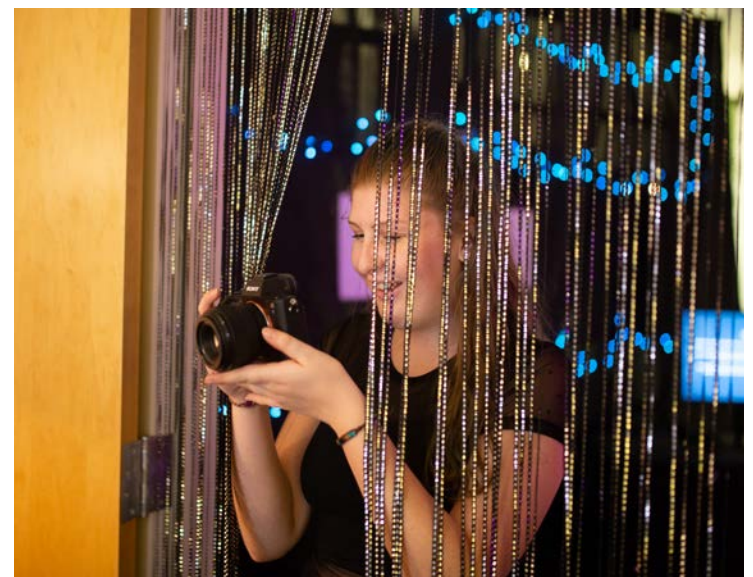
"Situated so close to New Haven, we're just a short drive away from a thriving artistic and cultural community," she said. "City-Wide Open Studios provides an expedited way to introduce our film and television students to creative professionals as well as a way to show the Greater New Haven arts community the level of talent we have here in the department."

Students who attended the Alternative Space weekend will be editing the interviews with the artists they've documented, with Chavoya's guidance.



Below: communication major, Freshman, Christine Katar, documenting an installation seen on the left.

Photos By Anna Downs/The Charger Bulletin



SPORTS

Men's Soccer V. Bentley

BY TYLER WELLS
CONTRIBUTING WRITER

It was a brisk but beautiful November day as the New Haven men's soccer team beat the Bentley Falcons at Kathy Zolad Stadium in their final game of the season, 2-0.

The Chargers scored an early first half goal from graduate student Tiago Vintem, his second of the year. Junior Sean Skeens scored the other later in the first half, his fourth this season proving to be enough as the Charger defense stifled the struggling Bentley offense. Charger goalie, senior Stefano Lorusso, had a busy game, making seven saves to earn a shutout in his final collegiate match.

In the fifth minute, the Chargers took advantage of the game's first corner kick as

Vintem rose above the defense to send a header just over the reach of the Bentley goalie. Freshman Jon Calvo had the assist with the precise cross into the Bentley defense.

But the Chargers were looking for insurance, and they got it in the 44th minute when Franz Innocent Jr. split the Falcon defense with a perfect pass to set up Skeens, who snuck a left-footed shot by the goalie to give the Chargers a 2-0 lead.

Bentley went into halftime with hopes to make a comeback, and it showed right out of the gate. At the end of the 52nd minute, the Falcons got two of their best looks: the first, a clear shot at the goal hitting the right post, and the rebound try missing wide right. This set up their offensive struggles for the night. While the Falcons were aggressive with 21 shots and seven on goal, they were unable to score.

This marks the end of a difficult 2019 campaign for the Chargers, who finished at 5-10-1 (3-8-1 NE10). The team lost five games by a single goal, including one against No. #1-ranked Adelphi University, and a double overtime heart-breaker against Le Moyne.

However, with a young team and coach, Brian Quinn, moving into his second season at the helm, the team can begin to look forward to a competitive 2020 season, even while the program bids farewell to graduating seniors Stefano Lorusso, Abdullah Alamoudi, Nate Peduzzi, and Brian Silhan.

Bentley finishes at 8-8 (6-6 NE10), which is enough to secure the seventh seed in the upcoming NE10 tournament as they prepare for a first-round matchup at second-seeded Franklin Pierce in the first round.



NO. 6, Christian Lupoli Photo Courtesy of Charger Athletics

Football vs. Assumption

BY MADDY ORCALES
CONTRIBUTING WRITER

Football vs. Assumption College
On Saturday, the Chargers beat the Assumption College Greyhounds, 34-33.

Wide receiver Ju'an Williams put the Chargers on the board late in the first quarter with the first of his six successful catches from quarterback Christian Lupoli. The first touchdown came after three failed attempts from both teams, and took three plays to complete. Williams logged 166 yards for the day and scored two touchdowns.

Momentum picked up in the second quarter, but not for the Chargers. The Greyhounds put 19 points on the board with two touchdowns, a five-yard safety, and a field goal, which left the Chargers trailing at 19-7.

The Chargers came back after halftime and put another touchdown on the board. Running back Shamar Logan began the drive with a 17-yard carry that

set up the 28-yard pass from Lupoli to Williams. Michael Stalenyj kicked the extra point, which left the Chargers still trailing, 19-14.

In the final quarter, after a brief struggle and lost yardage, the Chargers were quick to get on the board within the first minute with a pass to tight end, Jake Lareau, for his first touchdown of the game. The Greyhounds then scored two touchdowns, which gave the team an 11-point lead with half a quarter of playtime left on the clock.

New Haven answered immediately with their shortest drive of the day, a one-play 87-yard pass from Lupoli to AJ Greene, which put the score at 28-33.

The Chargers put up a defensive fight in the last three minutes of the game, which enabled Lupoli to throw a 27-yard pass to wide receiver Zhyaire Fernandes. That put the Chargers ahead by a single point with less than 30 seconds left in the game. The Chargers will play the Stonehill Skyhawks at 1 p.m. Saturday at DellaCamera Stadium. Join the team as they honor their seniors.



NO. 30, Tiago Vintem Photo Courtesy of Charger Athletics

SPORTS

Volleyball Victorious Against Stonehill College

BY LYND SAY MILLER
CONTRIBUTING WRITER

After a tough loss to Southern Connecticut State, New Haven bounced back in their game against Stonehill to advance their season conference record to 8-3. The Chargers were able to sweep the Stonehill Skyhawks in a 3-0 match thanks to a high-powered attack.

Junior Kali Greathead, who has been a major contributor to New Haven's attack all season, led the team and finished the game with 11 kills, which were a match high for both teams. Greathead has earned 221 kills this season.



NO. 7 Mallory Nowicki, Senior Photo Courtesy of Charger Athletics

But Greathead was not working alone. Three Chargers finished with more than 10 digs, including Julia Guarniere and Sammie Pagua, who combined for 24 digs, while Ruby Fera accounted for 10.

Freshman Pagua was all over the stat sheet, as she

also led her team in assists.

In a dual effort, Pagua and junior teammate Angela Chan put up 27 assists.

There was extra drive for the Chargers as they were celebrating their only senior, Mallory Nowicki, on senior night. The 6-foot senior finished the game with 7 kills,

2 digs and she accounted for 18.5 points. This puts Nowicki at 985 career kills.

New Haven's attack was a force this game, hitting .226. Within the strong attack was freshman Emily Barry. Barry led her team in hitting a .500 average. Greathead was also in the mix and finished the

game with .320.

The Chargers are currently ranked third in the East region and fourth in the NE10 conference. This is the third time in the 2019 season that the Chargers were able to sweep a conference opponent.

The 15-8 Chargers hope to extend their season by making it to the NE10 playoffs. The team will round out their season with two more games. Their next match will be against the Assumption Greyhounds at 12 p.m. on Tuesday in the Charger Gymnasium. Their final game will be against conference leader Bentley. New Haven came out on top 3-1 in their 2018 meeting with Bentley.

Women's Basketball V. The College of Staten Island

BY ZACHARY PINCINCE
SPORTS EDITOR

Women's basketball had their season opener on Saturday where they beat The College of Staten Island, 68-57.

New Haven played a solid first quarter of basketball with a handful of players pitching in. During the final seconds of the quarter, junior Brie Pergola knocked down

a three-pointer, her only one of the afternoon, to give the Chargers a 20-18 lead.

The Chargers struggled in the second quarter with foul trouble, but freshman Aurora Deshaies stepped up big time for the Chargers, with eight of the 12 points in the quarter for the Chargers.

Fresh out of halftime, New Haven came out swinging and went on an 11-2 run to start the third quarter. Pergola had a pair of steals in

the quarter, which helped the Chargers extend their lead. After Staten Island closed the lead to five, New Haven went on a 12-0 run, leading to a 56-42 lead heading into the fourth quarter.

Deshaies added another nine points in the third quarter.

With momentum on their side, New Haven continued their hot streak, and started the fourth quarter with an 8-0 run. Junior Bionca

Chambers had five points during the run. Staten Island also went on a brief run, scoring 13 of the final 17 points of the game, but New Haven was able to hold on to secure the win.

Deshaies finished with 20 points, 6 rebounds, and a steal to start her career as a Charger. Senior Micah Wormack started her final season of play with 13 points, 5 rebounds, and she added a block and a steal in the win.

Pergola led the Chargers with 35 minutes played on the day, basically never leaving the court.

She had 8 points, and 6 assists; but as important as Pergola was on the offensive end, the defensive side of the ball is where she shined. She racked up 8 rebounds and an impressive 6 steals on the day. Women's basketball will next play against Bridgeport University at 6:30 pm Saturday at Charger Gymnasium.

Hulu Adaptation of “Looking For Alaska”

BY JENNIFER CIRIGLIANO
CONTRIBUTING WRITER

John Green is a New York Times best-selling author. His books, “The Fault in Our Stars” and “Paper Towns” were adapted for film, and “Looking for Alaska” recently joined the mix as a Hulu series.

Green’s latest tale is about a teenager, Miles Halter, who later gets nicknamed Pudge. That’s ironic, considering he’s skinny and tall. Played by Charlie Plummer, Miles has a strange obsession with knowing famous peoples’ last words. Miles decides he wants more than his basic town in Florida and go to boarding school in Alabama to try and find his “great perhaps,”

or the true meaning of life. During his first day at Culver Creek Academy, Miles meets his roommate, Chip Martin, also known as The Colonel (Denny Love), and Takumi Hirohito, Chip’s long-time best friend. Miles then meets Alaska (Kristine Froseth) and immediately becomes fascinated with her and develops feelings for her, though she has a boyfriend. Throughout the story, the group of friends try to get through the school year without getting caught and kicked out by The Eagle, the camp’s director, because of drugs, alcohol and the occasional prank. A new problem is added to the mix when someone from the academy gets into a car crash. The Colonel and Miles try to figure out where the person was going and what caused the crash to



Photo courtesy of Creative Commons

happen.

One of the other main characters in the show is Dr. Hyde, the religion professor at the academy. Alaska and Miles become close with him after spending Thanksgiving break talking to him and getting life

advice.

There are few differences between the book and the show. For devoted John Green fans who have read the book, it is nice to watch a show and be able to see the words of a book come to life with few differenc-

es and scenes taken out.

“Looking for Alaska” is a show everyone could watch and be inspired to find their “great perhaps,” try new things, make new friends, and live life to the fullest.

Jeffree Star and Shane Dawson Release Makeup Kits

BY IDELIS PIZARRO
CONTRIBUTING WRITER

Jeffree Star and Shane Dawson have recently come up with a conspiracy — the Conspiracy makeup collection, that is.

Dawson had been teasing about an upcoming documentary series with Star, which left people questioning what’s going to happen in this series this time.

The first part of the series was released on Oct. 1. If you enjoyed or got to see Dawson’s original documentary with Star,

then you will enjoy watching the second series, The Beautiful World of Jeffree Star. In the first series, The Secret World of Jeffree Star, Star revealed a lot about his controversial lifestyle and the kind of life he had before stepping into the makeup industry.

The whole series has shown the entire process of Star and Dawson’s collaboration from brainstorming ideas, coming up with shade names and how the packaging will look, to the drama and controversy that has surrounded both this past year. Dawson and his good friend, Andrew Siwicki, have been shooting it for several months. So far, he’s posted six parts of



JEFFREE STAR
COSMETICS

Photo courtesy of Creative Commons

the series on YouTube, but there will be more episodes coming soon

In the first series, the idea was brought up when Star suggested to Dawson that they should create an eyeshadow palette that had the name of the conspiracy series Dawson is known for.

Fast forward to the idea becoming reality, creating the Conspiracy Collection. This

collection includes the 18-pan Conspiracy eyeshadow palette, nine-pan Mini Controversy eyeshadow palette along with six liquid lipsticks and one clear lip gloss. It also includes two pig-themed mirrors, two pig handbags and one Jeffree x Shane tracksuit. This collection came out Nov. 1, and since so many people wanted to get their hands on it, the website crashed and

most of the products sold out. Dawson had said he was worried that the makeup wouldn’t sell, but he was wrong.

Star said they will restock the items early next year, but let’s hope they don’t sell out so quickly again. Who knows? Maybe we’ll get another Jeffre x Shane collaboration.

Exploring the Struggle Being Gluten Free in Europe

BY REBECCA TATERA
CONTRIBUTING WRITER

By now, the number one thing I am known for is my inability to tolerate gluten. I never stop talking about it.

I have had celiac disease for more than seven years now. That means my body cannot process gluten the same way most people can. Gluten is “a group of indigestible proteins found in wheat, rye, barley, and triticale, a hybrid of wheat and rye,” according to NYU Langone Health.

Being gluten-free has gotten much easier since the disease has become more common. It is wonderful to be gluten free in Italy. This is my third time abroad at the University of New Haven’s Tuscany Campus, and eating in Prato gets easier every time I’m here.

However, I still have trials and tribulations elsewhere in

Europe. For example, someone like me faces the high cost of gluten-free food, the lack of options in certain cities, and the inability to wine and dine with friends at ease.

With fall break behind us, I can now add Paris and Krakow to the list of cities in which I have been gluten-free.

Let’s begin with Paris. Ahh yes, the city of love is definitely not the city of gluten-free inclusivity. Paris in general is one of the most expensive cities in the world and from there, the gluten-free food is sparse and, when found, expensive.

The restaurants Noglu and Wild and The Moon were two of the only highlights of this trip.

At Noglu, I got two pastries for breakfast. These were some of the most flavorful and beautiful pastries I’ve ever seen. In addition, Noglu had many options, including avocado toast, chocolate pastries, baguettes, and banana bread. The brunch option was €26.00 (that’s almost \$29) and this included toast,

pastries, cheese, eggs, coffee and juice, and yogurt. To me, this is reasonably high. Gluten-free meals are pricey, and to find one with this many options is rare. The pastries were delicious, but as a student on a study abroad budget, I can do without.

At Wild and The Moon, I got their signature pink granola and a rose latte. Wild and The Moon had equally diverse options. The venue had more of a natural cafe vibe with granolas, quinoa bowls, sandwiches, chips and guacamole, coffee, and smoothies. The granola was delicious, and they had little to-go bags. My only complaint is that being gluten-free is often associated with veganism or vegetarianism. The same goes for Wild and The Moon. While I’m gluten-free, I still eat meat, as do many other celiacs. They had gluten-free sandwiches, but these were vegetable sandwiches. That’s not my ideal selection, so I hope they expand options.

After Paris, I went to the much

more affordable city of Krakow. Traditional Polish food revolves around flour, so needless to say I was a tad concerned.

I struggled with my friends in Krakow. Often, they wanted to try Polish bakeries or go to cheap traditional Polish restaurants where my only option was scrambled eggs. And one can only eat so many scrambled eggs.

On my own, I discovered Cakester and a hostel employee recommended Pod Baranem.

Cakester is almost 100% gluten-free. The only possible contamination on the menu was bread for toast. Cakester was by far my favorite place. I went three separate times and ate apple pie, raspberry cake, chocolate kinder cake, and crepes. I was never disappointed. The food at Cakester is also sugar-free and they have vegan options. At Cakester, you’re not limited to vegan options.

I only went to Pod Baranem for the gluten-free pierogis. This was an expensive and fabulous

meal. The gluten-free options were clearly marked on the menu, and my friends were satisfied with their regular meals. This was the first and only place to have gluten-free pierogis, and because of this, it’s my favorite dinner spot in Krakow.

Being gluten-free in Europe has been exhausting and exciting -- exhausting, because I sometimes had to go without food for hours on my hunt for restaurants, and exciting, because when I did find a good one, I could rave about it.

According to verywellhealth.com, one in 133 people have celiac disease. If you apply this statistic to the University of New Haven, about 53 students are gluten-free because of celiac disease. This statistic does not account for those who are gluten-intolerant or students who are trying a gluten-free diet.

These students need to be considered. I should be reviewing a lot more restaurants in Europe. Celiacs need to have more gluten-free options.



A few of the gluten free pastries that Rebecca has tried while abroad in Europe. Photo by Rebecca Tatera

STUDENT LIFE

Preview of Theatre Production “The Wolves”

BY KATIE ANNE GANNON
CONTRIBUTING WRITER

For thousands of years and in a variety of cultures and traditions, wolves have symbolized loyalty.

The University of New Haven’s production of “The Wolves” captures those values to the core. Director Jonathan Yukich, lecturer and co-coordinator of the school’s theater program, said he was inspired after seeing the production in 2017 at New York’s Lincoln Center.

“There’s a lot going on,” said Yukich. “They talk about a lot of pressing issues happening today. There’s a lot of emotions, from humor to tragedy, from compassion to grief. It’s really a roller coaster that’s under 90

minutes.”

The show follows a soccer team and their interactions; part of the audition involved playing soccer.

Samantha Slaza, a senior theater arts major, plays #7. She said she played soccer before but only as a goalie.

“For me, it was like getting off the goalie drills and going into the actual playing of soccer drills,” she said. “It was much more different for me, kind of a good curveball.”

Stefania Sassano, a junior communications major, plays #13, and she said she has never played soccer, but knew the basics and said that that was helpful.

Both Slaza and Sassano said the rehearsal process has ramped up now that the show opens soon. They say they have gotten in touch with their char-

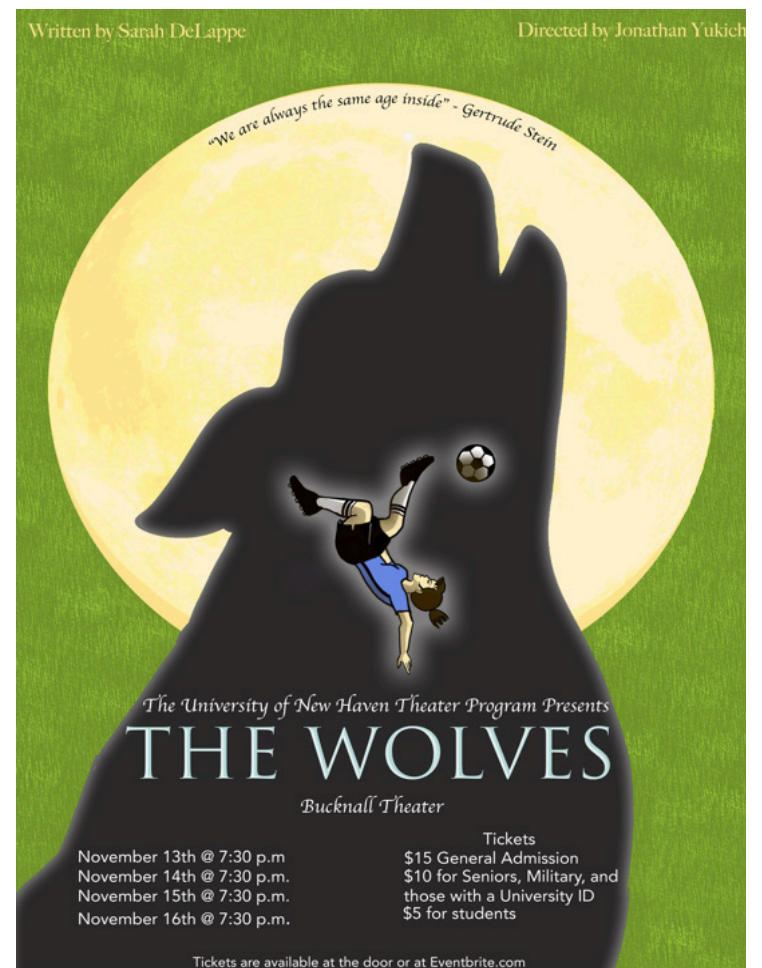
acters, which has helped them realize things about themselves

“We really want to get the essence that these girls have been with each other since day one,” Slaza said. “We’re trying to get the lines down and get the soccer techniques down because we want everyone to feel that team dynamic.”

When the show is over, though, everyone involve -- including Yukich -- said they will feel a loss. “The Wolves” will be Sassano’s last show for the year because she wants to take a break.

“Soccer is my favorite sport, and to have that implemented into a play makes it much more exciting, so when it’s over, I’m going to be pretty sad,” she said.

Yukich says he will mostly miss being around all the students and their energy.



Calling on Student Volunteers



Throughout social media college students are portrayed one of two ways. Either party animals or bookworms. However Real College Life is looking to change this. Our goal is to create a social media campaign to show what college life is really about. We are looking for volunteers to be featured on our Instagram page doing ordinary things. This could be anything from studying to walking to class. For additional information contact us at nmill10@unh.newhaven.edu or dm us on our account [the_real_collegelife](https://www.instagram.com/the_real_collegelife).

Aunt Vicky’s Registration Tips

BY VICTORIA CAGLEY
COMMUNITY ENGAGEMENT EDITOR

1. Breathe. It might feel like the world is ending but it’s not, and you’re going to get through this.
2. Put your pin number and CRNs in a text document on your computer to make registration faster. That way, all you have to do is copy and paste instead of writing out all those pesky numbers.
3. Register for your most high-demand classes first, meaning the classes that have few seats left and you want to make sure you get in.
4. Keep checking how many seats are left in the classes that you want so you can plan accordingly.
5. Use websites like [coursicle.com](https://www.coursicle.com) to map out your schedule timing and help you organize how your week will look in spring 2020.
6. Ask someone for help, whether it’s your advisor, a friend, an upperclassman, or a professor. Just ask what is on your mind. Most likely, someone else is going through the same thing you are.

Traveling Alone while Studying Abroad

Photographed: Rebecca hiking in Poland



BY REBECCA TATERA
CONTRIBUTING WRITER

First of New Haven Study Abroad Office does not encourage traveling by yourself. It has been my choice to travel alone.

During each semester, there is a 10-day break where students can travel with classes or each other. For this break, I chose to go independently to France and Poland.

In France, I spent two of my days with friends from different schools, and two days by myself. In Poland, I spent three days on my own and three days with those friends from France.

This was the perfect balance for me, because half of the trip was precisely what I wanted to do, and with my friends, I did things I may not have chosen to do alone. As an avid traveler, I tend to go off the beaten path. By doing the activities I wanted to do, I was learning, exploring, and growing in each location.

In Paris, I walked through Pere Lachaise Cemetery, ate breakfast at a gluten-free cafe, walked along the Seine, and bought a book, but Krakow is where the adventure began. My last name, Tatera, originates from the Tatra Mountains in Southern Poland. So the first thing on my list was to take a hike through the mountains.

Traveling is all about stepping out of your comfort zone. Hostels will push you out of your comfort zone, fast. Most recently, I stayed with 11 other people, and our entire floor of five rooms shared three showers and two toilets. If this doesn't scream uncomfortable, I don't know what will.

Travelers come from all over the world for adventures in the same city, and some may be interested in the same things you want to do. I've met people from Germany, India, Australia, England, Canada, Poland, and more, all in hostels. I've exchanged Instagram accounts, gotten dinner, and even toured cities with some of them. Even

when you travel alone, you may not be alone the entire time if you stay in a hostel.

Traveling alone is easy, as long as you are confident and comfortable being independent. To ensure you can comfortably see the world the way you want too, here are some tips:

- Always make sure someone knows your daily and nightly plans. That way, this person can check on you and ensure your safety.
- Make sure you fill out the travel documentation for the Study Abroad Office. That way, the school can contact you in case of an emergency.
- If you go on a day trip somewhere without cell service, share this with the place you're staying, and let them know the time you intend to be back.
- Google the city and study maps before your arrival. This allows you to do more in a short weekend trip.
- BUDGET.
- Grab a Prato campus travel flyer. They have five things to do in different European cities.

Veteran's Day Ceremony In Photos:

Photos By Anna Downs/The Charger Bulletin

