



THE NUTMEG MAGAZINE

Issue No. 7
Winter 2016

Winter Boots



- + Election 2016 Opinions
- + Winter Break Destinations
- + The Ignored Part of Sports

Contents



4 - 9

Uconn On: Election



10 - 13

Election Opinions



14 - 19

Holiday Break Fun



20 - 25

Winter Boots



26 - 29

Study Abroad



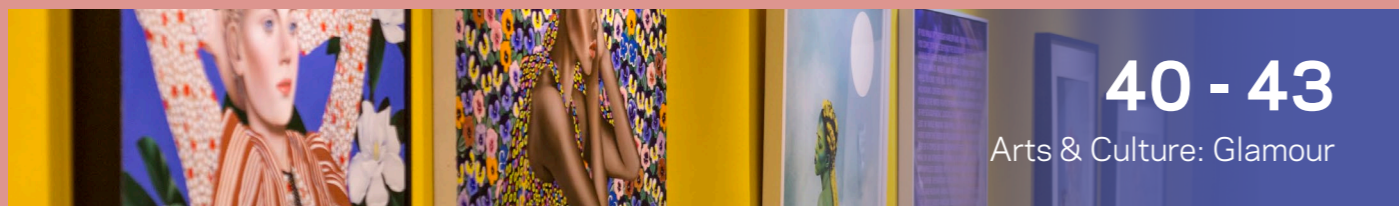
30 - 35

Recipe Guide



36 - 39

The Ignored Part of Sports



40 - 43

Arts & Culture: Glamour

Editor's Note



Editor in Chief

Amy Bortey

Magazine Managing Editor

Rachel Sarnie

Creative Director

Dan Araujo

Designers

Morgan McKenna

Victoria Kokoszka

Mary Olmsted

Will Lanzoni

Rachael Berry

Business Manager

Lindsey Rodrigues

Yearbook Managing

Editor

Elise Sotolongo

Photographers

Omar Taweh

Kim Sun

Madison Busick

Mike Carlson

Christian Partenio

Copy Editor

Ariel Sussman

Photo Editor

Jason Jiang

Writers

Kavita Sinha

Betty Noe

Schae Beaudoin

Neel Razdan

Sports Editors

Rosalie Pisano

Will Lanzoni

Marketing Coordinator

Emily McAndrew

As the insanity of finals week approaches, take a well-deserved break from studying and read the latest issue of Nutmeg Magazine. This winter issue is highly diverse—we covered everything from the polarizing election's effect on students, to the latest contemporary art galleries here on campus.

Looking for something exciting to do over break? Check out our story on holiday fun, or whip up something tasty from our holiday recipe guide. For those of you who are studying abroad next semester, read about the best places in Europe to visit on the weekends and between classes.

If you have an event or story that you would like featured in Nutmeg Magazine, please reach out to us at: nutmegpublishinguconn@gmail.com.

We hope you enjoy this winter issue of Nutmeg and have a happy holiday!

- Rachel Sarnie

UConn

ON:

2016 Presidential Election

After more than a year of intense, grueling campaigning from each presidential candidate, Donald Trump defeated Hillary Clinton for the election of the 45th President of the United States early morning of November 9, 2016. The election garnered criticism from many Americans pointing out the reality-show nature and unprecedented behavior--especially during the notorious televised debates. Strong rhetoric from both major parties have left a nation divided with passions at an all-time high, even here at the University of Connecticut. Several students of various backgrounds and affiliated organizations offered their thoughts on what they believed to be the most important issue of this election, and what they saw for the future of the United States.

KY TRAN

Asian American Cultural Center

"The "melting pot" of America is basically doomed; whether it be by minorities rioting or people taking this win as justification to be openly and overtly racist, America will not be the same ever again. The last democratic thing about America will be this election, and that's just a sorry sight. This isn't an issue about "hurting people's feelings" "taking away [my] guns" or "racism" anymore; this is seriously an issue about voting in a person who is not qualified to be a businessman let alone President of the United States. He has absolutely 0 backing on any of his policies and yet Americans are voting him in because he has a "great slogan" or "says it how it is." We're handing nuclear launch codes to a guy who got his Twitter access revoked because he acted like a child.



AMY BORTEY
Nutmeg Editor-in-Chief

"I would say I worry about the social repercussions and the safety and wellbeing of others. I believe everyone should feel safe and comfortable whether they are going to work, classes, to the store, picking up children from school- in everyday life really. People shouldn't have to constantly worry or live in fear. The fact that I worry about the wellbeing of my family and friends is a scary feeling. We need to work together to move towards a country that is for *all people*."





MICHAEL GRISCHUK

UConn College Republicans

"The current state of American politics is deeply unsettling. Never have I seen people more opinionated or more entrenched in their positions than during this election cycle. People hold strong opinions about things they have weak understanding of, and ideology and emotion have been inexorably intertwined. Disagreement doesn't mean difference of belief anymore, but now makes you disgusting instead of just dissenting. So many people have a seething hatred for the other side when they know so little of them. No attempt is made to see things from another's perspective - everybody's so sure that they're right without doing any research on the opposite view, let alone their own. Most of both candidates' supporters were blind, choosing their positions sentimentally instead of actually trying to educate themselves on one of the most important elections of their lifetimes. Current voters are lower-information and higher-strung than ever before, and it's only going to get worse."

MARISSA PICCOLO

UConn College Democrats

"I was both surprised and saddened by the results of the election. I was upset my candidate lost, but felt that Trump was particularly unfit. I still believe we can unite and move forward as a country, however Trump's actions so far make me fear he does not take the integrity of his office or own calls for unity seriously. I fear he has already alienated so many, and that his policies will not help many who voted for him. Moving forward will take all of us, and our country is in need of healing. I hope our generation uses this election to become more engaged, seeing what is at stake when we fail to do so. We are in a unique historical moment and need to understand the legacy of progress, and history of tough battles, we inherit, along with our responsibility to the future."



EEMAN ABBASI

Muslim Students Association

"This election reaffirmed to me the unwillingness of many Americans to respect and celebrate the richness of the human experience, through its manifestation in ethnicity, religion, race, etc. However, the widespread protests, objections, and coalitions that we've witnessed post-election among the majority of Americans who understand what makes this country truly great strengthens my love for this country. It is on us students and young adults to express our love for and commitment to each other. We must take direct action in recognizing and demanding that our most vulnerable friends and neighbors are defended and respected."



ELIZABETH RADCLIFF

Rainbow Center Member

"All of my post-election thoughts have been centered around starting my life with my girlfriend. On top of concerns about marriage equality, we face concerns over transgender rights such as access to housing and job opportunities, as well as health insurance coverage. The difficulties we face are like many other college students; we cannot afford to pay much for the health care coverage my girlfriend needs as a transgender woman. That's why, to us, this election felt like life or death. If any media is to be believed about the future of policy here in the US, it's going to be difficult regardless if there is any policy shift in the state of Connecticut. The attitudes of people are shifting faster than policy, and that is the worst danger of all. All of the LGBTQAI+ community knows the feeling of not knowing who to and not to trust, but now for us and many others, that anxiety has only deepened."



TO THOSE WHO ARE SCARED

By Schae Beaudoin

I sat in the Associated Press' Hartford office on election night. A few other UConn journalism students and other political reporters in Connecticut were working with me. I was helping one of my professors gather results for Connecticut and Rhode Island. We watched results come in from all around the country. It was tight at first. We watched Hillary Clinton win Connecticut and Rhode Island.

Around 10:30 pm, the mood changed, as we saw states turning red on all the different major news stations up on the TVs in the office. "The New York Times is projecting a Trump win," a reporter from the other room said. We all stopped for a second, exchanging confused looks. There's just no way. All we heard for weeks before this night was that Clinton was going to win, no doubt. Maybe it would be close, but she was going to win. That's what we were told. After such a controversial, and frankly offensive, campaign by Donald Trump, there's no way he could get the support of the majority of the American people.

Yet, he won.

After offending Muslims, immigrants, women, African Americans, Hispanic Americans, veterans, disabled Americans (am I missing anyone?), Trump was elected the President of the United States.

When Trump announced his

run for presidency, I didn't take it seriously. He was an ultra-rich business man, a reality star. He didn't have the qualifications to be president. He had zero political experience. Did I have faith in him as a leader? Probably, he had to build his empire somehow. But faith in him as a president? No way.

I was upset and shocked from the beginning of his campaign with the way he spoke about immigrants, Muslims, women, African Americans, and all the other marginalized groups he focused in on. I couldn't pretend to be objective when I heard his remarks about women on that infamous behind-the-scenes tape from 2005. True or not, "joke" or not, I didn't find it funny. I didn't find it amusing. I didn't find it harmless. I found it appalling that he could speak about half of America's population, myself included, in such a manner.

Turning on CNN felt likewatching reality TV or political satire — Hearing Trump's offensive comments, seeing the fist fights at rallies, having the KKK support a presidential candidate. Presidential election season can be emotional and crazy, sure. But it was not a normal election. As *The Atlantic* said, it was American politics gone insane.

Yet, as the dust settles, I have to say, the American people have spoken. It might sound cliché, but we have to stand

by that decision. Democracy involves losing sometimes, but it also involves taking the loss and still finding a way to have your voice heard, because it can still be heard. We are all allowed to have that initial sadness or anger or fear after this election. But take those emotions, and make it constructive. Get over the initial fear and anger and sadness. Instead, be informed, be educated and be outspoken. The same democracy we live in that elected Donald Trump gives our voices and opinions meaning. It gives our struggles meaning. They only have meaning, though, if we turn it into action. Pay attention to your local politics, your state politics, your national senators and representatives. Be involved in your communities spreading the messages you want spread, even if they are at odds with the President of the United States. Every action has an equal and opposite reaction. So instead of being scared, be that equal, opposite, noisy reaction that won't stop.

UNINITIALIZED DWARF AND TANKS

The prospect of voting for the first time in a presidential election come November 8th was one that I greeted with great excitement. Excitement for having a say in the political process of our country, excitement to prove to the world how far our nation has come, and excitement at the idea of being able to tell my kids that the first election I voted in was the first time a woman was elected.

As I sat on my couch on the night of November 8th, my heart began to sink as the map turned more and more red. The idea of Trump actually being our president was one that I had not seriously considered. In fact, I did not let myself consider it at all. As a woman, I fear for a Republican House and Senate revoking the rights I hold over my own body. As a Jewish woman, I fear to practice my religion openly, and I sympathize with the Muslim citizens in our country. As a survivor of sexual assault, I fear the repercussions of this election will increase

the rape culture in our country. As a twenty year-old, I fear for the future of our environment and the fight against the global climate change. As a human being, I fear for our humanity, and I fear for the safety of anyone who is not a white male.

Left with a feeling of despair and sadness in the wake of the results, I am still hopeful. The younger generation is still fighting. According to Eliza Byard of the Gay Lesbian Straight Education Network, if the election was left to people ages 18-25, Clinton would have won the electoral votes 504 to 23. So as I think about our future, I think of telling my children about how many of my friends have already taken a stand against sexism, xenophobic acts, and racism. I think of telling them how the day after the election, UConn students stood together in solidarity to promote love, understanding, and hope. I think of encouraging them to be as excited as I was, and still am, to vote, because a 54% voter turnout rate is unacceptable. I think of telling them that this election ignited the fire to unite

a country that was built on the idea of being different.

I accept and embrace that our democracy enables our citizens to voice their different opinions, but I will not accept the hate that has been fostered by fear during this year. As Barack Obama said, "The test of our fidelity to our Constitution, to freedom of speech, to our Bill of Rights, is not when it's easy, but when it's hard. We fight sometimes so that people can do things that we disagree with." I believe that the checks and balances in our government will hold strong, and that the love and compassion of the American people will prevail. This election will unite us more than ever before, and I am hopeful that we will learn from our mistakes to become a stronger and more accepting nation.

By Rosalie Pisano

Design by: Will Lanzoni



How To Spend Your Winter Break In Connecticut

Winter break can be a bittersweet time of the year. Thankfully, finals are done and Christmas and New Year's Eve are on the way. Of course, though, being snowed in at home and missing our friends from school can drive us a little crazy. Once the holiday movies and leftovers run out, there's plenty of places in Connecticut to spend your time before spring semester starts.

While Vermont and New Hampshire are well-known destinations for skiers and snowboarders, Connecticut has its own array of mountains. Powder Ridge Park in Middlefield features skiing and snowboarding, as well as tubing for those of us that are less athletically-inclined. Ski Sundown in New Hartford and Mount Southington in Plantsville provide races for more competitive skiers and snowboarders. Ski Sundown also provides a ski/snowboard until midnight on New Year's Eve. Mohawk Mountain in Middlefield is another mountain for ski bums to add to their lists of places to visit this winter break. All the mountains provide rentals, perfect for anyone looking to try out skiing or snowboarding for the first time.

Article by **Schae Beaudoin**

Photos from **Creative Commons Flickr**

Design by **Mary Olmsted**

Ice skating is another winter sport to try out, whether you're experienced or not. Let's be real, it's tons of fun to go and watch your friends flail their arms and run in place like a cartoon character trying to catch their balance, even if that friend is you. There's plenty of rinks around Connecticut that provide rentals and open skates for you and your friends to go and try your hand (or foot?) at skating, including the Milford Ice Pavilion and Veteran's Memorial Skating Rink in West Hartford. Simsbury Farms features a covered outdoor ice rink, if you're looking for a more scenic skate.



If winter recreation isn't your thing, there's still plenty of holiday-related activities to do around the state. Connecticut has a number of holiday light attractions. Lake Compounce in Bristol has a Holiday Lights display every year, where the entire amusement park is decorated in lights, giving a much different experience from the normal summer season. The display features a 100-foot tall Christmas tree, the largest in Connecticut, with a tree-lighting ceremony every night. Holiday Light

Fantasia in Hartford's Goodwin Park is a 2-mile drive-through light show, featuring holiday scenes and cartoon characters. Proceeds from Holiday Light Fantasia go toward Channel 3's Kids Camp, giving children a chance to go to camp without financial barriers, so you can benefit a good cause while enjoying the light show. Hubbard Park in Meriden puts on the Silver Lights Festival every year, with animals made out of lights covering the entire park.



Connecticut is home to many sugar houses as well, perfect for a winter treat. Lamothe's Sugar House in Burlington is well-known for their maple syrup. New additions this year are their maple coated nuts and maple farmhouse kettle corn. River's Edge Sugar House in Ashford also sells fresh maple syrup, as well as honey and pure maple candy.



For students of age, the Connecticut Spirit Trail is available year-round. The trail takes you all around the state and gives a great opportunity to support local distillers, while enjoying great drinks. Some destinations include Onyx Spirits in East Hartford, Waypoint Spirits in Bloomfield, Litchfield Distillery, and Asylum Distillery in Bridgeport. Each distillery on the trail uses local products as much as possible in their products, promising a local and unique flavor for spirit enthusiasts.


Finally, while not a winter-specific activity, Connecticut is home to many museums, for any student looking to broaden their horizons. Think of how impressed all your friends will be when you come back with your new-found history or scientific knowledge. Hartford alone is home to several museums. The Mark Twain House provides a glimpse into the life of one of America's most beloved classic authors in the house Twain actually lived in. For all you art-lovers out there, the Wadsworth Atheneum's current exhibits include John Trumbull's "Visualizing

American Independence," "SHE: Images of Female Power," and Dulce Chacón's "MATRIX 175," which depicts images of space and scientific exploration. The Connecticut Science Center has several exhibits for any science-inclined students, exploring everything from human health to the weather to energy and how we can be more green. The Yale Peabody Museum of Natural History in New Haven has exhibits covering prehistoric creatures, Native American cultures, ancient Egypt and so much more. The New England Air Museum in Windsor Locks features a unique collection of helicopters, airplanes and bombers, as well as memorials to Air Force veterans and exhibits exploring the history of different aircrafts and their use in war.

Really, there's no excuse to say you had a boring vacation. You can go see beautiful light shows, learn to ski or snowboard and try some delicious local maple syrup (or liquor) all within the Connecticut borders. So get out there and say you did something cool for your winter break!

“Really, there’s no excuse to say you had a boring vacation.”





Winter Boots

Start Winter Off on the Right Foot

Article by **Betty Noe**
Photographs by **Wenqi Sun**
Design by **Victoria Kokoszka**



Winter is coming, and here in Storrs, that means snow is on its way too. Add in all of that wind, and a sidewalk that was shoveled in the morning could have a fresh inch of snow by the afternoon. In these conditions, a good winter boot is paramount. But with all of the different options out there, which choice is the best choice? Nutmeg is here to lay out some options and help you decide.

Most of us know the classic brands well: L.L.Bean and Timberland. We see these boots all around campus for a reason; they've stood the test of winter in Connecticut and won. Each brand has its particular draws. Perhaps the greatest appeal of the ubiquitous Bean Boot, apart from its overall quality, is L.L.Bean's satisfaction guarantee that allows customers to exchange shoes at little to no additional cost once they are worn out. When it comes to L.L.Bean's boots, this guarantee is more of a symbolic gesture -- they rarely give out, even after years of use and abuse in harsh winters. Bean Boots are also very versatile and can be used in all weather and all seasons. However, the color and style options are slightly limited. The general style of each boot is the same, no matter men's or women's, and they only come in six-inch or eight-inch heights. The colors offered are mostly black, brown, or beige; although a couple of styles have options of blue or red.

Timberland boots, on the other hand, come in a variety of different styles for both men and women. They are offered at a number of different heights and in a number of different color and pattern options, allowing you to get more creative in your choice of boot. However, Timberland boots designed specifically for winter do not work as well as all-season boots, as most winter designs are nicely insulated. For those who want Timberland boots good for all weather, the best bet is the waterproof hiking boot. Just remember to wear heavier socks in the winter.

Two lesser-known boot brands with trustworthy winter options are Sorel and Hunter. While Hunter is well known for their rain boots and boot socks, few people consider using these boots in the winter because they lack insulation. But Hunter sells special Down Boot Socks to provide extra insulation and make these boots winter ready. But remember to be careful -- the tread on Hunter boots can handle rain and snow, but not ice.



Contrary to Hunter, Sorel is known particularly for their snow boots. These boots are usually more heavy duty than the other three brands. Most selections from Sorel are on the taller side, with thick linings of faux fur, shearling, or cotton. Like Timberland winter boots, Sorel snow boots are really only good for inclement weather conditions, however in the winter months they are guaranteed to keep your feet warm and dry. Not all are waterproof, though, so be sure to check before you invest.

Boots are a part of the daily winter routine here at UConn, so when you're in the market for some new snow-ready shoes, make sure to buy ones that you love. Choose wisely and remember to keep warm out there Huskies.

Study Abroad

Article & Photographs by Rosalie Pisano

Design by Rachael Berry



October has come and passed, meaning acceptances have been sent out for Spring study abroad programs. Hundreds of UConn students are preparing themselves for the best semester of their college careers. You have chosen the city you are going to study abroad in, and are probably starting to think about what other cities or countries to visit. For those studying abroad in Europe, Nutmeg has you covered with the ultimate guide of the top 5 places you need to visit while abroad.

BARCELONA

Although I am somewhat biased after studying abroad in this city, I truly believe it would be a huge mistake to be in Europe and not visit this city. Barcelona offers incredible architecture by the famous Gaudí who transformed modern art in Spain. His work includes the remarkable Sagrada Familia whose construction started in 1882, and still is not finished, and Parc Guell. On your way up to Parc Guell, explore the neighborhood of Gracia, one of the younger, hip neighborhoods. Beyond that, the city is easy to walk through, but the metro is even easier to navigate. There is a Picasso museum that is free to students, and a Joan Miro museum atop the hill of Montjuic.

I highly suggest grabbing a sandwich from the famous Bo De B restaurant, and heading up to the Bunkers of El Carmel to watch the sunset over the entire city. You can't go to Spain without eating tapas, so plan a trip to the always crowded, but ever delicious Ciutat Vella near the center of the city. The gothic quarter of the city offers medieval architecture, including the Cathedral of Barcelona, and is a fun part of the city to explore during the day. Make sure to check out the open air market La Boqueria on your way over to the Gothic quarter.

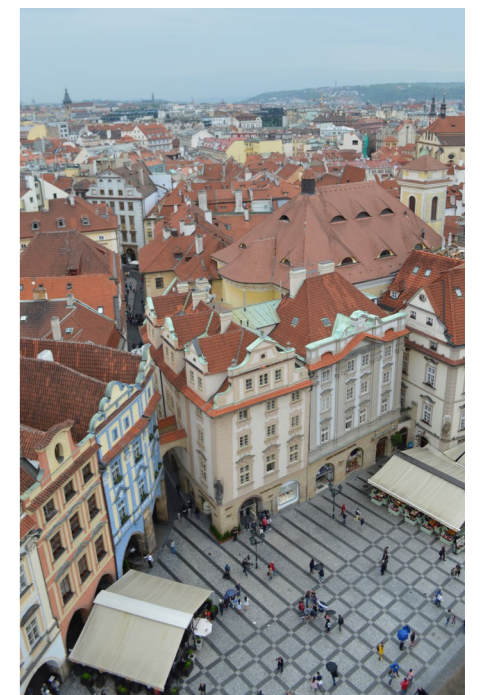


AMSTERDAM

History mixed with technological advances, Amsterdam is one of the most fascinating cities I have ever had the pleasure of going to. The famous canal rides are a must, but take a trip to the Heineken factory first because entrance to this also gets you a free canal ride. Don't miss out on Vondelpark on a sunny day, a park that reminded me slightly of Central Park. The famous Amsterdam sign sits right outside of the Rijksmuseum, which houses the Night Watch painting by Rembrandt. Also plan a visit to the Van Gogh Museum. The most fascinating museum in the city by far is the Anne Frank house. Buy tickets beforehand, because the wait is a long one, but most definitely worth it. The sorrow can be felt throughout the entire museum, as each plaque and room takes your breath away. While in the city make sure to try the famous stroopwafel, and stop at Pancakes! Amsterdam for breakfast.

FLORENCE

Florence is one of UConn's most popular study abroad destinations. This city was slightly smaller than most European cities but was beautiful in every aspect. Two "must sees" while in this city are Michelangelo's David and the Duomo of Florence in the middle of the city. The best view of the city comes from Piazzale Michelangelo, which is a slight hike, but totally worth it. The true reason to go to Florence is the food. For a traditional pasta dinner, head over to Dante's. Here, college students get bottles of wine for free, but make sure to finish your plate and the entire bottle of wine or else face Dante himself. For a classic panini, All'Antico is the place to go, but don't try to mix more than one meat because this is a huge no-no. Gusta Pizza has some of the freshest pizza, and even fresher pesto, that tastes unreal atop a margherita pizza. A trip to Italy would not be completed without gelato, so stop at La Carraia and try the cookies gelato.



ANYWHERE IN CROATIA

It was hard to pick just one city in this country, because the true beauty comes from the countryside. Renting a car is a must, and is quite affordable. The roads are easy to drive, and it is easy to get from destination to destination. The most amazing part of Croatia is the nature that it has to offer. The country has numerous national parks, including Plitvice National Lakes and Krka National Park. Both offer miles of trails and beautiful waterfalls, but you are able to swim in the lakes of Krka. While in the southern city of Split, I had one of the most exquisite meals of my life at Caffe-restaurant Dvor. The view from this restaurant out onto the water is an added bonus. Take ferries from Split to the islands of Hvar and Bol for nice day trips. An added bonus for Game of Throne fans is the city of Dubrovnik, where a lot of the series is filmed.



INTERLAKEN



Nestled away in the Swiss Alps, this town is truly a vacation destination. Plan a long weekend and head up to the mountains to get some skiing in. The nature in this town is truly breathtaking. Plan for some day hikes, and make sure to pack a coat! Eat Swiss fondue for dinner one night, and head over to Funky Chocolate Club for delicious Swiss hot chocolate. A popular attraction in Interlaken is paragliding off the mountains, but make sure to

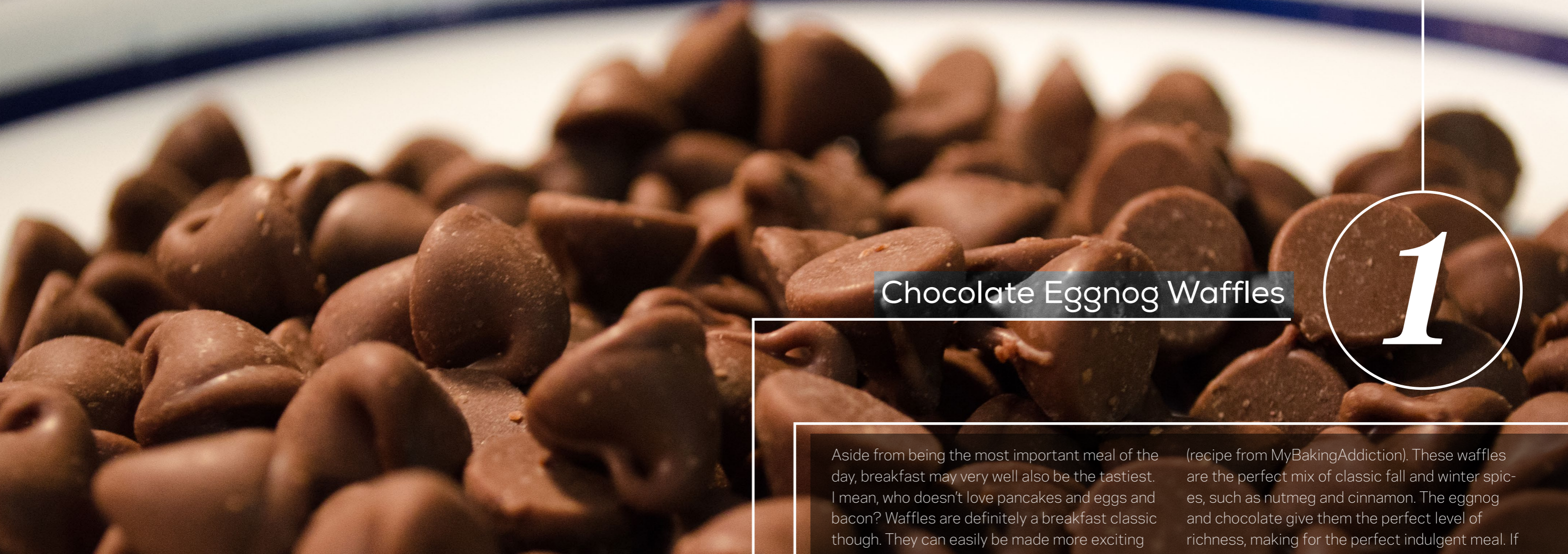


OTHER NOTABLES

There are a million other notable places in Europe, so don't limit yourself to this list! Some other cities that were incredible for the history were Prague, Venice, Rome, Lisbon and Budapest. For a more relaxing vacation, check out Positano on the Amalfi coast of Italy, or the islands of Greece like Santorini and Mykonos. For something a little different, venture down to Africa and visit Marrakech in Morocco. It is fairly easy to get to Morocco from Spain, and there are a ton of cities, like the Blue City, that are huge tourist destinations. When feeling homesick, plan a trip to London or Dublin, because these English-speaking cities are just similar enough to the U.S. to ease that feeling, while still offering something different. Lastly, don't skip out on Copenhagen! This Dutch city has some of the best food markets in the world, and the people are beyond friendly. Go out and explore new places, and don't be afraid to get a little lost. It's all a part of the experience!



pick a day without wind! At night, sign up for night skiing. Although this sounds childish, night skiing is exhilarating, and actually somewhat dangerous, but absolutely worth it. Switzerland is one of the most expensive European countries, so make sure to save money for this trip!



Chocolate Eggnog Waffles

1

Holiday Recipes

Article by **Kavita Sinha** Photographs by **Madison Busick** Design by **Morgan McKenna**

There are a dozen things that come to mind when people think about the beginning of fall. The leaves are starting to change and the weather starts to get just a little colder. Guys and girls trade in their salmon shorts and sundresses for warmer chinos and comfy, over-sized sweaters. Yet the biggest change seems to be in our appetites. Starbucks suddenly has lines that stretch out the door as customers eagerly wait to order their “Pumpkin Spice Latte” or “Peppermint Mocha”. Other flavors such as warm roasted

chestnuts and gingerbread come to mind and fill us with a sense of warmth and comfort. From the time that October hits people desperately look forward to Thanksgiving and all of the classic fall foods (mostly dessert, if we’re being honest) that come with it. And if you’re anything like I am, you’re constantly searching for easy, new recipes that embody the fall season. Here are some of my favorite treats to make when I have a free Sunday afternoon, and they’re sure to be a hit at your Thanksgiving dinner.

Aside from being the most important meal of the day, breakfast may very well also be the tastiest. I mean, who doesn’t love pancakes and eggs and bacon? Waffles are definitely a breakfast classic though. They can easily be made more exciting with the addition of chocolate chips or fresh fruit. To make this traditional breakfast meal a little more festive for the holiday season, I want to share with you a Chocolate Eggnog Waffle recipe

(recipe from MyBakingAddiction). These waffles are the perfect mix of classic fall and winter spices, such as nutmeg and cinnamon. The eggnog and chocolate give them the perfect level of richness, making for the perfect indulgent meal. If you want to take them one step further, feel free to add a dollop of whipped cream and a drizzle of chocolate sauce on top before serving.

Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup baking cocoa
- 4 tsp. baking powder
- ½ tsp. salt
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 2 tbsp. granulated sugar
- 1 ²/₃ cups eggnog
- 2 large eggs
- 4 tbsp. butter, melted
- 2 tsp. pure vanilla extract
- 1 cup semi-sweet chocolate chips
- whipped cream and chocolate syrup (optional)

Directions:

1. Preheat waffle iron.
2. Whisk together flour, baking cocoa, baking powder, salt, cinnamon, nutmeg, and sugar in a large bowl. In a medium bowl, whisk together eggnog, eggs, butter, and vanilla.
3. Combine eggnog mixture with flour mixture and stir until just combined. Do not overmix. Stir in chocolate chips.
4. Spray preheated waffle iron with non-stick cooking spray. Pour waffle batter into waffle iron in batches and cook until golden brown (about 2-3 minutes).
5. Serve warm and top with whipped cream and chocolate sauce (optional)

2

Creamy Pumpkin Pie Bars (Vegan and Gluten-Free!)

For those of you with dietary restrictions or who are looking for a healthier (but still tasty!) option, these Creamy Pumpkin Pie Bars from MinimalistBaker are the perfect option. It isn't really Thanksgiving unless there's at least one pumpkin-based dessert at the dinner table.

This particular recipe still delivers that bold pumpkin flavor, but with some easy and healthy substitutes, allows you to eat a lot more with much less guilt. As an added bonus, the entire recipe requires just 10 ingredients, so you can save money and still enjoy the perfect fall dessert.

Ingredients:

Crust

- 1 cup gluten free rolled oats
- 1 ½ cups almond flour (or 1 cup raw almonds)
- ¼ tsp. sea salt
- 2 tbsp. coconut sugar
- 1 tbsp. maple syrup
- 4-5 tbsp. coconut oil, melted

Filling

- 2 ¾ cups pumpkin purée
- ¼ cup maple syrup
- ¼ cup coconut sugar
- 2 ½ tbsp. cornstarch
- 1 ¾ tsp. pumpkin pie spice
- ¼ tsp. sea salt

Directions:

1. Preheat oven to 350 degrees F and line an 8x8-inch baking dish with parchment paper.
2. Make crust by adding oats to a blender and mixing until you reach a flour-like consistency.
3. Add almond flour, sea salt, and coconut sugar and mix again. Then add maple syrup and melted coconut oil and pulse to combine. If it feels dry, add more coconut oil.
4. Add crust to your dish and spread evenly. Lay down parchment paper on top and press down to pack crust.
5. Bake for 20 minutes and let cool.
6. Add all filling ingredients to blender and blend until smooth. Taste and adjust seasonings. Set aside.
7. Pour filling into cooled crust and tap on counter to remove air bubbles. Bake for 50-60 minutes.
8. Remove from oven and let cool completely. Cover with plastic wrap and place in refrigerator to fully set for 4-6 hours (better if left over night).
9. Once cooled, remove from dish, slice into bars, and serve!

Ingredients:

Hot Chocolate

- 2 tbsp. unsweetened cocoa powder
- 3 tbsp. sugar
- 1 ½ cups milk
- ¼ cup heavy whipping cream
- 2 tbsp. boiling water
- ¼ tsp. vanilla
- Pinch of salt

Whipped Cream

- ½ cup heavy whipping cream
- 1 tbsp. sugar
- caramel sauce
- sea salt for garnish

Directions:

1. In a small saucepan, add the cocoa powder, sugar, and salt. Pour in boiling water and heat over medium-low, allowing the mixture to come to a simmer. Simmer for a minute, stirring constantly.
2. Add the milk and the whipping cream. Stir and raise the heat so it comes close to a boil.
3. When hot, remove from heat and add vanilla.
4. For the whipped cream, add the heavy whipping cream to a chilled mixing bowl. Begin the mixer on slow and raise to medium after a minute. Make sure you stop when the cream is thick and fluffy. You don't want to over-mix.
5. Add in the sugar and continue mixing until stiff peaks form.
6. To assemble, add a bit of caramel to the bottom of each cup. Pour in the hot cocoa and top with whipped cream. Drizzle on additional caramel sauce and garnish with salt.

Salted Caramel Hot Cocoa

3

If you love desserts but prefer them in drink form, this is the recipe for you! There's nothing better than coming back to a warm bed after a day of walking around campus in sub-50 temperatures with the wind blowing in your face. Except maybe for being able to sit in bed and enjoy a cup of hot chocolate. That definitely makes it better.

If you're getting tired of using instant hot chocolate packages and the same old one-note flavors that come with it, The Cookie Writer's Salted Caramel Hot Cocoa recipe should be the next thing you try. This drink brings together the perfect combination of salty and sweet, and making hot chocolate from scratch is always a good idea.

The Ignored Part of Sports

Injuries in college athletics and beyond

Ask any student at UConn, and a majority will tell you a big pull to choosing this school was the athletics. When speaking about the past game, or a big play, often you hear fans use the term “we.” People feel connected to sports and certain teams in an indescribable way. Sports can strengthen relationships, create new ones, and connect us to a certain time and place in our lives. Ask any sport fan, and they could give you a rundown of the statistics of their favorite players, or a play by play of a game. But what about the side of sport that tends to be ignored? According to the Livestrong Foundation, 36 out of every 1,000 athletes in football has been or will get injured. Injuries are just as much a part of sport as any other aspect.

“My whole body was numb. I couldn’t move my arms. I couldn’t move my head. I couldn’t talk,” Ricardo Lockette, former Seattle Seahawk, explains after a career ending hit during

a game in 2015 against the Dallas Cowboys. Lockette had been hit so hard that the cartilage, ligaments and tendons in his neck were torn, twisted, and pulled in ways that could have killed him had he been moved in the wrong way. The reality is that career ending injuries are not uncommon, but often ignored. The Livestrong Foundation reported that 30% of college football players have had at least one concussion during their lifetime.

Former UConn quarterback Casey Cochran knows this reality all too well. Cochran was forced to retire early after suffering 13 concussions. Everyday he lives with the residual aches and pains from his football career, has trouble focusing in class, and suffers from anxiety and depression that he’s unsure he will ever be able to shake. Along with the effects that he already feels, he has to now worry about the possibility of developing CTE or other diseases like early onset dementia. According to the Boston University’s CTE



Center, "Chronic Traumatic Encephalopathy is a progressive degenerative disease of the brain found in athletes (and others) with a history of repetitive brain trauma." The tissue in the brain begins to break down, and symptoms can develop years later.

While football reports the most injuries in college athletics, all athletes must worry about injury. Intense work outs and little rest creates the perfect cocktail of stress on a body. Omar Calhoun began his career with the UConn Men's Basketball team with high hopes. A top ranked recruit out of Christ the King High in Brooklyn, New York, Calhoun was supposed to be a top scorer for UConn. Unfortunately, after a great freshman season, Calhoun had to have surgery on both knees, and never fully bounced back the way his doctors and coaches had hoped. After a disappointing sophomore season, Calhoun faced other injuries that forced him to miss the first 7 games of his junior season.

Athletes enter each game knowing that this could be their last. A broken leg, torn ACL, concussion, and countless other injuries could stop them from playing the game they love. College athletes play for free, and usually receive no sort of financial help once

they are hurt. Medical bills are not covered by most universities, and a large portion of college athletes remain on their parents health insurance. According to Kristina Peterson of the New York Times, these insurance policies "often exclude varsity sports injuries, limit out-of-state treatment or do not cover much of the bill." In some cases, students are left not only with medical bills, but also with the possibility of losing their scholarships, and the burden of having to figure out a way to afford tuition.

The NFL recently has been under fire for their neglect concerning concussions and other brain injuries, and have begun to research new safety measures to prevent injuries like this. More leagues and organizations need to put their time and resources into researching ways to prevent injury and make sports as safe as possible for the athletes. This is particularly important when it comes to high school and college sports, as the athletes have more on the line because they are not getting paid for their abilities. After hearing of a case like Casey Cochran, it seems as though universities are putting too much of an emphasis on winning, and not enough on the safety and well-being of the athletes.

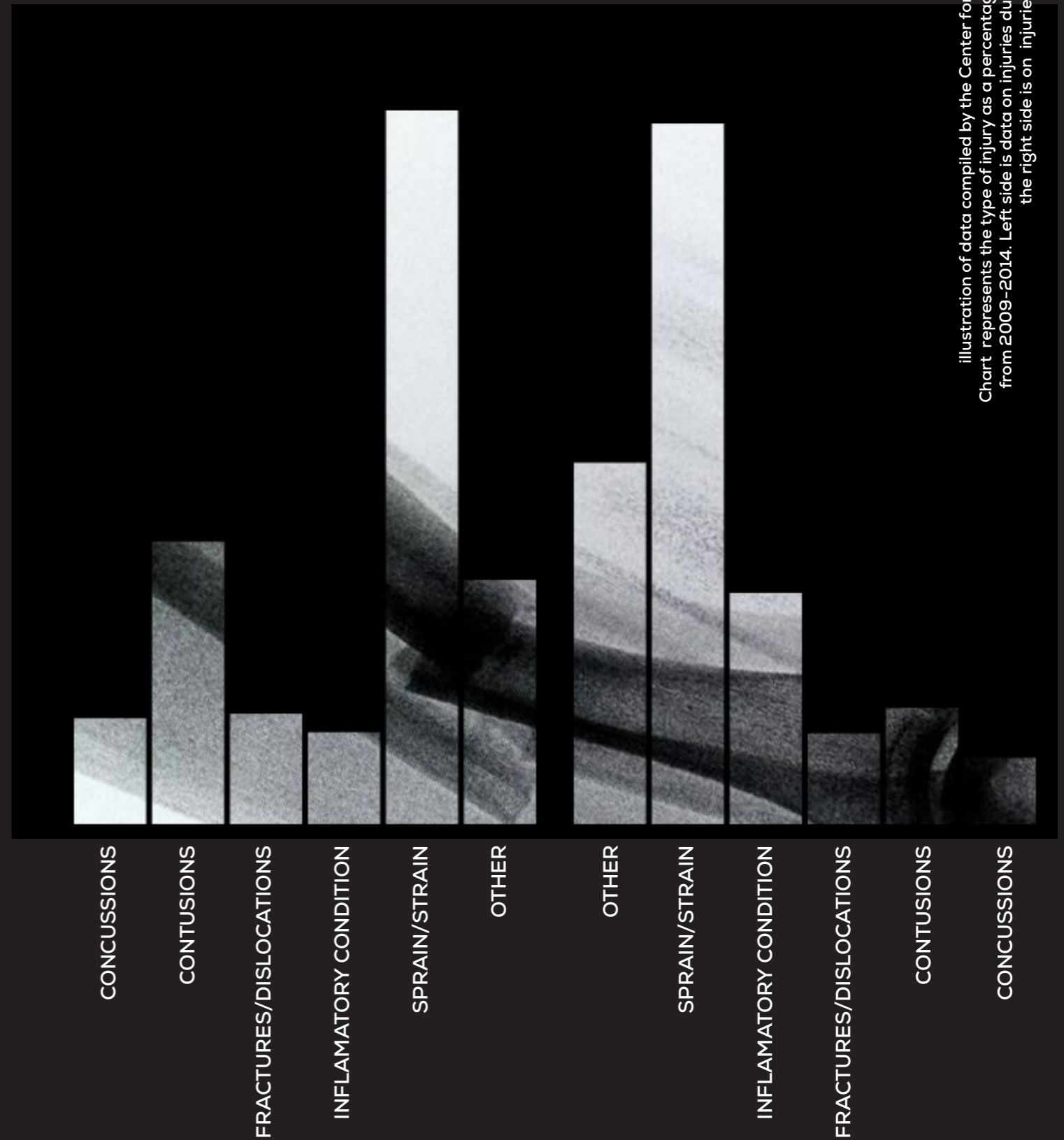


Illustration of data compiled by the Center for Disease Control. Chart represents the type of injury as a percentage of total injuries from 2009-2014. Left side is data on injuries during competition, the right side is on injuries during practice



Arts & culture

GLAMOUR: A Dialogue Concerning Looking and Looks

The "GLAMOUR: A Dialogue Concerning Looking and Looks" exhibit at the Contemporary Art Gallery in the School of Fine Arts was nothing short of sexy and provocative. Along the lemon-yellow walls, several types of mediums were held on display questioning the politics around beauty with the advent of technology in the modern age. The seductive nature of the images draw the audience close only to reveal the insecurities of each artist.

Matthew De Leon, a drag queen and graphic designer from Brooklyn, NY displayed two self-portraits of himself. The child of immigrant parents, De Leon reflects their creation of personality through outfits made of craft-products. De Leon's figure is mummified in vibrant ribbons and crowned by linked-wires in "Untitled Queen (First Time II)". Leon struts in a confident poses only sharpened by the mascara and rose lipstick.

Juliana Huxtable, born intersex and raised as gender male in Texas, projects defining one's self as a never-ending process. Huxtable, a queer woman of color, challenges status quo and complexities that are now made aware due to the advent of the internet. In "Untitled in the Rage," Huxtable is the subject of the portrait in "Untitled in Rage". Kneeling in the nude, the locks of her hair drip like gold across the arch of her sea-foam green back. Huxtable's face is difficult to interpret, depicting a wary, woke reaction against the light-blue dreamscape in front of her.

Jocelyn Hobbie paints the female figure with heavy saturation clashing with several patterns. Hobbie's work has developed, originally concerned with expressing emotional and psychological states. Her work has evolved into using the female form as her foundation and allowing the process of painting to help her discover what is to be

Article by **Neel Razdan** Photographs by **Omar Taweh** Design by **Rachael Berry**



“nothing far from a quizzical blur of colorful personalities”

depicted in her subject. “Magnolia” is a portrait of peach-skinned, blue-eyed young woman resting against the backdrop of a floral designs. She wears a red-striped vest, and floral-dotted blouse.

Ryan Trecartin is a video artist who uses multiple editing softwares to produce videos with VHS home-movie appearance. Static and low-quality, his videos depict youth engrossed into digital culture. “Re ‘Search” shows three young women aware they are being filmed, becoming self-conscious and speaking about themselves. Their voices are altered, and they speak in slang and buzzwords stinging at a high-pitch yet reverberating a hollow message on the audience.

Kate Cooper is a CGI artist who focuses on the status of the female form in the digital age. “RIGGED” shows a hyper-realistic female exercising, her skin glistening and

dressed in a workout top and leggings. Cooper expresses the use of the female body as a modern culture product and what is considered “commercially good.”

Cindy Sherman is considered one of the most influential photographers in the 20th century. The female subjects of her work are considered to predate the shocking progressiveness of pop icons such as Lady Gaga and Madonna. “Untitled #58” depicts a woman standing against a building, wind blowing the hair off her face and her scarf caught with it.

The art exhibit is nothing far from a quizzical blur of colorful personalities. I would recommend anyone who is interested to visit the exhibit to exert their stay longer than a casual stroll. The artists challenge the audience to gaze past their shimmering allure and to understand the iridescent nature of what truly is “GLAMOUR.”



NM