

THE MIRROR

Independent student newspaper

Week of November 2, 2022

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Photos Contributed by Payton Matthews

Over 50 Fairfield students met at Lantern Point to come together and clean Penfield Beach, on Sunday, Oct. 30. Every Sunday students have the opportunity to help keep the beach clean by collecting broken glass, cups and other litter.

L.E.A.F. Students Give Back Through Weekly Beach Clean-up

By Brooke Lathe
Copy Editor, Head Vine Editor

After one of the most celebrated weekends in college took place, also known as “Hallowweek-end,” the Leaders for Environmental Action at Fairfield (LEAF) Club and Public Health club sponsored a beach clean-up on the morning of Sunday, Oct. 30.

While most clean-ups are usually sponsored by Service Fairfield where about 30 or so students are in attendance, according to Olivia Beaudoin ‘23, president of LEAF, over 50 Fairfield University students arrived at Lantern Point at 11 a.m. sharp on Sunday.

In addition to the LEAF club and Public Health club, members from campus ministry, club volleyball and the University’s tennis team also grabbed a trash bag and a pair of gloves.

The group started their morning outside of That’s the Spirit

Shoppe and moved their way onto The Point, picking up empty cans, broken glass, plastic cups and other litter spread throughout the area. After an hour had passed, the entirety of the beach was clear of trash and nearly 50 trash bags were filled with the collected litter.

Beaudoin explained how “we originally wanted to host these events after seeing how much litter is created from our own peers and to keep our local waters free from debris. We have been doing beach clean-ups for the past couple of years and have been featured in local newspapers such as the CT Insider.”

“We hope to take responsibility as Fairfield students for any litter from the past weekend’s activities,” Beaudoin added.

“We also hope to aid the community with keeping our oceans, wetlands and neighborhoods free from potentially harmful material. Getting as many volunteers as

possible allows us to accomplish as much as possible, so lots of promotion goes into each clean-up.”

In 2021, LEAF club held two to three beach clean-ups per semester, weather permitting. In the 2022-2023 academic school year, Public Health and LEAF club have already sponsored two clean-ups.

“This year, with more clubs and organizations involved, we hope to have more events per semester with more people for as long as we can,” Beaudoin shared.

Senior Payton Matthews, president of the Public Health Club, shares that the volunteer work felt really great.

“I really like to give back to the community. I’m also a senior, so I know what happens on the beach [and] I want to make sure I clean up after myself and my peers,” Matthews said.

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Fairfield Community ‘Meets the Stags’

By Samantha Russell
Contributing Writer

Stags up! Fellow community and campus Stags joined for a night of festivities at the University’s Meet the Stags event, held on the Sherman Town Green on Oct. 27.

From 5:30 p.m. to 7 p.m., Fairfield University offered children and their parents the opportunity to meet and greet with members of the men’s and women’s basketball teams, the cheer and dance teams, as well as the pep band.

With anticipation continuing to grow for the new Leo D. Mahoney Arena and the return of Red Sea Madness, this event only seemed necessary.

Fairfield-themed canopies and competitive games decorated the Sherman Green.

Two basketball shoot-off competitions were set up by the front of the lawn, and a life-size Connect Four sat near the gazebo.

Teams and guests were encouraged to have their picture taken inside the gazebo, many of which included a celebrity appearance from Lucas the Stag.

A “Meet the Stags” banner and purple string lights dressed the gazebo’s white exterior, and a Fairfield University backdrop rested against its interior.

“It’s a nice community tie. We really wanted the community to feel the teams’ presence.”

- Sarah Ratchford, Director of Marketing and Fan Experience

These well-awaited kick-offs come in light of Fairfield University’s upcoming basketball season, a leading source of spirit around campus.

Sarah Ratchford, the director of marketing and fan experience at Fairfield, executed a game plan ensuring the night’s success. She stressed the event’s focus on connecting the Fairfield community with its adjacent university.

“It’s a nice community tie,” she said. “We really wanted the community to feel the teams’ presence.”

Ratchford added the further desire to welcome the community like a member of their teams. Balloon bouquets,

The enormous, inflatable Lucas the Stag surely did not match the energy provided by Lucas himself.

Whether it was high-fives, hugs or an inviting interaction, Lucas created an unforgettable experience for his Lil’ Stags.

Fan-favorite music also managed to lift attendees from the sidelines in an undeniably enthused environment.

Children eagerly followed the lead of the Dance Team in showing off their unique moves, always to be applauded and celebrated by watching eyes.

Children and parents were not the only ones charmed by the Dance Team, however.

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University Offers Free COVID-19 Tests

By Madeline West
Editor-in-Chief

The student health center sent an email out to students on Oct. 28 that there will be free COVID-19 self-tests available at various locations across campus.

Test kit distribution locations include the Tully Info Desk, the Rec Plex, first floor lounges in the Residence Halls and many more—distribution boxes are clearly marked. The student health center related to students “three Reasons to do a COVID-19 Self-Test.”

The first way is if a student is experiencing any COVID-19 symptoms, test immediately. Secondly, if a student was exposed to COVID-19 and does not have symptoms, wait at least 5 full days after your exposure before testing. Finally, students should consider testing before contact with someone at higher risk for severe COVID-19. Think about testing before gathering with grandparents for the fall/winter holidays.

If you test positive, call the Student Health Center: 203-254-4000, Ext. 2241.



Julian Nazario/ The Mirror

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Fairfield University

SLED AHEAD OVER WINTER BREAK

More than 45
undergraduate
and graduate online
courses available.

fairfield.edu/winter



Fairfield Students of All Grades Encouraged to Participate in Keeping the Beach Clean

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Photo Contributed by Payton Matthews

Students attend the Oct. 30 beach clean-up. The Public Health club expressed how beach cleanups protect residents and wildlife from any litter on the beach.

She continues, "We want to do our best to be friendly with our neighbors and not feel like outsiders amongst the community." Matthews comments on the main focuses of the club by saying that "As president of the Public Health club, we're really big on cleaning and sustainability as well."

COSO Representative for the Public Health Club, Kelsi

McCarthy '23 adds to the focus on sustainability. "I think beach clean-ups are essential because we are residents alongside families and we cannot litter the beach as we want to keep the wildlife and residents safe," she said. "If you wanna have fun, you gotta pay the price!"

Senior Kyle Crowell also details the responsibility that seniors living on the beach have in regard to beach clean-ups.

"I think beach clean-up is important

" I think beach clean-up is important because it's where we live and we share it with residents. So if we make a mess, it's [ours] to clean up,"

-Kyle Crowell '23

because it's where we live and we share it with residents. So if we make a mess, it's [ours] to clean up," Crowell shared.

The beach clean-ups are not only exclusive for seniors, as students from all grades have the opportunity to help out. Sophomore Lauren Trymbulak comments on her choice to attend the beach clean-up. "I just recently joined the Public Health club and saw the event on their Instagram page, and thought I should go help out the Fairfield community!" she shared.

Students interested in taking part in a student-led organization that promotes sustainability on and off campus, such as LEAF, can register on Life@Fairfield or "join our GroupMe," Beaudoin explains.

This semester, LEAF plans to volunteer through Maritime Aquarium at Norwalk with some of their community science projects and will also participate in tracking biodiversity in general along Fairfield beaches.

If students have too much on their plate, however, they can always attend just one of their future clean-ups as there is no obligation for recurring attendance. "The more people that participate, the more healthy our local environment is," Beaudoin ended.

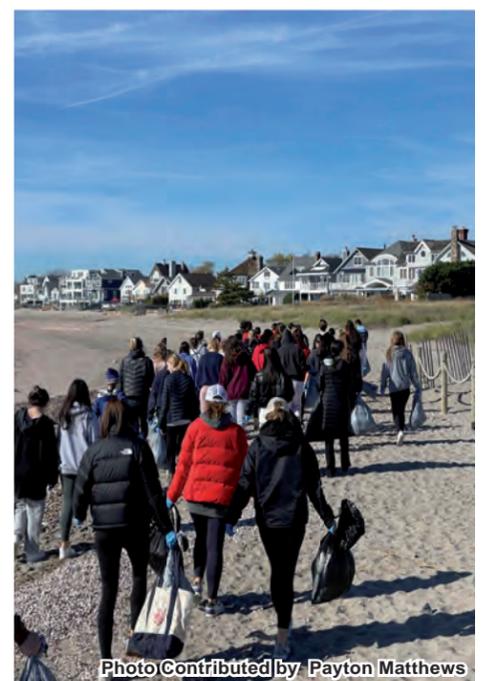


Photo Contributed by Payton Matthews

Students walked the duration of Penfield Beach picking up trash every Sunday. All Fairfield students are encouraged to help.



Compiled by Jamie Holzmann
Information contributed by the
Department of Public Safety.

10/29/22
9 a.m.

It was reported that the men's bathrooms on the first, second and third floors of Gonzaga were vandalized. Substantial damage was caused, DPS is investigating.

10/29/22
3:30 p.m.

RA's in Regis Hall reported a broken window on the first floor near the elevator. DPS determined the window was punched, the suspect was identified and documented to the Dean of Students Office.

10/29/22
10 a.m.

Vandalism was discovered in the men's bathroom on the third floor of the Barone Campus Center, water had to be shut off and repair was requested. There are no current suspects.

10/30/22
1:15 a.m.

Five individuals were stopped trespassing onto campus, one was issued an arrest for trespassing. All five were given criminal trespass warnings and told not to return.

10/30/22
7 a.m.

Damage and vandalism to the fencing at Townhouse 10 block was reported.

10/30/22
1:15 p.m.

Athletics reported that someone had vandalized one of their tents overnight at Lessing Field. No suspects.

10/31/22
10 a.m.

DPS received a report of someone stealing letters off of the new sign in the Quad. No suspects were found.

“Stags Share Stories” to be Held at the Library on November 10th

By Max Limric
Head News Editor

The DiMenna-Nyselius Library will host the inaugural “Stags Share Stories: Conversations that Connect Us” event on Thursday, Nov. 10. This event invites students to come together to have a conversation on a range of topics with a mix of faculty, staff, undergraduate and graduate students, as well as alumni.

Head of Library Outreach and Communications, Lisa Thornell, along with Assessment Librarian Barbara Ghilardi, touch upon the inspiration behind the new event and the change of the event's name from “Human Library” to “Stags Share Stories: Conversations that Connect Us.”

“It is important for people to know how negative experiences can be hurtful and traumatic and anyone can make a difference either positive or negative that could be long lasting.”

- Tania Livingston, Operations Assistant in the Office of Student Engagement

“Stags Share Stories is inspired by the Library's prior Human Library® events and our shared values as a Jesuit Catholic institution which include[s] a commitment to encounter and dialogue, journeying together into a hope-filled future,” they said.

“It also correlates with the University's Diversity & Inclusive Excellence mission statement, and the Library's goal of diversity and inclusive excellence in our strategic plan.”

Even though the newly introduced “Stags Share Stories” was inspired by past years “Human Library” events, it is a new event and will offer a part two in the spring semester.

There are 11 people signed up to share their stories for the Stags Share Stories event.

Known as “storytellers,” they have chosen a story specific to them that they wish to share. The event planning team at the DiMenna-Nyselius Library describes that “The Storytellers have a variety of perspectives they want to share,” with topics of conversation including mental health, sexual violence, following a nontraditional life path, first-generation college student, LGBTQ+ activism, experiencing racism and classism.

A full list of the topics being discussed by the storytellers can be found on the DiMenna-Nyselius Library event page or on Life@Fairfield.

Thornell and Ghilardi comment on the objective of the event. “The goal of the event is to broaden people's points of view and encourage dialogue about topics we may not get to discuss,” they said.

Additionally, Thornell and Ghilardi touch upon the positive impact this event will have on those who attend.

“This event is a great opportunity for Stags to connect with each other through deep and sometimes challenging conversation. It highlights the diversity of our community and could be a chance for someone to learn about a life experience or identity that is different from their own,” they added.

Thornell and Ghilardi continue by noting the many benefits that this event will have for those who can relate to a Story being told, or to those who want to learn about certain topics outside of a classroom setting.

“There could be a Story that you feel connected to from your own similar experience and [the event] is a way to find that connection,” they commented.

“There could also be students trying to learn about different topics outside their regular classroom setting which could be beneficial for them to speak to someone directly as another source of information.”

Thornell and Ghilardi detail

the passion and motivation behind each storyteller's participation, as well as the appreciation that they have for those willing to share their story.

“What [the storytellers] all have in common is their passion for sharing their stories to break down stereotypes, prejudices or talk about topics that are stigmatized about any aspect of their identities,” they said. “It takes bravery to share your story over and over in this setting and we appreciate all of our Storytellers wanting to be part of this event.”

Operations Assistant in the Office of Student Engagement Tania Livingston contributes the reason behind why she chose to be a storyteller for the event.

“I wanted to share my story because I believe that personal stories and personal testimonies enable peo-

encourage faculty and staff to attend as well.

Regarding the spring version of the event, the event planning team at the DiMenna-Nyselius Library commented that in “part two for the spring semester, Stags can share their stories through visual arts and writing.”

Part two of the “Stags Share Stories” event “gives the ability for anonymous participation and is more inclusive to different ways of sharing stories,” shared Thornell and Ghilardi.

“We would like to create an exhibit for display in the Library and work with campus clubs such as FUSA's Diversity & Inclusion Board and any others interested in this type of program. More information will be shared after the event,” they commented.

Thornell and Ghilardi took time to thank their committee.

“We want to give a shout-out to our committee which has representation from various departments such as Campus Ministry, Center for Social Impact; Counseling & Psychological Services, DiMenna-Nyselius Library, Murphy Center for Ignatian Spirituality, Office of Student Engagement, Office of the Provost, Online Learning, Residence Life and the English and the Visual & Performing Arts departments.”

Platt, an attendee of last year's event, highly recommends going to this event.

“I recommend going to this event because you get to have a meaningful conversation with someone who is likely different from you and I was genuinely able to learn a lot from my experience,” she said.

Livingston adds to the reason students should attend this event.

“Students should attend this event and listen to my story and others like it, so they can expand their knowledge of other's experiences,” she said. “It is important for people to know how negative experiences can be hurtful and traumatic and anyone can make a difference either positive or negative that could be long lasting.”

This semester, “Stags Share Stories: Conversations that Connect Us” will be offered in two formats: in-person and virtual, as the event planning team at the DiMenna-Nyselius Library “felt [that] offering both formats would make the event more inclusive.”

The in-person event is a drop-in format where one to three people can speak to each storyteller at a time for conversations lasting around 20 minutes.

To attend the virtual event, registration is required for a specific Storyteller and a 30-minute time slot must be reserved.

THE MIRROR

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An event for Fairfield University students, faculty, and staff to connect with each other to promote a culture of understanding, empathy, and appreciation of our diverse community, where deep and challenging conversations are welcomed, respected, and valued.

Thursday November 10th

Drop by the Library anytime between 2-4:30 p.m.
OR register for a Zoom time slot from 6:30-9 pm

FYE DEI CREDIT

View Storyteller list & Event Info: bit.ly/dnlevents

Event inspired by prior Human Library® events and our shared values as a Jesuit Catholic institution, which include a commitment to encounter & dialogue, journeying together into a hope-filled future.

Fairfield University
DiMenna-Nyselius Library



Student-Athletes and Coaches Make a Community Impact

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Photo Courtesy of @fairfieldu Instagram

Lucas the Stag dances with the Fairfield U Dance Team at the Meet the Stags event.

Planted in groups at lawn edges, the girls cheered on passing cars and, occasionally, earned a honk back.

Just before dark, the team “took the court” with an official dance routine, which captivated guests old and young.

There was a strong turnout and a brisk fall day set the scene for the occasion.

Aside from the venue, participating community members offered positive feedback from the event.

Parents deemed the event “well-put-on,” and their running, laughing and cheering children certainly agreed.

From stroller to ball-shooting age, the excitement of the little guests was clear.

In its aftermath, Ratchford said “Overall, the event was great. It is always rewarding to see the community interact with the coaches and student-athletes and to receive their support.”

Fortunately for the continuation of “Meet the Stags,” she does not believe this night was the event’s one-and-only:

“We hope this will become an annual event and continue to grow each year.”

The Cheer Team managed the night’s free giveaway table. T-shirts, foam fingers, mini-basketballs and stickers were available for the taking of any interested guest. All teams offered pom-poms and personal autographs for the children as well.

Food and refreshments were offered near the back corner of the green.

The Stag Shack parked across the street from Firehouse Deli, and a table of cider, cupcakes and donuts remained close by.

Development of the event was a collaborative effort from Fairfield University Athletics and the University Marketing and Communications team.

Senior Manager of Integrated Marketing Sara Colabella, Senior Manager of Social Media Marketing Nicolette Massaro and Associate Director of Community and Public Relations Robby

Piazzaroli were at the forefront of production.

Director of Ticket Sales and Service Joe Cappucci was also present for general assistance at the giveaway table.

Ratchford noted the Town of Fairfield’s tremendous help in bringing this event to life. Because it was Fairfield’s Annual Restaurant Week, the town was not only able to sponsor the campus’ event but to also hold it in the center of town.

Notice of the event was spread on the university’s social media platforms.

For weeks, Fairfield University’s social media has been persistent on the grand opening of its Leo D. Mahoney Arena, set for Nov. 18.

From 10 a.m. to noon that day, the community is invited to attend its official ribbon-cutting ceremony.

Later that night, the women’s basketball team will claim the arena’s first game against Stonehill College at 7 p.m.

The men’s team hosts its first Mahoney Arena game on Saturday, Dec. 3 against Saint Peter’s University.

Fairfield University students are just as eager for their new arena as the community is.

Many students, such as Sarah Howland ‘25, are confident in the arena’s ability to create a more engaging community environment on campus.

“I personally will attend many more [basketball] games this year since they will be on campus, much more accessible, and less time-consuming to watch,” Howland states. “I think it will unite the campus even more.”

Like Howland, Ariana McKernan ‘25 shared her increased

interest to attend more basketball games, along with her individual excitement for what the arena will provide to students.

“Its close proximity makes it more appealing to attend games,” she said. “I think that it is an exciting, new addition to our campus, one I have been looking forward to since I walked in as a freshman.”



Photo Courtesy of @fairfieldu Instagram

Junior guard Janelle Brown lifts a little girl up while she shoots at the Pop-a-Shot game station.

Public Health Club Spreads Body Positivity

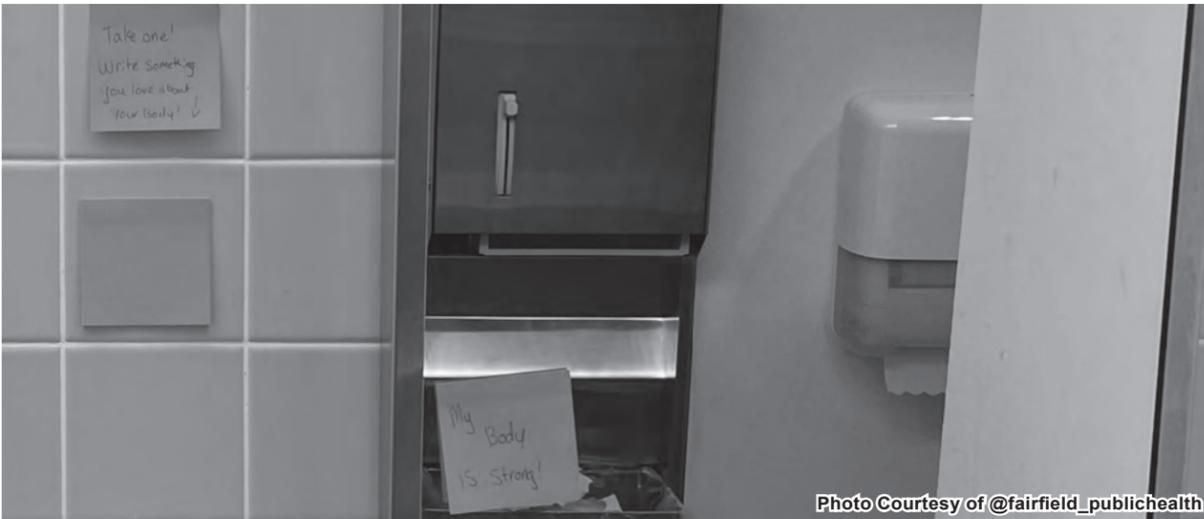


Photo Courtesy of @fairfield_publichealth

The Public Health Club implemented a body positive campaign to empower students across campus. The program began on Friday, Oct. 21 and continued throughout the following week.

By Jamie Holzman
Assistant News Editor

The Public Health Club held a “Body Positive Initiative,” which started on Friday, Oct. 21 and went through the following week.

During the initiative, members were able to create sticky notes with their own body positivity and mental health affirmations on various mirrors around campus. These notes allowed students to be reminded of the positive messages throughout their day.

Senior Payton Matthews, co-president of the Public Health Club discussed the purpose of the body positive initiative, and emphasized the importance of the movement to provide what she describes as a “safe campus environment.”

Matthews hopes that through the presence of these messages around campus, students will be “empowered to promote body acceptance and neutrality.”

She explained that “by going to a university with students from all different walks of life, shapes and sizes, comparison becomes inevitable.”

Matthews continued by emphasizing the role of this movement in that issue, expressing that she hopes “this movement will empower students to embrace their body, feel safe, grounded and appreciate everything their body does for them.”

Regarding the inspiration of the initiative, Matthews explained that in terms of the Public Health Club’s goal with this display, “Body image is a public health initiative.

Body positivity not only fosters self-love, as it invokes individuals to take care of their health but is also

directly tied to improving mental health, higher self-esteem, participation in healthy movement and nutritious foods.”

Sophomore Sara Rush, social media manager of the club, added to this message, expressing that the movement was created to “remind others that all bodies are beautiful bodies.”

“ This movement will empower students to embrace their body, feel safe, grounded and appreciate everything their body does for them.”

- Payton Matthews ‘23, Co-President
Public Health Club

The sticky note format of the initiative, though its presence is small at first glance, had a strong positive impact on many students who viewed them, as well as those who created them.

“We chose to use post-it notes because they serve as small colorful reminders and when you look and see yourself in the mirrors you can also see a positive affirmation alongside your reflection,” said Rush.

Public Health Club member Ana Peacock ‘25 explained her personal connection to the message behind the initiative.

“Walking from class to class, students are stressed and thinking about all they have to do,” she said. “Seeing these notes on the way to class helped ground me and made me become more present in the moment.”

Peacock described her experience with participating in the initiative, sharing what she wrote for herself, and put it up for others to see.

“Something I wrote was ‘you are doing better than you think you are doing,’” she further explained. “I like this quote because it is a universal reminder to each person that they should give themselves more credit for their accomplishments and to not be so tough on themselves.”

Rush explains that within these moments of stress and self-doubt, “It is so important to treat yourself with kindness and love your body, especially during college, where it’s easy to get stressed and forget to take time for yourself.”

“ It is so important to treat yourself with kindness and love your body, especially during college, where it’s easy to get stressed and forget to take time for yourself.”

- Sara Rush ‘25, Public Health Club
Social Media Manager

Matthews adds to this, explaining that “Being reminded to embrace your body and thank your body for helping you move every day allows an individual to realize they are worth so much more than the ‘ideal body’ they may strive for.”

Junior member Julianna Sinotte discusses the positivity that this movement creates on campus, saying “it is such a great way to improve our campus culture and establish awareness surrounding body positivity.”

Sinotte notes on behalf of the Public Health Club, “We want everyone on our campus to feel loved and cared for, and doing something as simple as putting post-it notes around was a great start to improving campus culture! We really hope that the campaign puts a smile on peoples’ faces!”

The Public Health Club showcased their movement on their Instagram page @fairfield_publichealthclub, sharing the hashtag #stagsarebodypositive.

Information regarding Public Health Club’s future events and initiatives can also be found on their Instagram account.

Opinion

Stagfest 2023 Should Make A Return To Bellarmine Hill

By Abigail White
Assistant Vine Editor

Students, families and alumni celebrated the Fairfield University's annual Alumni and Family Weekend Friday, Oct. 21 through Sunday, Oct. 23.

A host to multiple events, ceremonies, games and more, this year's Alumni and Family Weekend brought back a fan favorite: Stagfest!

Having a great image of Stagfest in my mind, as I absolutely loved attending with my family and friends last year, I was excited for its return. However, upon arriving at Stagfest with my family this year, I can honestly say that I felt underwhelmed.

I think it was the location of this year's Stagfest that really threw me off. Last year, the event was held on the beautiful, scenic Bellarmine Hill. On the path leading to Bellarmine Hall, there were various activities and games to take part in.

There was axe throwing, a petting zoo, bouncy houses, music and more. Having these activities line the walkway to the main event created an anticipatory, welcoming entrance.

This year, I was just about ready to head back up to Bellarmine Hill for some fun, when one of my roommates informed me that Stagfest was to take place outside of Rafferty Stadium this year instead. It was a good thing I was in-



Creative Commons/Fairfield University Flickr

In 2021, Stagfest was hosted at Bellarmine Hill, which is widely regarded as the most beautiful place on our campus. The next Stagfest should once again be hosted at this wonderful location.

At last year's Stagfest, my family and I stayed for hours, chatting with friends and participating in the various activities. This year, it felt too large, too crowded and too spread out. I barely ran into anyone I knew and we did not end up staying long at all.

Up on Bellarmine Hill, students and families could take in the beautiful scenery, enjoy some food and drink with an ocean view. At Rafferty stadium, it felt

like we were just in the middle of a parking lot rather than exploring the beauties of Fairfield's campus. I also found the location to be overcrowded.

The lines for food trucks and food vouchers were way too long and there were no empty, shaded seats to sit and enjoy.

There were a few activities that I found myself missing from last year as well. Axe throwing was an activity that did not make a re-appearance this year. Though I was not very good at the game,

missing the target almost every single time, it was a different and fun experience that I sincerely missed this year.

The petting zoo was another aspect of Stagfest that I felt was lacking this year. Last year, I remember petting goats, ponies, rabbits, pigs and more. This year, the petting zoo was significantly smaller and did not contain nearly as many animals. However, I still enjoyed my time holding the adorable rabbits that did make an appearance at this year's event.

Though I certainly enjoyed last year's Stagfest more than this year's, there was one aspect of the event that remained excellent: the pep rally!

It is in the pep rally in which some of Fairfield's greatest talent is showcased and the excitement for the upcoming basketball season grows.

With performances from the Fairfield University Pep Band, Dance Team and Cheerleaders, this year's pep rally was just as entertaining and exciting as the last. This year's pep rally was especially exciting with the opening of the new Leo D. Mahoney Arena in November.

What I have learned in comparing the two Stagfests that I have attended, is that the location can really make or break the event.

I enjoyed Stagfest 2021 on Bellarmine Hill far more than Stagfest 2022 at Rafferty Stadium; but, you will still find me at Stagfest 2023 next year, no matter the location.

It is an Alumni and Family Weekend tradition here at Fairfield University, and each year it presents both new and old activities and opportunities.

Who knows? Maybe I'll be just as surprised to learn that next year's Stagfest will be held at a completely new location. Secretly, though, I am rooting for it to take place again on Bellarmine Hill.

The Possibilities For Entertainment Are Endless At WVOF

By Kaitlyn Conroy
Contributing Writer

Fairfield University has a multitude of clubs and organizations for students to join. There is really something for everyone. I was working at the Relay for Life table at the activities fair, and I really couldn't believe how many clubs we have. I mean, I went to the fair as a freshman, but honestly, I was too intimidated to join a lot. However, the beauty of these clubs is that for most of them you can join at any time.

If someone had told me at the beginning of my first year last year that I would have a radio show, and a podcast on Spotify, I would have never believed them. In February my friend mentioned how she wanted to start a radio show, but couldn't find anyone to co-host with. At the time I was looking to join anything, so I could get out and just do something. I was very bored and wanted to get involved, so I told her I would be her co-host. Thus, "Entertain Us" was born.

Our first episode aired in early March. I distinctly remember our first episode. We talked about our favorite Romantic Comedies. There were so many technical difficulties. First, the sound was cutting in and out. We were constantly texting friends and family members throughout the show, try-

ing to tell if the sound was working. Second, when we finished the show we checked to see if it recorded on the flash drive and it had not. We were so upset and frustrated. I think we were taught how to record the show the wrong way. It happened again the next week, and we actually re-recorded our show so we could have something on our Spotify. We had finally figured out how to record the show onto the flash drive.

" We have done shows on Award Shows, rankings of movies, books and more. There is always something to talk about. I looked forward to doing the show on Sundays. It was so fun, and a great reason to just talk about things we like."

-Kaitlyn Conroy '24

Eventually, as we continued doing the show we got better at all the technology stuff. We started to put the show on Spotify. We have done shows on Award Shows, rankings of movies, books and more. There is always something to talk about. I looked forward to doing the show on Sundays. It was so fun, and a great reason to just talk about things we like. I also found that it re-



ally helped our friendship grow. When we began the show we had really just become friends, but as the weeks went on we learned a lot about each other just by talking about our favorite movies. My co-host and I just started the show's second season, and so far it has been great. Our friends have been guest-starring on some episodes this semester. We also have been getting a lot more listeners live and on Spotify!

Fairfield's radio station, WVOF, is a great club to get involved in. There are plenty of ways to join! I record a live show, but there are jobs that revolve around the music that plays as well. It is also really easy to get involved with it. I was shocked by how easy it was to start your own mini-production.

If you want to start a show by yourself or even with a friend go for it! You can talk about basically anything. My friend and I cover pop culture and entertainment. You could have a show talking about a certain

sport or maybe even about food. You can talk about music or something in-depth like Marvel movies or comics. The possibilities are endless. Speaking of possibilities, you can even put your show on Spotify!

My friend and I record ours live, and then edit it for a music or podcast streaming service. It's actually really cool and fun to tell people. I love seeing people's faces when I tell them I have a podcast on Spotify. They always follow up by asking how, and I just say "join the radio station!"

If you've ever wanted to start a podcast, now is your chance to do it! Don't be afraid to put yourself out there and really try something new. Now is the time of our lives to start and try new things. Go for it! While you're at it listen to "Entertain Us" every Sunday at two o'clock on WVOF 88.5 or listen on Spotify. To keep up with the show you can also follow our Instagram, @entertainusshow. Sorry, I had to promote the show!

The Post-Halloween Nostalgia Is Hitting, And You Deserve A Treat

By Madeline Hossler
Opinion Editor

It's now two days after Halloween, and if you're anything like me you're probably getting hit with a little of that post-holiday nostalgia.

I don't know a single person who doesn't have fond memories of trick or treating from when they were a kid. In my town, there is one main street in the center of town that once a year becomes a swarming beehive of children seeking candy.

The town hall which is also inexplicably a movie theater drags its popcorn machine out onto the street for the night. One of the restaurants sold little paper cups of hot chocolate and warm apple cider off of their front porch.

The library for some reason repeatedly hosted a puppet show that I always found deeply unsettling as a child. Houses on the street compete to outdo each other with their porch decorations.

The middle school hosted a scarecrow competition each year, where teams of kids from the advanced art courses competed to build "scarecrows" that went above and beyond your Wizard of Oz style vision.

I was a part of this contest in eighth grade. We did pretty well but got upstaged by a kid who built a massive wooden spider with legs that could be moved. He does nuclear physics research now, go figure.

Going to this street to trick or treat has hit the point of popularity that the local church has a candy drive where people donate bags of candy and they distribute them to the owners of the roughly forty houses on this street because the residents were dropping hundreds of dollars to account for demand.

So needless to say, if you trekked the entire street the candy payout was massive. The houses plus the town buildings, a few restaurants and some local businesses that camped out just for fun resulted in a literal ton of candy.

I would always sort mine by type and color into a gorgeous array of fun-sized

chaos on my kitchen table.

My younger brother and I would barter over our different favorites, debating complex trades and the relative values of the different Laffy Taffy flavors. My intensity in those kitchen table trade debates was the closest I ever got to understanding how the stock market works.

I wasn't one of those kids who had to be convinced not to binge on all my candy at once.

No, I would painstakingly budget out my treats so they would last all the way until my grandma mentioned making her first pre-thanksgiving pumpkin pie.

Mild tangent here, but last year she brought an entire one of these to my dorm room, and she deserves some appreciation for that. Thanks, grandma!

All that to say, I lived for Halloween as a kid.

As I've gotten older, a lot has changed. My costumes took on some slightly more original themes.

I learned to appreciate a good horror movie. And I found new ways to celebrate.

But nothing has ever really compared to the magical feeling and show-stopping experience Halloween was as a kid.

That being said, there is one thing about Halloween time that has not changed one little bit from when I was a Disney

" Reese's Peanut Butter Pumpkins will always be superior to regular peanut butter cups. I am simply correct here. I will not be accepting criticism at this time."

-Madeline Hossler '23

Princess roaming the streets of my hometown up to the present day, and that's the joy of Halloween candy.

Reese's Peanut Butter Pumpkins will always be superior to regular peanut butter cups.

I am simply correct here. I will not be accepting criticism at this time. I don't know if it's the fact that the peanut butter

to chocolate ratio is slightly altered, or just that they're utilizing some specific kind of Halloween black magic on those things, but they will always be the best version of the peanut butter cup in my eyes.

A slightly more controversial take of mine is that the Halloween Kit-Kats just taste better than regular Kit-Kats.

People may say that they are just the white chocolate Kit-Kats pumped full of orange food dye, but I do not agree.

It might just be the mix of Halloween happiness and the suggestive power of a fun color, but I think they have a unique flavor all their own.

I understand that they are neon orange and probably contain more food coloring than actual food, but I simply do not care.

The satisfaction of a good fun-sized treat should not be underestimated. Are you going to go out right now, purchase a full-sized Milky Way bar, and eat the entire thing?

No, you're not, who are you kidding? But when it's one bite-sized delight in a variety pack of fun-sized chocolate morsels I guarantee you will give it a second chance.

The Halloween traditions of your childhood may have faded into memories. But candy? Candy will always be there for you.

You may be a real (or real-ish) adult now. You may have to buy the candy at your local CVS instead of excitedly yelling "trick-or-treat" at your neighbors. The self-checkout at Stop and Shop might not have the same aura of magic as knocking on someone's door.

The intermediary holiday transition of the Target seasonal section might not match the thrill of spooky house decoration. But don't let that get you down.

Halloween was two days ago, it's time to take yourself on the ultimate self-care journey for your inner child, and snag all those sale-priced Halloween treats.

You're never too old for Halloween candy.



You might be a little old to go out trick or treating, but that doesn't have to stop you from enjoying a Halloween treat. Go get yourself some Halloween candy.

EDITORIAL BOARD

"A CAUTIONARY TALE OF ACADEMIC PERFECTIONISM"

TOMMY COPPOLA
MANAGING EDITOR

Being a perfectionist in an academic sense can be unbelievably exhausting.

In high school, I used to always be the type of person to be a huge perfectionist in my school work. I know this may seem like a good thing, but it was destructive in a way. I would throw aside spending time with friends, family and even myself in the pursuit of getting a 100 on an assignment. My homework was always done on time, I studied until I couldn't anymore and I burned myself out completely by the time I arrived here at Fairfield University for my first year.

That, in turn, made my first taste of college academics somewhat exhausting. I continued that perfectionism to an unnecessary and unreasonable degree. I came into college with the mindset that I was going to be the best student ever. That mindset only resulted in me being burnt out very early on in the semester in my attempts to prove myself right.

Perfectionism obviously comes in other forms than academic validation. It can be a push to be a people-pleaser, it could take the form of cleanliness and neatness and it can be frustrating to feel these ways. If you feel this way, I can assure you that you are valid for feeling it.

Life shouldn't be taken that seriously, and I have learned that time and time again. When I got contact-traced for COVID-19 in March of 2021 and ended up testing positive at the very end of my quarantine, I realized that I had to be more spontaneous and let loose more than I ever let myself. After all, I was basically stuck in my room for over three weeks (at the time, contract tracing meant a 10-day quarantine and a positive test meant a 14-day quarantine)

and realized there had to be more to my freshman year than droning away at my desk.

Events like this have shown me that no matter how difficult your classes may get or how much work may be piling on, there is a reason for you doing this work and eventually, you will reap the rewards of your high effort.

But don't try to overdo it, because at a certain point keeping your effort at the maximum will cause you to crash, and the motivation will completely dwindle. Give yourself breaks. You have earned them.

If you were ever like me and freak out internally if you forget to complete an assignment, I can assure you that this is just one assignment that counts as a part of your grade in a whole sea of assignments. This will not be the end of your academic career and you will absolutely be able to make up for it. Grades are not everything and do not define a person.

Harvard University's Academic Resource Center shows that perfectionism in academics may be linked with overcompensating for work and not knowing when to stop. If you were like me and overdid every assignment just to give yourself a greater sense of fulfillment and accomplishment, I urge you to take a step back and assure yourself that a healthy balance between school and life is of the utmost importance.

As I've been told many times before, we are on a floating rock in the middle of outer space. That one assignment isn't too important in the grand scheme of things. Give yourself that break that you have earned.



SAVE OUR BEACH



By Brooke Lathe



Tasty Deals And Limited-Time Menus For Fairfield Restaurant Week

By Brooke Lathe
Copy Editor, Head Vine Editor

Fairfield's annual restaurant week is back and providing delicious deals to any hungry customers up until Sunday, Nov. 6. Each year, local dine-in locations pick a time in the fall to create temporary and affordable meal plans for guests to have a lovely and inexpensive night out. Currently, 25 businesses are participating in this tasty week, and every one of them reveals diverse and mouthwatering choices!

One restaurant that I believe presents customers

with a menu where they get the most "bang for their buck" is Blackstones Grille located at 2600 Post Road, Southport.

I've been to this location two times for notable celebrations, and both times the total was incredibly costly. Now, however, they are offering a dinner special for only \$35 per person where you can indulge in a three-course meal.

You have the option of one appetizer or salad which includes mixed greens, tomato & mozzarella, old fashion iceberg wedge, mini meatballs, sizzling bacon or the soup of the day.

For entrees, you can choose to indulge in either Blackstones chicken, salmon, branzino, a 7 oz filet mignon, linguini with clams (red or white) or an 8 oz black angus NY strip. To top it off, there are mango or raspberry sorbets for dessert, in addition to tiramisu or a cannoli.

If you're craving more of a barbecue palette, however, then one of my newer favorite restaurants, Post Oak Barbecue Co., can be found at 93 Post Road, Fairfield where they are also providing a hefty collection of dishes for only \$30 at dinnertime.

You have the choice of one appetizer which includes guacamole and tortilla chips, empanadas (1), smoked brisket or BBQ chicken tacos (1), Texas-style pork belly, pulled pork spring rolls, Post Oak chili or a house salad.

For your main meal, you have the option of trying their North Carolina style pulled pork sandwich, slow-smoked brisket sandwich, the "Diablo," Post Oak house burger, North Carolina style pulled pork tray (choose two sides), black angus brisket tray (choose two sides), Texas dry rub (choose two sides), smoked BBQ natural chicken tray (choose two sides), texas sausage tray (choose two sides), smoked brisket pappardelle, smoked brisket pappardelle or mac & cheese topped with pulled pork or chopped brisket.

If you picked a meal with the opportu-

nity for sides, your list consists of smoked BBQ baked beans, mac & cheese, Texas style chili street corn, mashed potatoes, cole slaw, french fries or cornbread.

And last, but certainly not least, dessert includes old-fashioned bread pudding, bourbon pecan pie or limoncello mascarpone cake.

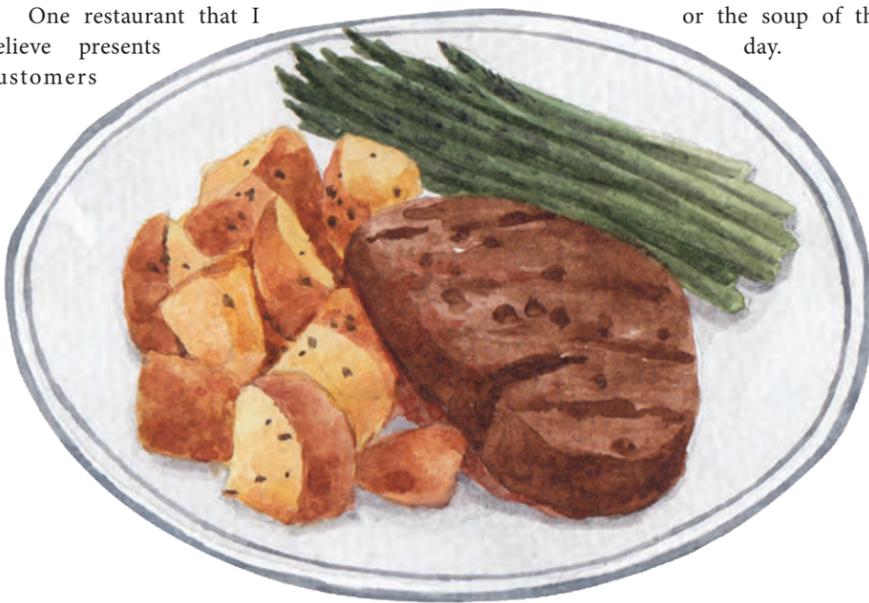
For a more Mexican-styled cuisine, Bodega Taco Bar located at 1700 Post Road, Fairfield has a lunch special of three tacos and a choice of a side for \$15 or three Bodegarita tacos and a choice of a side for \$25 during dinner.

Rio Bravo Tacos and Tequila, which can be found at 770 Commerce Dr., Fairfield, is serving up lunch and dinner at affordable prices as well.

Lunch is \$20 whereas dinner costs \$35. The meals start with a choice of any house salad or mole burrata with either entrees birria ramen or pork chop con calabacitas for the main meal and any choice off of the dessert menu to end.

Of course, these are only a handful of the locations you can taste test over the next few days while the affordable, limited-time menus last!

The long list of Fairfield restaurants each has a unique and thorough menu; ones where you can eat like royalty on a well-reasoned budget – sounds like a dream come true to me!



COSTUMES, CANDY AND MORE AT FAIRFIELD'S "HALLOWEEN ON THE GREEN"

By Abigail White
Assistant Vine Editor

The Fairfield Museum and History Center, in collaboration with Fairfield Parks and Recreation, presented its sixth annual "Halloween on the Green" celebration.

The event took place on the Commons behind the museum from 12 p.m. to 4 p.m. on Sunday, Oct. 30.

When I heard this event was free and would include trick or treating, I immediately knew that I had to go and relive my childhood.

This event was hugely successful, drawing in a lot of families, dressed and ready for this Halloween celebration.

Parents and children alike were in full costume, pouring into the event.

After seeing all the adults dressed up, I wish that I had worn a costume as well!

As I walked into the event, I saw some amazing costumes, some of which may have inspired me for my costume next year.

I saw a lot of kids dressed up as Buzz Lightyear, Harry Potter, princesses and many more creative costumes.

While I found all of these costumes to be adorable, my absolute

favorite had to be the entire family dressed up in inflatable cow costumes!

Once in the event, there were various Halloween-themed activities

food trucks, popcorn, cotton candy, trick or treating and more!

For the trick or treating aspect of this event, there were various booths set up by different local orga-

School and others.

The kids in attendance of this event could go around from booth to booth, collecting candy and prizes from each.

There was a table in which children could pick out their own "wands," cast a spell and collect a diploma from Hogwarts if successful in casting their spell.

There was also an area in which kids could take pictures with a cardboard cutout of professor Snape or pose next to a wanted sign which read "Have You Seen This Wizard."

It was adorable to see the magical world of "Harry Potter" come together at this event.

I just know that I would have spent hours in this section as a kid.

I was correct in assuming this event would transport me right back to my childhood.

Seeing all of the children excited to show off their super cool costumes, ready to participate in some Halloween activities and collect candy made me wish that I was still a child.

It was the perfect fall day to celebrate "Halloween on the Green."

The temperature could not have been more perfect and the fall foliage could not have been more beautiful.

"Halloween on the Green" was a great way to celebrate the holiday and this family-friendly event is definitely one I will be in attendance for next year as well!



Abigail White/The Mirror

"Halloween On The Green" is an annual, seasonal festive that takes place at the Fairfield Museum and History Center for people of all ages to celebrate the Halloween spirit!

to partake in. Almost everywhere I turned, there was something new.

There was pumpkin painting, cornhole, a DJ playing spooky tunes,

nizations.

Some of these booths included the Fairfield Theater Company, the Girl Scouts, Fairfield County Day

As a huge Harry Potter fan myself, one of my favorite activities at this event had to be the entire section devoted to the wizarding world.

HUMANITARIAN ACTION CLUB CELEBRATES THEIR ANNUAL FALL FEST!



By Brooke Lathe
Copy Editor, Head Vine Editor

Who knew that a day filled with fun can also double as making a difference in the world? On Sunday, Nov. 6 from 1 p.m. to 4 p.m., the Humanitarian Action club is hosting its second annual Fall Fest Fundraiser in the traffic circle.

The day will consist of countless games and activities such as pumpkin painting,

tote bag decorating, tie dying, corn hole and even pieing someone in the face!

The biggest inclusion of this event, however, is that the organization Farm on Wheels will roll back onto campus just as it did last year where they will host ducks, baby goats, sheep and a small donkey.

As you walk through the crowded scene, the entrance fee will cost \$15, which can be donated in cash or through Venmo for the sole purpose of this event: to raise money for the Connecticut Institute for Refugees and Immigrants (CIRI).

Evan Keiser '24, a Humanitarian Action Fellow, shares that "100% of the proceeds will be donat[ed] to the state-wide non-profit who assists refugees and immigrants resolve legal, economic, linguistic and social barriers so that they become self-sufficient, integrated and contributing members of the community."

Once you donate the entry fee, you are able to participate in any of the activities stated above.

This event will hopefully be attractive enough for students so that they can rake in a large number of donations for CIRI as they did last year with the total being a little over \$1,000 raised in 2021.



Photo Contributed by Julia Neal

Left to right: Evan Keiser '24, Magda Dutkowska '22, Julia Neal '23 cuddling animals from the petting zoo at Humanitarian Action's 2021 Fall Fest.



Photo Contributed by Julia Neal

Fall Fest doesn't just include games and activities, you might find poster boards explaining other organizations or places to donate.

Julia Neal '23, a Humanitarian Action Fellow, further explains that they chose this type of event because "it's something fun that they can go to with friends and hang out and partake in fun activities.

It's an event that offers different types of activities that other events at school don't have, such as the animals."

Outside of the Fall Fest Fundraiser, make sure to be on the lookout for future events such as "Walk in Our Shoes."

Or, as Neal adds, join Humanitarian Action by attending biweekly meetings on

Thursdays in Canisius Hall 200 at 7:30 p.m.!

"We encourage anybody who is interested in service projects and helping others, [to] come to the meetings and help out in whatever way they want.

Every act of service counts no matter how big or small it is," Neal ends.

You can join the club's Life@Fairfield page if you are looking to join a service-based organization that focuses on helping those who are less fortunate by fundraising, advocating and networking with other NGOs, such as the HA club.

National Sandwich Day: The Best Thing Between Sliced Bread!

By Kathleen Morris
Contributing Writer

Congratulations, Stags! We have reached the halfway point of the Fall Semester! This milestone is marked with excitement, as Thanksgiving break is mere weeks away.

The thought of this holiday may conjure the visual of a lavish feast, complete with picture-perfect poultry and platters stacked high with all of your seasonal favorites. Personally, my mental image is reminiscent of a Norman Rockwell painting: capturing an essence of leisure worthy of the cover of the "Saturday Evening Post."

At the height of midterm exams, such leisure may seem to be a distant memory. Our plates are not piled with mashed potatoes and stuffing. Instead, we have been served a generous helping of impending deadlines, seasoned with studying and sprinkled with stress. Calm consumption has been replaced by chaotic cravings. However, this period of crunch time must not take precedence over lunch time.

In the battle between hunger and homework, I advise my readers to consider John Montagu, the Fourth Earl of Sandwich. According to History.com, Montagu earned legendary status as the creator of the very first sandwich.

An avid gambler, the Earl refused to halt his lengthy games and requested a meal he could consume with his hands. Montagu's appetite was appeased by the skillful combination of two household staples. A hunk of beef was placed between

two slices of toasted bread and a global phenomenon was born.

The Earl of Sandwich's legacy as a culinary innovator and expert multitasker is celebrated annually on Nov. 3. "World Sandwich Day" comes at the ideal time, satisfying the desire for a convenient meal during the peak of academic rigor.

If you swap poker chips for flashcards, Montagu's 18th Century conundrum is all too relatable. Sandwiches come in handy (quite literally) for students looking for nourishment that can be enjoyed during a study session, without the need to hit pause entirely.

Fortunately, Fairfield University Dining Services provide a range of sandwich options across campus. In the Daniel and Grace Tully Dining Commons, the Sandwich Lab allows students to customize their sandwiches with a myriad of ingredients, including ham, salami, turkey and breaded chicken breast.

Additionally, the lab presents a number of curated sandwiches. A recent feature is the Hummus Vegetable Wrap. The wrap encompasses hummus, garlic feta spread, spinach, cucumber, tomato and onion enveloped in a whole grain tortilla; a viable option for vegetarians.

The Stag Snack Bar is home to The Art of Bread Sandwiches, which expands

opportunities for customization. The menu highlights six staples: Italian, Turkey Club, Buffalo Chicken, Tuna,

Vedge and Chicken Caesar.

The diversity within these options is key, enabling students to indulge based on their unique palates.

Each sandwich is made to order, and students can adjust the recipes to match their specifications. For those hankering for comfort food, the Levee is the answer. Their menu is decadent, consisting of gooey grilled cheeses and meatball subs that rival your grandmother's cooking. The chicken sandwich is also a fan favorite in all of its configurations: grilled, crispy and buffalo. The Stag Snack Bar and the Levee are accessible via Grubhub's robot delivery ser-

vice, which is undoubtedly the epitome of ease.

In downtown Fairfield, I ventured to Firehouse Deli to sample one of "The Best Sandwiches in Connecticut," according to "People Magazine."

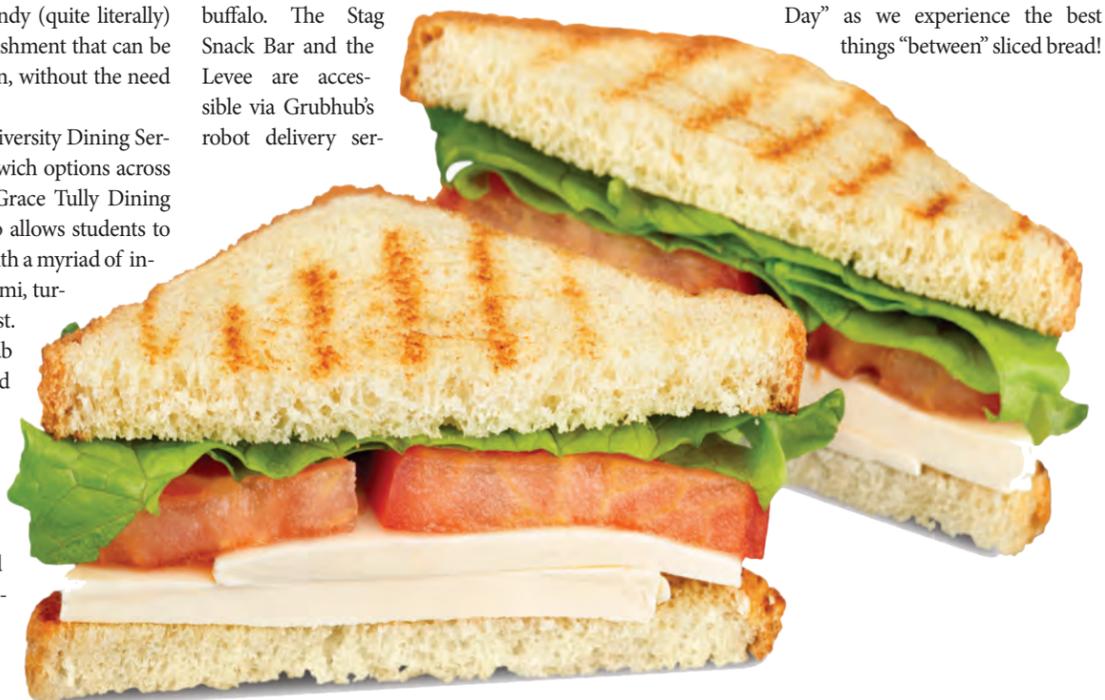
I entered the building through its red, lacquered doors and was greeted with a frenzy of customers.

I ordered the Thanksgiving Sandwich and, upon first bite, I understood the hype. My sandwich was loaded with their house roasted turkey, paired with custardy cornbread stuffing and cranberry sauce.

I savored the traditional flavors, minus the chaos and cleanup of a typical holiday dinner. My sandwich joined a broad list, ranging from egg sandwiches to the aptly named "Fairfield U Panini".

The panini is a masterpiece of grilled chicken, avocado, bacon, pepper jack cheese and chipotle mayo. I look forward to trying it during my next visit to represent my steadfast - Stag loyalty!

Well, I would like to close by expressing my gratitude for the Earl of Sandwich and hope that you will join me in celebrating "World Sandwich Day" as we experience the best things "between" sliced bread!



Helen Oyeyemi Talks Trains And Truth In Her Novel "Peaces"

By Abigail White
Assistant Vine Editor

This fall semester, National Book Award-winning author and professor of English here at Fairfield University, Phil Klay has been leading the MFA Creative Writing program's "Inspired Writers Series." A series of free virtual author talks, this series is meant to provide encouragement and inspire young writers as well as to entertain, inform and provide lively discussion for writers to engage in.

On Thursday Oct. 27, Klay welcomed British novelist and short story writer, Helen

Oyeyemi, in the most recent Inspired Writers talk. Author of seven novels and a short story collection, Oyeyemi sat down to talk with Klay about one of her novels – her inspiration, her writing process, etc. Klay calls Oyeyemi an "utterly bewitching writer," discussing her newest novel "Peaces," which is full of magical realism.

Released in March of 2021, "Peaces" follows a couple as they embark on a journey on a former tea-smuggling train in which the rules of physics do not quite apply. Full of mysteries, connections to the past and themes of love, this novel takes the idea of train journey to the next level.

When asked by Klay how she constructed this book, she explains that she took a lot of train rides as inspiration. She discussed one of the most famous train mystery novels, Agatha Christie's "Murder on the Orient Express." Oyeyemi explained that she was shocked by the resolution and thought that maybe some things can only happen on a train.

Oyeyemi further explained her fascination with trains, claiming it is an "incubator for intense experience." The concept of time is skewed on a train – it makes people act differently and talk differently to each other. Oyeyemi explained that she was excited at the opportunity to create a relationship story set on a train, full of mysterious twists and turns.

The notion of "truth" was greatly discussed between Oyeyemi and Klay as well. "Peaces" is an accumulation of many mysteries, and Klay claims part of the fun in this novel is finding out pieces of information as the story progresses.

In terms of truth, Oyeyemi claims she is less interested in aiming directly for it. Rather, she believes that the truth is something you can arrive at by "aiming your arrow in multiple directions." She explains that she cannot imagine starting her novels with the "truth" and writing to work toward it.

In the questions and answer portion of this lecture, Oyeyemi was asked about her daily writing process – something that I believe to be very intriguing for all aspiring writers. She explained that she writes two days on, one day off, taking a break to

complete everyday chores like laundry and grocery shopping. Interestingly, she explained that she has a uniform which she wears to write each book. For one book, it was a unicorn onesie. For "Peaces," it was a white dress and red lipstick, as she claimed it mirrored the setting and formality of her plotline.

Oyeyemi also claimed that in writing she has a number of words that she would like to reach each day. If not a number of words, she has a point in the plot which she would like to reach – a point in the plot that she will be excited to return to the next day, excited to see what comes next for her characters.

She said she was very disciplined in reaching her writing goals, even using a program that would delete all of her writing at times if she did not reach her daily goal.

After hearing Oyeyemi talk all about her new book "Peaces" and her writing process, I am inspired to read her work and I am looking forward to attending more of these author talks. Klay has done an excellent job in engaging authors in discussions so far and I look forward to seeing where else he will take this "Inspired Writers Series."

Aspiring writers can look forward to more of these "Inspired Writer Series" author talks in the near future. With Kaitlyn Greenidge joining Klay on Nov. 1, and Megha Majumdar on Nov. 18, there are exciting opportunities coming up to engage in discussion surrounding writing. Be sure to check out the Regina A. Quick Center's website for more information.

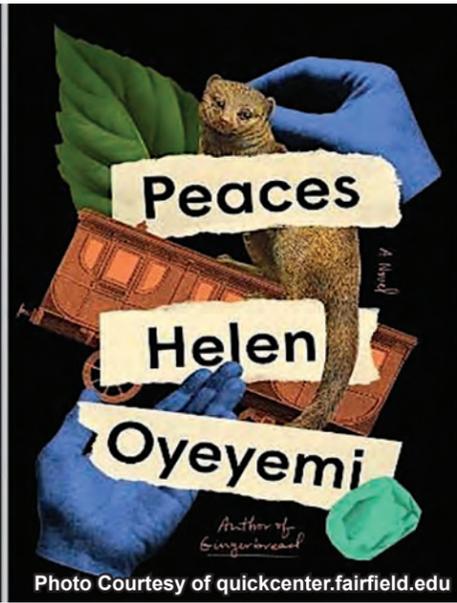
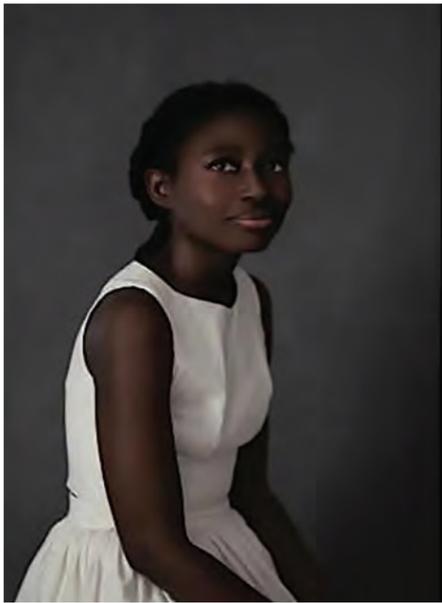
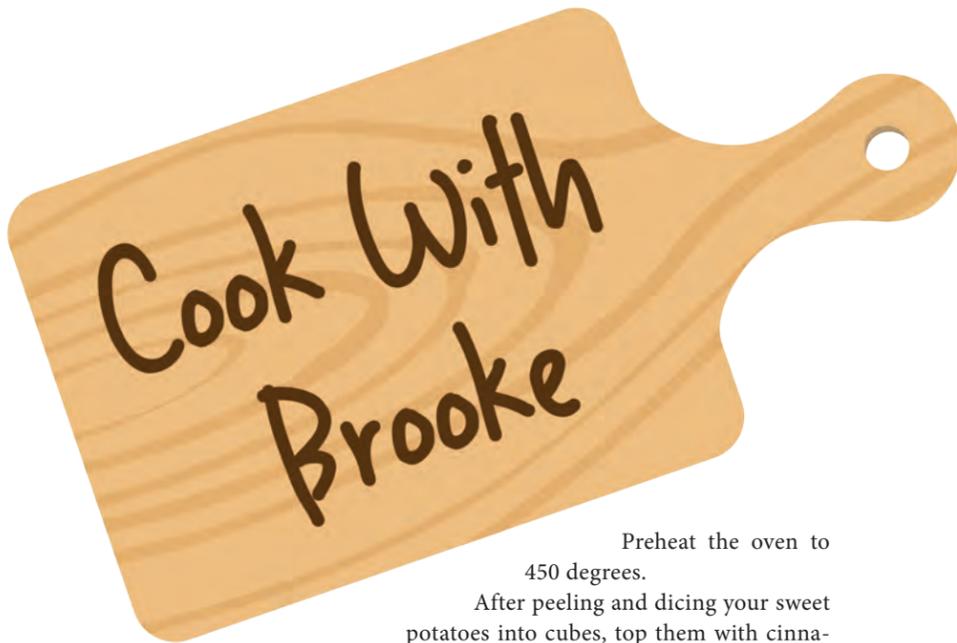


Photo Courtesy of quickcenter.fairfield.edu

Helen Oyeyemi takes part in Fairfield University's "Inspired Writers Series" and talks about her new novel "Peaces".



By Brooke Lathe
Copy Editor, Head Vine Editor

I love barbecue pulled pork. I mean, absolutely, deeply, truly love barbecue pulled pork. Now that I have my own kitchen, however, it's really difficult to make this meal for one person ... especially since I don't even own a crockpot or large pan to cook it using a stove top method.

Luckily, I've recently struck recipe gold and have figured out a way to make my favorite dinner with just enough leftovers to savor the taste for another night but not enough to get sick of it.

DIRECTIONS:

Preheat the oven to 450 degrees.

After peeling and dicing your sweet potatoes into cubes, top them with cinnamon, brown sugar, paprika, chili powder and vegetable oil. Mix well.

Lay the potatoes out on a baking sheet and put them in the oven for 20 minutes.

Take the package of Niman Ranch smoke-pulled pork out of the box and shred it in a saucepan on medium heat.

Add barbecue and stir for 10 minutes.

In addition to the pork and potatoes, I am a huge coleslaw fan, so I add a large heaping onto my plate to turn my meal into a balanced and delicious bowl. You can make this "veggie salad" homemade or buy it at your local supermarket!

I found these items easily at Whole Foods and the total for everything (minus all of the spices already in my cabinet) came out to around \$14 for two meals – which I believe, is an absolute steal for an incredibly mouthwatering dinner.

Ingredients

- 1 package of Niman Ranch Smoked Pulled Pork
- ½ C barbecue sauce
- 2 sweet potatoes, peeled and diced
- 2 tbs. cinnamon
- 2 tbs. brown sugar
- 2 tbs. paprika
- 2 tbs. chili powder
- 3 tbs. vegetable oil



Dear Daylight Savings



By Madeline West
Editor-In-Chief

Dear Daylight Savings,
On Sunday, Nov. 6 the clocks will fall backward an hour and the sun will set at lunchtime.

By 4:30 p.m. it will be pitch black and you will be able to enjoy your sandwich for lunch while watching the sunset.

Okay ... maybe I am being a bit dramatic; however, I think we can all agree with the dysfunction that arises when we “lose” or “gain” an hour of our day.

Before I argue against daylight savings, I thought it would be important to explain why we have it in the first place.

Many believe that it was created to give farmers an extra hour of sunlight to tend to their fields. However, this is a misconception and farmers too are against this because of the fact it actually throws off their harvesting schedule.

The real reason is based on energy conservation and to make daylight times match when those are awake. The practice has been implemented in some form dating back to pre-World War I.

Germany originally introduced the practice to conserve power and energy. In 1918, The Standard Time Act was first introduced to American clocks and residents. It was a temporary measure that lasted from spring to fall that also was used to cut en-

ergy costs during WWI.

However, DST today has far more negatives than positives. The disruption in sleep has a waterfall effect on students, professionals and the elderly.

Many studies have shown that there are negative events that follow the change of the clocks. For example, a Swedish study found that the risk of having a heart attack increases in the first three weekdays after switching to DST in the spring.

Additionally, tiredness induced by the clock change is thought to be the main cause for the increase in traffic accidents on the Monday following the start of DST. Another study found that on Mondays after the start of DST there were more workplace injuries, and the injuries were of greater severity compared to other Mondays.

A Danish study found an 11% increase in depression cases after the time change. The cases dissipated gradually after 10 weeks. These are just a few examples of the deterioration in health that could have links to DST.

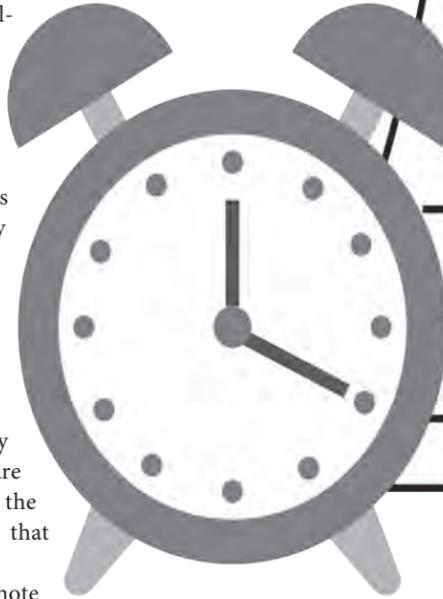
It is important to note

that there could be a chance that Daylight Savings has the chance of not occurring anymore.

The Senate unanimously passed the bipartisan legislation – known as the Sunshine Protection Act – which was introduced by Sen. Marco Rubio (R-Fla.) in March 2019. It was quickly backed by two of his Democratic colleagues, Ed Markey of Massachusetts and Ron Wyden of Oregon. Now,

it has the chance to be placed into action by the House – however, we won't see any changes until 2023.

Time will only tell if this act will actually get rid of DST, however, if both sides of the aisle can agree on something it must be pretty bad.



Does Taylor Swift's "Midnights"



Measure Up?



By Elizabeth Morin
Contributing Writer

Taylor Swift recently dropped her new album “Midnights,” and the internet is in shambles. Swift is one of the biggest names in music today.

Her lack of controversy and overall energetic and lively personality has made her one of the most loved celebrities of the decade.

The buildup to “Midnights” was intense, with hundreds of social media posts and trending tags on Twitter waiting for the moment that the album dropped.

However, now that the album has come out, I've seen some mixed reviews online that I was not expecting.

Unlike most, I didn't actually become a Taylor Swift fan until her “1989” album, which meant I lacked the same excitement the rest of society felt when her “Taylor's Version” albums came out.

While I'm not well versed in all of her albums, I think my becoming a fan at the time of “1989's” release makes me more reliable to talk about her pop albums.

She doesn't ever seem to limit herself to a genre which is a risky but interesting choice for an artist.

She started as a country singer, moved her way into pop with “Red” and “1989,” into more of an indie pop for “Folklore” and “Evermore,” and now back to pop for “Mid-

nights.”

I think the immediate shock with “Midnights” was that no one was expecting her to go back to pop after the mass success of “Folklore” and “Evermore.”

realize how broad her range is.

Not only that, but the overall sound of both albums is truly beautiful and “Folklore” brought her home some Grammys after being snubbed for two albums straight. Her

rarely see anyone saying “1989” is their favorite album (though I must disagree and say it's one of my favorites).

I think most people were expecting her to stay on the indie track.

I had to listen to the album three times before I declared it was good (insert boos here).

I stayed up until midnight to listen for the first time around, and none of the songs made me particularly happy or sad the way “The Lakes” did on “Folklore.”

The second time around, I listened when I wasn't exhausted and I noticed how deep the lyrics were beneath the pop sound of the music.

I think that's a personal taste decision – I've seen a lot of people talk about how they dislike it when she does that.

Personally, it makes it hard for me to appreciate the message of a song when there's too many alternating sensory experiences in the background, but that's an opinion I would leave for the individual listener to decide.

I would say the songs I enjoyed the most were “You're on your own Kid” and “Bigger than the Whole Sky.”

The rest were honestly very forgettable to me.

I would say that while it's not a bad album, she definitely has better work out there.

Unfortunately, this album did not stand out to me like the others, but I would take a listen yourself to decide!



Taylor Swift released her tenth album on Oct. 21 called “Midnights”.

I believe the reason “Folklore” and “Evermore” blew up the way they did was because it was such a change in pace from Taylor's original music and it made people

pop albums never seemed to get as much attention as her country and indie albums did.

The reactions to “Reputation” and “Lover” are either strong love or hatred, and you



COFFEE BREAK

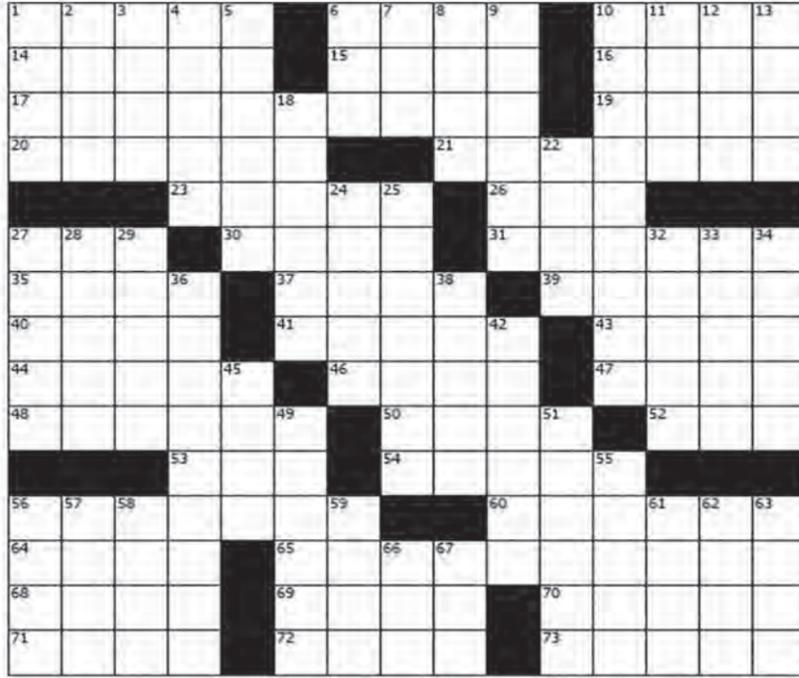


SATIRE, GAMES, PUZZLES AND MORE

Editor: Tristan Cruz
tristan.cruz@student.fairfield.edu

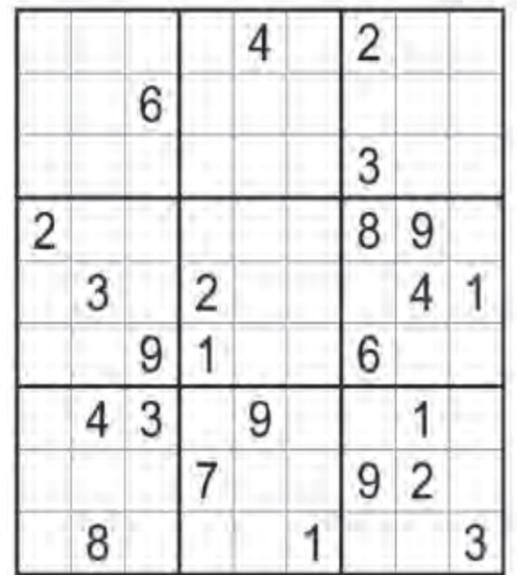
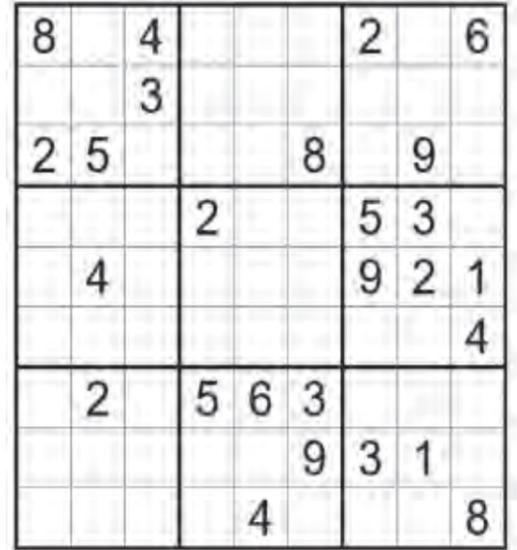
Across

- 1. Dummy, in bridge columns
- 6. Isinglass
- 10. Ottawa-based law enforcement gp.
- 14. Love to pieces
- 15. Bell-ringing company
- 16. Skin soother
- 17. Oscar nominee for the 1947 film "Crossfire"
- 19. Tall tale
- 20. Like many thick soups
- 21. Found out
- 23. More desperate
- 26. Ruckus
- 27. Donkey
- 30. Big, heavy book
- 31. Hedy of "Algiers"
- 35. Bryn __ College
- 37. Immediately following
- 39. Ike's wife
- 40. Pennsylvania port
- 41. Spooky
- 43. Kind of tide
- 44. Church notice of a marriage
- 46. Tear to bits
- 47. Not fooled by
- 48. Lansbury or Bassett
- 50. Breakfast staple
- 52. "Can't Help Lovin' __ Man"
- 53. Was on the ballot
- 54. God
- 56. Take unfair advantage of
- 60. Beethoven's Third
- 64. Big poem
- 65. Comedian who said, "When I eventually met Mr. Right I had no idea that his first name was Always"
- 68. Elevator man
- 69. Once again
- 70. 39.37 inches, in England
- 71. Agnew's plea, briefly
- 72. Ship stabilizer
- 73. Vegas machines



Down

- 1. Catcher of pushers
- 2. Smell
- 3. Post-shower wear
- 4. Tire pattern
- 5. Recluse
- 6. Disfigure
- 7. __ League
- 8. Christmas stocking punishment
- 9. Toughen by heating, as glass
- 10. Comic whom "everybody loves"
- 11. Highlands family
- 12. Additional
- 13. Remain undecided
- 18. Actor Power
- 22. Alan Arkin's son
- 24. Middle East bigwig
- 25. Longtime New York Observer film critic
- 27. Tiny life form
- 28. It's a wrap
- 29. Try to hit the ball
- 32. Change, as a law
- 33. Lasso
- 34. Move a fern, e.g.
- 36. "Tin Cup" actress
- 38. Hint of color
- 42. More nervous
- 45. Starter for happy or dash
- 49. Arctic jacket
- 51. Plays lightly
- 55. Tyrolean refrain
- 56. Peasant worker
- 57. __-the-minute
- 58. "Bubble, bubble, __ and trouble ..."
- 59. Largest digit
- 61. Division word
- 62. Part of CPA: Abbr.
- 63. War god
- 66. Golf ball holder
- 67. Piercing tool



Free Puzzles / Puzzles.ca

Excessive Celebration
Nick Silvia, Contributing Writer

It's November, the time of year that separates the people who think Christmas starts the day after Halloween from the people who are right. Do I absolutely adore the Christmas season and can't wait for December? Yes. Do I want to step outside at 12:01 on Halloween night and have my ears assaulted by Mariah Carey, reminding me that she makes more money from that song alone on December 25th than I'll be able to ever accumulate in my entire life? Not as much.

If you're missing playing the Joker now that Halloween is over and you need a little more chaos before Thanksgiving, just ask when Christmas starts in a room full of your friends, take a seat and watch as everyone descends into madness.

But that's not what I'm here to talk about, because Christmas will get its time in this section once December rolls around. For now, we're still in full fall mode, and that means Thanksgiving is right around the corner. To celebrate, I'll be finding every turkey on campus and letting them know that their days are numbered as payback for harassing me for four years.

"Tell that writer kid to watch his back," commented the head turkey to our editors. "He hasn't experienced anything even close to what we can do."

So, here's an open invite to the turkeys: you know where I'm at. Now come and get me.

SPORTS

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Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6	Nov. 7	Nov. 8
Men's Soccer vs. Siena College Fairfield, Conn. 7 p.m.	Women's Soccer vs. Niagara University 2022 MAAC Championship Semifinal Fairfield, Conn. 7 p.m.	Field Hockey vs. Wagner College 2022 NEC Championship Semifinal Staten Island, N.Y. 2 p.m.	Women's Swim & Dive at Marist College Poughkeepsie, N.Y. 11 a.m. (Dive) 1 p.m. (Swim) Men's Swim at Marist College Poughkeepsie, N.Y. 1 p.m. Volleyball at Iona University New Rochelle, N.Y. 1 p.m.	Women's Rowing NYRA Fall Invitational Teaneck, N.J. All Day Men's Rowing NYRA Fall Invitational Teaneck, N.J. All Day Volleyball at Manhattan College Riverdale, N.Y. 1 p.m.	Women's Basketball at Brown University Providence, R.I. 7 p.m. Men's Basketball at Wake Forest University Winston-Salem, N.C. 8 p.m.	No games scheduled.
 <p>Photo Contributed by the Sports Information Desk</p> <p>Women's soccer recently won the MAAC Regular Season Championship.</p>			 <p>Photo Contributed by the Sports Information Desk</p> <p>Fairfield's volleyball team is in the midst of a six game winning streak.</p>			

Cross Country Closes Fall Campaign In MAAC Championship

By Ryan Marquardt
Head Sports Editor

The Fairfield University Men's and Women's cross country teams had their Metro Atlantic Athletic Conference championships on Saturday, Oct. 29. The event was hosted by Siena College in Loudonville, N.Y.

The women's team would conclude their season as they placed eighth out of eleven schools at the event. The team was led by Courtney Kitchen '23 and Danielle Grosso '23 who finished in the top thirty-five. Kitchen finished first for the Stags for the fourth time in the last five meets. She crossed the line with a time of 22:47.8 which placed her 29th out of 123 runners. Grosso followed soon after finishing at 22:55.4 which was good enough for 33rd place.

Catherine Lanahan '24 finished third for the Stags and 48th overall with a time of 24:00.2; trailing less than a minute behind the Hillsborough, N.J. native was Emily DallaRiva '24 who came in 54th with a time of 24:41.8. Finally, rounding out the top five finishers for Fairfield was Anna Weissenberg '23 who finished in 25:02.8 in 57th, according to the event's official scoring sheet.

Quinnipiac University would go on to win the fall MAAC championship for the second time in program history. Siena's Olivia Lomascolo finished first out of the field by 10 seconds with a time of 21:13.6. Coming in second

place by a similar margin was Quinnipiac's Emily Young who finished at 21:21.2.

The men's team would not fare any better than the women's team, also finishing in eighth out of the 11-team-field at Siena College on Saturday.

The top finisher for Fairfield was Jacob Bornstein '25, who finished 45th of the 142 man field with a time of 26:31.1. Coming in behind him in 46th was Alex Petersen '26, who was twenty-five seconds behind. Coming in third for the Stags and 53rd overall with a time of 27:35.7 was Thomas Vanderslice '23. One second and one place later was Pacifico Flores '23. The fifth finisher for Fairfield was Ryan Lindley '26 who was two places and eight seconds behind Flores.

Iona University dominated by winning their 32nd straight MAAC men's cross country championship, extending their National Collegiate Athletic Association record. The Gaels held eight of the top 11 runners and seven of the top eight. Finishing first was Joshua DeSouza who finished at 23:46.6. Iona had a combined finish of 17 points from their top five rushers, the second-place team had 61, according to the official scoresheet of the event.

Even though the fall season is in the books, both teams will head into the offseason and begin to prepare for their spring campaign. Check www.fairfieldstags.com for any updates.



Photo Contributed by the Sports Information Desk
Jacob Bornstein '25 finished the highest for the men's cross country team.

In this week's issue...

- Stags Squeeze Past Saints, Best Bobcats (Page 14)
- Competitive Sports Introduces New Website (Page 15)
- Opinion: How Far-Fetched is Fairfield Football? (Page 15)
- Stags, Scarlet Knights Join Forces To Support Cause (Page 16)

Stags Squeeze Past Saints, Best Bobcats

By Trevor Russell
Contributing Writer

The Fairfield University volleyball team had two games this past week, securing victories in both matches.

They recently have been led with solid play by KJ Johnson '23, who won Metro Atlantic Athletic Conference Player of the Week for her performances against Niagara University and Canisius College.

On Wednesday, Oct. 26, the Stags squared off with Siena College at home at the RecPlex. The Stags entered the contest red-hot on a four-match win streak and held sole possession of the first-place slot in the conference

standings. However, this match would be a tough test, as Siena also came into the match with a winning streak, winning their last eight matches in a row.

Fairfield still looked to capitalize on their strong play and home-court advantage, which they needed to do to win against a strong opponent. They did just that, with the Stags winning the game in five sets with a score of 3-2.

The Stags were once again led by Johnson, who led them in kills with 16 and digs with 15. Allie Elliot '26 and Ella Gardiner '24 were dominant up front with 12 and 11 kills, respectively. Fairfield registered 50 assists in the back-and-forth match and played well

defensively, with 15 blocks.

Sophomore Blakely Montgomery also performed well in the match, setting her teammates up with 30 assists and also providing three aces while serving. It was a much-needed win for the Stags against a solid MAAC opponent who is not far behind them in the conference standings.

After the win, the Stags immediately shifted their focus to their next match, which was away in Hamden, Conn. against the Quinnipiac University Bobcats, an opponent who came into the game with a four-match win streak.

The Stags made short work of the Bobcats, winning in just three sets. Their dominant play kept their win streak alive and pushed it to six games.

The Bobcats had been struggling in conference play this year and now drop to 6-8 in conference matches. Montgomery led the Stags in this match, dishing out 18 assists. Fairfield's defensive performance was especially outstanding, allowing only a meager .093 team-hitting percentage for Quinnipiac. Grad Student Sara Daniels led the right side for the Stags with 11 kills, while Elliot contributed eight kills on the left side for the Stags.

With this win, the team has gone 13-1 in MAAC play this year, a very strong

performance that they will look to keep up heading into next Saturday's match at Iona University. It also increases their win streak to six games in a row. Fairfield's volleyball team has been at the top of their game this season. If they can keep up their consistent play, then they should be optimistic about their chances at the 2022 MAAC Championship that will take place in Orlando, Fla. later this November.



Photo Contributed by The Sports Information Desk

The women's volleyball team continues their strong 13-1 record in conference play as they look toward the playoffs.



Photo Contributed by The Sports Information Desk

Junior Ella Gardiner jumps up to spike the ball in a Stags win.

Weekly 5x4 Your 2022-23 5x4 Columnists: Maddy West, Madison Gallo, Tommy Coppola, Brooke Lathe, Billy McGuire

Because we have witty things to say ...

What is your favorite board game?

What is something that you want to accomplish during your remaining time at Fairfield?

What is one thing on your bucket list?

What is the strangest habit you have?


Maddy West
Editor-In-Chief

The Game of Life.

I honestly just want to appreciate the time left and get a job.

I want to go to Europe!

I personally don't think this is strange, but I talk to myself a lot. Thinking out loud.


Madison Gallo
Executive Editor

Candy Land or Sorry!

I want to bring the Fairfield PRSSA Chapter to NYC for a meet & greet with different PR agencies.

Go to Paris and see the Eiffel Tower twinkle.

I don't think I have strange habits, but I can only sleep with a weighted blanket and weighted eye mask.


Tommy Coppola
Managing Editor

Trivial Pursuit is my jam.

Have fun and bring back the B-Section of The Mirror.

Try every Taco Bell menu item.

I can't sit down and do work without a Dunkin' drink.


Brooke Lathe
Copy Editor, Head Vine Editor

Probably Clue ... I love a good murder-mystery.

Soak up my last few years of not working a 9 to 5 for the rest of my life.

I think it would be lovely to witness the Northern Lights at least once.

Sometimes I itch the back of my throat with my tongue and it makes an odd noise.


Billy McGuire
Assistant Sports Editor

Nothing is better than a round of Monopoly or Risk with my cousins.

Definitely want to launch a podcast at some point.

I want to go golfing along the Irish coast.

Definitely talking to myself out loud when no one is already to get my priorities straight.

Competitive Sports Introduces New Website

By Tommy Coppola
Managing Editor

On Oct. 17, 2022, Chelsey Wright, assistant director of competitive sports along with Fairfield University Competitive Sports, launched the official club sports website.

The website's release comes about nine months after the official announcement of their club sports instagram account, which has remained active since its genesis back in December of 2021.

The goal of the account was to promote club sports activities on campus and make known tryout dates, "how-to" information and more. The club sports website, now, will expand on this information.

The first post on the is website titled "Fairfield University Competitive Sports Launches New Website!" In the statement, the post reads "Fairfield University Competitive Sports will be taking the program to new heights by creating a new website that will promote all 26 club sports and the Intramural Sports program."

Wright shared that this "re-vamping" of Club Sports at Fairfield has gone on for the past year and a half "by improving the student experience, increasing the competi-

tiveness of our clubs, reorganizing how club sports are run, providing more experiences for club officers to gain leadership skills and much more."

In terms of organizational quality, Wright confirmed the competitive nature of club sports at Fairfield and how they operate as part of a larger governing structure.

"We compete against other universities in the Northeast and each club is a part of a league and National Governing Body," she stated. "We create schedules at the beginning of each semester for the Fall and Spring sports and the beginning of the academic year for those sports that compete year round."

The goal of having schedules, rosters and news on each page of the website is so that parents, friends and alumni who have connections to club sports here at Fairfield can view the schedules, watch games and follow the team.

The website also serves as a utility for students who are interested in playing or trying out for club sports. On the website, they can find the contact information for each team's board members, as well as updated information about the tryout dates and where to sign up.

Through this, "the end goal is to promote all of our clubs and the successes of our program," says Wright.

"I hope that students are excited and proud of what they are doing to represent Fairfield University. The university is really proud of what these teams are doing."

- Chelsey Wright,
Assistant Director of
Competitive Sports

Not only is the website a great place to start for students interested in club sports, but additionally, students looking to join an intramural sport here at Fairfield can learn the

rules of each sport offered, register an account through IMLeagues.com, look at schedules and standings mid-season and can even look at some intramural stat records set in the past.

"Students will now have one-place to go for game rules, the Intramural Handbook, leaderboards and records, along with team information and news stories," Program Coordinator of Competitive Sports Ethan Godfrey shared. "The experience will be streamlined and create engagement for the club sports players and fans."

To add, Godfrey shared that the Competitive Sports department will be seeking out writers "in an internship capacity" to cover games and highlight teams in spotlights.

The efforts to spread club sports-related news are already in full swing, which can currently be seen on the website. Wright commented that "when teams are being honored by leagues, we are now able to share that."

"For example, members of our Baseball Club have been chosen by their league to be players or pitcher of the week," Wright cited as an example. "Or our Women's Rugby team beating Vassar for the first time in program history and [taking] first place in the league by

going undefeated...we can spread that news!"

According to Wright, the process of beginning to create a new website for club sports began this past spring. To begin the process, she spoke with members of Fairfield University's Marketing and Communications department Rob Bove and Casey Timmeny to guide the direction the website would go.

With additional help from Deputy Director of Athletics Zach Dayton and Vice President for Marketing and Communications Jennifer Anderson, Wright was able to create the website under the subdomain of the official Division I athletics page, fairfieldstags.com.

According to Wright, Dayton and Anderson helped at all stages of the process, from the "initial discussion of the vision" to "the execution and launch of the site on Oct. 19."

The goal of the website is to emphasize pride in students' efforts in club sports.

"My hope for this website is that everyone will feel proud," Wright stated. "Whether they are current club members, alumni, interested students, family, etc., my hope is that people will use this site to keep up with all things Club Sports."

Opinion: How Far-Fetched Is Fairfield Football?

By Tommy Coppola
Managing Editor

Fairfield University used to have a football team. Yes, you read that correctly.

If you've ever passed through the lower level of the Barone Campus Center, you'll find a Fairfield Athletics wall of fame for you to digest in all its glory. Titles, records and other information can be found on these plaques; you can also find one that says "Football".

The Stags' former football

program had a tumultuous history. According to Volume 19, Issue 18 of The Fairfield Mirror which was published in 1995, the football team was created as an official varsity sport, along with the Division I women's rowing team we can still watch today.

The article was written by Sports Editor Emeritus Dan Martin '96 and is titled "Football is Back!" The article exemplifies hope that would soon be coupled with disappointment only a few years later in 2003.

Martin refers to former Athletic

Director Gene Doris, who was new to the role at the time of the decision to bring football back to Fairfield. According to Martin's article, "The team will be cost-constrained, meaning that the sport will be very limited monetarily and should cost virtually nothing to run, once it gets off the ground."

That aged...interestingly.

On Feb. 6, 2003, Sports Editor Emeritus Mike Pignataro '03 wrote a front-page article in Volume 28, Issue 16 of The Fairfield Mirror titled "Final Pass? Football program may be dis-

banded this week." That article can also be found and read in the online issue of The Mirror.

According to Pignataro's article, Athletic Director Eugene Doris stated in a Feb. 5, 2003 budget meeting that football and hockey would be cut for the 2003-04 school year and beyond.

All this is cool and honestly, as I research this, I find myself growing fascinated with the prospect of Fairfield having a football team, even though they had a short history.

Their downfall was ultimately due to the fact that the team was too difficult to sustain given the fact that they were a cost-constrained program. Now, however, I feel as though Fairfield University has what it takes to fund a team like this, and more importantly, provide scholarships to players; this is something that they did not have previously.

Now that we have the history out of the way, I want to give my take. I'm no expert and I am 100% not the person to be calling these shots, as I'm sure there is significantly more that goes into the process of creating a Division I football team from scratch than I realize. Regardless, I think that Fairfield University should bring back football, this time by putting players on scholarships.

According to their June 2003 fiscal year's Form 990, Fairfield had net assets of \$243,218,342. Their June 2020 Form 990 shows net assets of \$619,076,584. With net assets more than 2.5 times what they had back in 2003, it seems like there is a bit more wiggle room to sustain a team like football.

An additional perk to this possible program is that there could be even more possible growth with a

football team. It could generate single-game revenue from fans and it could sell food at both The Stag Shack and the Cross Sticks Cafe. And ultimately, they could sell season tickets to community members. It feels like a no-brainer to me.

And hey, look, they already have a stadium, so there's no need to build a completely new one. Rafferty Stadium is used as a football stadium for Fairfield Preparatory School; why not us, too?

Again, I need to clarify that most of the things I'm saying are probably logistical nightmares and these are merely my thoughts from a student perspective.

Although not many notable stars went to the National Football League, Ben McAdoo, former New York Giants head coach, was an offensive line coach here at Fairfield in the final season, according to his bio on the Carolina Panthers' official website. If they got McAdoo before for their offensive coaching core, what is stopping them from seeking out bigger-name coaches like him?

I'm sure it would cost a great deal to run a football team, and I don't doubt in the slightest that Fairfield may have a hard time creating this team from the ground up, as would any college or university. I think, however, it would be beneficial to see how the campus is growing and evolving with time and to poll students to get an idea of how many people actually would attend games.

Maybe one day, down the road, Fairfield can add back their football program that once saw success. Although many challenges are present, I think that a great deal of students around campus would love to see a football team here on campus.



Amy Womack/The Mirror

Head coach Joe Pernard gives wide receiver Andrew Turf '03 a pep talk mid game in the team's final season in 2002.

Stags, Scarlet Knights Join Forces To Support Cause

By Billy McGuire
Assistant Sports Editor

The Fairfield University men's basketball team traveled to Piscataway, N.J. on Sunday, Oct. 30 to take part in an exhibition contest against Rutgers University to benefit the Christopher and Dana Reeve Foundation, an organization dedicated to curing spinal cord injuries to benefit Team LeGrand. All of the proceeds from the game were donated to the organization.

Playing in front of 2,000 fans at the Jersey Mike's Arena, the Stags got their first taste of game action of the season by playing a competitive scrimmage against a Rutgers team coming off of an NCAA tournament appearance last season.

Graduate-student guard Caleb Fields and forward Makai Willis '25 led the Stags as they fell to the Scarlet Knights, 78-65.

The Stags kept the game competitive by putting on a solid offensive performance. Fields led the herd in points with 13 while shooting five-for-ten from the field, with Willis giving himself 12 points and picking up six rebounds in the process.

Other contributors included Brycen Goodine '23, who put up seven points, two steals, and two assists and redshirt-senior guard Jake Wojcik who picked up five rebounds, five points and two steals, according to the game's official box score.

They kept the game competitive in the first half, entering halftime down by four, 35-31. The Stags at various periods were either tied or were down by fewer than two points, with the latest point in the half being at the 1:24 mark when Fields hit a jumper inside the paint to make it a 37-35 Rutgers lead.

The second half did not go as well for the Stags, being outscored 37-30 while the Scarlet Knights at one point went on a 10-0 run that essentially doomed any chance of the Stags pulling off the upset.

Defense and turnovers hurt the Stags in this contest, with the Scarlet Knights outscoring the Stags in points off turnovers, 24-8, including a lopsided 19-5 margin in the second half.

Chris Maidoh '23 and Allan Jeanne-Rose '23 both agree that defensive play will

be the primary focus in practice this week before the team's next game against Wake Forest University on Monday, Nov. 7, in Winston-Salem, N.C.

"We had a lot of turnovers, and we need to work on cutting those down," Maidoh says. "Our defensive game will be our main focus at practice this week."

"Defense is our main issue right now," Jeanne-Rose explains. "We just need to get better at it."

The two players did note that the season has not officially started and that they used this game as a way to gain experience from playing a team such as the Scarlet Knights.

"We've played a lot of challenging teams before, and it was good to get a feel for that again," Maidoh says. "It was a good way to see where we're at and where we stand. We know that there is a lot to improve on, and we are grateful for the opportunity."

"It was a good test for us," Jeanne-Rose elaborates. "Like Chris said, this game was the beginning to see where we are at and will give us a preview of what our competition looks like for next week. So, I guess it was a test for us."

Head Coach Jay Young viewed this opportunity as a "dress rehearsal" for the Stags to hit the ground running on the season.

"We'll be on a plane to Wake Forest at this time next week, and for us, it was a great dress rehearsal," Young noted, according to the game's official recap. "I liked a lot of what we did as far as going 11 guys deep and seeing everybody contribute against a talented, well-coached opponent. We still have a ton to work on, but we've got more answers than we've ever had, for sure."

The game was much more than basketball, however. This game served as a way to raise money for spinal cord injuries and recoveries as well as honor former Rutgers football player Eric LeGrand, who became paralyzed in an October 2010 game against the United States Military Academy while trying to make a play. He suffered a spinal cord injury as a result.

LeGrand has since made an inspiring recovery, regaining movement in his



Photo Courtesy of @rutgersmbb Instagram

Eric LeGrand at the game decked out in his Rutgers gear and supportin his alma mater.

shoulders and sensation throughout his body. He hasn't been able to walk since the injury, but he vows to walk again sometime in the future.

A former protege of Rutgers Basketball head coach Steve Pikiell, Young collaborated with his former boss and LeGrand to make this event possible. Prior to taking the head coaching position with Fairfield in 2019, Young was an assistant to Pikiell for eleven seasons at Stony Brook and Rutgers.

When asked who was the real winner of the scrimmage, Young didn't hesitate when giving an answer.

"The winner was decided before we took the court today, and that was Eric LeGrand and the Reeve Foundation," said Head Coach Jay Young, according to www.fairfieldstags.com "Eric is a great person

and we're honored to be a part of this game to help such a worthy cause."

Maidoh and Jeanne-Rose were also grateful and honored to be a part of something special like this.

"It was really great to be a part of something like that," Maidoh says. "You always want to give back to the community, and it was also a great way to raise money."

Jeanne-Rose echoes these sentiments.

"It's a good cause," Jeanne-Rose explains. "I'm very grateful to be a part of that. He [LeGrand] is an inspiration for all of us."

For more news, information and updates on the Fairfield men's basketball program and Fairfield athletics as a whole, please visit www.fairfieldstags.com.



Photo Contributed by The Sports Information Desk

The Fairfield men's basketball team kicked off their year with an exhibition game at Rutgers, which was a charity event in support of the Christopher and the Dana Reeve foundations along with Team LeGrand.