

THE MIRROR

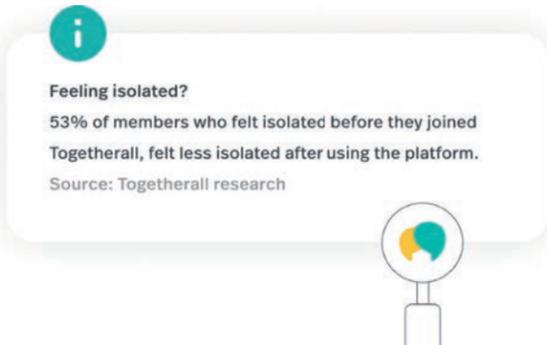
Independent student newspaper

Week of November 9, 2022

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A safe space, where people provide peer-to-peer emotional support, help and guidance



Posters advertising Togetherall – a new peer chat platform offered for Fairfield students – are hung up all over residential halls, academic buildings and other locations on campus. Togetherall is a resource which aims to spark conversations on mental health.

C&PS Offers New Resource 'Togetherall' for Students

By Max Limric
Head News Editor

New to Fairfield University, the platform Togetherall has joined the Counseling and Psychological Services as a peer chat resource, focusing on creating conversations surrounding mental health and serving as an outlet for those struggling.

The addition of this new platform has been heavily advertised all around campus, from the Leslie C. Quick Recreational Complex to the residential and academic buildings.

Togetherall is a resource for all students, but specifically students who may struggle with reaching out for professional help or who avoid talking about their mental health in person.

Posters display: "Maybe you are feeling overwhelmed, struggling socially or just not feeling like yourself?"

The posters then advertise Togetherall as a "safe, anonymous, online peer-to-peer community for mental health support" and continue by stating it is "a safe place to express yourself and support each other."

Health and Wellness Coordinator Pam Paulmann explains that "Togetherall enables students to reach out to peers for support or to give support, and access a variety of tools and resources to help them with specific issues including, stress, sleep and anxiety."

Additionally, the Togetherall website describes itself as "a 24/7 community of ordinary people,

moderated by clinical professionals, where people can get (or give) the mental health support they need."

Paulmann gives background information on how this resource came to be at Fairfield University.

"In 2022, Governor Lamont allocated funding from the Governor's Emergency Education Relief (GEER) fund to institutions of higher education to support the mental health of their students through mini-grants that would increase access to care, provide education and improve awareness of resources, conduct training for faculty, staff and students."

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BSU Hosts 3v3 Basketball Tournament

By Max Limric
Head News Editor

The Black Student Union hosted a 3 v.s. 3 basketball tournament this past Saturday, Nov. 5, with a grand prize of \$300 evenly split between VISA gift cards amongst the winning team. To secure a chance to win the \$300 dollars, the cost to form a team was \$30.

President of the BSU, Sebastian Michel '23 commented on why the union hosts an annual basketball tournament.

"BSU decided to host this yearly tournament because it is a staple tradition in BSU that allows Black Student Union members and allies to be under one roof engaging in friendly competition," he says.

Vice President of the BSU, Mekaylia Ingram '25 commented on the support that the union receives when planning the event and how

the tournament is one of the most looked forward to events.

"The support from our general body members, club advisors and faculty was awesome and I'm glad that this is one of the BSU events that people look forward to each year," she said.

Michel added that "It is not very often where we are able to see a lot of members at the same time due to various academic schedules so it is always a delight to disconnect from academics with an opportunity to win a prize."

The event was successful in creating friendly competition and connections between members of the BSU and allies, as participation in the event was not limited to Fairfield students.

Michel details that outside guests were invited to participate in the tournament as it allows for wider connections and is beneficial for the future of the BSU.

"Members of BSU were able to invite outside guests to their teams because these individuals support the Black Student Union by attending big club events which help us make new connections and helps with future fundraising opportunities," Michel stated.

Six teams played in the tournament, which meant that teams would be eliminated after two losses. In total, nine games were played with teams needing 15 points in order to win the game.

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"The support from our general body members, club advisors and faculty was awesome and I'm glad that this is one of the BSU events that people look forward to each year."

-Mekaylia Ingram '25, Vice President of BSU

More November, fall-like weather is set to be back in Fairfield this upcoming week, after unseasonably warm temperatures were seen throughout New England this past weekend.

Many called it the "November Heat Wave," with temperatures breaking records this past Saturday, Sunday and Monday.

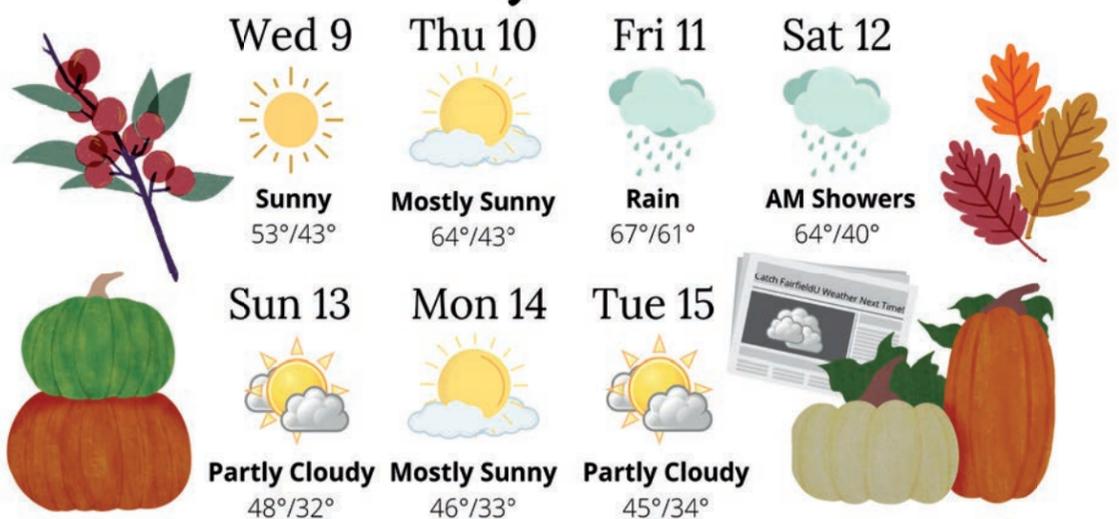
Hartford, Conn. reported a high of 78 degrees whereas the town of Bridgeport, Conn. reached 73 degrees.

While the higher, more summer-like temperatures of the mid to upper 70s will be gone, Thursday, Nov. 10 and Friday, Nov. 11 are still set to carry warmer-than-usual weather for the middle of November.

Leading into next week, more brisk fall temperatures will start to appear in play as the temperatures are predicted to lower a substantial 20 or so degrees.

Even further, the nighttime is set for frigid temperatures, some as low as 30 degrees starting Sunday, Nov. 13.

Fairfield University: November Weather



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COFFEE BREAK

Stop by our office
in the LLBCC



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

11/5/22
3 a.m.

A non-student male was found sleeping in one of the locker rooms in the Walsh Athletic Center. The student was ultimately arrested for trespassing.

11/5/22
8 a.m.

The university locksmith reported that the Gonzaga south door was vandalized and required repair. Suspect was identified.

11/5/22
3:30 p.m.

During a wedding at the Egan Chapel, DPS responded to a minor motor vehicle accident where a vehicle struck the trolley carrying the bridal party.

11/6/22
3 p.m.

A student in Kostka Hall reported clothing stolen from the laundry room. Suspect was identified on camera, the items were returned to the rightful owner and documented to the Dean of Students.

Facebook Whistleblower Frances Haugen Visits Quick Center

By Samantha Russell
Contributing Writer

A fervent applause greeted Frances Haugen at the Regina A. Quick Center for the Arts for her lecture on Nov. 1, titled “Ethics, the Public Good and the Challenge of Social Media.”

Haugen is a former Facebook employee turned whistleblower after she disclosed the company’s internal documents to the Securities and Exchange Commission in 2021. That October, she testified in front of the United States Senate Commerce Subcommittee on Consumer Protection, Product Safety and Data Security.

The second that Facebook became more concerned with their profit over the safety of their users, Haugen knew that change was vital.

“I could see that there was information that the public needed in order to keep itself safe,” she said. Until this secrecy was revealed, she saw no way to alter the warped patterns within social media.

Haugen’s lecture was proudly put on through the Quick Center’s Open Visions Forums, directed by Philip Eliasoph, Ph. D., a professor of Art History at Fairfield University. Eliasoph described that the motive of these Open Visions Forums is to “spark meaningful dialogue and ask timely questions about our nation.”

Although rather unexpected, the beginning of Haugen’s speech revolved around car accidents and their fatality rates.

With the inclusion of graphs, she demonstrated the preliminary increase of crash fatalities in the auto world, then shifted to a graph that showed their decrease.

In a swift transition, Haugen introduced her idea of an “ecosystem of accountability.”

This particular ecosystem includes stakeholders, investors, legislators, concerned citizens and all the like: people who see the harm and make efforts to mend

“We aren’t kept safe just because of magical laws, or the government acts,” she explained. “People must take action,

“ We aren’t kept safe just because of magical laws, or the government acts,” she explained. “People must take action, too, which increases the significant job of whistleblowers.”
-Frances Haugen

too, which increases the significant job of whistleblowers.”

In the instance of car fatalities, the Department of Public Transportation and auto companies embarked on solutions to diminish these accidents. However, the speaker noted that social media is unable to be “crash-tested” in the same way.

Media users are limited in what they see, Haugen informed. Despite only viewing the information on their own screens, databases and the backgrounds of media platforms have the ability to act upon their own standards of decency – and without question.

“Facebook could tell any story they wanted to,” Haugen said. Because people cannot see what happens behind the scenes, she expressed that doubt was rarely considered an option.

Nevertheless, doubt should obtain a heavier presence. She shared that when Facebook told the public they were removing 95% of its negative content, the company

only removed three to five percent of it.

Regrettably, Haugen expects these issues to worsen in the next twenty to thirty years. She wondered, “Why is social media missing its ecosystem of accountability?”

Still, she lies hopeful for a better future.

The renowned whistleblower veered toward the disheartening reality of social media algorithms, particularly focused on the power they hold over naive media participants.

Not only does the algorithm favor content with more likes and shares, but it also tends to gravitate people toward more negative content. Haugen elaborated how, in a short period of time, results for “healthy eating” will turn into a “pro-anorexia” composition.

As she spoke, Haugen managed a light-hearted connection with her audience in the midst of a serious conversation. Through jokes, gestures and blatant relatability, a dull moment never hit her presentation, and an authentic speaker-audience relationship was built.

Haugen closed her speech with a discussion on media transparency. “Transparency is not meant to be a punishment,” she said. Additionally, she claimed “mandated transparency” would produce more effective companies with less incentive to lie.

As the country’s economy continues to move in drastic directions, and with a considerable fraction of it being run by opaque systems, Haugen stands by the necessity of whistleblowers to continue their honest, life-changing work.

Frequently, she nodded to the rising generations with praise. “Generation Z has made it clear that they want to show up as their full, authentic selves every day.”

With a similar feeling, Eliasoph stressed the foundation that students carry for these Open Visions Forums. “After all,” he said, “[our students] are the heart and soul of the university, and these events truly benefit them.”

As a generating force, the power for change rests in their hands.

The process of hosting Haugen at the Quick Center began in 2021 when the Wall Street Journal articles depicting her leap of leadership distributed themselves throughout the country.

“We’re buying a day of [her] life,” Eliasoph said about Haugen’s trek to Fairfield, Conn. He remained hopeful that students would choose not to miss this opportunity. Evidently so, he was not let down.

When questioned about her desire to speak at Fairfield University’s Quick Center, Haugen emphasized the importance of enlightening young students on the destructive effects of authoritative media.

“Building out that ecosystem of accountability is something that we’re twenty years delayed on,” she said. “Any opportunity I can to connect with students

or connect with the broader community, I think it’s a really critical component.”

Haugen also made clear the lack of regret she feels toward her actions. “I really, genuinely believe there’s like ten or twenty million lives on the line,” she said.

“There were no consequences that could happen to me, realistically, that would be worse than having to lay in bed at night, regretting that I didn’t do anything.”

After her ethical address, Haugen’s lecture transitioned into a panel discussion, which featured Haugen alongside Eliasoph and David Schmitt, the director of applied ethics and associate professor of ethics and business ethics, as well as Candice Peterkin ‘20, Fairfield alumni and entrepreneur.

Each panelist asked the welcomed speaker approximately three questions each, regarding similar topics of safe media behavior, leadership and advice for future whistleblowers.

In a question from Schmitt on how to remain hopeful, Haugen clarified that history has experienced several advances in communication in the past, such as the printing press and radio. However, she did not neglect that these bumps in the road always improve and that, each time, “we have learned and we have acted.”

As her time ran to a close, Haugen answered a final question, which read: “What prevents people from speaking up?”

If it had not been for her time in the COVID-19 “lockdown,” Haugen lamented that she may not have gone through with the disclosure. However, in that period of time, she had asked herself: “What do I actually need to be happy?”

Haugen explained to her packed crowd her confidence that she would still be able to make money on the internet regardless of what she did. She held her belief that there are many paths to happiness and, perhaps, people would follow their hearts more often if they knew they had the opportunity to.

University President Mark Nemecek, Ph.D. had graciously introduced Haugen to the stage. His preliminary spiel concerned the university’s strong Jesuit mission, “dedicated to the fullness of truth,” which stood as a vast theme in Haugen’s talk.

He also made sure to give thanks to the Patrick J. Waide Center of Applied Ethics, the central support behind this event.

If Haugen’s goal was to inspire her audience, she certainly succeeded. Despite her grand supply of information on ethical social behavior, she ensured the simplicity of these changes, as well as their level of attainability.

In a pre-event statement, she provided one message that she hopes students and attendees will take away from her speech:

“We have to stop accepting that we are just subjects of these platforms,” she said.

“There is a future where all of us will play a larger role in these platforms, and change is possible.”



Photo Courtesy of Life @Fairfield

Frances Haugen, a Facebook Whistleblower, spoke at the Fairfield University Quick Center in a lecture titled, “Ethics, the Public Good and the Challenge of Social Media.” Haugen touched upon her experience working with Facebook and the need for social media to be more transparent with their audiences.

THE MIRROR

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BSU Tournament A Success for Club and Community Members

CONTINUED FROM PAGE 1



Photo Contributed by Sebastian Michel

From left to right: Back row; Vice President Mekaylia Ingram '25, Treasurer Devone Martin '25. Front row; Event Coordinator Leandre Aikins '24, President Sebastian Michel '23, Historian Mishell Pringle '25 and BSU advisor Feleicia Jeter. Winners of the BSU 3v3 tournament pose with the BSU E-Board.

Team Rae narrowly won the tournament with a score of 15-13, sealing their win against team LeBron K with a deep three-pointer, described by Michel as a shot "similar to Stephen Curry and his limitless range."

Ingram deems the event a success and notes how it

was a good way for BSU to connect with members of their club, as well as the surrounding community.

"The 3v3 Tournament was a success! It was a really great way to connect with our club members and the community," she commented.

"Our players had a great time and it was good to see some friendly competition taking place."

Supreme Cook '24, a forward on the men's basketball team, refereed the game.

"It was a great game and a great experience to come out and watch all the basketball players," he stated. "Shoutout to Fairfield BSU for a fun day out here!"

Michel agrees that the event was successful, but adds that improvement can be made in terms of advertising for the event.

“ The event was successful because every team had multiple opportunities to advance despite losing one time and we were able to have nine competitive games.”

-Sebastian Michel '23, BSU President

"The event was successful because every team had multiple opportunities to advance despite losing one time and we were able to have nine competitive games," he commented.

"In my opinion, it definitely can be improved if we do a

more effective job advertising and hitting the correct channels."

Michel ends by thanking Ethan Godfrey, the program coordinator of competitive sports in the Department of Recreation, for giving BSU the space to host their tournament.

"I also want to thank Ethan Godfrey for opening the RecPlex's doors for the Black Student Union to host the tournament," he stated.



Max Limric/ The Mirror

Team Rae won the tournament with a score of 15-13 against team LeBron K. Winners secured the grand prize of \$300 to be split evenly between the three of them.

Stags Share Mixed Responses to Peer Chat Mental Health Resource

CONTINUED FROM PAGE 1

Paulmann further describes why there is a need for more mental health support on campus with the use of the "Governor's Emergency Education Relief (GEER) Fund Connecticut Campus Mental Health Program (CCAMHP) Overview Document."

“ The presence of mental health issues among college students is at an all-time high. Fueled by COVID-19, its economic impacts, and mounting awareness of systemic racism and inequality, in the fall of 2020 39% and 34% of college students reported symptoms of depression and anxiety, respectively.”

- Governor's Emergency Education Relief (GEER) Fund Connecticut Campus Mental Health Program (CCAMHP) Overview

The document states, "The presence of mental health issues among college students is at an all-time high. Fueled by COVID-19, its economic impacts, and mounting awareness of systemic racism and inequality, in the fall of 2020 39% and 34% of college students reported symptoms of depression and anxiety, respectively."

That same document describes how "83% said that their mental health had recently negatively impacted their academic performance."

Mental health among college students is in crisis right now.

"This unique moment represents an opportunity to strengthen ecosystems of support to reach the 85% of students who do not engage in college-offered counseling," Paulmann commented.

Paulmann continues to detail why Fairfield University invested in Togetherall.

"The Task Force to Study the Policies and Procedures Adopted by Each Institution of Higher Education Regarding the Prevention and Treatment of Mental Illness in Students recommended investment in 'Communities of Support' that engage leadership, faculty, staff and students in creating holistic, supportive ecosystems that go beyond individual counseling," she said.

Paulmann describes how "Fairfield University requested funding to engage leadership, faculty, staff and students in creating a supportive environment with access to tools, support, education and resources to better care for themselves and others."

"We [C&PS] identified two turnkey and scalable solutions; each evidenced-based, to increase access, education and training in our community immediately," Paulmann stated.

One of those solutions was Togetherall, "a clinically supervised online platform for students seeking mental health support. It uses a peer-to-peer approach to normalize help-seeking behavior," states Paulmann.

Additionally, C&PS subscribed to Kognito, which Paulmann describes as "an evidence-based online training simulation program that increases knowledge and awareness around mental health and suicide."

According to Paulmann, Kognito "educates faculty, staff and students to identify signs of psychological distress, including verbal, behavioral and situational cues."

With this new program, "Users learn to assess the need for referral to campus resources and motivate individuals to seek help," Paulmann described. "Learners develop skills to lead conversations to discuss concerns, build resilience and increase connectedness."

Paulmann comments on the anonymity of the platform and the

positives that it brings for students who do not feel comfortable reaching out for help through a traditional therapist.

"The anonymous nature of Togetherall creates a safe space for individuals to seek help if they may be hesitant to access traditional counseling services," she said. "Through the anonymity feature students are free to talk about things that matter to them without the fear of being judged or someone finding out."

Likewise, anonymity is a key component of the platform because it "can help students open up, seek support and get help in a safe way," she said.

C&PS does not see that anonymity as a deterrent, "especially because Togetherall enhances our offerings and is supplementary to our wellness, counseling and group services."

Additionally, in regard to the safety of an anonymous app, she states, "Although users are anonymous there are appropriate protocols in place that medical professionals can follow in case of emergency or imminent threat to get users the help they need."

As of right now, Fairfield makes up a small percentage of total users across North America, with 100 registered users at Fairfield University, who make up more than the more than 2 million students subscribed to the app from 250 colleges and universities.

Togetherall has been promoted by C&PS for around 60 days now, and Paulmann states that the number of registered users is growing.

Students have not yet been introduced to Togetherall and are unaware of what the platform is and its significance on campus.

First-year Vincent D'Amico states, "I don't even know what that is. This is the first time I've heard about this app."

Paulmann touches upon the response that students have had when inquired about the app. "When asked, students are very open to it, seem to think it is a good idea and something they would use as a safe space to express themselves and support others."

Students interviewed by The Mirror corroborate C&PS findings regarding students' openness to the Togetherall app.

Senior Caroline McConville relays that, "I think it is important the school is being proactive in giving students different outlets to help in mental health, and hopefully Togetherall will make some students feel more comfortable."

“ I think it is important the school is being proactive in giving students different outlets to help in mental health, and hopefully Togetherall will make some students feel more comfortable.”

- Caroline McConville '23

Senior Tess Morrissey shares similar sentiments stating, "I think that this could be a great resource for a student who may be struggling and too scared to actually talk to someone."

CONTINUED ON
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Editor: Madeline Hossler madeline.hossler@student.fairfield.edu

Opinion

Commuter Students Deserve Early Registration

By Max Limric
Head News Editor

According to the Registrar's Office, commuter students and residential students are not distinguished from each other when they register for class as "the 7 a.m. release time for registration was chosen because it gives all students the same advantage [when] registering."

The Registrar's Office continues "that all students have the same advantage, which is students register online beginning at 7 a.m. on their registration date assigned based on earned and in-progress credits. There are no classes at the 7 a.m. time slot so those eligible to register can do so."

Although there are no classes at 7 a.m., this registration time does not account for commuters who have to commute an hour to school or who have to be on a bus route hours before their class to ensure they make it on time. Commuters should be granted priority registration because of their extra burdens compared to residential students.

A commuter's 24 hours a day largely differs from a student who lives on campus. A student who lives in a dorm hall needs only to walk anywhere from two to 15 minutes to class, whereas some commuters must drive upwards of an hour to get to school. Commuters lose valuable time on their commutes to school and often have to stay on campus long hours in order to accommodate their classes. To be clear, commuter students entail all students who do not live on campus, except for seniors who choose to live on the beach.

As I am not a commuter myself, I had a conversation with commuter student Phuc Nguyen '25 about being a commuter. He detailed a few reasons as to why priority registration would be beneficial for commuters.

Namely, commuters have to plan their transportation around their classes. Residential students have the privilege of knowing how long it will take them to get to class every day, while commuters must worry about traffic and late buses. Bus routes, train rides and more would be a lot more accessible and easier for commuters if they were able to register early and pick the classes that best worked around their transporta-



The Commuter Lounge is the only space on campus that commuter students are able to call their own. Commuter students should be given priority to shape their own schedules to avoid spending unnecessary time on campus.

tion schedule.

Next, many classes are spread throughout the day, and for commuter students, that means staying on campus for extended periods of time. Through priority registration, commuter students would have better access to classes that allowed them the freedom to come to campus for a block of time once a day to complete their classes, but then not be stuck on campus for the whole day.

Basically, by picking schedules that better fit their needs, commuters will be better able to plan their schedule to lessen the amount of time they take going to and from campus by picking classes that are back to back in order to adhere to a work or transportation schedule.

Likewise, Nguyen describes how commuters need to place a lot of focus on their financial situations. To be able to register beforehand, commuter students will be able to create a class schedule that allows them to lessen the amount of time spent going to and from campus, which will save gas money, and then their time can be used more productively: at a job, familial responsibilities,

etc.

Additionally, Nguyen also details how commuters do not have meal plans, but still need sustenance to make it through one's day. Having to pack two to three meals a day, depending on how long they are required to be on campus, can be exhausting, and spending money on food options becomes expensive. Therefore, by minimizing the amount of time commuter students need to be on campus, finding food throughout the day will not be as difficult an issue.

Further, by picking schedules that better fit their needs, commuters will be better able to plan their schedule to lessen the amount of time they take going to and from campus by picking classes that are back to back in order to adhere to a work or transportation schedule.

It should be noted the mental and physical strain commuting takes. Needing to wake up an hour earlier to get to class is exhausting and a tense hour drive to school is mentally draining. Getting stuck in an 8 a.m. class, unless absolutely necessary, is not sustainable. Sophomore Jennifer Fajardo – a

commuter in her first year, now a Resident Assistant – emphasizes how impossible it can be to make it on time to an 8 a.m. class half asleep amidst rush hour traffic.

Junior commuter student Alexa Boyle commented on her commute, the lack of spaces for commuters on campus and how some of those issues can be solved by community registration.

"The commutes and gaps are mentally draining, we have nowhere to go. The commuter lounge is depressing, there is nothing to do and nowhere to sleep, therefore, with priority registration where [we] can put our classes closer together to limit gaps we can solve some of these problems," she stated. "Also going to campus every day costs a lot in gas."

To expand on what Boyle said, commuters do not have the same sense of comfort when on campus which, for some, is mentally draining as well. Where residential students can take a much-needed break in their room after a class, commuter students are rarely ever alone on campus and do not have the luxury of being able to unwind and take a second to breathe.

Although commuter students have access to the commuter lounge, this does not compare to having one's own space on campus.

Lastly, commuters have at-home responsibilities that residential students do not have. Whereas residential students for the most part have the luxury of being able to separate home and school life, those are one in the same for commuter students.

By allowing commuters the ability to register early and make a schedule that allows them to adequately plan for responsibilities at home, their time on campus will be easier and potentially less stressful.

Now, I am not saying that first-year commuter students should get to register before seniors; however, commuters should have priority registration according to in-progress and earned credits, as is the normal registration procedure.

The ability for commuters to choose classes that make their commute to campus easier, and their overall experience while on campus better, should be provided by granting commuters priority registration.

The Best and Worst Of Midterm Exam Formats

By Tommy Coppola
Managing Editor

We made it through! Midterms are finally over and it is time to rejoice.

I'm sure at this point you're probably trying to wind down from the overly-stressful and obnoxiously busy past two weeks. With papers to write and exams to cram for, there is no doubt that midterms are a difficult stretch.

But, finally, you're able to take a deep breath. Classes will slow down in pace just a bit, Thanksgiving Break is now on the horizon and the semester is honestly coming pretty close to its grand finale. But don't worry about finals season just yet; we'll cross that bridge when we get there.

My midterm season can be summed up in two words: a grind. I had lots of nights where I stayed up until 2 or 3 a.m. just working on an essay.

I barely had in-person exams this year for whatever reason, with most of my time spent creating organizers for papers I had to write in different classes.

I actually prefer the classic in-person exam over the essay. This may come across as a hot take, but generally, I enjoy studying because it helps the information stick with me so I can actually learn and reinforce it as opposed to just regurgitating it back. Papers are great but can be such a bore when you're writing about something that doesn't fit your interests.

At the end of the day, though, if I could choose, I would of course jump on the opportunity to create some type of creative project. In the middle point of each semester I've had here so far, I have found myself working on PowerPoints and video projects that I have really enjoyed.

Classes like Calculus or Statistics in your first year can be really difficult when it comes to midterms week. In

my first year, I remember cramming like crazy for those exams, because the midterm exam was something that built off of all the topics we had learned in the class up to that point. Other classes may be a little more forgiving, by making the midterm exam's content course material that is a little fresher in your head.

In my Molecules of Life course I took last year in the spring semester, my professor had a great approach to midterms. He actually allowed us to complete a take-home exam on paper, so it was assigned in one class meeting and was simply due at the beginning of the next meeting. It made it so that I could take my time, check over my answers, but also be able to write out my answers on paper and draw out diagrams, which I prefer.

Although we didn't have a concrete midterm exam for this class, my Business Ethics professor allows full collaboration on quizzes. For quizzes in class, it is very

helpful to be able to talk out my answers with my classmates and work together to come to a common answer. Collaboration in this sense is very beneficial, and I think that it is something more professors should employ.

All of that aside, midterms are now over and done with, so we are all able to take a big sigh of relief and allow ourselves to take a break before finals season rolls around in the middle of December. Don't worry though, you have time until then, so enjoy it!



Affirmative Action Ruling Could Threaten Diversity At Fairfield

By Julian Nazario
Assistant News Editor

After a streak of highly controversial decisions at the end of their 2021-2022 term, the United States Supreme Court is back in session with cases ranging from environmental laws to federal elections and racial gerrymandering to the never-ending issue of freedom of speech and social media.

Now, the nation's highest court is weighing a new socio-political fight: whether it is constitutional and fair to include the consideration of race as a factor during the college admissions process, a policy often referred to as affirmative action.

The court is hearing the issue after it accepted two challenges brought against Harvard University and the University of North Carolina by the Students for Fair Admissions during the summer, a group that believes "that racial classifications and preferences in college admissions are unfair, unnecessary and unconstitutional."

They claim that Harvard's admissions process discriminates against Asian Americans and that UNC is discriminating against White and Asian students.

As such, they ask the court to "hold that all institutions of higher education cannot use racial or ethnic classifications and preferences as factors in admissions."

The reasoning behind their lawsuit is based on the group's claim that both universities violate the Civil Rights Act by choosing to consciously discriminate against Whites and Asians by rejecting "workable race-neutral alternatives."

Nevertheless, both institutions are fighting to save affirmative action in their admissions processes, which has recently become an issue in today's highly polarized political landscape.

In a letter to the Harvard community, President Lawrence Bacow addressed the university's lawsuit by affirming that the case is a "threat to educational opportunity for millions of young people," while also arguing that affirmative action brings a "wealth of education benefits to a high-quality educational en-

terprise."

The chancellor of UNC-Chapel Hill, Kevin M. Guskiewicz, made a similar plea encapsulated around one statement: "diversity is essential to our democracy."

"On Monday morning, Carolina will be in the national spotlight [...] arguing before the U.S. Supreme Court that diversity on campus is essential for educating American citizens," said Guskiewicz.

"We are making that case not only for

Supreme Court case that upheld the use of race in college admissions to "further a compelling interest in obtaining the educational benefits that flow from a diverse student body."

However, during the Oct. 31 hearing, two conservative-leaning justices seemed ready to reverse the use of affirmative action in public and private institutions once it hits its expiration date of 2028, a phase-out date suggested by then-Justice Sandra Day O'Connor in her 2003 "Grutter v. Bollinger" opinion.



The United States Supreme Court is currently weighing the constitutionality of including race in the college admissions process after challenges were brought against Harvard and UNC.

UNC-Chapel Hill, but for the thousands of colleges and universities that have worked for decades to provide the opportunity of higher education to all Americans who want to go to college."

As part of his address to the Chapel Hill community, he argued that removing race as one of the factors for their admissions process would "jeopardize" the university's commitment to "build better citizens."

Both institutions are defending a 2003

Justice Amy Coney Barrett, during her questioning time, explored this theory of a 25-year phase-out timeline for affirmative action.

"We're not to that 25-year point yet, right? So, if it has its own self-destruct mechanism where it says like, 'Hey, Grutter says we've got to call it quits because they're just not working,' are we obligated to give more time?" asked Coney Barrett as reported by Politico.

Ketanji Brown Jackson, the court's first

Black woman and its newest member, debated with the Students for Fair Admissions lawyer whether eliminating affirmative action would cause "more of an equal protection problem than it's actually solving."

It is still unclear how the replacement of affirmative action with "race-neutral" admissions would affect the admission and enrollment of racial minorities to the nation's most elite universities and other predominantly white institutions like Fairfield.

Even though Fairfield University doesn't explicitly mention using "affirmative action" in the admissions section of the school's website, they have established a commitment to "recruiting a more diverse community of students including (and not limited to) students of color, students from under-represented backgrounds and first-generation students."

“Essentially, the university's Diversity and Inclusion Excellence Narrative serves as a platform to carry out the vision affirmative action tries to fulfill, which is to recognize and work to eliminate the barriers causing unequal access to higher education.”

Julian Nazario '26

Essentially, the university's Diversity and Inclusion Excellence Narrative serves as a platform to carry out the vision affirmative action tries to fulfill, which is to recognize and work to eliminate the barriers causing unequal access to higher education.

A federal prohibition on the use of affirmative action would be detrimental to the little progress Fairfield has made toward increasing racial and ethnic diversity in the past few years.

And more worrisome is the fact that we have remained silent about this national issue instead of coming out and supporting, as other 40 universities around the country have done, the efforts of Harvard and UNC.

Christmas Needs To Slow Down, It's Time To Appreciate Thanksgiving

By Brooke Lathe
Copy Editor, Head Vine Editor

I hate to break it to you Christmas fans, but the holiday season still hasn't begun yet. I'm sorry! It's honestly really shocking that each year most people attempt to skip right past the month of November and press play on their Christmas music playlist – my roommate being one of them.

And I am a firm believer that this, the overwhelming seasonal merchandise scattered throughout most brick-and-mortar stores and those cheesy, repetitive Hallmark movies



are to blame for us speeding up vital moments of our life. I mean ... can we just slow down and enjoy the present day, or at least look forward to the holiday up next: Thanksgiving!

Thanksgiving is my favorite holiday. The meaning, food, fashion and football — what is not to love? Although it's understandable that others don't enjoy it as much as I do, however, you can't just ignore it.

Let's not forget that the weeks leading up to this gathering are warm and cozy because it's also still autumn; there are gorgeous red and orange leaves that remain on the trees and I even got to wear a tank top the other day because it's still in the mid-70s. Barring any people who live in hot-climate states and may not find themselves relating to this, I say it can only be the holiday season when the trees are fully naked and I am bundled up in my wool sweater, long winter coat and scarf. I don't make the rules, this is merely just the principle.

Personally, I don't think it seems right to start celebrating the Christmas season the day after Halloween. Enjoy your lasting days of fall and live in the moment. Otherwise, if you keep focusing on an event so far away, you'll realize too late that you are missing the life you have right in front of you. I'm not saying you can't look forward to future dates, but just make sure you aren't rushing away with what you have now.

The end of Halloween is not the time to jump ahead to the Christmas season. Everyone needs to slow down and properly appreciate Thanksgiving before jumping to the Christmas festivities.

So, I propose that only until Dec. 1 should you start to participate in "defrosting" Mariah Carey and decorate your home. On the first of that month, you are allowed to watch all of the staple seasonal movies, drink all of the hot chocolate and drive around as many neighborhoods with bright white lights as you want.

Trust me, celebrating the holiday season in a shorter time frame will allow you to soak it up and appreciate the spirit in a way that you probably have never had before. Yes, maybe it's impossible to truly get "sick" of the season once it's Christmas morning and you're unwrapping your presents by the tree, but I really do feel that the magic will be stronger if you fit your most loved holiday and time of the year into a one-month period.





Happy
Friendsgiving
Love,
The Vine

BY BROOKE LATHE

Don't Let Stress Get The Best Of You This Semester

By Abigail White
Assistant Vine Editor

Last Wednesday, Nov. 2, was National Stress Awareness Day. Set to take place annually on the first Wednesday of November, National Stress Awareness Day was founded by Carole Spiers, chairperson for the International Stress Management Association (ISMA). It was founded to increase public awareness of stress and to help people realize, manage and reduce their stress.

Chronic stress can have negative effects on our physical health, which is why it is so important to recognize and manage our stress levels. Individuals are encouraged to take a deep breath and try to find peace on National Stress Awareness Day.

In light of this national holiday, it is extremely important that we, as college students, recognize when we are stressed and overwhelmed and take steps to destress. There are various ways in which we can relieve our stress both on and off campus. Here are just a few suggestions:

VISIT COUNSELING AND PSYCHOLOGICAL SERVICES

If you feel that you are really struggling to manage your stress and feel that you need to talk to someone about it, you may consider setting up an appointment with Fairfield's Counseling and Psychological services. Fairfield University offers free counseling and

psychological services to any undergraduate student. This can be a great resource for anyone who is really struggling with their stress management and is a resource that should definitely be taken advantage of if needed.

TAKE A WALK THROUGH THE ZEN GARDEN

If you are not looking to talk through your stress, and would rather like some time to yourself to reflect and destress, the Zen Garden up on Bellarmine Hall is a great place to escape to. One of my absolute favorite places here on campus, this garden presents the perfect location for self-reflection and meditation. Lined with beautiful statues, bridges and ponds, I find that I can sit here for hours. Again, if you need a minute to yourself, a minute to breathe, this is the perfect place. I truly do leave the Zen Garden feeling zen.

EXERCISE AT THE REC PLEX

For me, there is honestly no better way to relieve stress than to exercise. Feeling angry, stressed or overwhelmed? Go burn off some of that negative energy at the Leslie C. Quick Recreational Complex. We are lucky to have a beautiful gym here on campus that has cardio and weight-lifting equipment, intramural sports and group exercise classes.

I have found that the group exercise classes, such as Zumba, pilates and yoga have been the best stress relievers. I always find myself smiling as I leave these group classes, revived and ready to take on any stressful tasks at hand.

If you are more of a solo-workout type of person, put in your headphones, queue up some good music and go for a run on a treadmill; whatever makes you feel good and relieves you of your stress.

GO TO THE BEACH

Having grown up at the beach, it has always been my place of comfort; a place of reflection and an escape from the stresses of everyday life. Luckily, Fairfield's campus is right down the street from some beautiful beaches. I urge you to take advantage of this short distance if you are ever feeling stressed or overwhelmed. Sometimes, removing yourself physically from campus can also remove a lot of the stress and anxiety that surrounds schoolwork.

Take some friends who make you happy with you or go for a solo walk on the beach. Sit and listen to the sound of the crashing waves, smell the ocean air and take in the beautiful scenery. I guarantee you will feel so much better after a quick trip to the beach.

College life can be extremely stressful. There is no doubt about it. As students, we are asked to complete assignments, participate in extracurricular activities and hold campus jobs all while maintaining a social life as well. It is easy to get wrapped up in all of this stress and become overwhelmed. So, take a minute

for yourself. Set boundaries. Do the things that make you happy. Take a deep breath. Reach out for help if you are really struggling. There are countless resources and methods of reducing stress here at Fairfield, so take advantage of them. Don't let your stress get the best of you!



KL & Sam Is The Perfect Spot For Holiday Shopping

By Brooke Lathe
Copy Editor, Head Vine Editor

After moving locations only a few buildings down the street, KL & Sam still proves to be the perfect nook to browse and shop. The small market can now be found sitting at 1552 Post Road, where shelves are fully stocked with comforting decorations for your dorm, jewelry or any other upcoming Christmas gifts you may find yourself looking for very soon.

Upon first entrance through the door, your eyes land on an aesthetically pleasing setup filled with pillows of soothing colors, faux potted plants,

ceramic statues and soft lighting fixtures. Most decor gives the illusion of a "boho" feel as minimalist items such as glazed pottery, glossy lamps and bedside trays match in the calming shades of blue and tan.

Towards the back of the shop, a fake bedroom displays show customers the potential area they could have for themselves, as KL & Sam provides a creative custom bedding and bed frame service with your choice of fabric available upon request. With this, you are given a variety of prints to pick from in a dense book laid gently on the in-store bed.

Other than general decorative items, there are various, specific ad-

ditions for those who currently live in apartment setups such as kitchen and outdoor options. Beautiful, white ceramic plates, bowls, pitchers, mugs and other dishware accessories sit atop a wooden shelf. Below are thick doormats to wipe off any outdoor residue before entering your house.

The most festive products, however, can be found in the corner near the front door. Staple decorations such as sleigh bells, ornaments, reindeer and polar bear statues, mini Christmas trees and garlands are heavily stocked. Although, the most notable additions prove to be the tin of holiday wrapping paper, stockings and seasonal candles.

As for potential Christmas gifts for family members, friends or secret Santa games, those can be found all throughout the shop. Earrings, necklaces, bracelets, rings and other jewelry of all tones are displayed gently and of reasonable price. There are also different-sized boxes of puzzles, which will probably be my go-to present as they were all minimal and festive designs.

Hidden in the rear section is a selection of colorful Cashmere scarves and different types of hats to dress appropriately for the quickly dropping temperatures. To the side, is a rack of coats of varying warmth, design and color for the season change



The holiday section is fully stocked with festive decorations!

as well. Finally, the shelves against the back wall reveal rows upon rows of classy long sleeves, cardigans, jackets and dresses. A pole of hanging purses to the side proves to be the needed accessory to join the look as well.

I couldn't leave the shop empty-handed after seeing all of the enticing options, so I decided to purchase a small, faux desk plant as I have a small obsession with greenery. While most decorations such as this end up being a decent price, I did end up paying \$16 for the wooden pot, with the vine topping coming to an additional \$8 to complete the plant look, which honestly shocked me as that wasn't included on the sticker.

I ended up getting it anyway

because I thought it wouldn't look complete without the topping. I also couldn't help but think the cost should match the quality of the product, so I believed it should last a while. My suggestion is that before you check out, ask for a price check since the sticker may end up being different than the actual outcome, but don't let this deter you from buying something.

Nevertheless, I will definitely return for seasonal decorations to match the holiday spirit in my campus apartment, and I suggest you do the same. You'll undoubtedly use it for years to come and you will be able to bask in the magic of Christmas in return!



Brooke Lathe/The Mirror

KL & Sam offers a range of room decor such as lamps and pottery.

GLADYS TRIANA'S "PATH TO ENLIGHTENMENT" EXEMPLIFIED AT THE FAIRFIELD U. ART MUSEUM

By Abigail White
Assistant Vine Editor

From Sep. 23 through Dec. 22, 2022, the Fairfield University Art Museum is displaying "Gladys Triana: A Path to Enlightenment Beyond Exile" in the Thomas J. Walsh Art Gallery.

Gladys Triana is a multi-disciplinary artist, born in Cuba. The majority of her work is meant to rebel against authoritarian rule and the oppression of hegemonies.

Having been exiled from her native island, Cuba, since 1969, many of her early paintings reflect her struggles and artistic victories. Explorations of inner versus outer exile, the ontology of women and human evolution are showcased in Triana's work.

In this exhibition, we see a collection of Triana varying and unique works over the decades. From drawing to sculpture to de-constructions and reformations of her own artwork, her work is brought together in one reflective exhibition.

While many of her early paintings reflect her inner struggles, much of her most recent work (video and photography)

emphasizes inner freedom and the continuing evolution of the human species.

I was fortunate enough to visit this exhibition myself, displayed in the Walsh Gallery. Just



Photos Courtesy of Gladys Triana/Fairfield University Art Museum

Left to right: Gladys Triana's paintings "Nothing Is Sacred" and "The Scream". These paintings can be found in the Walsh Gallery of the Fairfield University Art Museum.

as described, I noticed that the artwork was comprised of various mediums. The work of art that stood out to me was the first one I noticed as I entered the exhibi-

tion, titled "The Scream." Each piece of brightly-painted paper is pieced together to form a face. Amidst the blues, yellows and reds of the collage, I was able to make out what looked like two eyes

of paper which made up the entire collage. Each piece contained different colors, different textures, different patterns and different brush strokes.

I am impressed that Triana

I was also taken to the telescope that sat in the middle of the exhibit, pointing to a large sculpture entitled "The Path To Memory: The Island".

The telescope is part of the installation of the path to memory, as it points to pieces of art straight ahead and on the surrounding walls.

I found myself impressed by the range of Triana's work that was displayed here on Fairfield's campus. Each piece of art is quite unique and holds great meaning in reflecting Triana's own struggles and artistic triumphs.

I encourage all students to take a walk through this exhibition and find what speaks to them. "Gladys Triana: A Path to Enlightenment Beyond Exile" will be displayed in the Walsh Gallery until Dec. 22 so be sure to check it out before the end of the semester. This exhibition can also be viewed virtually on the Fairfield University Art Museum's website.

There is much more to read and learn about Triana here, her history and her work here. It is a truly beautiful exhibition and one that I would recommend everyone on campus to experience.



By Brooke Lathe
Copy Editor, Head Vine Editor

As I am slowly leaving behind my half-way point as a Fairfield college student, I've learned a lot in the past two and a half years. And while there are many things I wish someone told me when I was a freshman moving into my Regis bedroom, I am beyond grateful that I am at least aware of all of these things now.

Go to office hours - Stop being afraid that you are going to be judged or come across as unintelligent. Office hours are there for a reason, and your professors are here to guide you. Every single time I used to plan on attending these private meetings, I'll admit, I would get a little nervous. There has not been a single time, however, where I left and have not felt immediately better. I always feel more prepared for the class and comfortable with the professor. There are literally no downsides. Make the time for it and go.

Academic perfectionism is not worth it - When it comes down to it, your college memories should be running through the library sprinklers at night after a long day or watching a scary movie in your dorm lounge surrounded by your friends. Once you graduate and you look

back at what you've done, what do you want to remember? Set a timer on your assignments and once it goes off, put it aside. Go out. Have fun. Let loose. And just unapologetically live.

Make strong relationships with your professors - You go to a university with high school-sized classes. Congratulations, now use it to your advantage. This gives you the opportunity to get to know your professors on a personal level. And if you don't already know, all of our professors rock. I mean truly, most of them are highly distinguished with decorated backgrounds and awards you couldn't even imagine.

For each semester you have, find at least one professor that you truly admire and hold the same passion with. Ask to talk to them privately and pick their brain, because more times than not, they will help you in finding a research position, internship or whatever else you desire. Network!

Find a way to have an income - **College is super expensive** - and not just tuition-wise. You'll want to go out on weekends to restaurants and buy the latest fashion trends to fit in. Which, in my opinion, is granted the "as you should!" saying. But don't forget that you might want to find an on-campus job or save from your summer work to feed your expensive lifestyle so

you don't graduate into even more debt.

Your time is sacred - Don't join a million clubs and take those "fluff" classes just to ensure your resume and GPA is perfect. Only spend your limited hours doing stuff that you truly love and hold a passion for. When I had my first activities fair, I signed up for a bunch of different clubs that I thought sounded fun but didn't actually look forward to.

Even further, I attempted to find the easiest courses for my required core classes, even if it meant that I didn't like the subject. Stop that. If you don't legitimately get excited about your classes or club events, just drop them. It's not worth it. There is something else more worthy of your time that will prove to be more beneficial in the long run.

Take advantage of our resources - You are paying so much for this school, you better start using it for all that it is worth. We have an extraordinary career center that has helped me open so many doors, a counseling and psychological service for free therapy (which, all college students should use, your thoughts matter) and a stunning, newly renovated gym that may be crowded but is open seven days a week.

Don't even get me started on the numerous events that the Quick Center hosts

for little to no money and our endless, free library. Use it, people, use it.

Attend school events - I cannot express enough how much school spirit you should start displaying. Whatever you have now is definitely not enough. Go to any sports game you can, get tickets for Red Sea Madness and buy that dress for our Presidential Ball. Stop missing out on these wonderful days that you've been ignoring. Even if you don't have the best night of your life, I personally would rather regret going than not going at all because at least I tried. (Side note: I have never regretted going).

Stop comparing yourself to others - It can be so easy to look at yourself and ask why you aren't like your roommates, classmates or professors. But you need to stop. Realize that everyone has different opportunities, friendships and relationships than you; and that's okay! Give yourself a break, we are all in a very stressful and questionable period of our lives. So, just focus on you.

You'll find that some of these you have already found yourself, but maybe, others you have yet to learn first-hand. Nonetheless, I hope that you truly take this list to heart and soak up your time at Fairfield because before you know it, it will be gone as soon as you blink.

Dear Brooke,

What are some general tips you've learned while living at Fairfield?



How To Host A Fabulous Friendsgiving

By Brooke Lathe
Copy Editor, Head Vine Editor

I have never heard the term “Friendsgiving” before high school, but since then, I haven’t stopped celebrating it.

Basically, the modern holiday combines our annual Thanksgiving celebration with a group of close friends rather than family members – so you ideally get the best of both worlds.

What does “Friendsgiving” consist of, you may ask?

Well, it’s completely up to you and your group.

But personally, I’ve gathered a pretty solid guide due to my years of experience.

Set The Mood

Most people are at a loss for how to decorate for this holiday – but it’s so simple!

Set the table up in a gorgeous layout with faux leaves or pumpkins and light some fall-scented candles like pumpkin or cinnamon.

I’m also a huge fan of turning on a fake fireplace video on your television nearby.

While you may not have a fancy dining set because we’re college students, paper plates might be the easiest way to clean up the night anyway.

Just make sure you have enough supplies for your guests.

The Menu

At my first Friendsgiving, I had the traditional Thanksgiving day meal.

We each brought a dish whether it was the turkey, mashed potatoes, gravy, biscuits or other staple items, and we feasted until the night was over.

I learned very quickly, however, that because I will be eating all of those same foods throughout the entire end of November, our dinner should consist of something else.

In my high school, our choice always ended up being take-out Chinese food from our local restaurant, but it could honestly be anything – even a potluck of each attendee’s favorite foods (which my roommates and I might do this year).

Whatever cuisine you choose, it doesn’t matter as long as there is enough to replicate the naturally stuffed feeling you get every Thanksgiving; my recommendation is just to stay clear of the traditional items you’ll indulge in very soon.

Autumn Playlist

This isn’t necessary, of course. But I always like to play soft music in the background of our dinner, just like I prefer to turn on Christmas tunes during the holiday season.

Some songs that scream autumn, such as Thanksgiving, consist of a slower and calmer vibe like Ella Fitzgerald and Sam Cooke.

More specifically, however, here are some of the absolute staple songs you should add to your playlist:

“Let’s Stay Together” by Al Green

“Coming Home” by Leon Bridges

“Cry to Me” by Solomon Burke

“There Is Something on Your Mind” by

Big Jay McNeely

“A Kiss to Build a Dream On” by Louis Armstrong

“(Somebody) Ease My Troublin’ Mind” by Sam Cooke

“Someone to Watch Over Me” by Ella Fitzgerald

“Friendsgiving” Activities

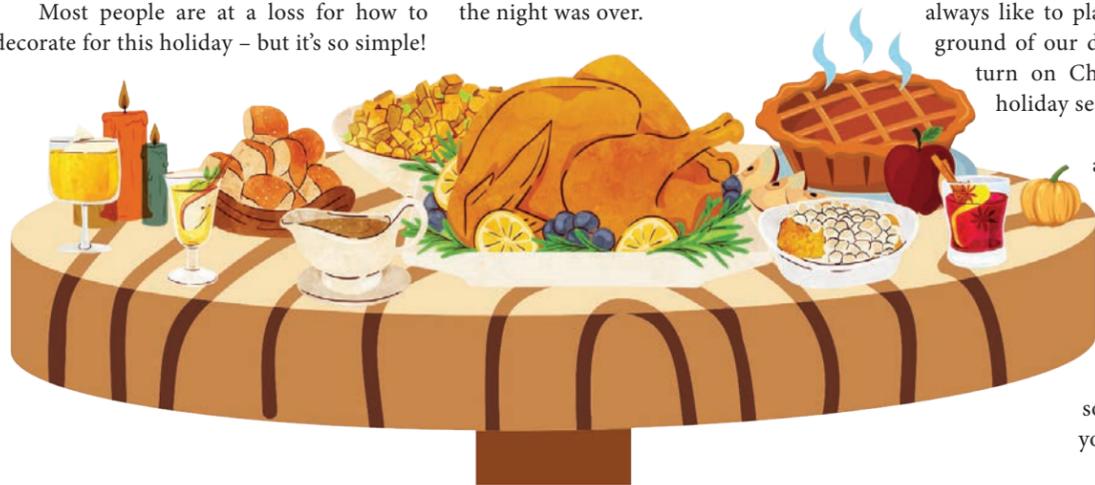
When we’re eating, I really enjoy it when my friends and I go around the table and say what each of us is thankful for as it really embodies the holiday.

Outside of this, you can play games together like any staple card game, board games, puzzles or turn on Jackbox.TV (which is my personal favorite).

As the night starts to die down alongside your energy, there are a handful of movies that I love to watch during the fall: “You’ve Got Mail,” “When Harry Met Sally,” “A Charlie Brown Thanksgiving” or “Free Birds.”

If this is your first time hosting a Friendsgiving, don’t put too much pressure on yourself!

Just as long as you invite your closest friends and enjoy an absurd amount of food in each other’s presence, that’s all that truly matters.



10 Ways To Eat Pumpkins During Autumn

By Brooke Lathe
Copy Editor, Head Vine Editor

I love any recipe that includes pumpkins (especially sweets), and as autumn starts to die down and Thanksgiving rounds the corner, I was reminded how we should savor the final moments and indulge in everything this flavor has to offer.

While it’s such a distinct taste, it’s also so universal! You can make just about anything with pumpkins, making my top 10 recipes a little difficult to pick out, but load- ed nevertheless.

1. Pumpkin Bread

An easy and obvious pick is pumpkin bread, as my mom has filled this craving every year since childhood with her brilliant recipe. Although she normally puts raisins in her moist loaf, I am not mad whenever I try other renditions with nuts or chocolate chips. You can eat a slice of pumpkin bread for breakfast, lunch or dessert – it’s just that magical!

2. Pumpkin Pie

Another staple for the pumpkin recipe family is pumpkin pie. Its nostalgic and simple crust, filling and whipped cream routine never disappoints. However, some ways that you can spice up this usual Thanksgiving dessert is trying to turn them into bars, cheesecakes, cobblers or cups.

3. Pumpkin Soup

Similar to butternut squash soup, pumpkin soup brings a cozy and warm feeling, one that would be perfected as you curl up with a cozy blanket. Top it with a swirl of

heavy cream and some seeds and you’re all set!

4. Pumpkin Cookies

In my opinion, there is nothing better than a warm chocolate chip cookie, but if it’s autumn, I am not shy about adding some pumpkin puree to honor the season. I’ve seen on Pinterest and other social media sites how you can also double these treats as ice cream sandwiches by putting a scoop of vanilla or pumpkin ice cream in between two cookies – which I’ve got to try for myself because it sounds delicious!

5. Pumpkin Ravioli

Pumpkin ravioli is a dish powerful enough to make your mouth water just at the smell. The nutmeg and brown sugar just pair so well with the puree and dough. There are other savory pumpkin dinners such as alfredo and carbonara, but the most unique I think is pumpkin gnocchi. I can’t begin to imagine the fulfillment I would feel if I got to make a homemade version.

6. Pumpkin Spiced Latte

Rather than resort to Dunkin’ Donuts or Starbucks to fulfill your pumpkin spiced latte craving, I challenge you to try and make it at home. It might be easier and cheaper than you think!

All you need are seven ingredients: milk, pumpkin puree, sugar, pumpkin pie spices, vanilla, pumpkin spice milk and coffee. As an optional flare, whipped cream and a sprinkle of cinnamon would work wonderfully.

7. Pumpkin Breakfast

I couldn’t choose just one breakfast

item, because how could you pick pumpkin-flavored pancakes over pumpkin waffles? There’s also pumpkin french toast, muffins and cinnamon rolls ... talk about a food coma! I think any of these spiced items would make a fabulous start to any fall day.

8. Pumpkin Hummus

A healthy rendition of a pumpkin-flavored dish can be hummus. You can pair it with chopped carrots, celery, peppers and cucumbers or even crunchy pita chips, which is something I prefer. I have no doubts this would be the best item to bring to any get-together or snack to make at the beginning of the week to have throughout the next few days.

9. Pumpkin Whoopie Pies

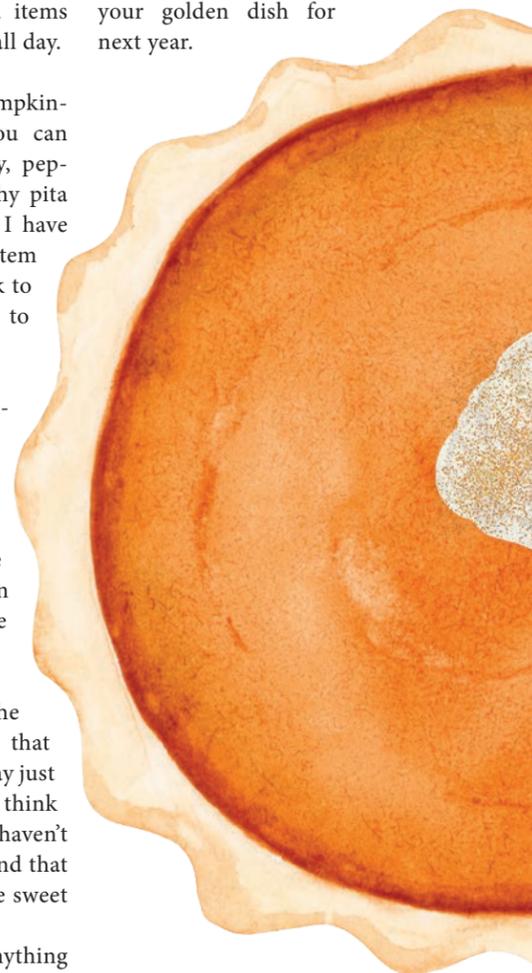
Two soft, spiced mini cakes between a dollop of cream – what is better than that? Pumpkin whoopie pies can be made in a multitude of ways as you can choose vanilla, cinnamon, chocolate or hazelnut as the filling. However, I think cinnamon would embody the fall season the best.

10. Pumpkin Brownies

Brownies are probably one of the best desserts to exist, and pairing that with a pumpkin puree in between, may just make it the winner. I mean, can you think of a better flavor combo? If you haven’t tried these before, I highly recommend that you spare 50 minutes and bake these sweet treats.

You can make just about anything with pumpkin; name it and I can bet that

a delicious recipe is out there for it. And if not, go ahead and attempt to create it on your own! Whatever it is, the fall season is close to an end, so make sure to find your golden dish for next year.



Is Harry Styles' Performance A Hit Or Miss In "My Policeman"?

By Elizabeth Morin
Contributing Writer

Two of the most highly anticipated movies of the year, "My Policeman" and "Don't Worry Darling," hit theaters within the past month, and they are both garnering loads of attention from the press. Why? Harry Styles is cast as the lead in both of the films.

In case you have yet to hear about Harry Styles, he is currently one of the biggest names in the music industry, receiving love for not only his music but his activism and self-expression. He's drawn thousands to these two films and it's up for debate ... are these really good films? Or are they just enjoyed because of Harry Styles?

"My Policeman" is set in 1950s England and follows Tom (Harry Styles), a policeman who is married to Marion (Emma Corrin). He becomes attracted to Patrick (David Dawson), despite homosexuality being illegal at this time.

This film is based on a book of the same title. I was interested to see how the film would play out and I went into it with very high expectations. I loved Emma Corrin in "The Crown" and I knew she would have some great acting in this film as well. It was Harry whom I had my concerns about. After watching "Don't Worry Darling," I realized that Harry Styles is not much of an actor. A

lot of his lines felt very forced and unnatural. It sometimes seems like he was thrown in to catch the audience's eye, but forgot that movies go beyond just a trailer appearance. I've seen worse acting performances, but Harry's felt very unnatural. That's why I was expecting another actor to carry the weight of the film, just like Florence Pugh did in "Don't Worry Darling."

As expected, this film was the same. It wasn't just the acting, however.

Every single thing about it felt forced and rushed. None of the actors had chemistry with each other, and it was like you could see where each scene was blocked out.

There was no fluidity to it. For example, it would be, "Patrick, Tom and Marion go to the museum." "Patrick and Tom fight." "Patrick, Tom, and Marion do something else together." In that cycle, for almost two hours. At least with "Don't Worry Darling" the plot kept moving and it was much more lively. Personally, I found it more entertaining as well but that's more of a personal preference.

Overall, "My Policeman" really wasn't a good movie. I think a lot of people are saying they love it just because they're Harry Styles fans. I was disappointed because I think that the movie is a good way to learn about the experiences of LGBTQ+ individuals during this time period. The bad acting doesn't take away from the message, however, so I would

still look into the theme of the movie even if you don't plan on watching it. As for the battle between two Harry Styles movies? Go with "Don't Worry Darling."



Photo Courtesy of @primveideo Instagram

Harry Styles performs alongside David Dawson and Emma Corrin in "My Policeman".

BRILLIANT BINGE-WORTHY TV SHOWS



By Abigail White
Assistant Vine Editor

With midterms, extracurriculars, a social life and classes, it can be hard to find a minute for yourself here on campus. I know this is true for myself.

However, when I do find some time to relax and unwind, I find myself turning toward streaming platforms like Netflix or Hulu for entertainment. There are so many fantastic new and undiscovered series on

these platforms. Here are three of my recent favorite shows that I would highly recommend:

1. "Conversations With Friends"

Having read Sally Rooney's "Conversations With Friends" this summer, I was beyond excited to learn that Hulu has recently released an on-screen adaptation.

I had previously read and watched "Normal People" by Rooney and absolutely loved it so when I learned that Rooney's debut novel would be adapted onto the screen as well, I knew it had to be good.

Released on Hulu on May 15, 2022, "Conversations With Friends" features a dynamic cast of characters played by Joe Alwyn, Alison Oliver, Jemima Kirke, Sasha Lane and more.

The show follows two best friends and ex-lovers, Frances and Bobbi, as they become involved with an older, famous couple. Themes of love, relationships and miscommunication arise as they navigate their young adult lives in unconventional ways.

As a writer, Rooney does an excellent job of portraying life and modern relationships for what they are. She is honest, raw and does not try to romanticize or hide the difficulties of young adult life.

I believe that the nuances of Rooney's writing are translated beautifully onto the screen in this adaptation.

What I really appreciate about this series is its commitment to the book, following almost identical plotlines and character developments.

I often find that when on-screen adaptations take

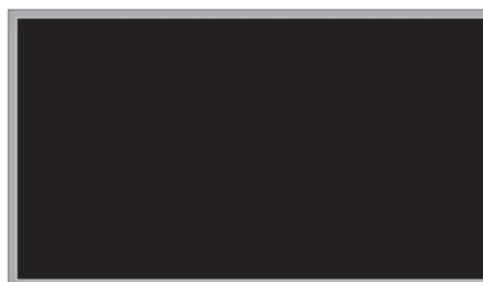
too many liberties, the true meaning and value of the story is lost. "Conversations With Friends" is an emotional rollercoaster for sure but a show that I would highly recommend.

2. "Love Is Blind" Season 3

I am sure that we all understand the concept of this show at this point. However, with the release of the third season of this Netflix Original series, there is a whole new cast of characters who are testing out this hypothesis: Is love truly blind?

For those who may not be familiar with the concept of this reality TV show, couples try to find a match and fall in love without ever seeing their partner face-to-face. In an attempt to eliminate any superficial, physical aspects

of attraction, they enter pods in which they communicate with each other through a wall and eventually propose to each other without ever seeing each other.



After proposing, they get to see each other for the first

time and are thrown back into the real world to see if their emotional connection can stand the test of reality. Four weeks after they propose, they must choose to marry their fiance or walk away from them forever.

Just as in the previous seasons, Season 3 plays host to a lot of drama between the couples. Reflecting a weekly television schedule, the release of this

season has been gradual, with the first release beginning on Oct. 19.

There is only the finale left to be released on Nov. 9, and I cannot wait to see which couples make it to the altar and which do not.

As it does not require much brain power, this is a great show to put on as background noise as you complete chores like cooking or folding laundry!

3. "Anne With An E"

This show is not new by any means as its third and final season was released back in 2019, however, it is a recent discovery on my end and one that I am surprised more people do not know about or enjoy.

It was my roommate who first introduced me to this period piece. It is a show that we look forward to watching together whenever we can find a free minute.

In this re-telling of Lucy Maud Montgomery's "Anne of Green Gables," we follow a young orphan, Anne, as she is kindly taken into the Cuthbert family at Green Gables.

We follow her as she navigates life in Avonlea, school, friendship and her incredible imagination. With beautiful scenery and lovable characters, this show

is the perfect whimsical escape from the stresses of the real world.

If you even find yourself left with a bit of free time, I would highly recommend checking out one of these three shows.

We all deserve a little break from the stresses of school, so treat yourself to a little bit of binge-watching!



COFFEE BREAK



SATIRE, GAMES, PUZZLES AND MORE

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

The Great Fairfield War *Nick Silvia, Contributing Writer*

It's time, Stags. We all knew this day would come, and now it's finally here. With the recent November heat wave, the balance and order of the Fairfield community has been thrown into chaos. The bears, who no longer feel it necessary to hibernate under the basking glow of the autumn sun, have staged a mutiny and now we approach the inevitable: Bears vs. Stags.

The drama began with a strong blow from the bears, who attacked the only acceptable source of Tully nutrition for Stags: the burrito station, leaving students to starve or, worse yet, eat the Tully pizza. The Stags battled back strong, taming some of the bears and riding them into battle to attack their very own. However, the last straw came when one of the bears did the unthinkable: spilled a Stag's High Noon during a pregame. Experts are still debating the legitimacy of the move, questioning whether or not it was an accident. We reached out for a comment from the student, but she was inconsolable.

"Why does God give his hardest battles to his strongest soldiers," the student said, ugly crying in the stairwell of the parking garage.

It's still unclear if the student will pull through, but Stags are increasingly joining the fight after the incident in solidarity with their fallen soldier. However, in a surprising move, some traitorous students have turned their backs on their own, joining the cause with the bears.

"There's not enough room on this campus for both of us!" a mutineer said. "No but, like, literally. The overaccepting has gotten so bad we're gonna have to start living in the Prep School."

Stay with The Mirror for updates, your only source for hard-hitting journalism. From the lower BCC, this is Nick Silvia, signing off.

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World Series Word Search

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- Harper
- Marsh
- Philadelphia
- Springer
- Valdez
- Alvarez
- Bregman
- Hoskins
- McCullers
- Phillies
- Syndergaard
- Verlander
- Astros
- Castellanos
- Houston
- Realmuto
- Thomson

SPORTS

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Nov. 9	Nov. 10	Nov. 11	Nov. 12	Nov. 13	Nov. 14	Nov. 15
No games scheduled.	No games scheduled.	Men's and Women's Cross Country NCAA Regionals Bronx, N.Y. All Day	Men's Rowing Fall Metropolitan Championship New Rochelle, N.Y. All Day	Volleyball vs. Saint Peter's University Fairfield, Conn. 1 p.m.	Women's Basketball at Yale University New Haven, Conn. 7 p.m.	Men's Basketball at Xavier University Cincinnati, Ohio 9 p.m.
		Men's Basketball at University of New Hampshire Durham, N.H. 1 p.m.	Women's Rowing Fall Metropolitan Championship New Rochelle, N.Y. All Day			
<p>With their recent 3-0 sweep over Manhattan College, the women's volleyball team ran away with the Metro Atlantic Athletic Conference Regular Season Championship as the team with the best record in the conference. They boast a 15-1 in-conference record. They will head to Florida for the upcoming MAAC championship.</p>		Women's Basketball at Pennsylvania State University University Park, Pa. 7 p.m.	Volleyball vs. Rider University Fairfield, Conn. 1 p.m.	<p>The women's basketball team opened up a brand new era of the program with a win in their season opener, marking Head Coach Carly Thibault-DuDonis's very first victory with the team.</p>		

Men's Basketball Unveils 2022-23 Captains

By Billy McGuire
 Assistant Sports Editor

The Fairfield University men's basketball team announced their captains for the 2022-23 season in an Instagram post on Sunday, Nov. 6.

Forwards Chris Maidoh '23, Allan Jeanne-Rose '23 and Zach Crisler '23 will each don the captaincy this coming season as the Stags look to rebound after a rough first loss of the season against Wake Forest on Monday, Nov. 7.

Maidoh, a New Carrollton, Md. native, has been a key depth piece for the Stags since he joined the program as a freshman prior to the 2019-20 campaign. He was named to the Metro Atlantic Athletic Conference all-rookie team that season averaging 4.6 rebounds per game, ranking 19th in the conference. His game has elevated since then, seeing his point averages rise to 4.8 and 5.5 per game in the respective 2020-21 and 2021-22 seasons. His defensive game has been just as impressive, blocking 14 and 15 shots in those two respective seasons.

Jeanne-Rose, a Saint Joseph, Martinique product, has also been a valuable resource that the program can rely on. After learning the ropes as a freshman, Jeanne-Rose emerged as one of the team's top reserves in the 2020-21 season as a sophomore. He appeared in every game while putting up 3.7 points per game in Fairfield's MAAC tournament run that season. His play improved the next season, as he shot an even 50 percent from the field while appearing in every game to go along with 16 starts.



Photo Courtesy of @fairfieldmbb Instagram

The Stags named their three senior captains on Sunday, Nov. 6: they are Chris Maidoh, Alan Jeanne-Rose and Zach Crisler.

A LaSalle College high school alum from North Wales, Pa., Crisler begins his third season as a Stag after playing his first season at Rice University. He began his first season in the starting lineup in every game besides his debut against Niagara on Dec. 18, 2020, and made his presence known by shooting 68 percent from the free-throw line. He then exhibited strong leadership skills in both the classroom and on the court the next season, knocking down

25 three-pointers while being named to the MAAC all-academic team.

The Stags will travel to Durham, N.H., to take on the University of New Hampshire on Nov. 11. They will be on the road until Dec. 3, when they will dawn a new era by hosting Saint Peter's University in their first game at the newly-christened Leo D. Mahoney Arena.

In this week's issue...

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- Field Hockey Drops Heartbreaker In Conference Championship (Page 15)
- Men's Basketball Commences Campaign With Road Slate (Page 15)
- Opinion: Astros Settle Score In Six (Page 16)

Men's and Women's Soccer Stumble In MAAC Tournament

By Ryan Marquardt
Head Sports Editor

This past week, both Fairfield's men's and women's soccer teams were eliminated from their respective Metro Atlantic Athletic Conference tournaments. The women's team played in the semifinals on Thursday, Nov. 3 when the two-seeded Stags took on the three-seeded Niagara University.

The Stags fell behind 30 minutes into the match, going down 1-0 after a Niagara goal. The Purple Eagles had two goals called off, one due to an offside violation, one of eight they were called for in the match according to the matches official recap, while the Stags were not called for any, and the other due to a handball.

The first half ended a 1-0 contest with the Stags hopeful to turn the tide in the second

half.

Just 12 minutes into the second half, Niagara punched in a second goal, putting the Stags on their heels. Three minutes later, the Stags gained some momentum with Elle Scott's '24 sixth goal of the season to make it 2-1.

She was assisted by graduate student Maddie Mills, who collected her team-leading eighth assist of the season. Their momentum did not last long, as Niagara put in their second goal in five minutes, making it 3-1 with just 28 minutes left to play.

Even though the Stags had 18 shots to Niagara's 12, they could not finish and fell short as only six of their 18 shots were on net compared to Niagara, who put seven on net.

They ended their season with a record of 14-4 and 9-1 in the MAAC. Freshman goal-keeper Katie Wright completed her season with 14 wins, which

was the most by any freshman in the country according to the matches official recap, and the Stags had their most team wins since 2014.

The sixth-seeded men's team had a similar result in their MAAC tournament match, as they fell 2-0 to the three-seeded Manhattan College in the opening round of their tournament.

The Jaspers punched in two first half goals, which proved to be insurmountable for Fairfield. The goals came in the 19th and 32nd minutes of the match. The Stags competed and played hard with just one less shot on goal compared to Manhattan with three to their four.

Junior James Anderson kept his team in the match through the first half with two big saves, keeping it just a two goal lead. Fairfield then came out a different team in the second half by changing up their strategy, becoming



Photo Contributed by The Sports Information Desk

Men's soccer finished their season with eight wins total, four in-conference.

ing much more aggressive and flooding the attacking zone with centering passes, leading to opportunities and holding Manhattan to just two shots.

Freshman Kaea Rangihaeata had one of those opportunities by beating his defender and releasing a shot which was just barely saved, keeping the Stags down two.

Later, grad student Cormac Pike sent another shot at the net by redirecting the ball but Manhattan's goalie was able to make the save once again.

"It was an unfortunate start because they grabbed the first goal and the momentum in the

first half," Head Coach Carl Rees stated in the game's official recap. "We made adjustments though and I thought we were the better team in the second half. I give credit to our guys for showing resilience. They did not stop and were fully committed."

Junior Raz Amir was named a member of the all-MAAC first team, Amir had five goals and six assists totaling points on the season leading the team in points and assists and was tied for the most goals with Alex Olivera '23. The men's team finished its season with an 8-10-1 record and were 4-5-1 in MAAC play, according to their official schedule.



Photo Contributed by The Sports Information Desk

The women's soccer team ended their season with their best record since the 2014 season with 14 wins total.

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

Because we have witty things to say ...

Who is your favorite actor or actress?

When do you think the Christmas season begins?

If you could live anywhere in the world other than the Northeast U.S., where would it be?

What was your favorite place that you have lived on campus?



Maddy West
Editor-In-Chief

This is a hard one but Meryl Streep is definitely one of them.

December 1.

I wouldn't mind living in Hawaii for a little while.

Kostka 359 was so special!



Madison Gallo
Executive Editor

Julie Andrews or Anne Hathaway for sure.

Right after Halloween. I think Christmas magic should happen for as long as possible.

I would move abroad before I went anywhere else in the US, but San Francisco would be cool!

Without a doubt the Townhouses - 45, you have my heart!



Tommy Coppola
Managing Editor

Christian Bale is incredibly versatile.

After my Thanksgiving plate is clean.

You'll have to pry me away. If you're successful, take me to Barcelona.

47 Mahan Road has a unique charm that can't be replicated.



Brooke Lathe
Copy Editor, Head Vine Editor

An appearance from Bradley Cooper makes any movie better. His face is magical.

Check out my reasons why in the opinion section.

Wherever has a job for me that pays a liveable wage.

Faber will always hold a special place in my heart, but Barnyard is luxury living.



Ryan Marquardt
Head Sports Editor

Keanu Reeves or Tom Cruz for sure are the best.

The day after Thanksgiving.

Probably one of the Carolinas.

Gonzaga as a sophomore definitely beats my forced triple in Jogues last year.

Field Hockey Drops Heartbreaker In Conference Championship

By Ryan Marquardt
Head Sports Editor

On Friday, Nov. 4 the three seeded Fairfield University field hockey team traveled to Staten Island, N.Y. to take on the number two seed Wagner College for a chance to play in the Northeast Conference Championship final. The Stags have been on fire offensively in their past seven games, averaging four goals per game. They did not reach that mark in this game, however, the end result was still a win.

The Stags ended with roughly half of Wagner's shots with nine to their 17, although they had seven shots on goal to Wagner's eight. Goalie Payton Rahn '25 played a great game in net with seven saves compared to Wagner's five which would prove to be the difference in the close contest.

The Stags were successful in moving the ball quickly around the field

and possessing the ball for long periods of time. Their offense consisted of a lot of horizontal passes to open up space on the field according to the game's official recap.

Many of the Stags early opportunities came from their three early



Senior Julianna Kratz had seven goals and two assists on the season toting 16 points in her senior campaign.

penalty corners in the first quarter. Fairfield failed to take advantage of them and went into the second quarter in an even game. However, the Stags failed to finish in the first quarter and did not slow their play as they continued to attack, just three minutes into the second quarter off of another penalty

corner. Graduate student Frances Mirable sent in the pass to graduate student Nora Amme who then sent a behind-the-back pass to Juliana Kratz '23 who sent the ball past Wagner's goalkeeper to take the lead and make the score 1-0.

Later in the quarter, the Stags got yet another penalty corner where Mirable sent in the pass to Agustina Casteluchi '25 who sent a one-timer into the back of the net to extend the Stags lead to 2-0 with just 1:24 left in the half.

Wagner came out much more aggressively in the second half and pushed the pace, leading to the Stags playing with a more defensive approach. Wagner began peppering shots at Rahn who stood strong and did not allow anything in.

Going into the fourth quarter, the underdog Stags were still leading 2-0 and looking to hold onto their lead and advance. Wagner aggressively attempted to keep their season alive. They got seven penalty corners and eight shots in the final quarter. Finally, the Seahawks got one past Rahn about halfway through the quarter to make the score 2-1. After allowing this goal, Rahn and the Stags defense solidified and did not allow any other goals to win the game 2-1.

"We had a good half but struggled a little bit in the second half which was a result of Wagner changing their press," Head Coach Jackie Keane said in the game's official recap. "We stood

firm at the end as they applied pressure and showed a lot of grit. I am really proud of how the team came together to get the win."

The number three-seeded Stags then played in the NEC championship game against the number one-seeded Rider University in a thriller. The Stags came out with seemingly a similar strategy to their counterparts in the semi-final game, moving the ball around in order to advance it up the field. Their aggressive strategy led to some early opportunities including a penalty corner.

This penalty corner was in the fifth minute of play, as Kratz got the ball and sent a nice wrist shot which got through and gave the Stags an early 1-0 lead. It was just over a minute later, however, that the Broncos worked the ball into their offensive zone which led to them receiving a penalty corner off of a Stags infraction. Rider capitalized on this opportunity, sending the ball into the back of the net evening the score once again.

This game was shaping up to be a shootout through the first six minutes of play; however, after the early offensive success for each team, their defenses woke up and locked down. From then on, most of the game was played in the middle of the field with neither team being able to formulate any real offensive opportunities through the end of the first half. Rider held a shot advantage of five to the Stags' three but Rahn had a couple of big saves in the second quarter. The game went into halftime tied at 1-1 with an equal

score going into the final half of the final game of the season according to the game's official recap.

The Stags came out hot in the third quarter as their defense did not allow a single shot and the offense got two shots off of three corners however they failed to convert and take the lead. Going into the final quarter, the score remained even, with the Stags having some momentum from a good third quarter leading to a few chances in the fourth.

The Stags took three shots in the fourth, however, only managed to get one shot on net which was stopped by Rider goalkeeper Kaitlyn Tomas. The Stags had a huge opportunity that missed the net with a shot coming off of a deflection that was sent just wide. The Stags outshot Rider five to two in the second half and had the same margin in penalty corners according to the game's box score. However, they could not finish, leading to overtime.

Rider came out firing in overtime getting a penalty corner just two minutes in. The Broncos got a great opportunity with a shot that hit off of the crossbar, however, just 30 seconds later, the Broncos got another penalty corner.

Even after Rahn made a save on the first shot, a rebound was launched to Rider's Valeria Perales allowing her to get a shot on net and end the Stags season, winning the championship for Rider. The Stags finished the season with an overall 11-9 record and were 5-2 in NEC play, according to their official schedule.

Men's Basketball Commences Campaign With Road Slate

By Danny McElroy
Contributing Writer

Expectations are high as the men's basketball team kicks off their 2022-2023 season, which began with a hard-fought opener on Monday, Nov. 7 against Wake Forest University.

The Stags are fresh off the heels of a successful 2021-2022 campaign that saw them finish with a 15-18 record, their best under fourth-year head coach Jay Young, and they will look to build on that momentum this year in a wide-open Metro Atlantic Athletic Conference.

"From a team standpoint, I would love to win 20 plus games, but most importantly, win the MAAC," said Assistant Coach James Johns.

That goal may not be all that far out of reach. The Stags were ranked fifth in the MAAC out of 11 teams in the preseason coaches poll, and are expected to be led by forward and preseason first-team all-conference selection Supreme Cook '24, who averaged 10.1 points per game last season.

The Stags are well-positioned for success alongside Cook, returning significant production from last year's squad and picking up some key additions, such as graduate transfer guard Caleb Fields from Bowling Green State University, and

transfer guard Brycen Goodine '24 from Providence College.

After several seasons of steady improvement, the team hopes the new faces will help push them over the top as they set their sights on a conference title.

"My goals personally for this season are the same as our team goals," said redshirt guard Jake Wojcik '23, "win the MAAC championship and go to the NCAA tournament."

The Stags received a good test on their journey to go dancing as they began the season Monday night, heading down to Winston-Salem, N.C. for a marquee non-conference matchup with Wake Forest University.

Paced by Fields and Cook with 14 and 13 points respectively, the Stags played a tight game and held the lead at numerous points throughout the first half, but eventually were unable to overcome a wide foul shot disparity and fell 71-59.

Despite the loss, the team largely matched up well against a power-five conference opponent in the Demon Deacons. They will have plenty of positives to take into their next contest against the University of New Hampshire on Friday afternoon, Nov. 11.

It will continue to be a long first month of the season for the Stags, who will play all of their

games on the road. The reward will be well worth the wait with the imminent opening of the Leo D. Mahoney Arena on campus.

The new arena looks to provide many of Fairfield's teams with a home-court advantage greater than anything they've experienced in previous years, and the men's basketball squad will play their first game in the new arena on Saturday, Dec. 3 against the Saint Peter's University Peacocks.

The team knows it will be a grind until that point, though, with Wojcik describing the away-only November schedule as "our biggest challenge this year." He remains confident in the group's ability to rally, and is excited about the opportunity to play in Mahoney Arena when it arrives.

"It will give us as a team a great advantage with having a great fan base to play in front of," he said.

With on-campus access to games, the onus will fall on us students to go support the team and make a difference. So, as an exciting new season of basketball gets underway, Coach Johns has one message for the Fairfield community.

"Fill the place, own it! Student sections and support from the student body is what makes college sports so unique. Let's make it the toughest place to play in the MAAC."



Sophomore guard TJ Long dribbles up the court in the Stags' opening game against Wake Forest University.

Opinion: Astros Settle Score in Six

By Billy McGuire
Assistant Sports Editor

Another successful Major League Baseball season was put in the books on Saturday night, Nov. 5, as the mighty Houston Astros defeated the cinderella-story Philadelphia Phillies to win their second world championship in six seasons.

The Astros' victory in game six on Saturday capped off a thrilling series and postseason. Both teams went back and forth in the first four games of the story, with each team winning two games before the Astros wrestled control and won the final two games.

The series began with games one and two in Houston at the Astros' home ballpark, Minute Maid Park. Game one saw the Astros storm out to a 5-0 lead at the bottom of the third inning with right fielder Kyle Tucker belting two home runs off of Phillies starter Aaron Nola with a solo bomb in the second inning and a three-run blast in the third. Astros catcher Martin Maldonado scored the other run at the bottom of the third, bringing home first baseman Yuli Gurriel.

It didn't take the Phillies too long to respond as they shut down Justin Verlander's no-hit bid at the top of the fourth inning with a Rhys Hoskins single. Right fielder Nick Castellanos and third baseman Alec Bohm drove in a single and a double respectively to trim the Houston lead to 5-3. They proceeded to tie the game at the top of the fifth inning when catcher JT Realmuto doubled off the base of the wall to bring home two runners.

The game remained even until the top of the tenth inning when Realmuto hit a go-ahead solo blast off of Astros pitcher Luis Garcia. Phillies reliever David Robertson entered at the tenth and narrowly earned the Phil-

lly to give the 6-5 lead. Phillies reliever Robertson entered at the bottom of the tenth and narrowly earned the save as the Phillies won their first World Series game in fourteen years and took the series lead 1-0.

On another note, the Phillies also became the first team since the 2002 Los Angeles Angels to overcome a five-run deficit to win a world series game. Ironically, the Angels were facing the San Francisco Giants, who were managed by current Astros manager Dusty Baker.

The Phillies did not have an enjoyable game two, as the Astros once again stormed out of the game with a three-run first inning. Phillies starter Zack Wheeler could not solve the daunting threesome of Jose Altuve, Jeremy Pena and Yordan Alvarez, all of whom raked in doubles.

Altuve arrived at second while the bags

were empty, while Pena and Alvarez each brought home the former, giving them a 2-0 lead before an error later brought home Alvarez to make the score 3-0. Third baseman Alex Bregman later hit a two-run bomb off of Wheeler in the fifth inning to make it 5-0, knocking Wheeler out of the game in the process.

Unlike the night before, the

They expanded their lead to 4-0 off of solo blasts from Bohm and center fielder Braden Marsh. With three home runs in the first two innings, the Phillies became the first team to accomplish this feat in MLB history.

The fun didn't stop there, as in the fifth inning left fielder Kyle Schwarber hit a two-run bomb to dead center, which was followed by a solo blast to left off of the bat of Hoskins to put the Phillies comfortably in the driver's seat, trouncing the Astros the 7-0. With the two additional home runs, the Phillies became the fourth team to achieve this mark in baseball history, with the most recent being the 2017 Astros.

Their pitching also

inning scoreless streak for the Astros. Bregman, the next batter, hit a two-run double which was followed by a sacrifice fly from Tucker and a single from Gurriel, running the score up to 5-0 for Houston.

Neither team scored again in this contest, as the Phillies hitters had zero answers for anyone Houston put on the mound. The Astros pulled off the first combined no-hitter in Astros

postseason history, with Christian Javier, Bryan Abreu, Rafael Montero and closer Ryan Pressly not allowing a single hit in the process. They also sat down 14 Phillies batters, with Javier striking out nine. This was also the

first postseason no-hitter since former Phillies pitcher Roy Halladay's in 2010, and only the third overall in Major League history.

Game five was much less lopsided than the previous two games, as both teams battled for control of the game. The game started with Astros rookie shortstop Jeremy Pena singling to bring home Altuve to make it 1-0 at the top of the first. Schwarber responded by tying the game with a solo blast at the bottom of the first.

Later on, in the top of the fourth, Pena hit a solo bomb to make it 2-1 Astros while becoming the first rookie shortstop to hit a home run in a world series. The Astros made it 3-1 at the top of the eighth as Altuve scored off of an Alvarez ground out, while the Phillies would cut the lead to 3-2 off of a Jeff Segura single. The Astros held on after a ninth-inning scare to take the series win to go along with securing Verlander's first world series win of his career.

The series returned to Houston for game six, as the pitching took control of the game for the first five innings for both teams before Kyle Schwarber hit a solo laser to right at the top of the sixth inning to give the Phillies a 1-0 lead.

The renewed momentum for the Phillies wouldn't last long, however, as Astros catcher Christian Vazquez scored a single to tie the game at one. Phillies manager Rob Thomson controversially removed Zach Wheeler from the game after going 5.1 innings as a result of this. This move doomed the Phillies, as a three-run blast by Alvarez put the Astros in the driver's seat for good with a 4-1 lead.

Three innings later, Kyle Tucker made a running catch in right to secure the second world championship in franchise history for the Astros, who became the first team to clinch a world championship on their home field since the 2013 Boston Red Sox. Jeremy Pena was named World Series MVP, and manager Dusty Baker finally won his first world series after a long managerial career.

It was a competitive World Series that saw both teams fight until the very end, with the Astros proving that they were the better team as they outweighed the Phillies with experience, depth, rotational pieces and bullpen arms. The Phillies may have been a force at the plate, however, many stronger elements are needed to win a championship. They will be back, but it is clear that it was not their time.



Jordan Alvarez and Framber Valdez pictured above each won their first World Series title with the Astros this year.

Phillies could not solve Astros starter, Framber Valdez, as they did with Verlander, who put up a solid performance going six innings while giving up one earned run to go along with nine strikeouts.

They did receive some insurance at the plate towards the end, as Castellanos scored a run in the seventh and Bohm scored off an error in the ninth to make it 5-2, but it was too late. The series was headed to Philadelphia tied at one apiece.

Games three, four and five were held at the Phillies' home field, Citizens Bank Park. Playing in front of their highly energetic and intimidating fan base, the Phillies dominated game three in every facet. Unlike the first two games, in which the Phillies stumbled out of the gate, they put on a thrilling home run derby to start the game. Designated hitter Bryce Harper hit a two-run homer to right to put Philly on top 2-0.

did its job that game, as Ranger Suarez pitched five scoreless innings in favor of Brogdon, Nick Nelson Bellati, all pitched one to complete Phillies. The unit only gave up five hits while sitting down seven Astros hitters and giving Philly a 2-1 series lead.

The tides completely turned in game four, as it was the Astros who maintained full possession of the game. The bats were silent on both sides for the first four innings, before the Astros put out their own fireworks show for the folks of Philadelphia to enjoy, as they put up five runs in the top of the fifth. Nola, who had a rough game one and who was up to that point having a solid bounce-back performance, began to see flashbacks of what happened a few nights prior. He loaded the bases before being pulled for reliever Jose Alvarado, who hit Alvarez with a pitch to make it 1-0 Houston. The run snapped a sixteen-