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Photo Contributed by Kobi Okpoti

From left to right: Vishvesh Patel '23, Haya Shilleh '25, Abigail Diltz '25, Jenisha Khadka '23, Marwa Abbe '23, Kamrun Nahar '23, Habibul Huq '23, Manjot Singh '23. SASA E-board commemorated the night with speeches thanking their graduating seniors for all their hard work.

Fairfield Community Takes Part in 15th Annual 'Flavors of Asia'

By Max Limric
 Head News Editor

The 15th Annual Flavors of Asia event was hosted by The South Asian Student Association, alongside The Asian Student Association, Office of Student Diversity and Multicultural Affairs and the Office of Residence Life this past Friday, Nov. 11.

President of SASA, Manjot Singh '23 describes the event. "The 15th Annual Flavors of Asia is a celebration of Asian culture as we share it with the University community," she said. "Overall it is a time for people to gather and get an in-depth idea of what Asian culture entails."

Singh continued to describe the importance of the event, specifically the significance of a cultural event hosted at a predominantly white institution.

"It is incredible to see that even at a PWI we can have diversity representation and showcase our culture for others to experience," she stated.

The event began with

performances from the belly dancer Aisha and continued with a performance from RAAS, a dance team from Yale University. Additionally, Remixx, Fairfield University's dance club performed at the event.

"It is incredible to see that even at a PWI we can have diversity representation and showcase our culture for others to experience."

- **Manjot Singh '23,**
President of SASA

Singh notes how "A lot of the performers that come to SASA's events, such as Flavors of Asia are from the surrounding community, so bringing them onto our campus

invites more people to the University and really puts us on the map in terms of welcoming South Asian culture and representation."

She continues, "For a lot of the people who we invite to our events, it is their first time at Fairfield so welcoming them into our home has been a very rewarding experience."

Sophomore Mishell Pringle, a member of the dance club Remixx details why she chose to perform at the event.

"I performed for the Remixx club at this event because I love culture and I wanted to spread my own culture at this event and be able to witness the spread of many different cultures," she stated.

Other cultural dances performed at the event consisted of Dabke, led by SASA Club Representative Haya Shilleh '25, and Bhangra, which was performed by University of Connecticut alumni.

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New Arena Emphasizes Fan Experience

By Tommy Coppolla
 Managing Editor

Fairfield University's brand-new Leo D. Mahoney Arena will open on Nov. 18, 2022.

As the arena's construction rounds out the finishing touches before a ribbon-cutting ceremony on the same day, logistics in terms of parking, ticketing and more are beginning to take shape.

According to a post on Fairfield University's official athletics website on Nov. 2, it was announced that single-game tickets for women's basketball games were now live for purchasing.

The same was announced for the men's basketball team a week later on Nov. 9. According to Deputy Director of

An asterisk underneath the description of the package notes that "students receive free admission to Fairfield basketball games."

Dayton states that all tickets to games in Leo D. Mahoney Arena are digital.

He continually emphasized that listening to the ideas of the student body will be key to creating an "exceptional experience" on gameday.

"Partnerships with FUSA will be season-long to ensure students have an exceptional experience and we [will] work together to bring ideas students have to the forefront and make them happen

"Partnerships with FUSA will be season-long to ensure students have an exceptional experience and we [will] work together to bring ideas students have to the forefront and make them happen on game day."

- **Zach Dayton, Deputy Director of Athletics**

Athletics Zach Dayton, students will be able to "gain access to free tickets before every game through their Paciolan ticket app," which he notes is the same app that students used to redeem their tickets for President's Ball in September.

The Red Sea VIP Package, additionally, is a way for students to receive priority access to both student tickets during the regular season and post-season tickets, according to the page to purchase the package.

The package also comes with a Red Sea Madness T-Shirt and entry into raffles and ticket upgrades.

on game day," Dayton stated.

With this in mind, he additionally clarified that there will be "promotions, giveaways and contests" for each men's and women's basketball game. According to Dayton, a full schedule of promotions for the season will be announced this week and can be found on Fairfieldstags.com.

Alongside the promotions that will be hosted on game days, Leo D. Mahoney Arena will boast a variety of all-new fan amenities to elevate the game day experience.

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Residence Life Shares Thanksgiving Closing Information

A Nov. 2 communication from the Office of Residence Life stated that on Tuesday Nov. 22, university residences will officially be closed and locked at 6:30 p.m. They will then reopen on Sunday, Nov. 27, 2022, at 12 p.m. No student without specific permission can stay past 6:30 p.m. on Tuesday, Nov. 22, 2022.

If a student has a later class that ends past 6 p.m., their Area Coordinator or Graduate Resident Coordinator can help them with the next steps. The email further states that "rooms will not be accessible during the Thanksgiving Break," meaning that all students should pack accordingly with materials that they may need over break. Clothing, books and computers are some of the items that the email mentions.

No Fairfield University services will be available for use over the extended break from classes.

The Mirror is thankful for YOU,
 our readers.
 Happy Thanksgiving Stags!



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Fairfield University

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

11/13/22
12:30 a.m.

A student in Loyola Hall reported that somebody went into his room, soaked all of his clothing, placed his TV in a drawer and rearranged items in his room.

DPS responded to over 20 calls for medical related issues.



Engineering Students to Participate in Annual 'Walk on Water' Race

By Samantha Russell
Contributing Writer

Fairfield University engineering students are expected to "wow" judges during the Walk on Water design challenge on Saturday, Nov. 19, at 1:30 p.m.

Considered a "rite of passage" for first-year engineers according to Associate Director of Community and Public Relations Robert Piazaroli, this annual competition grants 16 groups of five students the opportunity to demonstrate the knowledge they have achieved in their "Fundamentals of Engineering" class.

Groups will race hand-made boats across the length of the Leslie C. Quick Jr. Recreation Complex pool in three rounds consisting of a first heat, semi-final and final heat round. Moreover, their boat must be operated with a walking or running motion above the water and by one team member only.

The race will be judged by four engineering professors at Fairfield University: John Drazan, Ph.D., Isaac Macwan, Ph.D., Gigi Belfadel, Ph.D. and Elif Kongar, Ph.D. Kongar, who has taken a strong lead in activity execution, expressed why she believes an event like this one is so important.

Kongar states, "Incorporating design and systems thinking into the course allows the first-year engineering students to become active participants in the learning process." Further, she credited WOW for providing its participants the chance "to build a sense of identity within their chosen discipline, to form learning communities with their peers and to become acclimated to the activities that shape the engineering professions."

Aside from its hands-on involvement, this semester-long project focuses on engineering design and analysis, data management, ethical decision-making and classic teamwork. It is cultivated as an outlet for students to transform their classroom understanding into real-world implementation through creative and pluralistic thinking.

In accordance with its continuation since 2012, past participants have shared high remarks regarding their own WOW experiences. Brigid Protzmann '23, who competed pre-Covid and won both her first and final heat round, had mainly positive things to say about the activity.

"It was one of my favorite experiences in engineering," she said. "I am so glad that the department brought it back this year. I still have my victory screwdriver that I received as a prize for winning."

Although Protzmann conveyed that the project restrictions discouraged her team's design process, she added that it forced them to think more creatively and, in hindsight, deemed it a positive facet.

Judge Belfadel affirmed this year's judging criteria will highlight safety, creativity, performance, and Engineering Design Cycle. Elements such as design novelty, high-quality craftsmanship and compliance with competition rules will be closely examined.

Belfadel also acknowledged the good and the bad of previous performances. On the one hand, she recognized the innovation of a previous team who created a paddle-boat-type contraption from bicycle parts.

However, she also lamented some unhappy endings.

"I recall a team's device breaking apart in the middle of the race," she said. "I also recall several operators falling into the pool."

“

This experience builds confidence in the first-year students and allows them to practice their communication skills in an environment in which they are also serving as role models and mentors,”

- Elif Kongar, Ph.D.

Circling back to Protzmann's point, the challenge will consist of ten restrictions. Some of these points state that the operator must race from a standing position, the operator must propel themselves solely from their feet or legs and rely on no detached accessory and, evidently, that the boat must fit in a single regulation-sized swimming lane.

Groups are also limited to a \$200 budget for materials. Being so, they are encouraged to utilize spare, repurposed and recyclable parts for their finished products.

Cardboard, paper and bicycle frames are three materials overtly banned from use. Nonetheless, beach balls, PVC pipe frames, a human hamster wheel, a foot pump and ski-like projection have all found themselves on boats in years past.

Before the main event, each team must present its design processes to the judges. They will also deliver their presentations to welcomed members of the Wakeman Boys and Girls Club, a new addition to service-learning toward this annual competition.

Kongar believes this element of service will itself serve the confidence of participants.

"This experience builds confidence in the first-year students and allows them to practice their communication skills in an environment in which they are also serving

as role models and mentors," Kongar said.

Beyond this belief, she stated that such an aspect can be applied to further engineering programs to aid in the communication skills of its undergraduates.

These presentations will take place in the School of Engineering's brand-new Innovation Annex.

The Fundamentals of Engineering course is required for all freshman engineering majors at Fairfield University. It embodies goals to establish students with a passion for engineering, expand skills crucial to the profession and develop engineering professionalism.

Each year, engineering faculty make sure to gather feedback from students and experienced colleagues to improve the course's activity and obtain greater effectiveness. In its earlier years, students expressed discontent with the lack of "transparent evaluation." Now, a simple check sheet-style rubric has been developed.

Other complaints have consisted of more easily-provided materials and tools as well as increased time to work on the project.

At the close of Fairfield's Fall 2019 semester, a WOW-centered survey was conducted via Blackboard Learn by Belfadel and her colleagues Michael Zabinski, Ph.D., engineering professor at Fairfield University, and Ryan Munden, Ph.D., associate dean of engineering and assistant professor of electrical engineering at Fairfield University until 2018.

The survey was issued to receive student feedback and information about the event, and each class section of Fundamentals of Engineering that semester participated.

Results accounted that 78.66% of participants voted that the WOW project increased their interest in engineering. 57.33% said that WOW's hands-on experience left them more confident in succeeding with engineering. And, 68.00% said that WOW provided them with greater motivation to continue to pursue a degree in engineering.

In light of its criticisms, a profound feature of this project is allowing students to see their own work come to life. One past student, whose response was taken from the 2019 anonymous survey, claimed it was rewarding to "watch something I built make it across the length of the pool."

In another anonymous response from the survey, a student disclosed how this project expanded their passion for building and designing. "I have always loved to build things, so I was very excited to do the Walk on Water project."

Put plainly, the activity is widely popular among its students.

In prior WOW races, spectators have packed the RecPlex pool bleachers. Fairfield University members as well as outsiders remain eager to witness such an exciting activity among just as eager engineering students.

THE MIRROR

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Photo Courtesy of News@Fairfield

Engineering student races his team's contraption during past years 'Walk on Water' event. This year's competitors will show off their projects on Saturday, Nov. 19 at 1:30 p.m.

Students and Clubs Show Support for Asian Culture

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Photo Contributed by Kobi Okpoti

Attendees of Flavors of Asia ended the night with dancing. Flavors of Asia included dances such as Dabke and Bhangra, as well as a belly dancer.

Henna was available for guests at the event and food and drink were served as well. Food and drink included samosas, dumplings and more, as well as refreshing mango lassi.

Many members of other affinity clubs on campus came to the event to show their support for SASA and ASA's events.

President of the Black Student Union Sebastian Michel '23 emceed the event because it was the event's "15th anniversary and [he] couldn't miss it."

Members of the Latinx Student Union attended the event to support clubs that hosted the event.

LSU Secretary, Jennifer Fajardo '25 states that the "LSU E-board was very excited for the event and we love

to show our support to all the affinity clubs on campus."

Vice President of FUSA, Aliyah Seenauth '24 also came out to support the event.

"I am half South Asian and love to be in attendance for all the Fairfield United club events and love to show my support for them." She continues that she was "happy to be here amongst the culture."

In between performances, SASA and ASA e-board gave heartfelt speeches bidding goodbye to the seniors that will be graduating and thanked them for all their hard work in getting the club to where it is today.

In her speech at the event, President of ASA Phoebe Trinh '23 gave thanks to SASA.

"It is such an honor to collaborate with SASA to host Flavors of Asia. I hope with more events like these, we can further promote Asian culture!" she exclaimed.

The final event of the night consisted of a fashion show presenting cultural outfits. Models from SASA went first, followed by ASA models.

First-year Kai Ostaszewski explains why he volunteered to model.

"I modeled at the event because I wanted to contribute to the SASA event and I thought it would be a great experience to grow myself by experiencing a new culture through modeling their cultural outfits," he said.

Sophomore Phuc Nguyen echoes those sentiments as he is not a part of either club and chose to model because he "wanted to contribute and get involved."

ASA Social Media Coordinator Charlotte Delmonico '24 comments on the significance of the event in terms of Asian visibility on Fairfield's campus.

"This is a very important event for Asian pride here at Fairfield. I'm grateful to have the opportunity to work with such inspiring team members as we host this event and throughout the school year," she said.

Singh described SASA's mission and how to get involved in their club.

"Our goal is to share our culture with others and we achieve this through different events such as Flavors of Asia, Holi, South Asian movie nights as well as Henna events."

" I modeled at the event because I wanted to contribute to the SASA event and I thought it would be a great experience to grow myself by experiencing a new culture through modeling their cultural outfits."

- Kai Ostaszewski '26

She continued that "You don't have to be a South Asian to join this club. SASA is a really fun and engaging way to learn more about a group which you may not have been as familiar with in the past."

Through participation in SASA, Singh detailed how that involvement "can really help widen someone's scope and perspective on culture, on campus."

Even though SASA was worried about how the rainy weather would impact the event's turnout, Singh details that the event "welcomed a huge crowd" and "was definitely a success."

Singh expressed her excitement about the events and her hopes for the future of SASA.

"With all of the support and love that came from the attendees, we are motivated to keep working to make a signature event such as Flavors of Asia continue to grow every year and work on even more events in the future," she concluded.



DPS to Look into Off-Campus Parking Options for Games

CONTINUED FROM PAGE 1

Dayton shares that there will be a new beer garden called the "Red Sea Pub" which can be found on the eastern side of the main concourse level. On the opposite side, the Athletics Hall of Fame will be displayed.

A new team shop can also be found in the new arena, where students and fans can purchase apparel.

There will be three concession stands in the new arena, which will serve food, beverages and alcohol, according to Dayton.

With regard to parking, the Department of Public Safety has worked alongside multiple departments on campus in order to create plans for parking on game day.

Associate Vice President of Public Safety John DeAngelis stated that "We are working closely with departments throughout the University to create a streamlined and organized approach to parking for games and other large events hosted at the new Mahoney Arena."

He continued that different parking models have been developed in anticipation of higher-attended events, with staff from DPS being present to handle traffic.

"Fairfield University is lucky to have

a walkable campus which means campus parking lots are within a short walk of Mahoney Arena," DeAngelis stated. "However we are researching off-campus parking opportunities for the small number of home games with the greatest anticipated attendance."

DeAngelis confirmed that although there may be games with a higher volume of fans, student residential parking will not be affected.

He stated that "students should not experience changes to their parking spots or designated parking areas and our current plans are focused on limiting any impact to resident student parking."

The North Benson Road entrance, DeAngelis states, will be the main entrance used for fans attending an event at Mahoney Arena.

Additional plans include closing other gates on campus while fans are arriving in order to streamline the parking process, but this information will be communicated in advance.

Leo D. Mahoney Arena will officially open on Nov. 18 at 10 a.m. for a ribbon-cutting ceremony.

Later that evening, at 7 p.m., the women's basketball team will face off against Stonehill College in the first game ever played at the new arena.



Madison Gallo/The Mirror

Fairfield's Leo D. Mahoney Arena will open to students on November 18, promising an "exceptional experience" to students and fans of both basketball teams. Free students tickets will be available at FairfieldStags.com

Opinion

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

Get Your Diet Culture Out Of My Holiday Celebration

By Madeline Hossler
Opinion Editor

It's time to lay out your most festive tablecloths, break out those family recipe books and start crafting those wonderful holiday dishes you've been craving all year. Because let's be honest with ourselves, what would the holidays be without the food?

Thanksgiving always brings heaps of turkey, a river of gravy and a happy medley of beautiful carbs ranging from mashed potatoes to stuffing to mac and cheese. If your family is anything like mine, you have about three different pies available come dessert time, maybe four if someone was feeling adventurous that year. After that comes an endless parade of Christmas cookies. There is no shortage of festive events featuring wonderful holiday foods.

Now enjoying these foods is supposed to be one of the happiest things about the holiday season, but their presence always brings with it a dark side: diet culture. Diet culture is defined by Self Magazine as "an entire belief system that associates food with morality and thinness with goodness" that is rooted in the "belief that every individual has full control and responsibility over their health."

Diet culture rhetoric is everywhere in our lives. Maybe your roommate called a certain snack their "guilty pleasure". Maybe someone said they were "being good" for choosing one food over another. Maybe you know someone who has tried keto, paleo, Whole 30 or a juice cleanse. Someone might have seemingly innocently commented "You look great, did you lose weight?" If you have ever heard these things, then congratulations, you've experienced diet culture.

And you are not alone; an estimated 45 million Americans diet every year. In the process, we spend 30 billion dollars on diet products per year. These ideas are so pervasive and normalized in our culture that most people fail to even identify when they are happening.

These ideas are incredibly damaging. The foundational ideology of diet culture promotes fatphobia and ableism. By asserting the idea that health and weight are easily controllable through behavior alone, diet culture empowers people to judge those who are overweight or suffer from chronic diseases. This completely glosses over the fact that behavior is just one element of the complex web of environmental, social and genetic factors that also heavily influence health. Diet culture increases weight bias, promotes body dysmorphia and puts people at an increased risk for devel-



Dealing with diet culture and its influences can be a challenge. Take care of your mental health this holiday season.

oping eating disorders.

This is a particularly salient challenge among college students. The National Eating Disorder Association estimates that up to 20% of women and up to 10% of men in college suffer from an eating disorder. We've all heard the class fear of the "freshman 15" weight gain upon arriving at college for the first time. Additionally, young people are more engaged with social media, one of the most common vectors for diet culture messaging and disordered eating content.

Diet culture often intensifies for people around the holidays. It's easy to put on a few pounds when there's so much wonderful food in your life that deserves appreciation. But unfortunately, this is too often followed by the panicked era of New Year's resolutions, when people attempt unhinged and unsustainable efforts to eliminate any holiday weight gains. Evidence shows that restrictive dieting fails to result in long-term weight loss 95% of the time and that engaging in a cycle of dieting and then regaining weight, also called "yo-yo dieting" leads to sleep disturbances, poorer heart health and diabetes.

Holiday foods are about more than calories and macros. Holiday foods connect us to national celebrations. They

bind us to our own cultural histories. And they provide comfort and joy during the increasingly cold and dark fall and winter months. The emotional and cultural values of food are just as important as their nutritional values.

So, how do we combat diet culture around the holidays? The easiest way is to simply check your own rhetoric, both when we talk to ourselves and when we talk to others.

When you speak to others, don't ever offer an unsolicited comment on another person's weight, even if you think it's complimentary. You have no idea what they have been doing to achieve that weight, and even with the best intentions, you might be providing positive reinforcement for disordered eating behaviors. Never comment on what foods other people eat or how much they eat. And if you see other people in your life making these kinds of comments, you have my permission to tell them to shut up. If someone tries to talk to you about their diet or weight loss journey and offers random unsolicited tips, you have every right to ignore them.

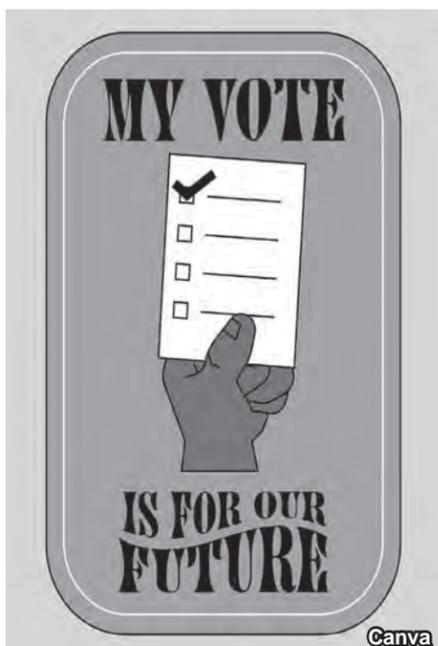
Just as importantly, keep tabs on your mental self-talk. It might be healthier for you to give up the scale during the holiday season. If you catch yourself feeling the need to over-exercise to "balance out" holiday calories, work on changing your perspective to exercising for fun or because you enjoy the way it makes you feel. If you catch yourself debating if you can "afford" to go back for seconds, just go for it! Practice food freedom, and allow all of your favorite holiday eats to fit into your diet in whatever way makes you happy. Validate yourself and all your food decisions.

You don't need to do anything to "earn" your holiday calories. You don't need to exercise more to compensate for holiday calories. You don't need to buy any products or do any kind of cleanse to reduce your holiday bloat. You don't need to think twice about going back for seconds. You deserve to enjoy every wonderful food during the holiday season, without fear of judgment from others or judgment from yourself.

If you begin to feel that too much of your mental energy goes towards thinking about food and exercise, don't hesitate to reach out to a professional for help. The National Eating Disorder Association offers call and text assistance at (800)-931-2237, and provides additional resources for seeking help on their website. Stay safe this holiday season. Cultivate a positive relationship with food. And maybe instead of fighting about politics around your Thanksgiving table, give calling out your family's diet culture rhetoric a try.

Young Voters Matter, And The Midterm Elections Proved It

By Madeline Hossler
Opinion Editor



A few weeks back, I wrote a piece encouraging those in our campus community to vote because the votes of young people make a difference. If this midterm election cycle proved anything about the future of American politics, it is that I was right.

The national average turnout for voters 18-29 was 27%, up significantly from the average of roughly 20% from 1994-2014. In the nine most electorally competitive states (Florida, Georgia, Michigan, North Carolina, New Hampshire, Nevada, Ohio, Pennsylvania and Wisconsin) the average voter turnout for this demographic was 31%. In the most competitive races, young people were showing up to make their voices heard.

And it's no surprise that Generation Z showed up to the races that matter most this year. Polls have indicated that when asked if they support more or less government intervention to solve problems Gen Z has overwhelmingly expressed faith in the power of government to provide solutions.

70% of Gen Z believe the government should be doing more to solve problems, compared to only 64% of Millennials and 49% of Boomers. Gen Z has a passion for political action, and they took it

to the voting booths this year.

Democrats across the country have been attributing their success in these midterms to the Gen Z turnout, as younger voters overwhelmingly backed Democrats in this year's elections. Across the Senate, House and Governors races young voters were making a difference.

In the Pennsylvania and Georgia Senate races, voters 18-29 broke for Democrats by double-digit margins. In Pennsylvania, they preferred Democrat John Fetterman over Republican Dr. Oz 70% to 28% respectively.

In Georgia, the younger vote broke for incumbent Democrat Senator Warnock 63% to 36%. This age group represented the largest divide between the parties.

Gen Z also showed up for governor's races this election as they supported incumbent Michigan Governor Gretchen Witmer by a margin of 29 points. They also supported incumbent Wisconsin Governor Tony Evers by a whopping 40 points, once again representing the age group with the largest divide between the parties.

Florida was the state that arguably saw the closest thing to a "red wave" in this election cycle. Senator Marco Rubio and Governor Ron DeSantis both ran away with their reelection

campaigns with 57.7% and 59.4% of the vote respectively. In their House races, Representative Matt Gaetz commanded 67.9% of the vote in his reelection bid. Republicans took 20 of the 28 open house seats in the state.

But even in a state that proved itself to be a Republican stronghold in this election cycle, the Democratic youth vote showed up. Florida's 10th congressional district sent 25-year-old Democrat Maxwell Alejandro Frost to the House of Representatives, making him the first member of Gen Z in Congress.

Right now Gen Z makes up only about 10% of the electorate, but that number is growing every year as new voters turn 18. Gen Z has already increased its raw vote total by 289% from the 2020 election. And that number is only on the rise. The influence of young people is growing, and so is our potential to shape future elections.

Now, whether you're excited about the candidates that Gen Z helped get elected this cycle or not, you can't deny that Gen Z had a major effect on the outcomes of the midterm elections. Next time election day rolls around, remember the impact that young voters had on these elections and remember that your vote matters.

It's Time To Decolonize Thanksgiving

By Brooke Lathe
Copy Editor, Head Vine Editor

The modern-day Thanksgiving is a world of difference from the first Thanksgiving. Even though we still make an effort to show our gratitude towards our loved ones and other blessings we've experienced throughout the year, we are oftentimes way more concerned with football, our annual holiday meal, Black Friday shopping or a break from work. This begs the question, why haven't we continued the true tradition of the seasonal festivities and attempted at reminding ourselves of the original meaning?

The first Thanksgiving, according to History.com, took place on Nov. 24, 1621, when the Plymouth colonists and the Wampanoag tribe held a harvest feast to celebrate the colonies. Only a year prior, the colonists sailed on the Mayflower and arrived in the Americas as they were looking for religious freedom and land acquisition.

Their first winter proved to be harsh, with half of the Europeans suffering from various diseases which led to their death because they refused to leave the ship. As the weather started to improve, however, they ventured off onto the grounds and met members from the Abenaki tribe and the Patuxet tribe, one of the most commonly known members being Squanto.

Squanto shared his knowledge of malnutrition and illness with the Pilgrims and taught them how to properly take part in agriculture. In return, created an alliance between the Wampanoags and the Europeans as it led them to successfully harvest for themselves; therefore, creating the first Thanksgiving. This is the story most of us

have grown up on, and considering history.com displays, something we continue to spread. But is it actually factual?

The easiest misconception about Thanksgiving is what foods were really at the first celebratory meal. It did not consist of what we eat today, as we commonly put a roasted turkey, stuffing, mashed potatoes, cranberry sauce and other dishes on our dining room table.

Although it is not confirmed, it is assumed that the Pilgrims and Natives would've most likely had deer, swan or geese as their main source of meat alongside shellfish like mussels, oysters or lobster. Their sides also would've more accurately consisted of corn, lettuce, onions, squash or beans – no potatoes or cranberries, and definitely no pie.

Our "typical Thanksgiving

meal" wasn't introduced until the 1800s. As more people started to celebrate, cooks from around the United States modified the menu to add dishes that people enjoyed or thought were nutritional; creating the annual dinner we have today.

The more harmful, false impressions about the Natives and the Pilgrims, however, is that the feast didn't happen over unification, but it was the natives conceding to colonialism. In an interview with the Smithsonian Magazine, David Silverman Ph.D., an Early America and Native America professor in the Columbian College of Arts and Sciences at George Washington University, notes the common and dangerous inaccuracies about Thanksgiving: one being that history for Native people doesn't start until Europeans arrived.

The Mayflower's story proves

to dismiss the background of the Natives, as it gives the impression that history only starts with the European's arrival. Yet, Silverman states that "Wampanoags had a century of contact with Europeans—it was bloody and it involved slave raiding by Europeans" and some Wampanoags knew English already, which proved they previously traveled "to Europe and back and knew the very organizers of the Pilgrims' venture."

The Wampanoag leader, Ousamequin, attempted to create an alliance with the pilgrims at Plymouth, which most tribal members disagreed with as they were more concerned with making an alliance with other tribes and "getting rid of" the English due to their raids and enslavement of their people. Ousamequin fought for this meal because he saw it as an op-

portunity to join forces to fight off tribal rebels instead. In the end, our modern-day Thanksgiving "doesn't address the deterioration of this relationship culminating in one of the most horrific colonial Indian wars on record, King Philip's War," and also doesn't address "Wampanoag survival and adaptation over the centuries, which is why they're still here, despite the odds."

So, when it comes time to celebrate Thanksgiving, we should still continue our annual practice of giving thanks, but we should also take a second look and stay mindful of the fact that the founding of America destroyed our Native Americans. Just as we have recently re-imagined Columbus Day to Indigenous Peoples Day, it's time to call attention to Thanksgiving as it should be the time to highlight the true recounts of history.

There are simple ways to correct your habits this season; the most significant being to learn the true history of the Pilgrims and Native Americans – not the white-washed or simplified version we learn in school. The best resources are to educate yourself by listening to Ingenious people's voices or reading their accurate narratives. You should also reintroduce Native American dishes to your dinner rather than sticking with the inaccurately modified menu. Lastly, consider supporting local Native communities or donating to their causes.

If we continue to fail at recognizing the true meaning behind Thanksgiving and the founding of America, we continue to invalidate the experience of the Native Americans. Not to mention, when we become blind to accurate historical happenings, it increases the likelihood of history repeating itself in ways that we won't like.



Although Thanksgiving seems to have a wholesome history, we should take the time to educate ourselves about the true history of the holiday.

If Your Thanksgiving Isn't Four Days Long, You're Doing It Wrong

By Kaitlyn Conroy
Contributing Writer

I look forward to Thanksgiving every year. It is strange because a lot of people just view Thanksgiving as the holiday before Christmas. To me, however, Thanksgiving holds a lot of meaning. I see it as a time filled with love and tradition. I like to embrace this holiday instead of blowing past it. I see it as a great way to reconnect with family and friends you have not seen in a while. From friend celebrations such as Friendsgiving, or to the actual day of Thanksgiving, I take it all in. For me, it is a comforting holiday. It reminds me to be thankful for all that I have. It also reminds me that I have so many people who love me and are there for me.

Thanksgiving is also not a one-day thing for me. I see it more as a four-day bender. On Wednesday I celebrate a Friendsgiving with my friends from home. We usually do a potluck dinner, and I bring mac and cheese. I cherish those moments with my friends since I don't see them often now. I tend to laugh the hardest with them. We reminisce on the memories of high school and the people we went to school with. We

stay up the whole night just taking in these moments together because in just a few days we will be back on our separate ways.

The next day is Thanksgiving, which means a day filled with familial traditions that have been passed down from generation to generation. I wake up to the smell of Thanksgiving food being prepared. The savory turkey scent mixed with the sweet aroma of the homemade cranberry sauce excite me for the day. I walk downstairs to see my dad putting on a movie we have watched every Thanksgiving since I could remember. It is called "March of the Wooden Soldiers," (also known as "Babes in Toyland") from 1934.

Basically, the film is about these two men who work for a toy maker and their feud with the evil Silas Barnaby, who is a crooked landlord. There are a lot of popular nursery rhyme characters featured in the movie such as Little Bo Peep, the Three Little Pigs, Mother Goose and more. Mickey Mouse is even in it! Every year my family and I sit down and watch it. When I was younger I used to throw a fit about it because I wanted to watch the parade and not this old movie. I was also a little terrified of it.

As I grew older I began to appreciate the movie a little more. I saw how important it was to my dad that we all watched it, as it was something he did in his childhood. The story behind this tradition is simple. Every year on Thanksgiving "March of the Wooden Soldiers" was aired on TV on channel 11 in New York. My dad grew up watching this movie every Thanksgiving.

He continued this tradition with my sister and me. Knowing how much meaning this tradition has, I continue to sit down and watch this movie every year. I can always watch reruns of the parade. After the movie, my family starts to arrive. Usually, a lot of people come over every year. I love seeing everyone and catching up with them. Every year I am reminded of how thankful I am for my family.

I fill up on a ton of food but save room for dessert. I can always save space for some of my aunt's chocolate pudding pie. I end the day by relaxing near the warm fireplace and watching a Christmas movie to ring in the new season. I am one of those people that views Thanksgiving as the start of Christmas, rather than Nov. 1.

The next day I go out to dinner

with my closest friends from elementary school. These girls have been by my side for years, and I am so thankful for that. It is a new tradition that we go to our favorite Spanish restaurant and fill up on delicious food. We spend the evening sharing old memories and new stories about our lives.

It makes me so thankful for the years we have spent together as friends. On Saturday to round out the busy week, my family goes Christmas tree shopping. At home, we decorate the house and ring in the new holiday season. I always look forward to this day.

I believe traditions make holidays special. It brings a new meaning to what you are celebrating. I look at Thanksgiving as a way to celebrate the people in your life and the traditions you have with them.

Every family has their own unique traditions, it is what makes a family so special. Next time you think "oh, this is so weird and boring" about something your family does every year, think about what it means to someone else. It is how I changed my perspective on watching that movie. Enjoy this time with your loved ones, and have a Happy Thanksgiving this year.



By Brooke Lathe



By Brooke Lathe
Copy Editor, Head Vine Editor

The original reasoning behind Thanksgiving was to express gratitude for the plentiful harvest and other blessings the pilgrims had encountered that year. And although we don't necessarily share thanks for similar reasons that the colonists did, I am a strong believer that this holiday is such a wonderful reminder to spread appreciation. More specifically, to those who don't often receive it.

There are many moving parts that work towards keeping our community a well-oiled machine. They are unfortunately often forgotten, however. In honor of this Thanksgiving, I wanted to make sure that all of the unsung heroes of Fairfield University are given a spotlight because they just don't get enough credit.

Aramark Employees

To the people who keep us fed, thank you. You never fail to provide us with nu-

merous options so that we all can find something we like; which includes various menus for those of us with dietary restrictions. You encourage us to venture into different cuisines that expand our palates, and thankfully, you create balanced meals so that we don't fall into the "freshman-15" stereotype. We appreciate how early you wake up to start prepping our breakfast and how late you stay to match our weird eating patterns.

Our Landscapers

To the people who keep our home stunning, thank you. I know we mostly complain about the sound of the lawnmowers waking us up, but we're the ones in bed while you work. You continuously clean up outdoor litter, trim and maintain our greenery, rake the fallen leaves, salt the icy sidewalks, lay down new beds of mulch and so much more. We are so spoiled by the constant beauty of our school, that your work goes under-appreciated when it shouldn't be. You are the reason many of us picked Fairfield in the first place: our gorgeous campus.

Maintenance Staff

To the people who keep us clean and safe, thank you. When living in communal dormitories, germs are quickly spread and things break somewhat commonly. Because of you, we have spotless living spaces like our bathrooms, laundry rooms, lounges and hallways. Without our university plumbers and electri-

cians, I wouldn't have a working stove or hot water. Thank you for quickly coming to our aid in any way needed.

Dunkin' Staff Members

To the people who make our coffees daily, thank you. Fairfield certainly does run on Dunkin', and it is obvious from the mile-long line any morning of the week. Thank you for not being intimidated by our masses. You always work at an efficient pace and every employee never fails to offer a genuine, kind conversation at the register. Our days start with you, and we wouldn't want it any other way.

Bus Drivers

To the people who transport us to and from campus, thank you. I can't imagine driving in a constant loop all day, yet you do it without any complaints and a bright smile every single time. You maneuver a huge vehicle with a herd of Stags with ease, which always surprises me, especially when we make the turn into the small bridge by the train station. Now that is talent.

Counseling & Psychological Services

To the people who put us back together, thank you. College can be such an intense period of our lives; not just because it's "the best four years," but because it's without a doubt, the most transitional. You provide us with endless support when it comes to our failed relationships, roommate troubles, academic failures and inevitable comparison. You drop everything to help us, and we can only hope that there is someone that does the same for you.

Health Center

To the people who keep us healthy, thank you. You are the true rockstars of this campus. When we are

all hacking in our sleep and sniffing through our classes, you are the ones who cure us. I can't even begin to count the number of times when I felt ill and was given an appointment for the next or even the same day. You have worked through the toughest conditions these past few years for us, as you watched most of us fall victim to COVID, something I'm sure many of you did as well. You put us over yourselves every single day, and it's undeniably heroic.

Professors

To the people who are the biggest contributors to our academia, thank you. It is so obvious that you all love your job and your passion is contagious. You not only act as a guiding hand but do so with empathy and compassion. You are our biggest influence and we look up to you. Shout out, even more so, to those professors who offer us extensions, retakes, extra credit opportunities and real-world advice. I genuinely don't know what we would do without you.

The Fairfield community is so large that our biggest contributors get lost in the shadows. Just know that you do not go unnoticed. We are so grateful to you and appreciate the endless hours you put towards feeding, transporting, fixing, healing and teaching us.

I'm sorry if we don't say it enough, but please listen when I speak for all of us.

Thank you.

Love,
The Mirror
XOXO

HOW TO PROPERLY MAKE USE OF THANKSGIVING LEFTOVERS

By Madeline Hossler
Opinion Editor

If your family is anything like mine, then you somehow always end up with at least a week's worth of leftover Thanksgiving delicacies. I don't know about you, but the novelty of microwaving an exact replica of my Thanksgiving plate gets old after a few days. Here are some ways that you can repurpose your mountains of leftovers into new and exciting meals.

The Thanksgiving leftover sandwich is almost as much of a cultural institution as the original Thanksgiving meal. But turkey is really a blank canvas you can take in any number of directions. Combine leftover cranberry sauce with some mayo to create the perfect holiday condiment.

Combine your turkey with pesto, tomato and some good melted cheese for the perfect turkey pesto melt. Mix your turkey with a little mayo and some chopped celery and you've got the Thanksgiving leftover version of chicken salad.

By far the leftover with the most potential for transformation is mashed potatoes. They are the perfect blank canvas for any in-

terpretation. The first and most obvious way to make these more exciting is just adding some seasoning into the equation. Roasted garlic and white cheddar, pesto, or the Trader Joe's Ranch seasoning are some of my personal favorite flavor profiles. If you add some flour and an egg to a small bowl of mashed potatoes you can turn them into patties and pan-fry them to crispy potato perfection. This option becomes extra wonderful with the addition of some cheese stuffed in the middle.

Not to mention, having mashed potatoes means half the work of making gnocchi is already done for you. All you have to do is add flour until your potatoes can form a firm dough. Then roll them into strips, cut them into some cute little nuggets and boil them in salted water until they float. From there, just let your creativity take the wheel.

The simplest option is just to dump your favorite jar of pasta sauce over the top and boom, meal completed. You can mix your gnocchi with tomato sauce, ricotta and any melty Italian cheese of your liking and then dump that into a baking dish for the perfect pasta bake.

Another wonderful possibility is turkey soup. The simplest version of this is to saute carrots, celery and onion in a little butter, add your turkey, cover with the stock of your choice, season to taste and then throw in any pasta shape you desire. Any leftover vegetables you've still got lying around from the big day, now they are soup. Everything is "soup-able" if you only believe in yourself. If you're feeling a little extra adventurous you can even make your own turkey stock by boil-

ing the carcass of your turkey into absolute oblivion (a few hours).

Now, this is the bare minimum needed for deliciousness. There is plenty of potential to spice it up. A bell pepper, a can of tomatoes, some beans, and a little extra seasoning to this base recipe can quickly become the perfect turkey chili. This would go perfectly with some leftover cornbread or biscuits if you have any. Some cream, a little spinach and the previously suggested mashed potato gnocchi

turn it into a little copycat of the Olive Garden Chicken Gnocchi soup.

It may seem like eating your way through Thanksgiving leftovers just means duplicating your holiday plate over and over again until you slowly descend into madness, but it doesn't have to be that way! There is plenty of room for creativity when it comes to working through the remains of your holiday dishes. Get out there and try something new!



What Thanksgiving Dishes Are Stag Favorites?

By Kaitlyn Conroy
Contributing Writer

Thanksgiving is swiftly approaching, and every year there is a debate about what the best Thanksgiving dish served at dinner is.

I have a few personal favorites myself, such as the cranberry sauce and stuffing.

However, I wanted to find out the favorite dishes of Fairfield students.

I went around campus and asked a bunch of students, "What is your favorite Thanksgiving dish and why?"

Here is what I found out.

Starting with the centerpiece of the table, the main star of the holiday:

THE TURKEY

Out of the people I talked to, only one said their favorite dish

was the turkey itself.

Sophomore Sydney Sweeney told me that the reason she likes turkey is because "it is a classic."

I have to agree turkey is a classic, and very good with gravy.

Now for the sides.

Thanksgiving meals are famous for the multitude of sides that are prepared.

From green beans to casseroles, and even the warm buttery rolls that come fresh out of the oven, there are never enough side dishes on the table.

CRANBERRY SAUCE

Sophomore Allie Defrancisco told me her favorite dish is cranberry relish.

When I asked her why, she told me that "it tastes really good, and is special because I make it with my grandmother."

I had another student tell me

that cranberry sauce is their favorite. It is one of mine as well.

POTATOES

Potatoes are a can't miss for Thanksgiving.

On every table, there is some variation of a potato dish.

Sophomore Grace Lombardi told me about her favorite dish, sweet potatoes with marshmallows on top.

She says "it's the best of both worlds because it's a classic Thanksgiving side dish that is like a dessert you can eat at dinner."

She likes to eat this with mac and cheese as well.

I think I found the Stag favorite though.

Out of all the people I talked to, nine of them told me that mashed potatoes are their favorite dish.

I guess Fairfield students love

their mashed potatoes!

I can't blame them though, they are delicious.

Of course, I cannot forget about the classic:

STUFFING

Now you can be creative with stuffing.

My mom makes a delicious cornbread stuffing.

Sophomore Olivia Scott told me she likes stuffing because "it has a delicious savory flavor."

It is a staple Thanksgiving dish that has to be on the menu!

VEGGIES

Senior John Bartolomeo told me about his family's carrot soufflé.

He told me "it tastes very sweet like dessert, and it is like mashed potatoes."

Speaking of dessert, I cannot forget to talk about Stag's favorite Thanksgiving desserts!

PIES

With no surprise, a few people picked pumpkin pies and apple pies.

BREAD PUDDING

Sophomore Nicole Eisenberg told me about her favorite dessert, however, which is pineapple bread pudding.

She told me it is special to her because it is a family recipe, "it is the centerpiece of our meal."

I definitely want to try this special bread pudding.

I loved hearing what Stags love to eat on Thanksgiving.

I certainly am excited to celebrate Thanksgiving this year.

I always look forward to the food and the company that surrounds me.

I hope all of you Stags have a fantastic Thanksgiving filled with delicious food!



Thankful For Fairfield: Alphabet Edition

By Madeline West
Editor-In-Chief



ABROAD OPPORTUNITIES

BEACH LIVING SENIOR YEAR

COLONY GRILL

DIMENNA-NYSELIUS LIBRARY

EGAN CHAPEL

FAIRFIELD FRIDAYS

SEA GRAPE CAFE

HOME AWAY FROM HOME

INCREDIBLE PROFESSORS

JENNINGS BEACH

KELLEY CENTER

THE LEEVE'S AMAZING STAFF AND FOOD

MIRROR WEDNESDAYS!!

NORTH BENSON ROAD

ORIENTATION BONDING

THE POINT

QUICK CENTER EVENTS

RED SEA MADNESS

OUR STAG FAMILY, SHOUT OUT TO

LUCAS

TULLY BREAKFAST, LUNCH AND

DINNERS

UNVEILING OF LEO D. MAHONEY

ARENA

THE VINE SECTION

WILD TURKEYS

TOMMY XIE

YOGA SUNRISE

ZEN GARDEN AT BELLARMINE



Traveling The Americas With Orin Grossman's "Musical Borderlands"

By Abigail White
Assistant Vine Editor

On Sunday, Nov. 13, Fairfield University hosted pianist Orin Grossman, Ph.D., to present "Musical Borderlands" at the Regina A. Quick Center for the Arts.

Grossman is trained as both a classical musician and academic, focused on presenting and creating a variety of musical events, many of which are suited to universities, lecture series, historical societies and even libraries. He has performed full-length concerts, with and without accompanying artists as well as presented lectures that combine musical performances with informative descriptions of the composition and time period of the music.

He began his piano studies of piano and theory instruction at the Longy School of Music in Cambridge, Mass. and later earned his Ph.D. in music at Yale University. Grossman was a part of the Fairfield University faculty starting in 1975.

He was named the dean of the College of Arts and Sciences in 1991 and the academic vice president in 1999. He is currently an Emeritus Professor of Visual and Performing Arts. More about Grossman's musical background, performances and more can be found on his website.

For a long time, Grossman has been fascinated with musical borderlands. These refer to the places in which pop culture and "high culture" connect in a sense. Many of his concerts and lectures are focused on exploring the connections between popular and classical music. This is exactly what is exemplified in "Musical Borderlands," Grossman's solo piano recital. The music

is meant to take audiences through the Americas, presenting music from Brazil, Cuba and the United States. This recital features composers such as Scott Joplin, George Gershwin, Ernesto Lecuona (often called the Cuban Gershwin) and Ernesto Nazareth, a pioneer of Brazilian music.

Speaking in between pieces and informing

has lasted a long time," Grossman said. "It becomes a kind of classical music just by surviving all these years."

Grossman opened with "Three Rags for Piano" playing three rags of Joplins: "Pineapple Rag," "Solace - A Mexican Serenade" and "Maple Leaf Rag". Hearing someone of such great musi-

"General Levine, eccentric" and "Minstrels". Once again, I was engrossed in the music: the dynamics, the articulation and the overall presentation on Grossman's part. Music holds such a power in storytelling and emotional expression and it was clear from Grossman's performances of this great work, that he is passionate about what he does. Grossman explained Debussy is "obviously by a classical composer, but he is going to draw on popular music"; once again exemplifying the borders and connections between popular and classical music.

He moved onto the music of Ernesto Nazareth and the "Three Brazilian Tangos": "Brejeiro," "Perigoso" and "Escovado" as well as "El Salón de México" by Aaron Copland and arranged for Piano by Leonard Bernstein. It was in these pieces that melodies that can be found south of the border are featured. There is still European influence in this music, however, Grossman explains that in Southern American countries, it is largely Spanish melodies that hold great influence.

After the intermission, Grossman continued with "Two Piano 'Novelties'" featuring the music of Zez Confrey as well as "Fantasy on George Gershwin's 'Porgy and Bess'" featuring the music of Earl Wild.

After attending "Musical Borders" performed by Orin Grossman, I am inspired to resume my own piano practices! I truly felt as if I traveled through the Americas with Grossman's performance and selection of music. Grossman performed the work of various composers with such grace, talent and musicality and I truly hope that I get the chance to see him perform again before I leave Fairfield.



Photo Courtesy of quickcenter.fairfield.edu

Orin Grossman shows off his pianist skills at the Quick Center of the Arts Nov. 13.

the audience about the music, the time period and the composers, Grossman explained that he had chosen some of his favorite music from the borderlands, both classical and popular. We see these intersections between the two genres as Grossman both explains and plays the music.

"Some of this music I'll play, like the Joplin, started out as popular music and is just so good it

cal talent play "Maple Leaf Rag," a song that took me years to master myself, was awe-inspiring. I could not help but tap my foot along to the upbeat rhythm that filled the auditorium. A quick glance around the audience revealed to me that everyone else was enjoying themselves just as much.

From Joplin, Grossman moved to Claude Debussy playing "Two 'American Preludes:"



By Brooke Lathe
Copy Editor, Head Vine Editor

Thanksgiving is fast approaching, and due to the extensive holiday spread we often create, you should probably start preparing your grocery list now.

The seasonal menu is usually endless as it commonly consists of turkey, stuffing, gravy, mashed potatoes, corn, some sort of casserole, cranberry sauce and a basket of rolls.

And of course, you'll also have to make one or two pies. My favorite meal of the day, however, always happens to be the appetizers.

My family horderves usually include stuffed mushrooms, chips, veggies and dip, shrimp cocktail and deviled eggs.

Although, the ultimate addition will always be my mom's delicious cheese ball.

Since I no longer eat dairy, I haven't

been able to appreciate her magical creation, but it's so good I might just pop a handful of Lactaid and suffer just for a taste of this dish this year.

Directions:

Let the block of cream cheese, english cheddar and roma blue soften for one hour at room temperature.

Mix together the cheeses, red wine vinegar and garlic powder. Then put the mixture in the fridge to harden for two hours.

Mold into one or two balls and roll them over crushed walnuts.

Refrigerate until you're ready to serve.

Per our annual tradition, my family serves this app alongside Pepperidge Farm's cracker trio, which I encourage you to do as well.

There are a number of other possible things to pair it with, however, such as chopped vegetables, crostinis or even a strong chip.

Hopefully, you give this recipe a try and find that this is your newest favorite pre-dinner snack or dinner party addition!

Ingredients

- 8 oz block of cream cheese
- 5 oz jar of Kraft English Cheddar
- 5 oz jar of Kraft Roka Blue
- 1 1/2 tbsp red wine vinegar
- 1/8 - 1/4 tsp garlic powder
- 1 cup of crushed walnuts

ACTIVISM THROUGH DANCE WITH ELM CITY DANCE COLLECTIVE



By Abigail White
Assistant Vine Editor

On Monday, Nov. 7, The Regina A. Quick Center For the Arts hosted a State-wide Dance Meeting presented by CT Dance Now in partnership with Connecticut Dance Alliance.

Connecticut Dance Alliance (CDA), Inc. is a non-profit organization that aims to increase public awareness of dance in all its forms and serve the needs of the state-wide dance community.

It is a professional resource for dance of all forms across the state.

Susan Murphy, president of the CDA, opened the lecture by explaining that "CT Dance Now is a collaborative series of dance events between the CDA and the Quick Center."

In this virtual meeting via the Quick Center Live, CDA encouraged community members to discuss the state of dance throughout Connecticut as well as reflect upon whether the needs of the dance community are being met.

Kellianne Lynch from the Elm City Dance Collective was warmly welcomed to this

meeting to talk about her dance company. CDA board member, Leslie Frye Maietta introduced Lynch from the Elm City Dance Collective explaining, "ECDC has performed throughout New England in many different venues, but is devoted to serving their home, New Haven."

She continues, "The company is known for performing in unusual spaces, from city buses to parking garages. They have even performed in houses." These site-responsive performances are often associated with activism themes such as water conservation, pedestrian safety, property access and ownership, trans-body storytelling and more.

"ECDC embodies the belief

that dance brings people together and is a catalyst for social change, healing and transformation", Maietta emphasized. Lynch confirmed these notions, claiming that at ECDC, "We try to imagine a better world for ourselves, our community and just our beings".

In this meeting, Lynch highlighted many of the performances that ECDC has participated in, like the National Water Dance, for example, all of which are rooted in social change and bettering the world we live in.

She continued to walk through the mission and vision of ECDC, highlighted the founders and board of directors, praised the teachers and choreographers and thanked ECDC's partners and collaborators.

One of the performances that Lynch

described, one that stood out to me was one of ECDC's first evening-length productions, titled "Almost Porcelain".

Lynch displayed images of the dancers and the piece and explained that this performance was "a very important turning point for us as a group of artists, the core group of artists, who come together to research."

As Lynch speaks of this performance, her passion for dance and her pride in ECDC is truly exemplified.

In terms of current projects, Lynch explains that ECDC has partnered with Havenly.

Through this partnership, she is currently teaching a cohort of refugee women that are part of a fellowship program that immerses them in education and training.

ECDC is doing and has continued to do so much great, creative work to help others and participate in activism through dance.

This CT Dance Now meeting with Kellianne Lynch is archived on the Quick Center's website and is a meeting that I would highly recommend everyone watch, whether you are interested in dance or not.



Superb Stories To Read For National Young Reader's Week

By Julia Braatz
Contributing Writer

In light of this week being the National Young Readers Week, I thought it would be nice to share some of my favorite story books growing up. My grandmother was an elementary school teacher who won Teacher of the Year. As a direct consequence, her grandchild had access to a variety of superb children's books that she had passed down from her classroom. Here's a list of some of the most crucial children's books from my childhood.

"Cranberry Thanksgiving" by Wede and Harry Devlin

Since Thanksgiving break is in the near future, it is only fitting that I share a Thanksgiving children's book. It was a tradition in my household that this book be read to my brother and me either the night of Thanksgiving or the weeks leading up to it. The story is about a grandmother who invites a guest to her

house every Thanksgiving and lets her granddaughter do the same. Her granddaughter, however, invited Mr. Whiskers, who did not appear to be to the grandmother's liking because of his appearance. The question is whether grandma's secret cranberry bread recipe is safe while Mr. Whisker's is in the house. The story emphasizes the importance of not judging a book by its cover.

"Babushka's Doll" by Patricia Polacco

"Babushka's Doll" is about a Russian grandmother who lets her granddaughter Natasha play with a doll that lives on her shelf.

The doll comes to life while Babushka is away and her granddaughter is there to witness all of the shenanigans that the doll gets into when it comes alive.

The doll is meant to teach Natasha about obedience

since she doesn't listen very well to her grandmother and acts very selfish and impatient towards her. Natasha learns what it's like to try to tame the doll similar to how her babushka has to tame her.

Nana Upstairs & Nana Downstairs by Tomie de Paola

"Nana Upstairs and Nana Downstairs" is about a little boy named Tommy who has two grandmothers. The story compares his grandmother, Nana Downstairs, to his great-grandmother, Nana Upstairs. They both live in the same household together. Nana Downstairs takes care of Nana Upstairs because Nana Upstairs can't do most things on her own. Tommy has to face the challenge of saying goodbye to his great-grandmother after his mother tells him that she won't be in the house anymore.

"Bea and Mr. Jones" by Amy Schwartz

"Bea and Mr. Jones" is my favorite story. Bea lives with her father, Mr. Jones. Bea doesn't want to go to school but her dad would much rather be in school than have to go to work.

The two, therefore, decide to switch places; Mr. Jones goes to Bea's school and Bea goes to Mr. Jones's job. A little spoiler: both are much more successful in their new roles.

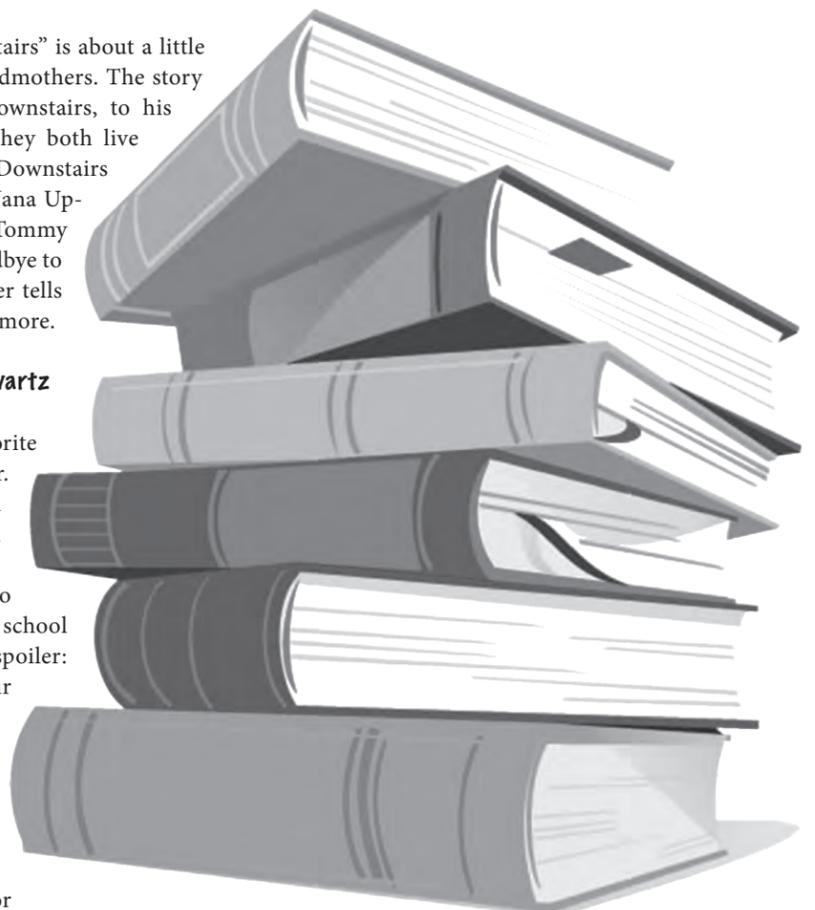
I thought as a child that this was an exceptionally good idea and tried to get my father to switch roles with me so I didn't have to go to school. He said no.

Reading is especially important for young people, not just for young kids. Reading gives us new

perspectives and teaches us valuable lessons in life.

There are so many good books out there for all ages, but I think that we can all agree that the old books we read as kids bring back a good amount of nostalgia.

Afterall, a good book is a good book regardless of who it was written for.





COFFEE BREAK



SATIRE, GAMES, PUZZLES AND MORE

Editor: Tristan Cruz
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Counting Blessings and Giving Thanks

Nick Silvia, Contributing Writer

Well, it's the last issue before Thanksgiving, and I've heard that I can be too negative in this column, so today I'm going to try and be positive and tell you everything I'm thankful for.

This year I'm thankful for Sacred Heart University because whenever I'm feeling down, I can think about that school and have a good laugh. Remember kids: no matter how useless you feel, you'll never be more worthless than Sacred Heart, and that's the true spirit of the holiday. If you thought that joke was mean, just know that their mascot is a pioneer, so if they ever deserve to be roasted, it should probably be on Thanksgiving.

I'm also thankful to the old Dolan School of Business for teaching me about perseverance in social situations. The old DSB has been an academic building, a cafeteria, COVID housing and now a film studio, proving that if you try to please everybody, no one can get rid of you, no matter how much everyone wants you to leave. And if all else fails, you can always just sit in the corner where no one can see you and will hopefully forget that you're there.

Finally, I'm thankful for the bountiful feast of mouth-watering dishes that bless us on Thanksgiving. Aside from the fact that it means a week's reprieve from Tully food, which has left lasting scars that will always haunt me despite not eating there in two years, it's also a reminder of my own imperfections, as I am only human. Because as awesome as it would be to have the perfect male physique, it will never be as satisfying as waking up on Black Friday and seeing how many leftovers I can fit onto two slices of gravy-soaked bread for breakfast. And for that, I will always be thankful.

Happy Thanksgiving, Stags!

H N H O N K H H A L I E X M M C T H S J D L P X V
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THANKSGIVING WORD SEARCH

- Thanksgiving
 - Turkey
 - Football
 - Family
 - Stuffing
 - Gravy
 - Potatoes
 - November
 - Pilgrims
- Indigenous
 - Feast
 - Cornbread
 - Cranberry Sauce
 - Gathering
 - Holiday
 - Blessings
 - Dessert
 - Pumpkin Pie



SPORTS

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Nov. 16	Nov. 17	Nov. 18	Nov. 19	Nov. 20	Nov. 21	Nov. 22
No games scheduled.	Volleyball vs. TBD 2022 Metro Atlantic Athletic Conference Championship Lake Buena Vista, Fla. 11 a.m.	Women's Basketball vs. Stonehill College Fairfield, Conn. 7 p.m. Men's Basketball at Wagner College Staten Island, N.Y. 7 p.m. Men's and Women's Swim & Dive Terrier Invitational Boston, Mass. All Day Volleyball vs. TBD MAAC Championship Semifinals Lake Buena Vista, Fla. 12 p.m.	Men's and Women's Swim & Dive Terrier Invitational Boston, Mass. All Day Volleyball vs. TBD MAAC Championship Finals Lake Buena Vista, Fla. 1 p.m.	Men's and Women's Swim & Dive Terrier Invitational Boston, Mass. All Day Women's Basketball vs. University of Michigan Fairfield, Conn. 2 p.m.	No games scheduled.	No games scheduled.
 <p>Photo Contributed by the Sports Information Desk</p> <p>Junior guard Janelle Brown posted 21 points in a 68-61 loss to Yale University on Nov. 14. The Stags will look to bounce back in their home opener on Friday, Nov. 18.</p>		 <p>Photo Contributed by the Sports Information Desk</p> <p>Senior Morgan Doll and the volleyball team boast a ten-game winning streak before heading into the first round of the MAAC Championships.</p>		<p>IN OTHER NEWS THIS WEEK...</p> <p>The Leo D. Mahoney Arena Ribbon Cutting Ceremony will take place on Friday, November 18, 2022, at 10 a.m.</p> <p>The Men's and Women's Swim & Dive teams will head up to Boston, Mass. for the Terrier Invitational, a three-day event hosted by Boston University.</p> <p>Graduate student Callie Cavanaugh of the women's basketball team won MAAC Player of the Week after her career-high 36 points against Brown University.</p>		

Two Days Out: Final Arena Progress Update

By Billy McGuire
Assistant Sports Editor

One of the most thrilling and exciting days in the history of Fairfield athletics is only two days away, the grand opening of the Leo D. Mahoney Arena.

The interior of the building looks just about complete, with only a few more minor modifications appearing to be left to work on before women's basketball hosts Stonehill College in a matchup at 7 p.m. on Friday, Nov. 15 at the new barn.

If you have had the chance to walk by the new arena in the last month, you can notice that a lot of progress has been made.

You can now see the scoreboard and LED fixtures up and running, the vast majority of the seats have been installed as well as having the merchandise shop by the entrance.

If you take a step closer, you can notice that they are even starting to get the concession stands settled in. There will be

a variety of food options for fans to choose from, such as the Red Sea Pub, which debuted as one of the dining options on an Instagram hype-up video released as a joint post by the Fairfield University and Fairfield Stags accounts.

Also in the video, it shows that the banners depicting achievements by both the men's and women's basketball teams have been raised to the rafters and every seat has been installed.

Also, the parking situation behind the arena is very much improved. The parking area that is anchored by the arena, Barone Campus Center and the Egan School of Nursing has been limited over the past year and a half.

That is not the case anymore, as the barriers appear to have been removed in addition to the closed-off parking area being repaved, therefore adding more spots to the surrounding area.

If you look on the right side of the arena, you will see that the barriers have been removed surrounding the former lawn space adjacent to the BCC. Sod has

LEO D. MAHONEY ARENA: UPCOMING EVENTS

WOMEN'S BASKETBALL

 NOV. 18 / 7 P.M.

 NOV. 20 / 2 P.M.

 DEC. 11 / 2 P.M.

MEN'S BASKETBALL

 DEC. 3 / 7 P.M.

 DEC. 7 / 7 P.M.

 DEC. 12 / 7 P.M.

In the coming weeks, both basketball teams will play games at Leo D. Mahoney Arena.

now been placed and the grass is once again growing, whereas another path has been constructed, therefore giving students another path to walk on when they are traveling to their classes.

The exterior design of the building has been one-of-a-kind as well.

There are multiple designs of the

Fairfield Stags logo on the side, which goes along perfectly with the new 85,000-square-foot structure.

It is a thrilling time for Fairfield, and it will be exciting to see a packed house on Friday evening as Fairfield athletics dawns a new era of excellence both on the court and in the stands.

In this week's issue...

- Stags Turn Attention To Stonehill After Two-Game Skid (Page 14)
- Strong Scoring Performance By Stags Stifled By Wildcats (Page 15)
- Swimming And Diving Fall Short In Poughkeepsie (Page 15)
- Volleyball Closes Regular Season Clobbering Competition (Page 16)
- Rowing Closes Season At MET Championship (Page 16)

Stags Turn Attention To Stonehill After Two-Game Skid

By Billy McGuire
Assistant Sports Editor

The Fairfield University women's basketball received some of their first exposure to gameplay this season with two contests this past week. The Stags faced two non-conference opponents on the road, traveling to Providence, R.I., to take on Brown University and State College, Pa., in a battle against Pennsylvania State University.

The Stags made their first stop against Brown on Monday, Nov. 7, defeating the Bears 62-52. It was a statement win for the program, as newly-appointed head coach Carly Thibault-DuDonis picked up her first career win as head coach of the Stags.

The first quarter was a strong start for the Stags, concluding round one with a 19-7 lead. The second quarter was a little more sloppy, being

outscored 14-9 while entering half-time with a 28-21 lead.

The third quarter proved to be a continuation of the second, with the Stags losing possession of their lead in the process. They entered the fourth quarter down by three, before bouncing back with a 24-11 run that helped them propel to victory.

When pressed about what transpired for the Stags to pull off the epic comeback, coach Thibault-DuDonis singled out her two veterans, graduate forwards Callie Cavanaugh and Andrea Hernangomez, for displaying strong leadership skills and perseverance.

"I'm really proud of our team," Head Coach Thibault-DuDonis said, according to the game's official press release. "It was good to see us fight back from adversity in the third quarter, that's something we've talked about all preseason. Huge senior

leadership by Callie, and Andrea [Hernangomez] rebounded the ball very well. All of our guards stepped up and we had some really good senior leadership down the stretch. I'm proud of us, it's just the beginning for us and we'll continue getting better every single day."

Cavanaugh was a key asset in this contest, in particular on the offensive side of the ball. She scored 36 points, including 14 in the fourth quarter. Her clutch performance tied for the second-highest point performance by a Stag in program history, shooting 14-22 from the field in the process.

But Cavanaugh didn't do all of the work alone, as she was helped by her fellow graduate classmate, Hernangomez, who contributed to the team win by picking up ten rebounds and a block. Janelle Brown '24 came in clutch at the free-throw line, sinking four straight free-throws late

in the fourth quarter to put the Stags comfortably in the driver's seat.

After the thrill and excitement of game one, the Stags took on a big challenge as they traveled to Pennsylvania for a tilt against the Nittany Lions of Penn State. Matching up against a power five opponent was always going to be a challenge for the Stags, as they took the loss, 77-49 on Friday, Nov. 11.

The Stags did come out to play, however, outscoring the Nittany Lions 13-12 in the second quarter. They also put up a competitive fight in the third, with the offense keeping up the pace while being outscored 20-18 as well as trimming the overall lead to nine midway through the quarter. Redshirt junior Izabella Nicoletti Leite and Cavanaugh led the offense with 14 and 13 points respectively while Brown stole four balls to go along with eight points and two rebounds.

Three days later, the Stags traveled 20 miles east on I-95 to New Haven, Conn., to face off against Yale University, dropping a nail-biter 68-61. Even though the squad put up a spirited and physical fight, it was not enough to take down the Bulldogs.

This time Brown had herself a big game with a strong game on both sides of the court. She delivered 21 points while also playing hard-nosed, in-your-face defense that helped the Stags force the Bulldogs 20 turnovers on the night. Cavanaugh, the reigning Metro Atlantic Athletic Conference player of the week, contributed 14 points, seven rebounds and two steals in the effort.

One of the big let downs for the Stags in this contest was their

shooting woes in the first half, going 6-for-26 from the field, which equates to a .231 shooting percentage. Fairfield's performance at the free-throw line did offset these struggles initially, accumulating a 90% rate from the line while going 9-for-10 in the process.

Trailing by as many as 11 points at the beginning of the second quarter, the Stags began to find their groove by outscoring Yale 16-15 and 17-15 in the next two quarters. They went on a couple of big runs too, including a 6-0 run in the second that featured Brooke Tatarian '25 recording her first career field goal. Their gritty defensive play was on point as well, forcing 11 Yale turnovers in the half.

Coming out of the gate in the third quarter, the Stags continued their masterful play on defense by forcing the ball to go their way five times in the first five minutes of action. They later cut the Yale lead down to three at one point with Cavanaugh delivering four-straight points and three-point sinkers from Brown and Mimi Rubino '24.

Unfortunately, this was the closest the Stags came to winning, as the Bulldogs would outscore the Stags 19-12 in the fourth quarter to give them the ensuing win. The Stag's next game will be on Friday night at 7 p.m. against Stonehill College in a historical game, opening the newly-constructed Leo D. Mahoney Arena.

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



Photo Contributed by the Sports Information Desk

The women's basketball team dropped two straight road games against both Yale University and Penn State University.

Weekly 5x4

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

Because we have witty things to say ...

Where does Thanksgiving rank on your list of favorite holidays?

What is your favorite Thanksgiving dish?

What are your plans for Thanksgiving break?

Are you going to the opening night of the Leo D. Mahoney arena?



Maddy West
Editor-In-Chief

Definitely top three.

My favorite dish would have to be the dinner rolls.

Go home, relax and see my family and home friends.

If I get a ticket, yes.



Madison Gallo
Executive Editor

Way below Christmas.

I am not a fan of Thanksgiving food, but cornbread is definitely the best.

Going home and having a self-care week.

Yes! I'm excited to go with my friends!!



Tommy Coppola
Managing Editor

Top two.

Turkey or sweet potatoes. I can't decide.

Attempt to unwind, although that may be too ambitious.

I've only written about it for the last year, but I'll pass (of course I'll be there).



Brooke Lathe
Copy Editor, Head Vine Editor

My hot take is that Thanksgiving is actually my favorite holiday.

Broccoli and cheese casserole. I endure sweaty, gut-wrenching pain just to consume this.

See my family, eat way too much food and [unfortunately] work on my finals.

DUH. Dressed in all red with a megaphone in one hand and a hotdog in the other.



Billy McGuire
Assistant Sports Editor

Definitely top two.

Turkey and the delicious rolls my great aunt makes.

Traveling down to Virginia to see family and taking in a couple of hockey games in the process.

Where else do you think I would be, at a Sacred Heart game? (Hands down.)

Strong Scoring Performance By Stags, Stifled By Wildcats

By Ryan Marquardt
Head Sports Editor

On Friday, Nov. 11, the Fairfield Stags men's basketball team fell short in their second game of the year losing to the University of New Hampshire 83-71 making them 0-2 to start off their season.

Fairfield was never able to pull ahead either being tied or down for the entire game. Both teams' offenses fired on all cylinders throughout the first half. Ten minutes in, the Stags stood at just a three-point deficit keeping up with New Hampshire. The Wildcats then went on an 8-0 run and continued to dominate for most of the rest of the first half. Fairfield was down 14 towards the end of the half but they were able to muster up some offense to make it an eight-point margin with a score of 43-35 at half in the game's official recap.

The Stags fought to come back at the

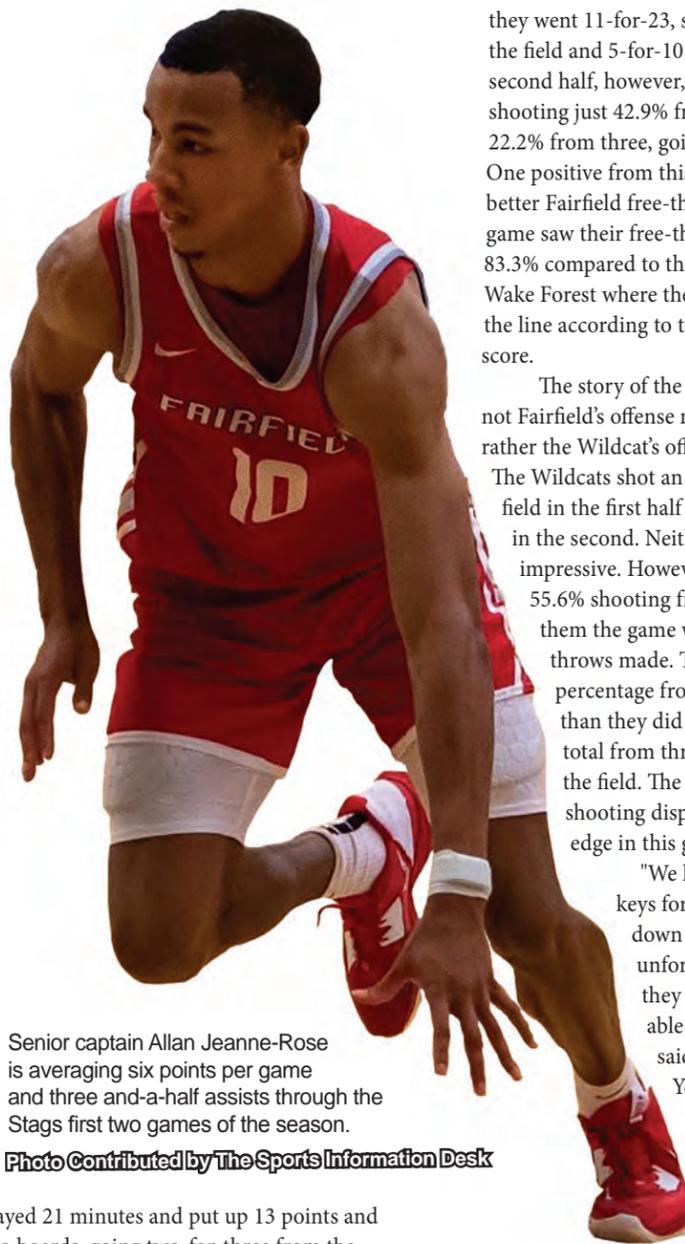
start of the second half and got the score to 48-42 with some momentum. However, the Wildcats responded to the Stag's fiery start to the second half with an 18-8 run including a 7-0 run to end it making the score 66-50 with just under nine minutes remaining. The Stag's offense picked up late in the second half but defensively they could not stop the Wildcats from draining shots left and right. The Stags couldn't muster a comeback and fell 83-71.

Fairfield was led by graduate student Caleb Fields who started off the season hot with 19 points, going seven-for-eleven from the field, seven boards and three steals against the Wildcats along with 14 points in Fairfield's opening game. Senior Allan Jeanne-Rose also had 10 points, seven boards and four assists including going six-for-six from the line. Fairfield also got some help off the bench from James Johns Jr. '26 and Brycen Goodine '23, Johns Jr.



Photo Contributed by The Sports Information Desk

The men's basketball team lost to the University of New Hampshire on the road making them 0-2.



Senior captain Allan Jeanne-Rose is averaging six points per game and three and-a-half assists through the Stags first two games of the season.

Photo Contributed by The Sports Information Desk

played 21 minutes and put up 13 points and two boards, going two-for-three from the three-point line. Goodine had 10 points with three boards, also going two-for-three from outside the arc.

The Stags played a better first half than their second shooting-wise. In the first half,

they went 11-for-23, shooting 47.8% from the field and 5-for-10 from three. The second half, however, would see them shooting just 42.9% from the field and 22.2% from three, going two-for-nine. One positive from this game is the much better Fairfield free-throw shooting, this game saw their free-throw percentage at 83.3% compared to their first game against Wake Forest where they shot 52.9% from the line according to the game's official box score.

The story of the game, though, was not Fairfield's offense missing shots, but rather the Wildcat's offense barely missing. The Wildcats shot an even 50% from the field in the first half followed by 56.5% in the second. Neither of these is very impressive. However, their 53.3% and 55.6% shooting from the three won them the game with 13 total three-throws made. They shot a higher percentage from outside the arc than they did inside with 54.2% total from three and 52.8% from the field. The Wildcat's impressive shooting display gave them the edge in this game.

"We knew that one of the keys for them was to knock down a lot of threes, and unfortunately for us, they executed and were able to do exactly that,"

said Head Coach Jay Young in the game's official recap. "I'm proud to see our guys continue to fight back, but UNH always had an answer.

Credit to Coach Herrion and UNH for the way that

they played, but certainly a frustrating day for us."

Swimming And Diving Fall Short In Poughkeepsie

By Bily McGuire
Assistant Sports Editor

The Fairfield University men's and women's swimming and diving teams competed in their first dual meet of the season on Saturday, Nov. 5 against Marist College in Poughkeepsie, N.Y., with both teams falling short in the process.

The men's team lost in a heartbreaker, narrowly falling short, 150.5-147.5 according to their official season schedule. On a positive note, the men's team took home five first place finishes. Leading the way for the men's side was Chris Ford '23, who captured first-place swims in both breast-stroke events. The Middlebury, Conn. native finished with a time of 58.50 in the 100-meter back while following up by completing a time of 2:08.99 in the 200-meter back.

The men's team dominated in the 200-meter freestyle event, as Tim Regan '26 and graduate student Peter Gori posted strong times as the Stags swept the event with respective times of 1:43.96 and 1:45.60. Hans Tristan Lim '24 was the other first-place finisher during the meet for the Stags, competing in the 100 meter fly and hitting the back wall with a



Photo Contributed by The Sports Information Desk

Men's and women's swimming and diving both lost at Marist last week, their next meet is on Friday, Nov. 18.

time of a time of 52.58.

Furthermore, the men's 400 medley relay finished in first off of the crucial efforts of Lim, Oliver McLaughlin '26, graduate student Evan Fair and Alexey Belfer '24, posting a combined time of 2:14.65.

The men's divers put on a solid performance as well. Samuel Tonole '23 and Noah Duncan '25

led the way for the group, each posting second-place finishes in their respective matches. Tonole finished with 205.73 points through his rotation, just over a point off from the winning point total of 207 points. Duncan, a Cheshire, Conn., native, posted 206.70 points in the three meter dive, trailing the top point total of 217.58.

The women's side also fell short, taking the loss by a 176-124 margin. The women's side did, however, take home four first-place finishes. Erini Pappas '25 proved victorious in two events, taking the stop in both the 100 meter backstroke and 200 meter backstroke, posting corresponding times of 58.50 and 2:07.41. The 200 meter free relay secured

a top-place finish as they combined for a time of 1:38.81. The team consisted of Pappas, Olivia Thompson '25, Sydney Scalise '25 and Serafina Viola '24, with the quartet capping off an impressive performance.

In addition, the women's diving team was led by the strong performance of Alexis Gaulin '24, who finished in first place in the one meter dive, registering 216 points. She later participated in the three meter dive to finish in second, posting 211.35 points, six points behind the first-place total.

After a near two-week hiatus from competition, the Stags will travel to Boston, Mass. to take part in the Terrier Invitational hosted by Boston University, a three-day tournament that will commence on November 18 and conclude on November 20.

Afterwards, they will return to campus to prepare for the US Open, a four-day tournament that will take place from November 30 until December 3 in Greensboro, N.C.

For more information on the Fairfield men's and women's diving teams, as well as Fairfield athletics as a whole, please visit www.fairfieldstags.com for more news, information and updates.

Volleyball Closes Regular Season Clobbering Competition

By Ryan Marquardt
Head Sports Editor

On Saturday, Nov. 12, the Metro Atlantic Athletic Conference one-seeded Fairfield volleyball team cruised past Rider University, winning three sets to one. The Stags won the match with set scores of 25-23, 20-25, 25-21 and 25-14 leading to their ninth straight win according to the match official recap.

Senior KJ Johnson had a team-leading 16 kills hitting at 33.3% followed by Allie Elliot '26 with 15 kills hitting at 26.2%, compared to the team average of 28.1%. Elliot also scored 11 digs, getting her third double-double of her freshman year. The Stags were also aided by Ella Gardiner '24, graduate student Sara Daniels and Sabria Cooper '23 with nine, seven and five kills respectively.

Overall, the Stags had one less kill than Rider with 58 to their 59. However, Fairfield had roughly half of the errors compared to Rider with 15 compared to their 30. In addition, they also hit better with roughly an 11% better hitting percentage than Rider. Blakely Montgomery '25 also had three kills and a team-leading 33 assists from her setter position.

The Stags also had an impressive defensive day with 14 blocks to Rider's four. Gardiner and Daniels led the defensive effort with seven and six blocks respectively.

"It doesn't matter what the standings look like and whether or not a win or a loss can change that, the approach was the same today and will be the same tomorrow. It's always about getting



Photo Contributed by The Sports Information Desk

Senior KJ Johnson had 16 kills against Rider University and won MAAC Player of the Year last year and was an All-America selection.

better each day and working toward being the best version of ourselves when we get to Orlando – but Orlando is now only a few days away," said Head Coach Todd Kress in the official recap of the event. "I like the productivity we got out of Allie and KJ on the left side today. We still need to connect better with our middles, and our defensive effort needs to be significantly better, it was not

up to our standard today."

The next day, Fairfield hosted Saint Peter's University and swept them in a dominant

'23, Johnson and Nya Jones '23 along with Daniels, Battles, Doll, Jerdonek and Jones have been with the Stags for each of their

fall 2021 championship season," Kress stated. "And beyond the wins and losses, what makes them special is their integrity, their character and their passion for the sport and for life."

Haut led the Stags with 15 with and a 41.4 hitting percentage, Johnson followed with 10 kills of her own. Jerdonek had a career-high 27 assists at her setter position. On the defensive side, the Stags once again dominated as can be seen by the zero hitting percentage for St. Peter's and Fairfield's nine blocks.

The Stags will carry their momentum into the MAAC Championship which begins on Wednesday, Nov. 16. However, the Stag's first match is Thursday.

"Next week is going to be an 'all hands on deck' situation," Kress commented. "We expect to be pushed by some teams playing really good volleyball in our conference right now, and we need everybody to be ready and to trust each other no matter what lineup is out on the court."

This was the women's volleyball team's final match in the RecPlex as from here on out they will play in the new Leo D. Mahoney arena, according to the game's official recap.

ing performance on their senior day, ending their regular season on a high note. The win was the Stags tenth straight, giving them a 26-6 overall record and are 17-1 in MAAC play. The Peacocks ended a rough season with a record of 1-30 and were 1-17 in MAAC play.

Fairfield dominated on the stat sheet with 43 kills to the Peacocks' 22, half of the errors with 11 to their 22, 58 points to St. Peter's 28 and double the assists with 42 to St. Peter's 21 according to the match's official recap. The Stags also had a 37.6% hitting percentage, while the Peacocks had a 0% hitting percentage according to the match's official recap.

The Stags honored their five seniors: Joelle Battles '23, Morgan Doll '23, Maddy Jerdonek

four straight MAAC Regular Season Championships along with their MAAC Tournament Championships with two NCAA postseason appearances in 2019 and 2021. Johnson was a transfer last year from Baylor, and during her time at Fairfield she earned a MAAC Player of the Year award and Fairfield volleyball's first-ever All-America selection. Daniels was an undergraduate at Saint Louis University and this year is her first at Fairfield.

"This senior class has been a special group, winning four regular season titles and two MAAC Championships. They were also so important to how we bounced back after seeing our spring 2021 season end prematurely due to COVID.

They could have let that be a real long-term setback for our program, but I was so proud of the way they helped to lead us both on and off the court in that



Photo Contributed by The Sports Information Desk

The volleyball team celebrated their senior day on Nov. 13 with a 3-0 sweep against Saint Peter's University.

Rowing Ends Season At MET Championship

By Ryan Marquardt
Head Sports Editor

The Fairfield University men's and women's rowing teams had their Metropolitan Championships at Glen Island Park in New Rochelle, N.Y. on Saturday, Nov. 4.

The men's team had four boats finish in first place in their championship. Junior Brendan Martin won the single event for the Stags with a time of 8:15.28; he beat the runner-up from Fordham University by roughly three seconds.

The men's varsity eight crew finished first in their race beating Iona University by roughly five seconds with a time of 6:25.8. The crew consisted of Michael Hamilton '24, Mike McCarthy '24,

graduate student John Godwin, Zach Rogers '25, Jerry Malloy '24, Ryan Wrynn '25, Brady Stergion '23, Michael Greene '23 and they were headed by coxswain Matthew Taraboccia '24 according to the event's official recap.

The second varsity eight boats took first in their respective

race with a time of 6:53.6. Their B shell placed third in their race coming in at 7:18.1. The men's novice four emerged first as well in both their A boat and B boat both beating Fordham boats. The A boat won by just seven seconds while the B boat had some nice cushion winning by 14 seconds.

The women's team was not as successful as the men's with two boats finishing first in their races. Their varsity four finished first at 8:32.09 with Olivia Burghardt '26, Mia Van Mater '26, Giovanna Enderie '26, Grace McDonough '26 and they were headed by coxswain Ellery McSpedon '26.

The 2V8 race held two Fairfield boats with the A boat finishing in second place, while the B boat finished in fifth with a Sacred Heart University boat winning. The varsity eight women's boat also was the runner-up in their race just coming up short by roughly nine seconds. The novice four placed first with a 14-second lead on runner-up Marist College. The women's pair also lost in a heartbreaker losing by less than two seconds to a Long Island University boat. The Fairfield boat consisted of Natalia Bertolotti '23 and Arianna Welton '25.

The rowing teams ended their fall campaign with strong showings in the Metropolitan Championships. For more information on the team visit www.fairfieldstags.com.



Photo Contributed by The Sports Information Desk

Both the men's and the women's rowing teams concluded their season at the MET championship.