THE MIRROR

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The new Inter-Campus Shuttle departs every 30 minutes from the Barone Campus Center Traffic Circle.

Fairfield Launches On-Campus Bus Shuttle Route

By Julian Nazario Assistant News Editor

On Sept. 29, Fairfield University announced the addition of two new bus routes to the university's transportation system.

According to a weekly newsletter sent to students via email, Route 1 of the Inter Campus Bus Shuttle leaves from the Barone Campus Center Traffic Circle at the top of the hour and makes stops at the crosswalks near the DiMenna-Nyselius Library, Regina A. Quick Center for the Arts, Dolan School of Business, Egan Chapel, Canisius Hall, Health Center and back to the BCC.

Its second route, which departs at the bottom of the hour, has a slightly shorter route covering the Walsh Athletic Center, Dolan Campus, Townhouse Blocks 13 and 17 and the last stop returns back to the Traffic Circle.

The new bus operation has the capacity to transport 24 students per ride, as stated on the bus capacity sign.

In a Fairfield University

Student Association Senate meeting on Sept. 28, one of the purposes of the newest bus addition is, according to DPS Officer Daniel An, to help reduce the "rough" parking issues junior and senior students have been experiencing over the past weeks as a result of construction and lack of parking spaces on campus.

With the first women's basketball game taking place at Leo D. Mahoney Arena on Nov. 18, Department of Public Safety officials also warned students in the Sept. 28 Senate hearing that the parking situation will be a "headache" for students and advised them to take advantage of this new bus service.

"The bus went live Monday [Sept. 26] afternoon. It goes all over campus. They are doing that to help [...] kids driving all over campus," said Department of Public Safety Officer Daniel An in the Senate hearing. "It does a figure eight but stops everywhere. You just hop on and hop off. Bottom of the hour it goes to the northern part of campus and top of the hour it goes to the bottom of campus."

Officer An also highlighted that the new bus adds a "huge addition to transportation, especially if you don't want to walk. The bus will take you there in [approximately] five minutes."

Speaker of the Senate, Steven Burns '24, discussed the details of the initiative at the Senate Meeting during his chair report.

"We have been talking about it in executive [cabinet meetings] the past couple weeks," Burns said. "I'm excited that we are able to have it back on campus."

The bus usually departs empty from the Barone Campus Center Traffic Circle and although the current low usage, the expectation is that once colder temperatures start to emerge, students will transition from their usual walk to classes to the new bus as a mechanism to avoid weather-related inconveniences.

"I've heard about it, just vaguely," said Junior residential student Leif Alino when asked about the new Inter-Campus bus shuttle. "Ilive right in front CONTINUED ON PAGE 2

Anticipation Grows for Alumni & Family Weekend

By Max Limric Head News Editor

In just under nine days, Fairfield University's annual Alumni and Family Weekend (AFW) will commence. Held from Oct. 21 to the 23, family, friends and alumni can join students and staff on campus to celebrate this annual tradition, filled with non-stop activities throughout the weekend.

Senior Tess Morrissey comments on the significance of AFW, stating that "Parents weekend at Fairfield is something so special. It is so fun to see friends' parents become close with one another, and Fairfield makes it so whether or not you go here you feel at home that weekend."

The activities and events hosted by the University will begin on Friday, Oct. 21. Parents can join their children Friday night in the Daniel and Grace Tully Dining Commons to experience an authentic Tully dining experience. They can then finish the night with "Fairfield Flicks" located in the Gonzaga Auditorium.

First-Year student Sophia Haber Brock states, "I'm looking forward to my parents coming to campus for the weekend so I can share my college experience and new routine with them. I'm excited for the different events and to have them meet my new friends!"

For alumni, Friday night is the kick-off to their weekend as Young Alumni Mug Night will be hosted at the Seagrape Cafe. Saturday, Oct. 22 boasts a day packed with activities, starting with breakfast in the Tully, a President's Welcome Address and a Campus Update. Additionally, academic achievement and informational events including a Clinical Initiation Ceremony, The Fairfield Residential Experience hosted by ResLife, Study Abroad information sessions and a Fairfield Legacy Association Reception will be offered.

Sophomore nursing students look forward to their Clinical Initiation Ceremony, where they will be formally inducted into the start of their clinical experience.

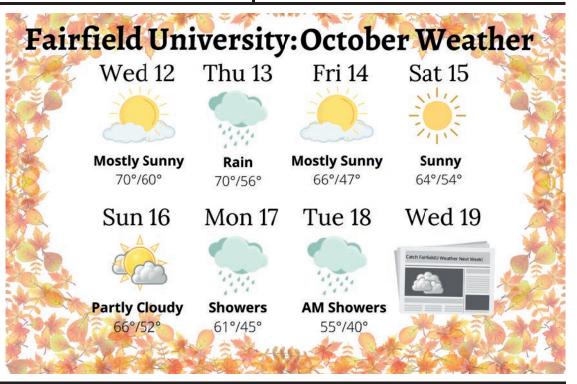
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Alumni, students and families enjoying StagFest 2021 on Bellarmine Lawn. This event included food trucks, a wine and beer garden, a Stags Pep Rally and live band.

Madison Gallo/Tihe Mirror

The first breath of autumn has touched down in Stag country as the foliage across campus begins to change colors. Fall in Fairfield so far has been eclipsed by rain storms, but a bright and sunny past weekend revealed the changing colors of the trees. Stags looking to gain some insights into how to spend the Fall season in Fairfield can look to our Vine section for fall fashion advice and activity ideas.



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Social Work Students Spread Positivity Across Campus

By Madeline West Editor-in-Chief By Brooke Lathe Copy Editor, Head Vine Editor

When walking around campus, it isn't hard to notice the many positive messages written on brightly-colored sticky notes. The eye-catching papers read encouraging phrases such as "you are always enough," "you are worthy" or "make today a great day."

Of course, these are only a few of the many messages of positive reinforcement for students to see as they are walking through campus.

Upon looking for the student who spearheaded this project, Senior Alex Power came forward to explain the background and reasonings behind the hopeful words.

"These sticky notes [...] are a proj-

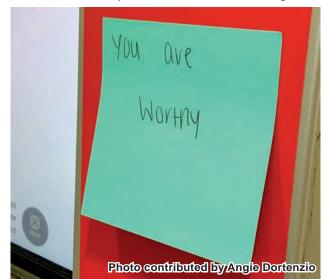
ect for my Intro to Social Work class," Power states.

"Social Work: An Introduction 2400" is a course that "provides an overview of the social work profession, including the knowledge, values and skills that provide the foundation for generalist social work practice," according to the University course description.

Students are able to additionally analyze human and social problems through an ecological framework.

The course details end by stating that the class focuses on "fields of practice, methods and models of intervention and the historical mission of the profession to advance human rights, social justice and to provide services to vulnerable and oppressed populations."

The "Social Work: An Introduction" course was inspired by the "Start with Hello" project, a movement that originated from the Sandy Hook Promise in 2012, and began this



Sticky note reading "you are worthy" found on a printer. The idea behind the project centers around students uplifting other students.

class aspect as a result. This movement includes three steps: see someone in isolation, reach out and help and start with hello. Students who are enrolled in Introduction to Social

Students who are enrolled in Introduction to Social Work are expected to get involved with the Sandy Hook Promise and host an event during Start with Hello Week.

It is definitely the little things that make a difference and these little notes are so cute to see down the halls."

- Meredith Montella '23

"This year my class hosted a 5k that received hundreds of dollars in donations towards Sandy Hook Promise," Power explained. "At this event, we were able to educate others on gun violence facts and how people have become almost desensitized to mass shootings in America. Our goal is to spread awareness and most importantly, be the change."

Power shares that "there are also many other social work majors involved and members of Social Work Club." However, the involvement in this empowerment project doesn't stop there, as anyone is welcome to help contribute.

"The amount of students involved in this project is unlimited! While our class, along with other social work majors, are the main contributors, anyone is welcome to add to the positivity with their own sticky notes," Power explains.

She adds, "If you haven't seen any yet, put one up!"
If students are seeking involvement, they can do so in an easy and simple way: by putting up sticky notes wherever they please.

You can find materials to do so in the lobby of the Egan

School of Nursing for any students that are looking to participate.

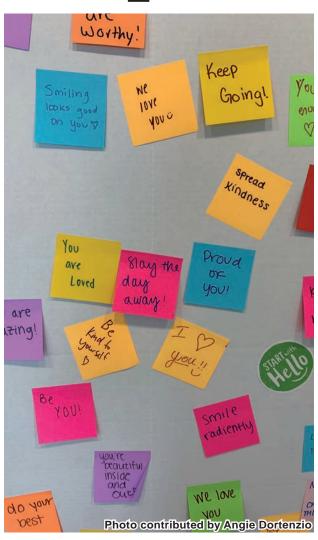
The movement goes beyond written words as well, however. In addition to hanging up hopeful phrases, Power notes that you can be a part of their project just by "reaching out to some."

you can be a part of their project just by "reaching out to someone you haven't spoken to in a while and checking in on them." "These little acts of kindness and words of affirmation go a long way," Power adds; and students seem to agree.

Senior Tess Morrissey states, "I have seen these sticky notes in the bathroom, and they never fail to make me feel a bit happier going about my day." Morrissey continues, "I think students uplifting students is

one of the best ways to spread kindness and feel like we are a community."

Senior Meredith Montella shares a similar reaction. "It is definitely the little things that make a difference and these little notes are so cute to see down the halls."



Sticky notes found across campus are the result of a project in an Intro to Social Work class.

Junior Abby Grenier believes "it's a nice initiative" as well. "I think it's nice that they put them all over campus. I saw various ones in Canisius and DSB."

Vice President of the Fairfield University Student Association, Junior Aliyah Seenauth, additionally points out that "it's a good way to spread positivity especially during midterms and at this point in the semester in general."

These colorful sticky notes can be spotted in numerous locations across campus such as the Barone Campus Center, Rec-Plex, Dimenna-Nyselius Library, all academic buildings and residence halls – most notably, on bathroom mirrors or in the hallways.

Beach Students Share Usefulness of Potential Off-Campus Shuttle

CONTINUED FROM PAGE 1

of 17 Block, which is where it starts. So, it's pretty convenient for me." "I did not know there was a new inter-campus shuttle running, or else I probably would have used it already," said Ciara Glaser '24 when inquired about the new bus option.

dents is available from Monday through Thursday from 7 a.m. to 9 p.m. and Friday through Sunday from 7 a.m. to 4 p.m.

Another effort promoted by the FUSA Senate's Student Life Committee is the addition of a Stag Bus stop at the beach.

This new service offered to Fairfield University stu-

Life Committee is the addition of a Stag Bus stop at the beach, which houses a considerable number of Fairfield Senior students.

"I know the fight for the Stag Bus to the beach

has been going on for a long time," expressed Senator Burns during the Senate's first session celebrated on Sept. 14.

A 2013 Mirror opinion article writ-

ten by Colleen Sweeney noted the lack of safe, University-sponsored transportation from the beach.
"I think it would be a smart new addition to cam-

pus, and I can't think of anyone who wouldn't appreciate this," wrote Sweeney on March 5, 2013. "Having a campus shuttle run to and from the beach would provide a much-needed, safe way back to campus; however, not everyone agrees."

She referred to then-Dean of Students Karen Donoghue, who, at the time, attributed the elimination of the beach bus stop to "challenges concerning the safety of the passengers".

"The shuttles were not driven by EMTs or Public Safety officers and situations occurred that required medical and safety attention and the shuttles were not equipped to handle the situation," expressed the current Vice President of Student Life.

In the same Sept. 28 Senate meeting, the Chair of the Student Life Committee, Senator Manjot Singh '23, highlighted how her commission has tried to "talk to Matt Dinnon about adding a bus stop to the beach to hopefully get rid of the need for some of the seniors to take up some parking spots."

To some seniors, who also serve as beach resident students, the addition of a Fairfield Beach bus stop would be a convenient alternative to move from their off-campus housing to the university.

Senior Kate Harrington states, "if there was a bus stop that stops at multiple places on the beach I would definitely take advantage of it."

Harrington continues, "I even have a car here, but to avoid parking troubles I would totally take the bus to and from the beach to campus."

Senior Molly Maclellan shares a similar sentiment and says, "a bus to and from campus would be super convenient and I know I would definitely use it so I wouldn't have to loop around campus to find a spot."

For those who don't own a car, the extension of the current StagBus route to the beach will remove the stress of finding ways to get to their classes and other on-campus activities.

"I don't have a car here so finding rides to campus can often be inconvenient," said beach resident Lily Charter '23.

Charter continues to say, "while it was my decision to not have a car here, a bus to campus from the beach would be so helpful whether it be getting to class or just wanting to get there to study. I would definitely use it."

Editor's Note: This is the first of a two-part series of articles covering Fairfield University's transportation system.









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

10/5/22

3 p.m.

A female student reported a suspicious male that approached her at the library. The male was identified as a non-student neighbor and the situation was checked as okay.

10/6/22

7 p.m.

Two students were found in possession of marijuana and paraphernalia in Gonzaga Hall. Those students were referred to the Dean of Students.

10/7/22

11 a.m.

A faculty member reported a swastika drawn on a desk in the Egan School of Nursing. No suspects were found.

10/7/22

1 p.m.

Officers discovered a makeshift tent in the woods behind Bellarmine Hall. The tent was vacant and the facilities department took it down.

10/7/22

1:20 p.m.

Residents of Jogues Hall reported to the Department of Public Safety that someone went into their room and stole all of their snacks.

10/10/22

8:17 p.m.

DPS rescued an Aramark employee from an elevator in the Barone Campus Center.



THE MIRROR

Madeline West, Editor-in-Chief Madison Gallo, Executive Editor Tommy Coppola, Managing Editor Brooke Lathe, Copy Editor

Editors

Max Limric, Head News Jamie Holzmann, Assistant News Julian Nazario, Assistant News Madeline Hossler, Opinion Brooke Lathe, Head Vine Abigail White, Assistant Vine Ryan Marquardt, Head Sports William McGuire, Assistant Sports Tristan Cruz, Coffee Break

> Staff Photographer Giana Russo

Business Department

Email: info@fairfieldmirror.com Tristan Cruz, Chief Financial Officer

> Advisor Tommy Xie

Contact Information

Fairfield University 1073 North Benson Road, BCC 104 Box AA, Fairfield, CT 06824 General email: info@fairfieldmirror.com

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Alumni & Family Weekend Tickets Available Now



The Stag community celebrates Alumni & Family Weekend 2021 with a Pep Rally on Bellarmine Lawn. Tickets are now live for Alumni & Family Weekend.

CONTINUED FROM PAGE 1

Sophomore Gabby Clune states, "As a nursing major, I'm excited that we are taking the next step into the nursing profession, as well as the fact that the school is celebrating and acknowledging our hard work in the first two years of school."

Saturday's larger and more widely attended events will include the highly anticipated StagFest. The Friends of Fairfield Rugby will also host a Homecoming Rugby-Fest starting with a welcome gathering at 9 a.m. and a series of games starting at 11 a.m.

Senior Caroline McConville looks forward to her final StagFest, "Parent's

Parent's weekend is something my whole family looks forward to each year. The Stag fest event is so fun and a great way for new students and alumni to come together."

- Caroline McConville '23

weekend is something my whole family looks forward to each year. The

Stag fest event is so fun and a great way for new students and alumni to come together." StagFest begins at noon and is the

main event of Alumni and Family Weekend taking place up on Bellarmine Lawn.

Offering a variety of food vendors, including beloved food trucks often seen by students on campus, to food trucks from the surrounding restaurants in town, StagFest does not lack food options. Likewise, there will be a wine and beer garden available. A Lil' Stags Zone with a petting zoo, a Stags Pep Rally and live band entertainment performed by "St. Hubbins Band" are all included at the festival.

Sophomore Ryan McGowan comments on his experience at last year's Alumni and Family Weekend.

"Last year during parent's weekend I liked how the campus was set up and how welcoming it was on Bellarmine Lawn for the parents and families. I hope this year it's set up in a similar fun and engaging way," he says.

Furthermore, on that Saturday, The Office of Student Diversity and Multicultural Affairs will be partnering with The Black Student Union and the Alumni of Color Network to hold a panel discussing various topics, along with speakers who will share their experiences at Fairfield University.

These panels and speakers will be followed by a Fish Fry in which Mekaylia Ingram '25 comments that "At the Fish Fry students will be able to create connections with each other, as well as network and bond with alumni of diverse backgrounds."

Saturday night rounds out with a couple of events in the Regina A. Quick Center for the Arts. Theatre Fairfield will present "Tiny Beautiful Things" at 7:30 p.m. and the Dubious Circus Act will show at 8 p.m. The night will end with Breast Cancer Bingo starting at 9:30 p.m. in the Tully.

Alumni are invited to end their night with a Fireside Meetup which gives the opportunity for alumni to catch up at the fire pits at Bellarmine Hall.

Sunday wraps up Alumni and Parents Weekend, with a Fairfield Special Breakfast in the Tully, Mass in the Egan Chapel of St. Ignatius Loyola and a Glee Club Concert to commemorate their 76th season of music.

Additionally, Fairfield University athletic events will be happening throughout the weekend, with Fairfield Hockey, Women's Soccer, Women's Rugby, Volleyball, a Women's Lacrosse Ring Ceremony to honor winning the 2022 Metro Atlantic Athletic Conference Championship, Men's Rugby, Club Field Hockey and Women's Tennis all hosting home games.

Alumni and Family Weekend is a fun way for old friends to reconnect and experience first-hand the changes made to their alma mater, as well as for students to reunite with their families after over a month away at college.

A full list of events can be found at www.fairfield.edu/afw and ticket information can be found on Fairfield University's ticketing website.



Link to purchase Alumni & Family Weekend event tickets.



The Mirror Radio Show is back on the air!

TUNE IN WEDNESDAY NIGHTS 6-7PM ON WVOF.ORG EVERY WEEK OR ON 88.5FM!

ASA Hosts Mid-Autumn Festival

By Max Limric Head News Editor



Asian Students Association members and attendees gather at its Mid-Autumn Festival held last Thursday, October 6.

The Asian Students Association held its Mid-Autumn Festival on Thursday, Oct. 6 from 8 p.m. to 10 p.m.
Also known as the Mooncake Festival, the event serves as a way for members of the ASA to gather as a community to celebrate the festival, and learn more about its history.

The association, itself, is established to represent the Asian students' culture and their voice on

The Mid-Autumn Festival is cele-

- Phoebe Trinh '23

campus."

brated throughout the Asian countries. President of the Association, Phoebe Trinh '23 describes that the meaning of the festival "is to worship the moon and celebrate the harvest."

The Mooncake holds symbolic mean-

The Mooncake holds symbolic meaning in the festival. Trinh says that "Mooncakes not only symbolize the harvest moon but also represent family reunion and togetherness."

Mooncakes are round or square pastries that are traditionally filled with

lotus seed paste or red bean paste, while modern mooncakes may contain other fillings such as chocolate, fruits or nuts.

The event featured additional food and drinks such as spring rolls, fried rice and green tea.

Activities included a Kahoot trivia

session, tug of war, a video about the legend of the Mid-Autumn Festival and how to celebrate it, as well as lantern making and prizes.

Students who attended the event are excited to experience more in-person events to be able to create connections with other members of the club, as well as to be able to become more active members through attending these events.

Junior student Ibnath Saboor says, "We're more excited about having more of these types of events, especially because we're in person, we're able to have a more interactive experience as members in the club." Karla Castro '24 echoes Saboor's sentiments, "I'm excited because we're able to make more friends now that the events are in person."

In an interview with Trinh, she describes the association and how it is involved on campus.
"We [ASA] are a part of Fair-

field United, and support and encourage diversity and inclusion on campus."

She continues, "The association,

itself, is established to represent the Asian students' culture and their voice on campus."

Our ultimate goal is to promote diversity and the inclusion of all Asian students on campus and to spread Asian rich culture to the students, faculty, and staff. I believe with that, our campus would be more diverse, enriched, and be able to thrive."

-Phoebe Trinh '23

Trinh explains some goals of the association, stating "Through our inclusive and culturally significant events, we make it our goal to help our Asian students who are far away from home, feel like Fairfield is a second home."

She goes into further detail about the association's mission, "Our ultimate goal is to promote diversity and the inclusion of all Asian students on campus and to spread Asian rich culture to the students, faculty, and staff. I believe with that, our campus would be more diverse, enriched, and be able to thrive."

Trinh concludes by encouraging everyone to get involved with ASA and states, "Our club is open to anyone who wants to get to know Asian rich culture, food, music and tradition."

She continues that "even if you are not a member, you are still able to come and enjoy many of our traditional events/programs throughout the year."

One of their largest events that Trinh encourages students to "look forward to in the future" is the Lunar New Year celebration.

Anyone who is interested in getting involved in the ASA or wants to know when its next event is should check out its Instagram page @ASAFairfieldU.

MID-AUTUMN ACTIVITIES



- DIY LANTERNS
- TRADITIONAL STORYTELLING
- SHUTTLECOCKS
- RING TOSS

Photo courtesy of @asafairfieldu Instagram

ASA details the various activities offered at the Mid-Autumn Festival event in a recent Instagram post. Students participated in latern making, trivia and tug of war, giving members and attendees the opportunity to interact with eachother.

WEEKLY PITCH MEETINGS ON MONDAY AT 7PM!

Come Write for The Mirror!

NEWS, OPINION, VINE, SPORTS & COFFEE BREAK

Stop by our office in the LLBCC

Opinion

The Ultimate Registration Prep Guide



You Can Never Have Too **Many Attributes**

When it comes to the Magis Core, don't take any class just to take it. Always check out those attributes. Many of the majors and minors offered here, such as American Studies, International Studies, Women's Gender and Sexuality Studies, Peace and Justice or any of the languages span multiple departments. If the courses you select all have the same attributes you can get most of the way to a minor or even a second major by doing things you have to do anyway.



Prioritize Special Courses, The Basics Will Always Be There

If your major is in a smaller department, not all of the courses you want to take are going to run consistently. If you see something special that you really care about being able to take, don't miss the chance. Your intro stats class, intro language, intro to philosophy, or composition and rhetoric course will absolutely still be there waiting for your next semester. In fact, there will probably be multiple sections. Don't let a class that really interests you pass you by in favor of something you could do at any time.



Have a Plan, Or Three

Use the planning feature on Blackboard to create a plan of the classes you like the best, but don't stop at just one plan. Maybe some of your courses have multiple sections and you want to experiment with the times you're going to take your classes. Maybe you have two equally good options to fulfill a certain requirement and want to arrange a schedule that includes each of them. You likely won't get all of the classes you want, it's important to have plenty of other options ready to go just in case.



No Such Thing As Too Much Advice

Your primary advisor is most likely in the department of the first major you declared. If you are a double major or have minors don't be afraid to reach out to other professors in those departments for additional guidance. They will be able to tell you specifics about those programs your main advisor may not know.

Try Something Don't be afraid to take a class outside your major or minor just hecause it sounds because it sounds interesting. Get out of your comfort zone. By Madeline Hossler **Opinion Editor**

Advanced Search Options Are Your **BFF!** Use this tool to find attributes, signature elements, and specific courses for your major.

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

How To Prepare For Advising:

- Review your degree evaluation. Know which requirements you have already completed and which ones you still need.
- Have your plans ready, and some other ideas of courses you could take to fulfill different requirements.
- Check if any of your classes have restrictions or prerequisites. Make sure you can actually take all the classes you want to take.
- Think big picture. If you aren't sure which requirements you should be prioritizing right now then ask your advisor. They may be able to give you a sense of when certain classes might be offered again.
- Have any questions you want to ask written down so you don't forget them.
- Don't leave the meeting without your pin!

How To Prepare For Registration Day:

- Make sure you know your pin and have it somewhere accessible.
- Check the portal the night before. If any of your classes are already full or mostly full, pick different ones.
- Do not. Under Any Circumstances. Sleep through registration. Set five alarms if you have to.
- Don't panic if you can't get into everything you planned. People will move their schedules around many times before the semester starts or during the add/drop period. Unless there is a waitlist that is also full there is still a solid chance you could end up in the class. Keep an eye out for spots opening up.

Don't Wait On Signature Elements and Writing **Requirements:**

By far the most challenging aspect of the Magis Core is finding courses that satisfy the signature elements and writing requirements. These include MWAC, MWID, Interdisciplinary and Social Justice requirements (SJ1, SJ2 and SJR). From a student registration perspective what courses do or don't carry these elements can be completely nonsensical. Just because a course clearly has a social justice theme doesn't mean it will have a social justice element. There is no way to tell if a class will have an element just from the title or description of the content. Different sections of the same course may not carry the same elements if the professors are different. There are also so few of these courses offered that they are often very competitive to get into. Use the advanced search tools to determine what your options are, and seize the chance when courses with elements are available.

W

Downtown Needs An Activities Upgrade

By Brooke Lathe Copy Editor, Head Vine Editor

When deciding to choose Fairfield University as my home for the next four years, one of the bullet points I wrote down in my "pros" section was the beautiful downtown area. In the past two years of attending school, I've visited Post Road on numerous occasions and have made it a point to try all of the restaurants lined up (only four more to go!). And while we have the beach, the weekly farmer's market and a handful of boutiques, it can quickly get old - there are only so many times that the clothing stores alternate their inventory and so many weeks those outdoor events are attendable.

I've repeated to my close friends and family members for some time now that I just wish we had more activities to do during the weekend or even on weeknights when we are in need of an academic break or hangout spot. It's come to the point where I've made a list in my notes of business ventures I know would make a killing in a college campus town such as Fairfield.

Mini Golf - A small mini golf course with 18 holes is such a nostalgic and timeconsuming date night that would no doubt never get old. I could see the business decorating each part of the course with seasonal attributes (during Halloween making it spooky or laying the Christmas spirit on heavy in December) and it being the go-to spot on late-night adventures. It's sweet, not too expensive and somewhat of a workout!

Movie Theater - The closest movie theaters we have are 20 minutes away, either in Trumbull or Norwalk. Although I appre-

ciate our Sacred Heart Community Theater, I want the option to watch the latest films and not just classics on repeat. I am partial to a modern AMC where you have all the goodies (buttered popcorn in one hand, a blue raspberry ICEE in the other), and it seems that so are my classmates! The other week when I went to the movies on a Wednesday night at 8 p.m. there were at least 10 other Fairfield students in the same showing. I can't imagine how many other people make the hike just to watch a new release on the big screen.

Laser Tag - Laser tag is also kind of "childish," but it doesn't take away from the adrenaline boost and competitive feel. I could totally picture myself grabbing my roommates to go play on a random Thursday night to get away from long hours of ing days and decide if it's something that writing or studying. I could see this business idea combined with a mini arcade inside as well. They would be a short, silly and cheap option to do something out of the ordinary.

Arts and Crafts Shop - This one is my absolute favorite idea! I would love to have a shop where each week, the owners host a different creative class where you can expand your interests and delve into new experiences. Some activities I thought of would consist of pottery, wine and paint, making a rug, creating jewelry and upcycling old or thrifted clothing. This way, you have something new to do every week if you have the time or each Sunday you can look at what the shop is offering for the upcom-



From mini golf to cooking classes, there are tons of possibilities for new activities that could bring

you're interested in or not.

Cooking Class - A cooking class would be another wonderful opportunity if it was located on Post Road. With students beginning to make meals for themselves with their new kitchen and grocery budget, I believe that attending a workshop where you can learn would be so helpful. Some students didn't have parents to teach them how to make extravagant dinners, so they're just living on Ramen noodles. A business that offered to teach people a new recipe each week, would make an incredible impact. I think it would also be cute if that store did special holiday dishes during a specific week that relates to the season.

Gym Complex - I know we have our RecPlex on campus and a few other local gyms that are beneficial for lifting weights or indoor cardio, but the complex I am thinking of is much more intensive. I once visited the Chelsea Piers in New York City during a high school field trip and from what I can remember, the location had every single athletic activity you could think of: rock climbing, sport courts for volleyball, basketball, soccer, tennis, pickleball and others, a swimming pool, a skateboard park, etc. Something like this would be a huge hit for young adults and even the kids in town. I also certainly wouldn't mind a newly built gym as a second option when all of the squat racks are taken on campus.

Don't get me wrong, I still absolutely love Post Road and I stroll through our beautiful downtown at least twice a week. But as a long-situated resident of Fairfield, I just wish at least one of these activities would make an appearance in our food and clothing heavy hang out spot.

IRHA Turns Students Into Community Leaders

By Jacqui Rigazio Contributing Writer

Residence Halls are a prominent staple in every student's college experience. These are the buildings that we call home each year and where our lifelong friendships are fostered. From study groups in the lounges to hanging out in friends' rooms, every college student is bound to have a number of entertaining stories resulting from their res hall. At Fairfield University, the numerous sponsored events and community feeling of the Quad make our residence halls prime environments for memories to be made.

During my first year, I lived in Gonzaga Hall, a building that grew to mean much more to me than I ever anticipated. As an eager, wide-eyed freshman walking around the annual activities fair, a poster with four big letters caught my attention.

"What's IRHA?" I had asked the member at the booth. They went on to describe how the Inter-Residential Housing Association is a club on campus that programs and advocates for each residence hall, as well as the overall campus community.

While IRHA oversees the greater campus, the Residence Hall Association (better known as RHA) is a subdivision of IRHA specific to each residence hall. These are committees within every hall that plan events and advocate for their residents and building. Once I was informed of this I instantly knew it was something I wanted to get involved in. To me, it seemed like the perfect opportunity to gain leadership experience and meet new people while also becoming immersed in the Fairfield community. As a first-year, I couldn't have imagined anything more ideal.

Being involved in RHA as the Presi-

dent of Gonzaga was easily one of my favorite things that I did during my freshman year. The ability to connect with fellow residents and work with the building's faculty gave me a sense of community within my Res Hall, and Gonzaga quickly became my home.

IRHA hosts many exceptional events throughout the year, the most notable being New England Day, Lighting of the Lounges and SpringFest.

The members of IRHA meet weekly throughout the year in order to plan and promote these events. Their commitment to creating fun opportunities that bring the Fairfield student body together definitely shines through in the success of their programs year after year.

After running Gonzaga's New England Day booth in October, I was hit with an overwhelming sense of gratitude. I felt so lucky to be a part of a club that worked so hard yearround to bring joy and happiness to the lives of the Fairfield residents. I truly felt like I was a part of something bigger than myself.

Currently writing this article a full year after my first New England Day, I can confidently say that IRHA has been one of the best experiences of my college career. As a sophomore, I am now a Marketing Specialist on IRHA and the rewarding feelings from being in this club have not gotten old.

Not only does IRHA allow me to make positive changes and create fun experiences for my peers, but I am also growing as a leader and immersing myself in the Fairfield community. If the eager, wide-eyed freshman girl wandering through the activities fair could see how much of an impact joining that one club had on her, I think it's safe to say that she would be very proud.

EDITORIAL BOARD

"THE 'EMPATHY DEFICIT' IS REAL, AND WE NEED TO Fix It"

MADDY WEST EDITOR-IN-CHIEF

Empathy is defined as "the ability to understand and share the feelings of others". A study by the University of Michigan found that college students today are showing less empathy than previous decades, a 40% decline in fact.

It is important to note the difference between empathy and sympathy. Sympathy is the acknowledgement of another's hardship and providing them comfort and assurance. Whereas empathy is the ability to put yourself in someone else's shoes.

This decline in empathy is known as the "empathy deficit" - titled by the leader of the study. This has impacted our day to day interactions with our friends, peers and workplace. In a political parties class I took, we talked about how this lack of empathy has translated into the divisiveness of our country on all levels: governmental, professional and even a personal level. We are too bound up in protecting and claiming our beliefs that it blindsides us to open the door to see why someone might think differently than us. The lack of empathy prohibits us from being able to see something from different perspectives and try to understand others; instead, we shut them out.

Being an empathetic person makes you a better friend, better worker and better thinker. The ability to put yourself in someone else's shoes allows you to think with a more open minded perspective and approach problems in a more inclusive way which is so important in today's diversifying world.

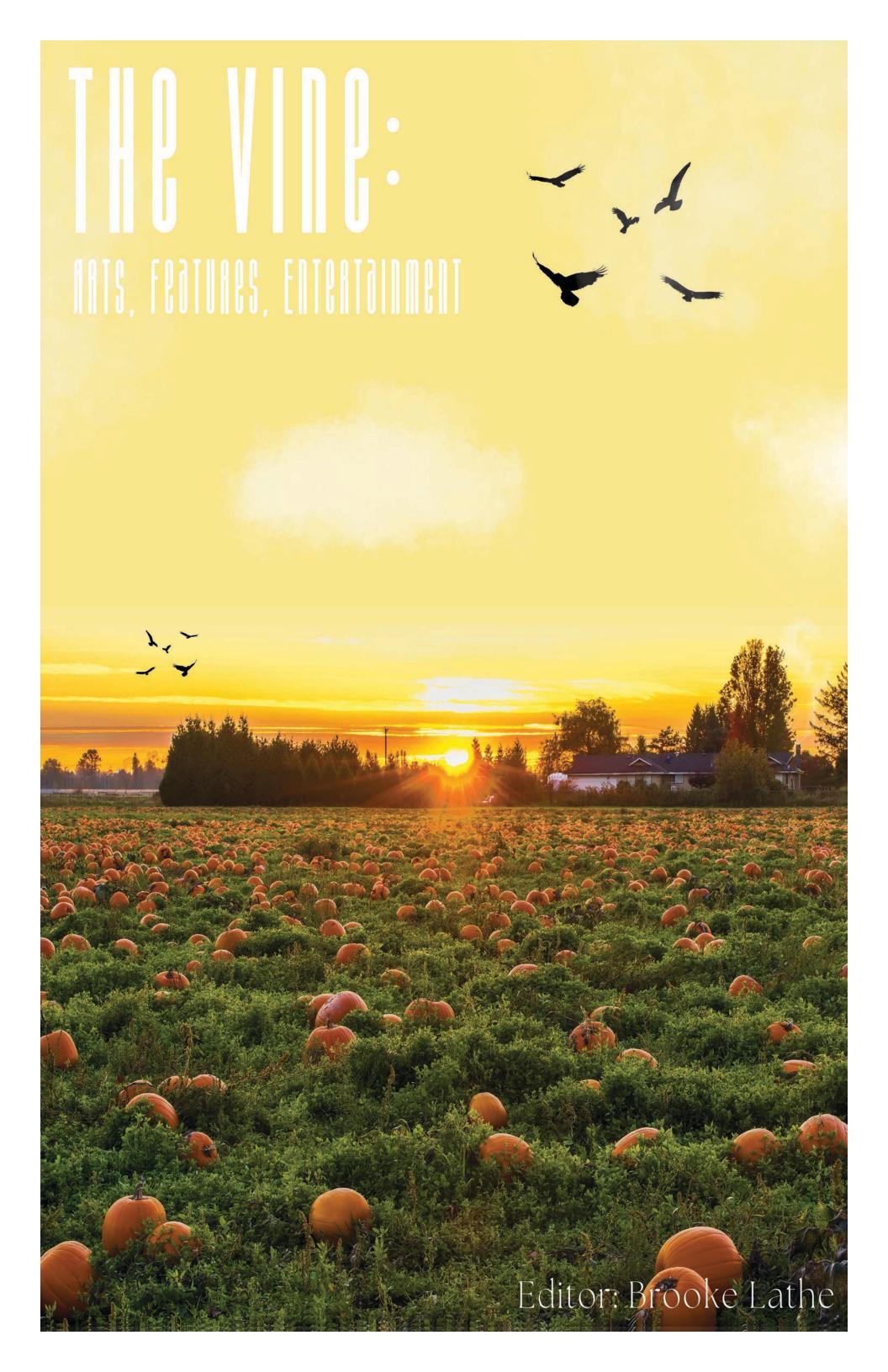
This can first start in the classroom. Listening to classmates in a way where you are actively trying to understand where they are coming from and why they come to certain conclusions by placing yourself in their shoes, is far more fulfilling than focusing on your specific belief on an issue. It can allow you to open your mind and feel the experiences of others to get a better sense of who they are and what they have gone through.

Having empathy is so important because it allows us to be able to relate to one another in our experiences more and validate feelings we have. It opens us up to one another to be there for eachother during the good and bad times. It is deeper than providing comfort and sympathy because it bonds people by relating similar feelings we all have even though our experiences are different.

I guess what I am trying to say is that we all should try to act and think a bit more empathetically. Trying to understand one another is the key to ensuring everyone can be heard in a way that is appreciated and noticed.

So to start, I encourage you next time one of your peers or friends or even your mom is telling you about a situation or simple problem, look at it more empathetically – actively listen and place yourself in their position.

It will not only change the way you look at the situation, but could really help them too.





By Brooke Lathe Copy Editor, Head Vine Editor

Located in Easton, Conn. and just a 20-minute ride from campus, Silverman's Farm is packed with an abundance of staple autumn day

This past weekend, I took a beautiful ride over to the scene with my roommate Abby, and we both agreed that it was the perfect way to decompress in true autumn fashion.

Not only were we lucky with stunning temperature and timely foliage, but we left with our arms full of goodies!

As you make your way to the farm itself, there is a small country market filled with fresh produce, baked goods, homemade jams, jellies, butter, spreads, oils and so much more.

Abby came with the intent to buy only one thing, and therefore immediately swiped up a box of apple cider donuts upon first glance - which was a good thing, because within two minutes, the fully stocked aisle was already empty!

However, she also left with some apricot jam and pumpkin butter, which we are incredibly excited to try.

I, on the other hand, had no they are worth every penny!

intention of purchasing anything, bottle of Italian dipping oil, an apple cider "sipper" and vegan whoopie

Once you leave the store, yet I snatched up a medium-sized you immediately enter the upon making a purchase, every pumpkin patch and are completely customer is given the opportunity

When going up to the stand a beautiful selection of vibrant surrounded by the color orange. to guess the weight of their pumpkin

purple, orange and yellow mums for purchasing as well. Nearby, there were multiple food trucks to ease any cravings the market might've instilled in you. You could choose something

as light as J&D's kettle corn and Longford's ice cream or something more filling such as Lucky Dog's restaurant on wheels.

While the orchard is closed for picking this season due to the summer drought, the tractor rides are still open for use.

The scenic route will cost you a low price of \$6 for a 20-minute ride, and although the line may seem daunting, it moves with incredible

Additionally, there is a petting zoo you can stop at near the parking lot before hopping in your car back to campus. You can pet and feed a multitude of animals, including buffalo, llamas, alpacas, sheep, goats, fallow deer, emus and longhorn cattle all for only \$6.

Silverman's Farm is an easy and obvious option when you're looking for a relaxing and seasonal activity to partake in with friends, family or even just by yourself.

The market and animal farm are open from 9 a.m. to 5 p.m. daily.



Silverman's Farm Country Market has a multitude of delicious treats and gifts!

Having already cracked into my treats in the first five minutes of getting home, I can guarantee that

There are boxes of miniature for the chance that if they are within pumpkins, gourds, corn and squash in addition to a field of larger pumpkins that are sold by weight for 89 cents per pound.

two ounces over or under, their pumpkin is free!

In addition to these festive porch decorations, there was also

HOW TO PROPERLY HONOR AND CELEBRATE **INDIGENOUS PEOPLES DAY**

By Elizabeth Morin Contributing Writer

On Monday, Oct. 10, schools and colleges across the country will close to honor Indigenous Peoples' Day.

While any break from the tests and papers you have to write may be welcome and any trip home to visit your pet may be something you anticipate, it's important to understand this day and the history that comes with it.

The Library of Congress states that Indigenous Peoples' originated as Columbus Day in 1934.

It was a day to recognize Christopher Colombus, supposedly the first man to come to America.

Columbus's story has been taught to us since we were kids, but the truth behind his exploration is rarely included in the story.

Indigenous peoples occupied North America for thousands of years prior to Columbus's arrival, yet they were still subject to his physical and mental abuse.

He enslaved thousands of individuals, either keeping them to work and collect gold or sending them away from their families to Spain.

According to Vox, there is estimated to be a 99% decrease in the Native population only 50 years after Christopher Columbus came to the Americas.

Today, the treatment of Native Americans is often pushed aside, just like their treatment 500 years ago was.

Many Native Americans have to deal with poverty creating limited access to healthcare, housing and education.

Some live on native reservations which are governmentrecognized pieces of land that are home to specific tribes. However, wealthy companies are exploiting this land by

building factories and polluting their water. Just about 50% of native homes on these reservations

do not have access to water. Columbus Day began to be recognized as Indigenous

Peoples' Day in 1989 in South Dakota after rising tensions and protests regarding who we were actually celebrating on

Today, not every state recognizes the day as Indigenous Peoples Day.

Only Alabama, Alaska, Hawaii, Idaho, Iowa, Louisiana, Maine, Michigan, Minnesota, New Mexico, North Carolina, Oklahoma, Oregon, South Dakota, Vermont, Virginia and Wisconsin have made the permanent switch. This does not include states that recognize the day under both names.

Native American people deserve better treatment from society today and deserve respect for the treatment their ancestors faced.

There are quite a few ways to celebrate and honor

Indigenous Peoples' Day.

Bestcolleges.com provides a great list of resources and ways to honor Native communities. Recognizing that you reside on Native land is an easy way to respect Indigenous peoples.

This recognizes Natives as the first people to live in America and respects the relationship they have with this

If you would like to support Indigenous communities and make a change politically, you can sign petitions online, write to your local Congressperson about the importance of Native equality or donate to a Native organization such as the Native American Rights Fund or the Native American Heritage Association.

If you are unable to donate, educating yourself is a great way to spend the day.

There are online events hosted by the National Museum of American Indians or you can look to see if there is a Landback campaign in your area.

There are even books written about Native history or written by Native authors you can read, like "Braiding Sweetgrass" and "We had a Little Real Estate Problem."

Even spreading the message about the history of the holiday and why it is important to recognize Native communities is a great way to spend the day!



A Tea-riffic Afternoon At Gruel Britannia

By Brooke Lathe Copy Editor, Head Vine Editor

I have never really labeled myself as a tea drinker.

I would groan at the thought of having black tea to soothe my sore throat and would never give it a second thought if I saw it in the grocery store or on a menu.

This summer, however, when I visited my grandmother in Pennsylvania, she had taken me and my mother to an afternoon tea shop to indulge in a routine that she once was accustomed to when she lived in London.

I was a little nervous that I was going to seem picky or rude at the cafe because, from past experiences, I had never found a tea that I actually enjoyed.

It turns out that this meal was one of the most memorable and favorite days of my life!

I ordered a peach mango tea and drank the whole kettle myself and stuffed my face with delicious finger foods alongside my family.

Following our meal, I bought a package of tea and a kettle from the shop as well as a cup and a saucer in the following weeks.

From then on, I have been making myself a cup of tea at the end of most nights as I do homework or unwind from the

Because of this amazing experience, I researched afternoon tea services in Fairfield to suppress my cravings and found Gruel Britannia which is located at 2217 Post Road.

And, after many failed attempts, I was finally able to make a reservation this past weekend.

While I believe nothing can truly meet the caliber of my first afternoon tea experience, Gruel Britannia proved to still be a fun

Upon getting to our table, we were given an intensive list of teas to choose from which included earl grey, hibiscus, green tea, peppermint, lemon, ginger, manuka honey, chamomile, ginger mint, pg tips, decaf ty-phoo, ginger peach green tea, lemon ginger green tea and peach ginger black tea.

I easily picked peppermint, which is definitely a flavor that should stay reserved for Christmas time, but it was still lovely and refreshing nonetheless.

Since each person gets their own kettle, I felt more hydrated than I have in months as I finished the entire thing before leaving.

Our tier of food shortly followed, with one of everything for each person to taste.

One layer consisted of finger sandwiches such as cucumber on white bread spread with butter, coronation chicken salad on cranberry-raisin nut bread, smoked salmon with scalliondill cream cheese, eggplant and roasted peppers on a bulky roll and egg salad served on white

After trying them all, I couldn't decide if the cranberryraisin nut bread or the eggplant and roasted peppers were my favorites, as I could eat a massive, full-sized sandwich of either.

For the sweets, the top tier held mini-loaded strawberry scones, chocolate-lemon curd tarts, profiteroles, a fruit cake, banana bread, macaroons and a small piece of a brownie.

Everything was so delicious, and even though they look like tiny portions, I left feeling incredibly stuffed.

If I didn't already desserts at home, I definitely would purchased larger-sized brownie to go - it was so rich!

Gruel Britannia is open from 9 a.m. to 3

p.m. on Mondays, 8 a.m. to 8 p.m. Tuesday through Thursday, 8 a.m. to 9 p.m. Friday and Saturday and 8 a.m. to 8 p.m. on Sundays. If you are looking to indulge in their afternoon tea services like me, be sure to make a reservation 24 hours advance. But, if you just want to take a bite from their regular menu instead, reservations are only needed for parties of eight or more.



A Religious Experience /= ed In Photography And Po

By Abigail White Assistant Vine Editor

In my most recent visit to the Fairfield University Art museum, I found myself particularly drawn to one exhibit: "Specimens and Reflection." When I first glimpsed these images, resembling a spiral shape and exemplifying a variety of vibrant colors, I was

What were these images? Could they emble sculptures or seashells? It was their spiral nature that led me to believe they could. As I walked through the exhibit, I learned that I was completely mistaken. The more of these images I observed, the more I came to realize that these were images of architecture, specifically the interior of Roman churches.

"Specimens and Reflections" combines photography and poetry, exploring the intersection of the word and the image. Each image of a Roman church was paired with a poem in the museum.

The photographs are digitally manipulated panoramas of the interiors of Roman churches by Claudia Essingler, a professor of Art at Kenyon College. In a note displayed for visitors of the exhibit to read, Essingler explains her experiences in the over 900 churches she has visited. She writes, "The intent of the architects, artists and patrons to inspire awe and reverence was always palpable, despite the variety of eras and styles of churches I visited." This variety in styles of churches is most definitely exemplified in these panoramic images. As I examined each image, I noticed differences in the interiors'

colors, architecture and artistry. Some of the photographs demonstrated the intricate paintings of the churches, while others drew the eye toward the great domes on the ceilings.

Essingler explains the awe she felt while

ebbed and changed."

Wanting to capture her experiences appropriately and accurately in her photographic work, Essingler decided to flatten the three-dimensional landscapes of these Roman churches.

Essingler defends her decision to digitally manipulate these panoramas, claiming "The overall shape of the compositions reminds me of natural history specimens where discovered artifacts twist and curl into place. Indeed, these are cultural, historical specimens that reveal detailed curiosities and purpose when examined closely. Together they weave a story of wonder experienced during my extended

It was not simply the photographs that caught my attention, but the works of poetry that accompanied each photograph. All the poetry in this exhibit is written by Royal Rhodes '68, a professor Emeritus of Religion at Kenyon College. In a similar note to visitors of the exhibit, he explains, "This joint project let me be drawn into these visual compositions that contort, reshape, and realign borders, perspectives, colorization, coffered domes, entablatures, the theatrical undulations of concave and convex walls."

Alongside the images, Rhodes' poetry is meant to reflect an underlying questioning, which he calls "faithful doubt". Poetry, like any other art form, pushes against borders. Pushing against borders is exactly what this combination of digitally manipulated panoramas and poetry

"Specimens and Reflections" truly is a unique visual and intellectual experience, one that I would recommend anyone to see. This exhibit will be on display in the Fairfield University Art Museum until Dec. 17, so be sure to pay it a visit before the end of the semester.



"Specimens and Reflections" reveal Roman church inspiration in University Art Museum.

visiting these churches. She explains: "there were times when I nearly became numb from overstimulation. There were times when I entered a church past a simple façade only to find my own breath catch in awe. There were times when I sat in stillness in a pew, wondering about the journey of my own faith, how it had churches into "puzzles of perception." The way in which she constructed these panoramas creates a more distorted image, with different fragments of the churches' interiors reaching in different directions. I believe it is this tactic of the distorted image that first led me to believe these images depicted sculptures rather than



By Brooke Lathe Copy Editor, Head Vine Editor

A part of me just wants to respond to this question with a quick and easy "don't." But, that wouldn't be right because college is the perfect time to explore different experiences and all types of relationships, including romantic ones! When it comes to my own personal dating life, I might not be the most qualified person to give out advice. However, from relationships that I've witnessed with my own friends and peers, I've picked up on many dating what-to-do's and what-not-to-do's with my outsider perspective. I suggest you keep these tips in the back of your mind because it's so easy to walk into situations like these with rose-colored glasses (as many people do).

Abandon the dating apps - I actually know a lot of adults that have met their significant other through matchmaking sites, but for most people our age, swiping through Tinder and Hinge is just their way of looking for a quick attention fix. It happens too often that people who connect are met with different expectations of what they want from each other, and one person always leaves feeling taken advantage of or hurt. If you're really interested in building a genuine, long term connection, I would suggest putting yourself out there more in real, face-to-face scenarios rather than behind an edited screen. Attend those club meetings that interest you because you might end up meeting someone who has the same passions! Leave your dorm room on the weekends and introduce yourself to your friend's friend, because if someone you like is fond of someone else, chances are, you will like them too. Be bold and ask your classmate to grab a meal on or off campus. Find whatever works for you, just as long as you stay away from your phone

Dear Brooke,

What's your advice for dating on campus?

... at least for now.

Don't have expectations of marriage - When I was in high school, I saw this post on social media that said if you "weren't dating for marriage, then you were dating to break up." At the time, I truly used this as my mantra and fully agreed. But now, as a young adult, I realize that it puts a huge amount of pressure and a strain on the relationship. Who knows, maybe you will get married - that would be great! But with that thought in the back of your head, it will undoubtedly cause recurring stress to make sure everything is perfect, creating a toxic attachment. Keep whatever relationship you are in light and know that even if you don't end up

significant other, we block out our friends and tend to spend all of our free time with only this person. I beg of you, please do not do this. It's so easy to be unaware that you are pushing yourself into a hole, especially when you no longer live with your parents who would be there to tell you that you cannot go wherever you please. With this freedom, make sure you still include your peers in your schedule. This might mean splitting the day between your significant other and your friends or spending Fridays with your "person" and Saturdays with your roommates. Not being with your S.O. all of the time also allows for a healthy relationship. You need to have time

obvious, but don't let a relationship deter your success. I personally know lots of couples who skip classes for that extra hour together or who disregard their deadlines so that they can go on more dates. Of course, you should see your boyfriend or girlfriend whenever you want, however, make sure your academic life is not impacted. Remind yourself that you can still see them after your two-hour lecture and they'll still be your partner if you wait to text them once you're done studying. Don't be the reason you grow to resent them and stay adamant about creating boundaries.

Comparing Yourself - I will be the first one to say that it absolutely sucks seeing couples walk across campus hand-in-hand ... I mean, it really, truly does suck. It's so easy to say, "why isn't that me?" But you don't know their story. Everyone is different and everyone has their own origin story. That girl might be in her first relationship after years of pinning for some sort of love. And that boy might've just finally healed over a long, brutal breakup. You never know what a person went through for them to get where they are today. When you see those happy couples gushing over their partner, just remind yourself to be patient and wait for your time to come - because if you rush yourself into a relationship just because you're lonely and not because you actually like the person, things will not end in your favor.

So ... my advice for dating in college? Just let it happen. Go with the flow. There is nothing better than meeting an incredible person spontaneously and forming a unique bond together. Allow yourself to have fun, with little expectations (though still make sure they are treating you right!) and keep these tidbits in mind. Also know that even if it doesn't work out, these experiences, heartbreak and all, are a magical part of becoming an adult and finding yourself.





By Abigail White Assistant Vine Editor

here on campus? Luckily for students, one of Fairfield's favorite events is back this year: New England Day! With the Fall season in full swing, Fairfield University's Inter-Residential Housing Association has been working hard to put this autumn festival together.

Set to take place next weekend, on Saturday, Oct. 15 in the campus quad, excitement for this event is already ramping up.

"New England Day is IRHA's yearly Fall themed carnival style event," IRHA's president Lexi Roberts '24 explains. She continues "Each building's RHA hosts a different fall themed event table. There will be activities to participate in, as well as lots of food."

In years past, students have seen a variety of activities and events at each building's RHA table. These tables have held many fun Fall activities and crafts such as pumpkin painting, cornhole, wreath-making and, my personal favorite, pumpkin carving. In the two years that I have attended the New England Day, I have always come away with various Fall-themed goodies!

Roberts tells us that this year, "Some of these events include pumpkin decorating, tie dye t-shirts, cornhole, caramel apple making and apple bobbing."

With the event happening soon, IRHA has been busy

preparing for the big day. Roberts explains that, "On the IRHA level, we have reserved the quad, planned logistics with CEM (Conference and Events Management), called Looking for the perfect way to celebrate the Fall season local farms and stores about buying over 100 pumpkins for at New England Day. the event, and we have finalized a new food truck coming

> Students who attend this year's event can look forward to some delicious breakfast sandwiches, burgers and wraps from this new food truck, BFF Grill!

When asked what she was most looking forward to about New England Day, Roberts says, "Other than the food truck menu, I am most looking forward to seeing all of the great ideas from throughout the organization all come together."

It has not been easy work, organizing this event, as Roberts claims the planning process was a quick turn around. She explains, "Each RHA (Residence Hall Association) board had to come up with an idea after knowing each other for less than two weeks since they all just got elected, and it is really exciting to see them all work together so well." She demonstrates her pride in the hard work of the IRHA team, claiming, "It is also rewarding for me to see all of the hard work

IRHA has been putting in for the last

month pay off to have a very fun event for everyone."

Whether you are most excited for the food, the events

Make sure to mark your calendars for Oct. 15, and head

or the fall-themed activities, there is something for everyone

on down to the quad from 11 a.m. to 2 p.m. for some Fall-

Fairfield University "Got The Boot"

By Madison Gallo **Executive Editor**

On Tuesday, Oct. 4 and Wednesday, Oct. 5, Fairfield University got the boot - the famous L.L. Bean "Bootmobile" that is.

Students walking or driving through campus near Loyola Hall and the Aloysius P. Kelley, S.J. Center could not miss this unique pop-up.

Standing at 13 feet high, 20 feet long and looking identical to the company's famous Maine Hunting Shoe, the Bootmobile made its mark on Fairfield's campus.

Lucky for Fairfield students, the distinctive transportation also signified an L.L. Bean pop-up shop, the only L.L. Bean pop-up to happen on a Connecticut college campus during the tour.

The Bootmobile, first constructed in 2012 for the company's centennial anniversary, has traveled near and far in the United States and even Canada.

This specific tour, which launched in late September, celebrates L.L. Bean's 110th anniversary and begins and ends in Maine.

Over the course of the fourth-month tour, the Bootmobile will stop at more than 35 communities and college campuses.

Behind the Bootmobile is the trailer that pops up to create the mobile store.

L.L. Bean Experiential Marketing Specialist Mandee Flanders said, "We actually get stopped at a lot of gas stations or at our hotels and people walk up to us and

say, 'Hey, we want to buy something out of event fell over the course of a very rainy two your trailer."

But it's really not that easy.

"Little do they know we have a lot packed into there and it all has to come out onto the ground, like the racks of clothes and other items," she continued.

"We can't just open up shop at a gas station and quickly ring someone out — we're not that mobile.

We have to set up registers and our internet just like you would at a normal store."

Since all the products must fit into the trailer and Bootmobile, only the most popular products come to these

Flanders shared some of the staples students had the opportunity to purchase during the pop-up: Bean boots, winter boots, sweatshirts, gloves, beanies, pom hats, light jackets and some winter jackets.

The products included in the tour aim to match the season, so many of the items brought fell into what is needed for the fall and winter, so people had the opportunity to get some colder climate apparel.

Sadly, the pop-up did not have any rain jackets available for purchase unfortunate fact for L.L. Bean since the

But Flanders assured that if students

wanted to buy something not available at the pop-up, they would be able to order it online with the help of one of the associates on the ground at the University.

The sherpa-lined flannels were a top seller to Fairfield U students, according to

Described as an "ultrawarm, Sherpalined Scot Plaid flannel shirt" that "combines two favorites in one - legendary Scotch Plaid flannel and soft Sherpa fleece."

It seems as though Stags really enjoyed the pop-up, as Flanders stated that on Oct. 4, "we had people at the register for four hours straight because of how busy it was."

Just a few weeks into the tour, Flanders said they are "just getting started" and are still booking stops on the tour.





Autumn Fashion Advice:

'Gourd'-Geous Looks To "Fall" In Love With

By Liana Giacobbe Contributing Writer

With the chilly weather arriving, it is hard to deny that we have entered into Fall; and, more notably, sweater weather.

It can be difficult to dress during the transitions between seasons, as the weather experiences such drastic changes from the morning to midday to night. However, this does not prevent Fall from being arguably one of the most dimensional and interesting layering and earthy color

palette

that this season induces make it virtually impossible to not want to revamp your entire wardrobe with "Gilmore Girls" inspired pieces. Luckily, you won't be required to spend a ton of money.

I am here to show you how to style pieces that you already own (or can get for a reasonable price) into a trendy and fresh outfit perfect for autumn. Not only is it sustainable, but it helps you save some money for all the other fun fall activities you are likely to have in store!

First on the list, we have a few basics that you will need to complete any and all of these outfits. Plain tops in neutral colors are an absolute must, as they are great for layering and adding a touch of simplicity to an outfit that has lots of color and texture to it. Having basic tops in a variety of styles,

> lengths and with different details and embellishments truly can turn a good outfit into a great one.

Careful attention how appliques and more dimensional elements work with each other is truly one of the most important steps to creating successful fall outfits, as it can be very easy to go overboard with textures or add too many moody colors on top of one another.

Another necessity for

the perfect fall outfit is a solid array of pants. There are so many different styles and cuts to play around with, and while some of these are certainly more obvious than others, it is important to note them all.

A set of jeans that you love is intrinsic to the perfect wardrobe, though it can be difficult to find pairs that suit your own personal needs and preferences.

Some of my favorites for this year have been flare and low-waisted styles, with tasteful rips and featured in washes ranging from light to mid.

This, however, is simply what looks best on me, so I certainly will not tell you that high-rise jeans or other styles are "out" by any means. I have also been playing with trousers, both in neutral tones and in bold prints, as well as cargo pants in a variety of colors and with different embellishments that range from a more tailored to a more military-esque look.

Pairing interesting pants with a basic top is a super easy way to elevate your style, all while wearing things that you feel confident in. Of course, we can not talk about fall fashion without mentioning leggings and sweatpants. While these are perfect for a relaxing evening, they can also be dressed up with a plain long-sleeve and some high-top sneakers. There is a lot of room within all of these suggestions to infuse your own personal style, so don't

be afraid to try something new while still staying within your general comfort zone.

Finally, one of the trickier segments of garments can be finding the right outerwear.

While it isn't necessarily always chilly enough to wear a full-fledged winter coat, some additional protection from the elements is certainly necessary.

Adding a flannel, a shacket or a light leather jacket is the perfect way to introduce some pattern and texture to any look. It is a virtually effortless addition, as the only caution you must act with is to not go overboard with too many statement pieces.

Outerwear, despite its practicality, does not need to be boring - find ways to make

While you may be looking at the list of ideas above and wondering how on earth you are going to afford all these new pieces, fear no more. Tons of the articles of clothing listed above can be found at any local thrift or second-hand store, which is always a great place to start when revamping your wardrobe. Not only is it a more sustainable

p, but it also saves you a ton of money in the long run.

Though I realize the likelihood of you applying all these fashion tips in a singular season is slim to none, I hope that I have brought you some autumn outfit inspiration that you are sure to "fall" in love with!



COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE





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				4		3	2	
		4			7	9		

spending one day at Sacred Heart without going legally insane.

convenient list of fun activities to do around Fairfield this weekend:

Across

- Yes votes

- 16. Embankment
- 17. Mediate

- 28. Relate again
- 31. Vote into office
- 39. Actress ____ Farrow

- 46. Incite

- 55. Wild animal's home

- 70. Robin's home
- 71. ___ and crafts

- 24. French

- 43. Graceful tree
- 50. Receive willingly
- 53. Beauty parlor
- **56**. Steady
- 62. Margins
- **68**. Jump

- 21. Highway exit
- 26. Hardly ever
- 34. Concur
- 41. Vapor

- 48. Squirrel's treats

- **66**. Stop

- 1. Ampersands
- 9. Proficient
- 14. Consider
- 15. Nuisance
- 19. Fern "seed"

- 33. Toaster

- 47. Small pastries

- 58. Modify
- 64. Gazelles
- 67. Sherbets
- 69. Wheat by-product

- 20. Slogan
- 23. Related

- Poem of praise
- 40. Flying hero
- 42. TV room
- 44. Least daffy
- - 2. Roman tyrant
- 4. Enamored 5. Spring mo.

Down

6. 1984 and 2001

1. Eden resident

3. Money owed

- 7. Manors
- Flower support 9. Pacino and Gore
- 10. Go away 11. Bring to mind
- 12. Jeopardy 13. Very small 18. Hammer or

screwdriver

- 22. Before birth 25. Menu term (3 wds.)
- 27. Drama divisions
- 28. Italian city 29. Devilish
- 30. Squad 32. Lower limbs
- Transmitted
- 36. Bloodhound's clue **37**. Singer _ Martin
- 38. Outcomes 40. Memo letters

46. Venetian taxi

45. Perfume

- 47. Mother (missionary)
- 49. Fuel source 50. Baldwin and Guinness
- 51. West Point student 52. Groucho Marx's prop
- 54. Stakes 57. Self-centered
- **59**. One who mimics 60. Bog fuel
- 61. Chef's units (abbr.) 63. Make a seam

65. Philadelphia time zone (abbr.)

Free Puzzles / Puzzles.ca

"The Great Migration"

Nick Silvia, Contributing Writer

The Great Migration is upon us (or just ending by the time you read this), and no, I don't mean the flocking of every first year to the townhouse of those five juniors who have no friends in their grade. I'm talking about the first Fall Break – when Friday classes are more likely to get canceled than someone who says Columbus Day instead of

This year, the administration is treating Fall Break like Christmas, rewarding the good Stags with extra time off and resigning the bad Bucks to the worst fate imaginable:

"They tried to force me to become a film major," said one debaucherous Deer. "I think they wanted me to work at the Sacred Heart Theatre."

While most students will travel home for the extended weekend, for others that just isn't possible, and they need to stay in their dorms. But lucky for them, I've compiled a

- 1. Go to the beach
- 2. That's it.

Fall Break.

Have fun everyone!

SPORTS

Head Sports Editor: Ryan Marquardt >> ryan.marquardt@student.fairfield.edu

Assistant Sports Editor: Billy McGuire >> william.mcguire@student.fairfield.edu



Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16	Oct. 17	Oct. 18
Women's Soccer at Saint Peter's University Jersey City, N.J. 3 p.m. Volleyball vs. Marist College Fairfield, Conn. 7 p.m. Men's Soccer vs. Saint Peter's University Fairfield, Conn. 7 p.m.		Men's and Women's Cross Country ECAC Meet Bronx, N.Y. All Day Field Hockey at Saint Francis University Loretti, Pa. 3 p.m.	Women's Rowing Tail of the Housatonic Shelton, Conn. All Day Men's Swim & Dive vs. Monmouth University Fairfield, Conn. 12 p.m. Women's Swim & Dive vs. Monmouth University Fairfield, Conn. 12 p.m. Men's Soccer vs. Canisius College Fairfield, Conn. 1 p.m. Volleyball at Saint Peter's University Jersey City, N.J. 1 p.m.	Women's Golf SHU Fall Invitational Milford, Conn. All Day Men's Golf SHU Fall Invitational Milford, Conn. All Day Volleyball at Rider University Lawrenceville, N.J. 1 p.m. Field Hockey vs. Quinnipiac College Fairfield, Conn. 1 p.m.	Women's Golf SHU Fall Invita- tional Milford, Conn. All Day Men's Golf SHU Fall Invita- tional Milford, Conn. All Day	产品加强压力

2022-23 Basketball Season Ticket Sales Go Live

By Tommy Coppola Managing Editor

According to fairfieldstags.com, season ticket sales are live, and fans have the ability to purchase them ahead of the men's and women's basketball seasons.

On Oct. 5, the official website of Fairfield University athletics posted a press release reiterating that tickets were live, and that "fans have responded with over 500 season tickets sold since packages went on sale at the beginning of the fall semester."

Back on Aug. 1, 2022, Paul Schlickmann, Fairfield University's vice president for Athletics wrote a letter to fans and community members which was published on fairfieldstags.com. This letter provided information about the timetable of when tickets will become available as well as thanked the community for their support in the process.

On Sept. 8, the site posted a press release that originally provided a link to the ticketing website's homepage. The release also provides a link to an informational video that shows seating arrangement plans for Leo D. Mahoney Arena, which will open on Nov. 18, 2022, as the women's basketball team will play their first home game that day against Stonehill College.

According to the press release from Oct. 5, "Season tickets for the 2022-23 season will include access to exclusive season ticket holder events as well as a season ticket holder gift celebrating the inaugural season of Leo D. Mahoney Arana"

Fairfieldstags.com has information on how to purchase tickets for the 2022-23 season. For additional concerns, reach out to Director of Ticket Sales and Service Joe Cappucci '19.



Pictured above: a projection of the inside of Leo D. Mahoney on game day. The arena will officially open Nov. 18.

In this week's issue...

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- Opinion: NHL Offseason Lands On-Ice Stars In New Cities (Page 15)
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Opinion: Concussion Protocol's Importance Cannot Be Understated

By MK Kalenak Contributing Writer

Athletes push themselves to be better every day. An athlete's dedication to their team and the game is one of the strongest visible commitments there is. The range of intensity differs, but their efforts remain constant.

The immense pressure players are under has become apparent in the news, most recently with Miami Dolphins starting quarterback Tua Tagovailoa.

In week three of the National Football League season, the Miami Dolphins faced the Buffalo Bills. During the first quarter of Sunday's game, Tagovailoa suffered from a "minor" back injury. Many viewed this as the start of a rabbit hole of issues that have surfaced in the NFL over the last few weeks.

At the end of the second quarter, the Bills' linebacker, Matt Milano, railed Tagovailoa into the ground after a pass play.

Tagovailoa slammed head-first into the ground, leaving viewers around the nation distressed about his health; seconds later he was back on two feet. The panic for his health arose once

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Dolphins Quarterback Tua
Tagovailoa suffered a devastating injury in
a game against the Cincinnati Bengals.

when Tagovailoa began to stumble and collapse after seconds upright. His teammates guided him off the field, leading him to an examination. It was later ruled that his back locked up, leading him to lose his balance and hit his head.

Unfortunately, injuries are very common in the sports world. In some cases it is unavoidable, but awareness on and off the field helps take care of players, both physically and mentally.

The issue is not that Tagovailoa got hurt, but the fact that he continued playing. Though I can't speak for the Miami Dolphins or the NFL, looking at the facts, he was not in good physical health nor in a healthy mental state to play. Going into the third quarter, it was announced that Tagovailoa passed concussion protocol at halftime. He then went on to play in the rest of the game, and his presence helped lead the Dolphins to a 21-19 win.

Though the Dolphins won, their decision left people nationwide questioning the ethical examina-

tion of players, as well as the conjecture of teams' encouragement for players to work through injury.

In week four, the Dolphins faced the Cincinnati Bengals just four days later for the Thursday Night Football matchup. Moments before kickoff, fans wondered if Tagovailoa

would be playing.

During the game, Tagovailoa not only played but was taken off the field on a stretcher during the second quarter due to another head injury. His injury in this game was caused by Bengals' defensive lineman Josh Tupou, who slammed him into the ground. Watching this live had viewers wondering if it was ethical that he was playing.

Tua Tagovailoa's situation is not the first to display ignorance of concussion care within the NFL. Unfortunately, it won't be the last. Tagovailoa never should have taken the field in this game. The deeper question to focus on is "why" he took the field, which is a current question many are wondering.

Following the incident, the NFL released an article on Oct. 2, titled "Changes coming to NFL concussion protocol a needed step for player safety,"

which acknowledges the issue at hand while also pushing for more effective concussion protocol. Hopefully, this is a step in the right direction to support players and their physical and mental health.

Understanding the level of injury and commitment to the game at the professional level, I went to explore the intensity of it at the collegiate level.

I sat down with a Fairfield University men's rugby team member, Chris Giunta '25. Giunta serves as a starter for Fairfield's rugby team, who competes in the highly competitive Division I-A classified team through the U.S. Rugby.

Similar to football, rugby is a high-contact sport, which often leads to injury. This being said, Giunta gave some tips for players to take care of themselves before taking care of the game.

"Your body is the most important aspect of being an athlete. A lot of times we try to let our bodies listen to our minds, but we need to let our minds listen to our bodies," Guinta intently stated.

The importance of listening to the body over the mind will be immensely beneficial in the long run.

Relating to the Miami Dolphins and the NFL, a stronger commitment should have been made to protecting Tagovailoa's mind and body, equivalent to the commitment he himself made to playing through injury in these games

Giunta expressed the true commitment to the game, stating "We get wrapped up in wanting to play to our highest potential even if our bodies need a break."

He also stated the importance of listening to your body and being able to find support amongst teammates and coaches.

The last piece of advice Giunta offered helps remind athletes to put themselves and their health first. "As athletes, we must listen to our bodies, and give ourselves enough time to get back to 100%."

During the 2022-23 Fairfield University athletic season, it is encouraged that athletes take care of themselves, and reach out to coaches, teammates, friends and family if they need support.

If additional support is needed, the Fairfield University athletic department offers mental health resources for student-athletes.

Take care of yourself, your teammates and your friends!

Weekly 5x4

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

Because we have witty things to say ...

What was one thing you did over fall break?

What is your favorite fast-casual restaurant?

If there is one state you would love to visit, which one would it be?

What is your favorite meal of the day?



Maddy West Editor-In-Chief

Hung out with my Mom

Ninety-nines.

I'd love to go to Hawaii, my mom lived there for a few years and I love the beach.

Breakfast!!!



Madison Gallo Executive Editor

TURN 21.

Applebees!

I'd love to take a trip from northern to southern California.

Breakfast ... and dessert.



Tommy Coppola Managing Editor

I went home for a bit and hung out with my siblings. And then composed a 17page paper.

I'm a Longhorn type of person.

I'd love to visit Wyoming and just take in the views.

Dinner. There's nothing like wrapping up my day with a comfort meal.



Brooke Lathe Copy Editor, Head Vine Editor

Baked cookies and binged "Grey's Anatomy" (for the fourth time).

I have a booth with my name on it at my local Chili's.

Colorado. It would be amazing to visit my cousin who goes to CMU and go on a hike with

Dessert. My sweet tooth is not only a danger to me, but my roommates too. #junior15



Ryan Marquardt Head Sports Editor

Went home and hung out with my family.

Five Guys.

I feel like Alaska would be cool to go to for a little while.

Breakfast is by far the best meal of the day.

Opinion: NHL Offseason Lands On-Ice Stars In New Cities

But fortunately, they did not

trading partner in

sending Tkachuk

By Billy McGuire Assistant Sports Editor

It's that time of year again. The Zambonis are being brought back into service after a long period of isolation, final rosters are being finished and each team will once again have an opportunity to hoist the greatest trophy in all of sports, the Stanley Cup. The National Hockey League is back and the season commenced on Tuesday evening, Oct. 11, with a rematch from last year's eastern conference finals between the Tampa Bay Lightning and New York Rangers, as well as a contest later in the evening between divisional rivals Los Angeles Kings and Vegas Golden Knights.

Every team, regardless of where they stand, are going to have different rosters than what they had last season. It is a big part of the game, mainly due to the fact that the NHL has the hardest salary cap amongst the big four professional sports leagues. Here are some of the biggest moves that happened in the NHL this off-

The Columbus Blue Jackets stunned the hockey world by signing longtime Calgary Flames left winger Johnny Gaudreau in free agency. Gaudreau, a South New Jersey native, was long rumored to sign with the Philadelphia Flyers, New Jersey Devils and New York Islanders, teams that pushed hard to sign him. What was even more shocking about this move was that Columbus offered less money than these other franchises as well as Gaudreau's former club, the Flames. The Blue Jackets are adding an absolute stud, a player that racked up 40 goals and 115 points last season. Gaudreau, although short-sized at 5'9 and 165 pounds, is gritty and always provides a big impact on teams. He joins a rejuvenated Columbus team that already features right winger Patrik Laine and young, budding pieces Kent Johnson and Cole Sillinger. The future is bright in Columbus, and the team's fortunes significantly changed after Gaudreau signed a bargain seven-year, \$68.75 million contract.

The Flames were left in uncertainty after their longtime best player departed. More bad news arose when another core player, right winger Matthew Tkachuk, requested a trade. The Flames could've hit the nuclear button on their current core and begun a

long, full-scale rebuild. as they found an ideal the Florida Panthers, to South Beach in exchange for left winger Jonathan Huberdeau, defenseman MacKenzie Weegar, a future firstround pick and prospect forward Cole Schwindt. The Flames then player who persuaded Huberdeau, a posted 115 points last season and is a pending free agent next season, to stay on an eight-year, \$84 million contract extension. Huberdeau brings a different style of play to the table, being an electriplaymaker whereas Tkachuk a power forward, a style of is big and physical but does as much speed as playmakers, forwards and snipers. Florida, other hand, got Tkachuk a very reasonable eight-year, contract extension at the young play alongside superstar center

The Ottawa Senators sinking Chicago Blackhawks acquired young, emerging forward Alex DeBrincat in for the Senators' first and secondpicks in the 2022 NHL draft,

with an extra third the preceding year. Although the Senators gave up a significant chunk of their draft capital, they found themselves a perfect fit on the left side of their top line in DeBrincat. He will help complement young center Tim Stutzle and captain Brady Tkachuk, bringing his 41 goals and 78 points to the team. The Blackhawks, on the other hand, are a complete mess. They did not get enough draft capital for a player who arguably held the highest trade value on a team that not only is projected to be woeful this season but also did not even hold their first-round pick after trading that away for defenseman Seth Jones. The Blackhawks are yes, in full-rebuild mode, but the way they've handled their assets this

beyond

offseason has been catastrophic. It's only getting worse for a franchise that is recovering from a controversy that arose last

@brinksy97 Instagram The Los Angeles Kings took a big step forward after making the playoffs for the first time in four years last season, acquiring forward Kevin Fiala from the Minnesota Wild. This was a trade that was excellent for both teams, as the Kings acquired a player that would be beneficial to the development of young centers Alex Turcotte and Quinton Byfield, who were drafted fifth overall in 2019 and second overall in the same year, respectively by the Kings. Fiala had a breakout season for a Wild team that dominated last season, posting 33 goals and 85 points in the process. The Wild were trapped in a salary-cap dilemma this offseason due to the buyouts of Zach Parise and Ryan Suter, who both had horrific contracts. They managed to get a first-round pick and a good prospect in defenseman Brock Faber, a Minnesota native. Overall, it was a good deal for a team that is looking to take the next step forward and for a team to get back some decent value in a tumultuous cap crisis.

> CONTINUED ON WWW.FAIRFIELDMIRROR.COM

Alex DeBrincat will be a key asset for the Ottawa Senators this season.



fying

Stags See Success At Head of the Housatonic Event

By Trevor Russell Contributing Writer

The Fairfield men's and women's rowing teams started off strong this season with excellent performances this past Saturday, Oct. 8, at the Head of the Housatonic competition in Shelton, Conn. The men's team started the races off with a first-place finish in the novice eight and then later had boats place third and fourth in the open four. The women's team also got off to a good start in both the varsity eight and the open four, in which the Stags had two boats placed in each event.

The first event that Fairfield participated in at the competition was the men's novice eight, in which the stags triumphed over tough opponents Yale University and United States Military Academy. The Stags posted a great time of 15:22.7, which was just slightly above the runner-up Yale's time of 16:22.9.

The highlight of the day for the women's team came when the Stags B boat had an 11th-place finish in the open four. The boat posted a time of

represented by Cassie Reilly '23, Adalia Flores '23, Olovoa Burghardt '26, Caroline McAndrew '23 and coxswain Marianna Kalin '25. The A boat also raced in the event and posted a time of 21:12.9, which had them finish

The men's team finished off extremely strong, with the final event for them on the day being the open four. Both boats finished within the top five, with the A boat coming in third and the B boat in fourth, both excellent finishes. The A boat, which was crewed by Brady Stergion '23, Michael Hamilton '24, Michael Greene '23, Gerry Malloy '24 and coxswain Thomas Flynn '24 posted a time of 16:31.8, which was closely followed by the B boat crew of graduate student Ryan Borsy, Frankie Dinatale '25, graduate student Jake Godwin, Ryan Wrynn '25 and coxswain Matt Tarabocchia '24 who posted a time of 16:35.0.

The teams have both been working hard this year to prepare for the Fall competitions. The athletes have been eager to start their fall campaign

underway at the Head of the Housatonic

Flynn, who was part of the A boat crew that finished third in the men's open four, is excited to be getting back on the water.

"I am absolutely stoked to be getting the season underway," he says. "It's great to be back at school practicing and competing with all of the guys. It's just a great environment to be a part of and I'm excited to get after it

He says the team has been working hard to prepare for the races this Fall and is optimistic that their hard work will pay off.

"So far, as a team, we have been practicing six days a week on the water. Practice runs from 6-8am on the Norwalk River. During this time we practice drills, do various workout pieces, and try to get better each and every day. Since our team is significantly bigger this year compared to last year - with nearly a dozen new first-year rowers - we all expect to see promising results during the Fall.

we are all very excited to see our team approach almost 40 crew members and believe in our ability to achieve great things this upcoming year."

The team is looking promising with their performance at the Head of the Housatonic. The women's team has also spent the first couple weeks of the school year preparing for the Fall competitions.

Megan Rourke '24, who took part in the women's open four this past weekend, thinks the women's team has a good chance to be competitive this year. "I'm looking forward to the rest of the Fall season because the team is looking very deep this year," Rourke explains. "Depth means we'll all be able to push each other that much more on the water. My teammates have been working hard in the gym and in the erg [rowing machine] room and we're hoping this Fall season will prepare us to do great things for the Spring!"

She's also looking forward to a competitive conference season in which she thinks the women's team will do well. "I'm really looking

even more progress in the team than last season, and I can already see the improvement," Rourke explains. "Even though Spring is technically our main season, Fall is where we really need to make a statement. Last season, FUWR [Fairfield University Women's Rowing] was the fastest it's ever been in Fairfield history, and we plan to make that the case again this year. Fall is just the beginning. This year, we're all prepared to do what it takes to win the MAAC [Metro Atlantic Athletic Conference]!"

Last year the women's team came in third at the MAAC rowing championship and will look to repeat their success this Spring.

The competition this past weekend was the first of four that the Stags will compete in this Fall, with their next event taking place on Oct. 22 at the Head of the Charles Regatta in Cambridge, Mass. They will look to carry over their success into this prestigious competition and will spend the next few weeks working hard as a team to prepare for it.



The men's and women's rowing team competed in the Head of the Housatonic Invitational this past week in Shelton, Conn., which saw multiple boats for the Stags taking home honors in different events.

fairfieldmirror.com

SPORTS 16

Cross Country Races to Improve After Coaching Change

By Billy McGuire Assistant Sports Editor

The Fairfield University cross-country teams are progressing through their seasons. This Friday, Oct. 14, the Stags will be competing in the Eastern College Athletic Conference meet that will be held at Van Cortlandt Park in the Bronx, N.Y., hosted by Fordham University.

This will be the Stag's first meet since Sept. 30, in which both teams participated in the Paul Short Run at Lehigh University in Bethlehem, Pa. The meet was filled with growing pains, as the men's team finished 45th whereas the women's team finished 33rd. The meet has also been a reflection of their season, which has featured a new head coach and an overall inexperienced roster.

Head Coach Jake Duckworth took the reins of the head coaching position for both the men's and women's teams last August. The hiring took place a little later than expected, as the teams were well underway with their summer training and preparation for their regular season.

In addition, in their last meet, the men's team's starting lineup featured four freshmen. Leading the way for the team was Jacob Bornstein '25, who finished with a time of 26:02.6 in the 8K, coming in 207th out of 533 runners competing. Following Bornstein was Ryan Lindley '26, who completed the course a minute later with a time of 27:05.5. Other runners that ran for the Stags that day were Alex Petersen '26, Bryce Zapusek '23 and Nevan Kelley '26.

On the women's side, they feature more experienced runners as well as taking part in a very competitive race.

Finishing 33rd, they were led by Courtney Kitchen '23, who exhibited excellent leadership skills throughout the meet by crossing the finish line with a time of 22:39.1 in the 8K. Kitchen also finished 88th overall in a field of 383 runners. Following Kitchen was her classmate and fellow leader, Danielle Grosso '23, who finished exactly one second behind with a time of 22:40.1.

The Stags have spent the past ten days wisely, putting in a lot of time and effort into preparing for the meet on Friday. This is an opportunity for the Stags to regroup and focus on the important aspects of being a successful runner: possessing quick speed, high levels of endurance and a strong mental state that allows them to be motivated to achieve their goals and set new personal records (PRs).

Even though the team is navigating through some growing pains, the future is bright for the program. Duckworth brings a new sense of energy and enthusiasm to the table, having coaching experience with the local road running club, the New Haven Road Runners, and running both Cross Country and Track at Fordham University, graduating in 2017.

Duckworth will help motivate two programs to improve after some struggles over the past few years, and with some challenging meets coming up, the only way forward is simply getting better.

For more information on the Fairfield cross country programs and athletics as a whole, please visit www. fairfieldstags.com for more information, news and updates



Senior Danielle Grosso runs in the Paul Short Run.

Rainy Rumble at Lessing Shows Stags On Top

By Ryan Marquardt Head Sports Editor

On Wednesday, Oct. 5, the Fairfield University women's soccer team hosted Manhattan College at Lessing Field and emerged victorious by potting a season-high four goals in comparison to Manhattan's one according to the box score.

It was a cold and rainy night in Fairfield; on the conditions, head coach David Barrett said in the game's official recap that there "were tough conditions and a little wet tonight and it caught us offguard a little bit in the beginning. Manhattan came out strong and put us on our heels, but we made a couple of changes and the team responded effectively."

Fairfield's four goals came against Manhattan goalie Kim Mains, who was averaging just .57 goals against per game before this one. Fairfield's first goal came in the 24th minute from graduate student Maddie Mills who hit the top corner for her fourth goal of the year.

This was the ninth time this season the Stags have struck first in their games, taking a 1-0 lead.

Manhattan would quickly answer just minutes later with a goal of their own to tie the game up at 1-1 in the 32nd min-

Then, just five minutes later, Maddy Theriault ${}^{\mbox{\tiny $'$}}26$ took a turnover down the field and took the lead for the Stags with her fifth

goal of the year. Her five goals leads the Stags and places her second in the Metro Atlantic Athletic Conference for goals scored.

The rest of the first half remained scoreless and the score remained 2-1 at half. Coming out of the half, the Stags kept their foot on the pedal, extending their lead with a goal from Meghan Carragher '26 for her first career collegiate goal. Elle Scott '24 and Thierault got the assists, tying them for the team lead with thirteen points each.

The Stags fourth and final goal of the match was a header from Caroline Kelly '24 off of a pass from Mills in the 70th minute to put the game on ice.

The Stags dominated in every facet of the game, allowing just three shots on net and outshooting Manhattan 21-7.

Barrett then went on to say on the team's play that they "scored some good goals tonight, which we are capable of doing. It was a good home win, Manhattan is always well coached and well-organized so we were pleased we created some dangerous situations for ourselves and we were able to get some goals in."

The Stags then traveled to Lawrence, N.J., to play and shutout Rider University in a 1-0 match. They outshot the Broncs 27-2, not allowing them to get a single shot on goal. The win put the Stags at 10-2 on the year and 5-1 in conference play.

The Stags first and only goal came from Reagan Klarmann '25 in the 29th minute of the match. The goal came from a cross from Scott and a great effort from Klarmann to strike the ball and put it

past Rider's goalkeeper Ellie Sciancalepore who had 13 saves on the day.

This was her first goal of the season and the third of her career. This assist was Scott's sixth of the last three games continuing her hot streak of dishing passes to her teammates.

The Stags lead the MAAC with 16.67 shots per game and a very high 91 shots on goal this season. In addition, their offense continued to be on fire with 27 shots, the second most by Fairfield this season and the fifth time in their last six games they have taken 20 or more shots.

In addition to their offense being on fire recently, their two shots allowed are tied for the fewest they have allowed under head coach David Barrett in his five years in the position. This was the first time since exactly eight years prior on Oct. 8, 2014, when the Stags allowed zero shots on goal.

Barrett stated in the game's official recap that "We expected it to be a tough road game and it was," and went on to say, "Rider is very organized. We created a lot of chances, we just couldn't get that second goal which would have opened up a little more for us. It's an important win, we knew Rider was going to be a tough one to get. We did a lot of good things, we're just going to clean up on our finishing a little bit and we'll be okay."

The Stags will look to continue their hot streak on Wednesday, Oct. 12 in Jersey City, N.J., against the Saint Peter's University Peacocks at 3 p.m.



Junior Allie Kirby, Maddy Theriault '26, and Caroline Kelly '24 have all been key players to the women's soccer team this year, with Theriault tallying her fifth goal of the season against Manhattan.