THE MIRROR Week of October 19, 2022 Independent student newspaper Vol. 49 Iss. 5



FUSA Set to Host First Annual Multicultural Week

By Madeline West Editor-in-Chief

Throughout the week of Oct. 24 to Oct. 28, Fairfield University Student Association will be hosting the first annual Multicultural Week.

Each day, except Wednesday, there will be different events all leading to the Multicultural Ball on Friday. Director of Fairfield University Student Association Diversity and Inclusion Board Eden Marchese '23, explains that "each of the days will offer something different for students to be involved in or to experience with friends. Make sure to check the FUSA

Instagram [@fusa47] each day next week for what events are being held!" With regards to planning the event Marchese says "a large chunk of the planning has been done by D&I's Diversity Programmer, Donna Ismail ['24], who has really made this event from the ground up."

They also mention that additional club leaders from South Asian Student Association, Black Student Union, Asian Student Association "and the other amazing FairfieldUnited clubs who met with us relentlessly to make sure everything was in a really good place."

Further, Marchese mentions Graduate student Tobenna Ugwu, a project manager for graduate and international student life in the office of student engagement "because he was another powerhouse who helped us with a lot of the planning/logistics of the week."

FUSA sent an email to students on Oct. 18 relaying information on the happenings of each day.

will be a Multicultural Bake Sale from 3:30 p.m. to 6:30 p.m. in the Lower Level Barone Campus Center. The email states, "while getting food, you'll be able to connect with people from all around campus and learn more about the foods they made as well as the cultural significance of the food." This event is an FYE Connect Credit.

will be the Diwali Celebration at 6:30 p.m. where students can "come join in the celebration of the Festival of Lights in the Kelley Center and come together with other members of the campus community in a celebration filled with music, dance, food and drink!' This event is an FYE Thrive Credit. **CONTINUED ON PAGE 3**

On Monday Oct. 24, there

series was the first of its kind with the goal of distributing important candidate conversations ahead of the midterm election, free to the public via Connecticut Public's broadcast and digital platforms." On Tuesday Oct. 25, there

Connecticut Senator, Governor Debates Canceled

By Madeline West Editor-in-Chief

On Oct. 18, Connecticut

The email went on fur-

It continued to go on

Connecticut Public goes

Governor Ned Lamont's cam-

paigns turned down the invita-

tions to their respective debates."

to say that, "both campaigns

confirmed their decisions

with Connecticut Public and the League of Women's Vot-

ers Connecticut this week."

on to explain that "the debate

In Connecticut, the senatorial and gubernatorial elections are set to take place on Nov. 8, 2022. According to ct.gov,

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"if you are a college student living away from home, you may choose to vote in one of two ways: Either complete an absentee ballot for the election in your home town or register to vote in your college town."

If you are interested to learn more about your elected officials, register to vote or request an absentee ballot scan the QR code which will send you to vote.org. The link to register to vote can be found at Everything You Need to Vote - Vote.org





(From left to right: Governor Ned Lamont (D), Bob Stefanowski (R), Senator Richard Blumenthal (D-CT), Leora Levy (R). Lamont, Blumenthal rescinded invitiation to the CT Public debate.

Career Center Launches 2022 Alumni Job Shadow Program

By Madison Gallo Executive Editor

Fairfield University's Career Center is set to kick off its 2022 Alumni Job Shadow Program. This program invites junior and senior stu-

dents to register to get matched with Fairfield alumni, and even parents of students, so they can network with and learn from Fairfield graduates and community members. Registration for the program closes on Oct. 25.

During the registration process, one must

accounting minor Sara Fitzsimmons '23, it was exactly that. She shadowed Michael Gabrielli, a 2015 graduate who works at Inspira Marketing Group as a Regional Field Manager and described her experi-

66 The best moments are when a student and alumni connect and develop a true mentorship, and when Fitzsimmons said. "I was super nervous about applying to internships and jobs as well as networking and I gained great advice from alumni who have been in my position." She added that "they taught me lessons on how to be confident when networking" and "to always be enthusiastic and apply to a job even if I am nervous there is no chance I will get it."

Junior Marketing and Finance double-major Taeo Johnston-Manby was able to participate early in the program as a second-semester sophomore last fall when he shadowed Eric Ryan, a sales director at Pegasystems and Fairfield University parent, according to a press release from the University's news page. He shared similar sentiments as Fitzsimmons. "This has been the best networking and professional experience thus far of my Dolan career, and any students considering should sign up," Johnston-Manby said. "The Career Center has firms and alumni that fit everyone's interests and you may discover something new about yourself and interests through the program." For Johnston-Manby, he was able to discover his interest in tech sales and the management that corresponds. He also expresses "the feeling that alumni were willing and able to help us find what we are passionate about and help us explore the program."

complete a few brief questions that will help ensure each student gets matched with a fitting alumni mentor based on industry, location and other interests. According to Deirdre Bennett, associate director

of Employer Development in the University Career Center, the program has been running for about eight years.

Throughout the course of the program's history, immense growth has been seen. Just last year, there were 225 students matched with almost 190 alumni, Bennett shared.

The program aims to connect junior and senior students with alumni and parents in the field to explore industries, organizations and potential jobs. Bennett told The Mirror, "The best moments are when a student and alumni connect and develop a true mentorship, and when the Job Shadow experience leads to an internship or job offer," adding that "it can truly be a life-changing experience."

Marketing For major a n d the Job Shadow experience leads to an internship or job offer,"

- Deirdre Bennett, Associate **Director of Employer Develop**ment, University Career Center

ence as "amazing." Fitzsimmons added that everyone was "enthusiastic to participate in it and super helpful." "My biggest takeaway from the job shadowing program was the valuable lessons it taught me,"

Students of all majors are to participate in this program. able

CONTINUED ON PAGE 4



Fairfield on Fire Service Event Set to Take Place on October 29th

By Madeline West Editor-in-Chief



Campus Ministry is set to host their annual Fall ser vice event, Fairfield On Fire, on Saturday, Oct. 29. This tradition was spearheaded by Campus Minister for Social Justice and Community Engagement Katie Byrnes who helped to start Fairfield on Fire seven years ago.

Due to the COVID-19 pandemic, the past two years have been a bit different as the community faced limitations. In 2020, in place of the service that was usually off campus, Byrnes and the volunteers had to find ways to give back remotely. Additionally, last year precautions such as mask-wearing and social distancing from vulnerable members of the community ensued. Last year, while students were able to return to in-person sites, Byrnes expresses her excitement for this year's "return to full service!"

66 I could not think of a better opportunity for Fairfield students to begin putting their Jesuit education into radically hospitable practice."

- FUSA Chair of Academic Affairs, Senator Vinny Rotondo '23 Byrnes explains, "We have not been able to be with many of these partners during COVID because many of them work with vulnerable populations like the elderly and kids. It is so nice to be back!" This year there are "just over 100 students [signed

up] right now with room for lots more," Byrnes said. According to Byrnes students will be located in various locations. The various donation posts include the Bryant School in Bridgeport to host a fall festival and help oversee games, the ALPHA Community

Services for a community cleanup and painting at a few Bridgeport housing programs, hanging out and playing games with local senior citizens and outdoor cleanup and scarecrow building with Operation Hope.

The Alpha Community Services YMCA is located in Bridgeport. They have been dedicated to providing services dedicated to the homeless, and have been a branch of the Central Connecticut Coast YMCA since 1992.

The Alpha Community Services YMCA has grown and expanded its services, striving to provide not just temporary shelter but also a path to a better life for those experiencing homelessness. It is managing the largest family emergency shelter in Connecticut and providing supportive services to over 400 clients each year.

Operation Hope provides individuals and families the opportunity to experience change. According to their website their missions and vision include, "addressing basic needs for food and shelter, as well as offering long-term solutions to hunger and homelessness, including affordable housing, life skills training and personalized clinical support, we help people reach their potential in an environment where compassion inspires dignity and hope."

Students who previously volunteered have had positive experiences with their day. Fairfield University Student Association Senator

Jack Legere '23 volunteered last year and went into Bridgeport through The Alpha Community Services YMCA.

Legere explains, "it's a great day to get together with a bunch of different clubs and organizations to help give back to the surrounding community."

Legere continues, "It was really uplifting to see student participation and the gratefulness of those who were helping. Fairfield on Fire helps to remind us that giving back to the community is fulfilling in so many ways."

Senior Connor Reardon also volunteered last year and reflected on the event. "I really enjoyed getting out there with my friends and

making a difference through Fairfield on Fire" Reardon states. He continues, "We helped people who really

needed it and made a difference that mattered. I'd highly recommend it to the Fairfield community!"

FUSA's Chair of Academic Affairs and Senator Vinny Rotondo '23 explains, "participating in Fairfield on Fire managed to transform the lens through which I now see the world. This program, in particular, presents an opportunity for Fairfield Students to come to know our community neighbors right from the get-go of their college experience."

Rotondo reflects on last year stating, "When I participated, I was placed at an elementary school, where I had the pleasure of hosting several fun activities with children. I could not think of a better opportunity for Fairfield students to begin putting their Jesuit education into radically hospitable practice."

Byrnes relays that Fairfield on Fire is "our largest community service day of the year so it's a great way to spend the morning serving alongside so many fellow



Senior Connor Reardon (left) and Senior Andrew Mellville (right) participated in Fairfield on Fire Last year. They were placed in Bridgeport through the YMCA program to help clean houses, yards, and the community.

Stags" and adds that "we also partner with local organizations to bolster the good work they do all year long."

While many clubs and organizations collectively sign up to volunteer, students eager to give back do not have to. Byrnes says, "you can sign up as an individual or

It is also a great way to dip your toe into the amazing ways you can be involved in service all year long!"

- Campus Minister for Social Justice and Community Engagement Katie Byrnes

group and there is FYE credit for our first-year students!" For first-time volunteers, Byrnes also relays

some pieces of advice. She says, "come ready to have fun!" Byrnes continues to mention, "you can sign up with folks you know or get to know some new peo-

ple! It is also a great way to dip your toe into the amazing ways you can be involved in service all year long!" When asked about some of her favorite experi-

ences from previous Fairfield on Fire events, Byrnes says, "I love the enthusiasm students bring to Fairfield on Fire." Byrnes continues, "spending the day working for change

in local projects but also sharing some love with folks who need to see a smiling face," are also some of her fondest experiences. Students who still want to register should

use the QR code provided to scan and sign up. If they have any additional questions they should email byrnes@fairfield.edu. For more information about Campus Ministry, visit their Life@Fairfield page.



Students who participated in Fairfield on Fire were featured in a News12 Connectifcut article highlighting the serice efforts. This year's event will take place on October 29.

By Julian Nazario

Assisatnt News Editor

started in March 2020, Fairfield University,

like many colleges and workplaces, switched

most on-campus activities from in-person to

online. Other resources, like the StagBus to

the Westfield Trumbull Mall were put on hold.

the pandemic hit, the university's transporta-

tion system is almost back to full operation,

with the Post Road bus route departing every

30 minutes from the Barone Campus Center

Traffic Circle and a new on-campus shuttle

service that started operations on Sept. 26.

the mall] on the Stag Bus

66

When the COVID-19 pandemic

Now, more than two years after

So I think if there

was a bus route [to

it would definitely be

I would save so much

more cost-efficient and

time, but [that] the app is updated so that stu-

dents [...] will know exactly when it's coming

so they won't be surprised if it's earlier or later."

an "advocate" for students and said he is work-

ing to "bring as many functions back as possible

as students see fit in a post-pandemic society."

the mall was here before the pandemic hit,"

said Burns, who led last year's Senate Com-

mittee working on the bus route. "And we

think that students should have access to dif-

ferent kinds of stores not available in town.

about at the Westfield Trumbull Mall include,

but are not limited to Target, Forever 21,

H&M, JCPenney, Macy's and Apple Store.

bulak agrees with Senator Burns's point

about the lack of diverse shopping options

for students in Downtown Fairfield.

bus route would be something nice as

"there aren't many stores in town where

the Stag Bus brings us to, so it would be

nice to have transportation to the mall

that my friends and I could easily use."

Life, Karen Donoghue '03, weighed in on FUSA's

efforts to bring back the StagBus mall stop.

ing the student experience, the Division of Student Life is open to speaking with stu-

dent representatives leading the proposal

and reviewing the supportive data," said

Donoghue, who oversees all aspects related

to student engagement and recreation.

not been a request made regard-

ing a mall shuttle," she highlighted.

Vice President of Auxiliary Services, Matthew

Dinnan, to inquire about the logistical chal-

lenges and cost of the mall bus operation. He

did not respond to our request in time for print.

Burns also described FUSA Senate as

"Having the opportunity to go to

Those major stores Burns talks

Sophomore Lauren Trym-

To her, the addition of a mall

Fairfield's Vice President for Student

"As with all new proposals regard-

"At this time, there has

The Mirror tried to contact Assistant

Page 3



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

10/142:45 p.m. A contractor vehicle backed into a parked vehicle in the Quick Center parking lot. No injuries were reported.

10/15

News

2 a.m.

A group of students reported not feeling safe with their Uber driver. The Uber driver was issued a criminal trespass warning and is no longer allowed on campus.

10/17

7 p.m.

Two Fairfield Prep students were involved in a moderate car accident. Vehicle sustained heavy damage. Fairfield Fire Department and Police Department responded along with DPS. No injuries sustained, one vehicle had to be towed from the scene.

Nine medical responses were reported by DPS over the last week.



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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

Students Express Return of Stag Bus Mall Route Could Be Beneficial

Mall ranges from \$19 to \$29 per way. Lyft, another mainstream transportation app, had slightly cheaper prices ranging from \$16 to \$23. The situation is more difficult for

those students who are on a tight budget. "As a college student who doesn't

have a job, it's very costly to order several Ubers back and forth between the mall and Fairfield." said Louisa Guarasci '26. "So I think if there was a bus route [to the mall] on the Stag Bus it would definitely be more cost-efficient and I would save so much money." Another reason behind students'

support for the Trumbull Mall bus route is the lack of activities and clothing stores available to fulfill the buying needs of the Stag community.

Sophomore Samantha Flores brings a new perspective: the lack of activities and stores on Post Road.

"I think it would be a great idea to provide a bus to the Trumbull Mall. There's only so many times that you can go into town or around Fairfield without getting bored of the same things," said Flores, who is open to the idea of adding an additional bus to new places near Fairfield. The concerns surrounding the dif-

ferent routes and consistency of the Stag-Bus have been a leading issue brought to the Senate of the Fairfield University Student Association by its Speaker, Steven Burns '24. In a Sept. 14 Senate session, Burns

discussed the idea of taking a Stag Bus to the mall by first recognizing that the route "was intact before COVID." He also added that one of FUSA's initiatives is to "be leaving COVID and trying to bring back what was there before."

Senator Burns confirmed that the Senate has been "looking for a while now" on the issue of transportation, but that the focus remains on improving the bus live-tracking location.

"I think something we are working on now is improving the reliability of the GPS for the StagBus so that it doesn't only arrive on

money." Louisa Guarasci '26 However, students feel the need to add an additional service that

makes a stop at a shopping center. Going to the Westfield Trumbull Mall is more of a necessity than a luxury for firstyear student Lacey Noto, who explained how she spent approximately \$40 on a roundtrip Uber she took with her friend to the mall.

A search on the Uber app confirmed that the ten-minute ride from Fairfield University to the Westfield Trumbull

CONTINUED FROM PAGE 1

there will be a break of events "to sell tick-

ets for the Multicultural Ball on Friday."

day, Oct. 27 where there will be a Multi-

cultural PotLuck from 5 p.m. to 7:30 p.m.

in 42 Langguth Road "to bring students

together to celebrate their cultures and

experience foods from other cultures!"

that to help raise money for "a diver-

Marchese states that Wednesday

Events will resume on Thurs-

The email further explains

Students Invited to Attend Inaugural Multicultural Ball

and learning about other cultures! This event is an FYE Inspire Credit.

Finally, on Friday, Oct. 28 there will be a Multicultural Ball from 7 p.m. to 11 p.m. where students can enjoy "food and entertainment as we come together to raise money for a diversity initiative on campus and to meet new people in our campus community."

FUSA's email also states that a formal dress code is encouraged. Tickets for the event are

\$10 for students in advance, \$12 for

to also help Fairfield expand its horizons to all the diversity here on campus and we are hoping to showcase that throughout this multicultural week!"

66

This event was created to not only help a numerous number of students but to also help Fairfield expand its horizons to all the diversity here on campus and we are hoping to showcase that throughout this multicultural week!"

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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sity initiative, students will be able to purchase a 'food ticket' (\$7) to be able to try any food that they'd like." However, students do not need to purchase a food ticket to participate in the event through interacting with friends, meeting new people,

66 We want this week to bring students together to learn about the cultures of their fellow Stags and raise awareness around the various places on campus [where] one can find a community,"

Eden Marchese '23, **Director of Diversity &** Inclusion alumni/guests and \$15 at the door.

This event i s an FYE DEI Credit. also Marchese explains that this event's main goal for this week is "all about unity on campus." "We want this week to bring

students together to learn about the cultures of their fellow Stags and raise awareness around the various places on campus [where] one can find a community," Marchese continues.

Marchese mentions that all the money raised will be going towards supporting "an incredible diversity fund on campus to support more students."

Donna Ismail also comments similar sentiment to the goal of the event to "spread awareness about the extensive amount of culture we have on campus and to make Fairfield a more comfortable place, as well as creating an inclusive environment for students to express their cultures."

Ismail continues to mention that "this event was created to not only help a numerous number of students but

Donna Ismail '24, **Diversity & Inclusion Diversity Programmer**

For students interested in getting involved who want to participate in the events such as the bake sale or Potluck, they should email Marchese @eden.marchese@student.fairfield.edu.

More so, if people want to donate to the diversity fund they can donate the money to @Diversity-Board via Venmo.

A Conversation With Cardinal Gregory: Faith and Racial Justice In The Catholic Church



Wilton Cardinal Gregory, the first African American Cardinal, spoke at the Fairfield University Regina A. Quick Center for the Arts on Oct. 13 at 7 p.m. He discussed racial injustice in the context of faith.

> By Abigail White Assiatnt Vine Editor

In the inaugural "Faith and Leaders for Racial Justice" lecture, presented by the Office of Mission and Ministry, Fairfield University welcomed Wilton Cardinal Gregory to discuss racial injustice in the context of faith on Oct. 13. at 7 p.m. in the Quick Center.

"The thesis of this lecture series is 'Faith and people of faith belong at the center of the struggle for racial justice and human dignity" says Rev. Paul Rourke, S.J., vice president of Mission and Ministry at Fairfield.

In his introduction of the event, Rourke explains that "The original sin of racism is still with us today.' He continues to explain that racism

66

It is only fitting that we as a church discuss racial injustice in the context of our faith."

- Wilton Cardinal Gregory

is structural. It is not a personal sin. Rather,

it is something that the Catholic church com-

munity must work together to eradicate.

ress is only certain progress when

we all work together," Rourke says.

It was Fairfield University President Mark

R. Nemec, Ph.D. who introduced the Car-

dinal and provided the audience with

a summary of his accomplishments.

bishop of the Archdiocese of Washing-

ton in 2019, Wilton Cardinal Gregory was

named one of the thirteen new cardinals

from around the world by Pope Francis on

Oct. 25, 2020. It was on Nov. 28, 2020, that

he was elevated to the College of Cardinals.

After all, "Probable prog-

Appointed as the seventh arch-

66 No one should graduate from Fairfield without knowledge of the church's social triumphs while also recognizing when the church has 'dropped the ball."

He has served in many leading roles in the Catholic church and has written extensively on issues in the church.

Some of the issues he has addressed in his writing include the death penalty, euthanasia/physician-assisted suicide, interreligious and ecumenical affairs and more.

In this Lecture, Cardinal Gregory focused on the racial injustices of the Catholic Church. "It is only fitting that we as a church discuss racial injustice in the context of our faith," he explains.

The Cardinal discussed the ways in which faith has been twisted in the church in the past to justify the suffering of enslaved people, to condone the exclusion of minority groups, particularly Hispanic groups and to perpetuate segregation.

"It is abundantly clear that faith calls us to act," said Cardinal Gregory. Countless Black, Hispanic and Indigenous peoples have been affected by injustices performed by members of the church.

The Cardinal explained that conversations surrounding faith and racial injustice often make people uncomfortable. Most people like to consider them-

selves as being on the right side of history. It is easier to ignore the sin-

ful past or claim that circumstances have improved for people of color in the church. Many look toward the injustices

and poverty of racial minorities with an "it's just too bad" mindset. As both Rourke and the Cardinal emphasize, this mindset is not what will bring about change.

Instead, Cardinal Gregory calls members of the church to act, to "promote peace in a world full of hostility and conflict." He calls church members to address the church's history of racial injustice and work to create a welcoming environment for all people. "We must model Christ in

-Wilton Cardinal Gregory

our society in every way we can," he says. At the close of his lecture, student

and faculty panelists were invited onto the stage to ask questions and engage with Cardinal Wilton. It was this portion of the lecture in which audience members learned of the Cardinal's religious education and his personal experiences with the church, race and faith.

In the question and answer portion of his lecture, Cardinal Gregory reveals that, though it may sound simple, the reason that we may not find as many minority groups in the Catholic church is that they do not feel welcome in their own church communities.

He explains in disbelief that many non-Catholic Christians do a better job of saying welcome than many Catholic Christian churches.

"We must do better at creating ministries of welcome in the church that attract people," he claims. As a Jesuit university, it is import-

ant that Fairfield students acknowledge the Catholic church's past racial injustices and look toward creating a religious culture on campus that is inclusive and welcoming. Confirming this notion, Cardi-

nal Gregory says, "No one should graduate from Fairfield without knowledge of the church's social triumphs while also recognizing when the church has 'dropped the ball."

Cardinal Gregory's lecture was the first of many, sponsored by the Center for Catholic Studies at Fairfield.

The Fairfield community can look forward to the continuation of this series as well as other religion-based lectures with poet Carolyn Forché, and Bishop John Stowe in the coming weeks. Students can attend these in-per-

son events at the Dolan School of Business Event Hall, or register for live streams on the Center For Catholic Studies' website.

Stag Shadow Seeks to Foster Lasting Professional Relationships Through Mentoring

Senior Hannah Sencaj participated last year and was paired with Amy Neenan

mentors also find a lot of value in the program. McKenzie Armington '19, '20, who studied '19, a nurse on a Medical Surgical floor at Beth mechanical engineering at Fairfield, is a mentor to the

That's what being a Stag is all about, embracing new

opportunities, having fun and learning something new in the process about how to become a better and more well-rounded person." - Taeo Johnston-Manby '24

today," she said. "Even if I don't work at the company I shadowed for, they were a great resource to lean on for advice and they have connections as well that have helped me when applying for jobs."

Participants will be notified of their match(es) in November. Due to the fact that matches are created based on student interest in industries and locations, not all alumni or parents may be matched, however, the Career Center will notify those who are not. Students will then connect with their match during November and December to schedule an in-person or virtual meeting, and the January Job Shadow will take place during Jan. 3-13. Although there is flexibility if the Jan. 3-13 time frame does not work for stu-

dents and their alumni/parent match. Bennett wants everyone to know that "the University Career Center encourages all juniors and seniors to sign up for the program!" Registration closes Oct. 25 and can be found here: https://bit.ly/3CLTsxi.

environment and the day-to-day life I would experience."

Armington hopes she can "provide this to future graduates who may not know which direction they want to pursue after college." When it comes down to deciding whether

or not to participate, Fitzsimmons, Johnston-Manby and Sencaj cannot recommend it enough.

There is literally no reason not to do it!" Johnston-Manby said. "Getting to take time out of your week to take a step into the professional world is something that a lot of students would give up anything to do." He added, "That's what being a Stag is all

about, embracing new opportunities, having fun and learning something new in the process about how to become a better and more well-rounded person." Fitzsimmons wants students interested in the program to know they should "do it."

"I made so many connections not only with Fairfield alumni but with other people in the company as well that I am still in contact with

University's students through the job shadow program.

For Armington, being a mentor is an opportunity for her to "give advice that [she] wishes [she] had received when [she] was going through the transition from college to the workforce." "My goal is always to ensure the students

have a better understanding of what the transition of being a college kid to becoming a work[ing] professional is like and trying to provide advice to make the process less stressful," Armington said. "It can be scary starting a new chapter in your life, and I want to be able to provide advice that will help their transition be as smooth as possible."

While Armington was a student at Fairfield, she too participated in the shadowing program during her senior year and visited Medtronic, a medical device company.

The reason why Armington became a mentor for the program was because of how highly she regards the opportunity for students to shadow people working in their desired fields. "I found the most helpful pieces to deter-

mining where I wanted to work post-graduation were to both visit and engage in discussions with those who were actually working at the companies I was looking into," she said. "This allowed me to get a better understanding of the company

Israel Deaconess Hospital in Boston, Mass

Sencaj is a nursing major in the Accelerated Second Degree Program. Since she participated in the program last year, when hospitals were not allowed shadowing at the time due to the ongoing COVID-19 pandemic, she chatted over Zoom with Neenan.

"While being able to watch her perform clinical skills would have been interesting, a lot of what I hoped to get out of the job shadow was what to expect as I transition into the field, which I was still able to get through a Zoom call," Sencaj stated.

Through the shadow program, Sencaj found it incredibly interesting to be able to "hear Amy's unique path and what she found to be most helpful in her own transition." She added, "I feel that it is very import-

ant to talk to as many new graduates in many different areas of the field to help gauge what might be the best direction for me to take. That is why I will be participating in the program again this year!" Sencaj hopes this year she might be able to go in person to shadow in a hospital. Fitzsimmons and Johnston-Manby will also be participating in the program again, and are eagerly anticipating it. Though the job shadow program is geared towards the students, alumni who act as

Opinion **Recent Greatest Hits of The Tully Menu**

By Tommy Coppola Managing Editor

The Daniel and Grace Tully Dining Commons have been a staple in my Fairfield University career, and I would imagine it has been for a lot of my fellow peers and classmates here.

In my opinion, the Tully has been doing an incredible job within the past few months in terms of switching up the options available to students. Here are the highlights:

Pesto/Ricotta Pizza

The creation of this amazing, spectacular dish at the Trattoria station in the Tully wowed me. I mean, it is so simple...just pesto and ricotta cheese on pizza dough. But, it came out terrific, and I can't say enough good things about it.

They always mix up the pizza they are serving and whenever there is a new selection I always make it a point to try it out for myself; their taco pizza, their mashed potato pizza and even their banana caramel dessert pie have always been some of my absolute favorites in the rotation.

Their pizza is incredible, especially when you pair it with the caesar salad or pasta that they have on either side of the pies. I know, I digress, but the whole Trattoria section has been fantastic lately.

Black Bean Coleslaw Burger

When I saw this, I was skeptical, because honestly I have never had something like this; however, I think that this is a meal



The Trattoria features a wide range of pizza and pasta selections daily. It is home to the well loved Pesto/Roicotta pizza.

that surprisingly many people would find that they love even if they've never tried it. One great thing about the Tully is that they have a new selection of food every single day so you're always able to experiment and try new things that you would rarely have the chance to.

The black bean burger with coleslaw was a great example of this. I always love their burgers regularly from the Main Plate section, but when they mix it up with things like this, I always jump on the opportunity to try it. I highly recommend checking this out!

Penne with Tomato and Chickpeas

I was looking for something healthy and comforting one day, when I went to the Tully feeling a little under the weather. At the True Balance station, which offers allergy-free options to all students, I came across this, and it was incredible.

It had everything I hoped for; I found it interesting that the chefs worked chickpea into the recipe but it worked so well.

I have nothing but amazing things to say about the True Balance station and everyone who takes part in their food creations.

Bread Bowls With Soup

When I saw that the Tully had bread bowls, I figured that this is something they

need to bring back and keep coming back.

Whoever created the bread bowl was a genius and I wish I could thank them. You can really combine the Tully's toasted bread bowls with any soup they offer; they usually have a rotation of soups like broccoli cheddar, chicken noodle and sometimes, they even have chili right at that station.

Definitely check it out, and get experimental with how you're forming your bread bowl!

The Deli Station (In **General**)

I can't be the only one who has seen the huge upheaval of the Deli station in The Tully.

With the addition of a massive jar of pickles next to the station, a huge variety of chips and crackers, as well as an entire new display of rolls and bread they have available, the station is not only much more convenient but also much tastier.

I highly recommend getting your entire sandwich toasted at the station, as well; if you get a wrap, any kind of cheese you top it with will melt to perfection, and your sandwich will be nice and hot for your enjoyment. There are so many options, as well, which allows for creativity and flexibility.

I may sound like a broken record here but I can't say enough good things about my experiences this year so far in the Tully.

I highly recommend checking out all the options they offer and trying something new.

Why "The Battle Over Family Value" is a Can't Miss Class

By Madeline Hossler **Opinion Editor**

I've had a lot of strangers laugh at me when I tell them I'm a politics major. The comments are a mixed bag. Some people follow that up with "You picked a rough time to study that." Others are a little more supportive, and you get lines like "We really need more good people in that field" or "Maybe you can fix some of this."

Still, others just want to go on an unprovoked five-minute rant about gas prices immediately after meeting you (which is definitely not a real experience I once had on campus).

A lot of people right now are looking at national politics and thinking that everyone has lost their minds. And I get it. I really do. There are days when I get news notifications on my phone and can think of nothing that would be more appealing than banging my head against the wall.

It doesn't help that in our current political climate it often feels like simple issues spark massive outrage and provoke over

ly partisan responses. It's easy to find yourself in a place where you feel like you can never understand the other side, or even that you hate them.

If you relate to any of these feelings, then I have a class for you. And that class is "The Battle Over Family Values in American Politics" (POLI 4301), taught by Gwendoline Alphonso, Ph.D. It is running in the Spring 2023 semester on Mondays and Thursdays from 11:00am to 12:15pm.

The concept of what "family values" actually are can seem daunting to unpack, but this course attacks that challenge from every angle.

You will examine topics ranging from social welfare policy, to marriage and the nuclear family as a political institution, to masculinity in American politics.

You will analyze how politicians talk about the family and utilize ideas about the family to support or reject different policy positions. Understanding the family as both a micro-level source of political ideology and a macro-level source of policy has the potential to explain so much about the current state of American politics

ferent styles of writing. There is also a class peer review workshop that allows you to read and critique other students' work. Even if you're unfamiliar with a particular kind of analytical writing, this peer review feedback process will help you get to a place where you feel comfortable.

Alphonso is so supportive and helpful when it comes to improving your work, and in this course, she has curated the perfect environment for you to grow as a writer.

This course was the first time I had formally written an Op-Ed that my peers actively analyzed, and now I'm the Opinion Editor for this paper!

Plus, there's always the added bonus of the attributes. This course provides the Magis Corse Interdisciplinary, Writing Across Curriculum and Writing Discipline attributes.

It also counts towards American Studies and is a Women's Studies Gender-Focused course. Just one class, but so many benefits.

I took this course as a sophomore, and it has been one of my favorite experiences at this school. If you have the opportunity, this is a course you shouldn't miss



This course will help you to better understand why people hold certain political convictions. The concept of family values, and who is truly upholding family values, often produces a deep partisan divide.

One project, in particular, the family oral history, will help you get to the root of this debate.

When I took this course there were people in it who believed in nearly the exact opposite of everything I do. We had a healthy debate going on when it came to most topics

This family oral history project challenged us to analyze broad political topics in the context of our own family history, using interviews with family members. We then had to peer review and offer critiques of each other's pieces.

This exercise challenged us to confront the roots of our own belief systems, and each other. The more you know about someone's family history, the easier it is to understand their view of the world. I found myself looking at peers I wholeheartedly disagreed with and thinking, "Okay, I understand how you got there."

Confronting your own biases can be challenging work, but it's an incredibly important life skill that this course can help you develop.

This course also challenges you to expand your horizons when it comes to writing. There is a significant research paper, but also smaller practicum papers that span several dif-



The Fall Celebration Our Campus Needs

By Kaitlyn Conroy Contributing Writer

It's that time of the year again; when the air becomes chilly and the leaves turn into an array of reds, oranges and yellows. It's time to bring out the sweaters and flannels, and get your best pair of boots ready. Fall has begun! I have to say fall is objectively my favorite season.

There is something so cozy about this time of the year. Personally, I love wearing oversized sweaters; it's one of the main things I look forward to. I feel like Meg Ryan in "When Harry Met Sally" when I wear my fall clothes. I encourage everyone to try and channel their inner Meg Ryan this autumn because it makes the season even better.

I love celebrating fall. Over the years I have accumulated a bunch of ways to really embrace this beautiful season. First, I always try to visit a farm. This year I went to a farm in my home state, New Jersey, called Holland Ridge Farms. I picked these beautiful fall flowers, including sunflowers.

Fall is the harvest season, so take advantage of that. Apples, pumpkins and sunflow-

ers are just a few of the crops that are usually harvested during this time. Speaking of apples and pumpkins, they are the typical fall food of choice. Over the years I have tried so many treats that have apples or pumpkins in them. I always like to bake something with one of these ingredients every year. This past weekend I baked these delicious pumpkin whoopie pies. They tasted like fall.

I also love taking fall walks and just marveling at the beauty of autumnal nature. The leaves are only this color for a short time of the year, so go take a walk! The weather is also still warm enough to be outside, so enjoy some fall outdoor activities. Start up a little football game with family and friends. If you're not into sports, choose a good book and find a cozy outdoor spot and just read. If you're not outdoorsy at all, there are plenty of indoor activities to take part in.

Light a fire in the fireplace, and settle down for a movie or TV night. Some of my favorite fall movies and TV shows include "Hocus Pocus," "Knives Out," "Twilight" and "Gilmore Girls." Speaking of "Gilmore Girls," (which side note, I'm still on the first season) it takes place in a small Connecticut town, similar to Fairfield! Being here on campus sort of reminds me of its close-knit setting.

I feel like since we are a

small New England school, we should embrace autumn. I have been thinking about the perfect way to ring in the season on campus, and I've concluded that we need a big fall fest. I was sort of inspired by the fall fest in one of the surrounding towns at home, and also some typical cliche movie festivals.

An ideal date would be a weekend in October because it is not too hot and not too cold, which means we can all wear some fall attire. It would take place in the traffic circle. To me, it is the perfect space for an event like this.

It would be important to implement the ideas I've stated above into this fest to make it the perfect fall celebration. Food is an important aspect of any festival. I propose we bring some food trucks and set up food booths. I would definitely want to highlight some fall foods, so apple cider and apple donuts are a must. I also think a soup food truck would be a cool idea – I love soup season.

Now I've mentioned the farm, but during the fest, we cannot go to the farm. I propose we bring the farm to us. There would be a section filled with pumpkin picking, mums and sunflowers and even a mini petting zoo. Maybe the petting zoo is a little too much, but I still think it would be a cute idea. I would love to see some goats as I think they are adorable.

Another fun activity to add to the fair would be a little pumpkin painting or carving section. Not everyone gets to paint or carve their pumpkins every year, so this activity would be perfect.

I think small businesses in Fairfield should come and set up booths as well. At the fall fest at home, I bought some adorable pieces of handmade jewelry. There will be something for everyone!

At night I think there should be an outdoor movie marathon. It would be perfect for a chilly autumn night. I think fire pits and hot cider and kettle corn stations would be a good addition to this as well. It would be the perfect way to end a day of fall festivities!

I doubt that any of this would happen this year, but maybe one day in the future the university could possibly make this happen. I think it would be fun for the students and the entire community.

It's a great way to celebrate a beautiful time of the year. As for now, I encourage you to take part in various other fall activities this year!

Liturgical Ministry Connects Students To The Jesuits

By Julia Braatz Contributing Writer

I certainly didn't know that much about liturgical ministry until I joined and learned firsthand. It's good to know what a club of this size is all about and it would be a tragedy to not mention all of the great things I have to say about this club as well as how it works.

So, what is liturgical/campus ministry? If you haven't noticed by now, there is a chapel located behind the middle section of Canisius Hall and the Barone Campus Center. Within that chapel are weekly masses and sometimes events. Liturgical ministry is composed of all of the students that serve at those masses.

We have Readers (the people that read during the mass), Eucharistic ministers (the people that give out the Eucharist), Sacrastins (the people who set up the Sacristy where the Eucharist is held) and hospitality (the people who greet everyone when you come in pass out the donation baskets). As you can see, there are plenty of positions to choose from. Even though there is some commitment, there is lots of flexibility and there are no requirements to join. How liturgical ministry runs is that everyone must attend the weekly campus ministry meeting unless they inform ahead of time that they can't make it. Everyone in campus ministry serves mass two-three times per semester. If someone can't serve mass on a particular day that they're assigned, then they just have to get someone in campus ministry that has the same role to cover them for that day. No one has to make up a day if they can't make it. That's as far as requirements go. We accept everyone from a very relaxed Catholic to those that have a deeper faith life. Why does anyone join a liturgical ministry? There are a lot of benefits to the club. You meet so many people in liturgical ministry. I would estimate that there are about thirty students at least that are involved in liturgical ministry. Out of all of the people I've met within the past year, a good majority of them I've met in liturgical ministry.

The liturgical ministry also provides a great opportunity to meet the campus ministry's staff members and the Jesuits. Serving at the masses involves working alongside the Jesuit that is also serving that mass. There's also our new campus minister Valarie Kisselback who has just started in the campus community this year!

A part of her role as campus minister is to run the weekly campus ministry meetings. There are plenty of opportunities to talk with her and other staff members that work in campus ministry. It's also a very good way to deepen one's faith.

Our weekly meetings involve being

Listening to other people's faith experiences is perfectly valid in these groups. Even if you're not really sure about your faith, it gives you a chance to listen and learn about other people's experiences and the Jesuit values on which this campus stands."



Fairfield Students Deserve A Real Break

By Brooke Lathe Copy Editor, Head Vine Editor

Last week, I was so excited to have a four day weekend for our fall break. I thought that I would finally have the chance to come up for air in a semester where it feels like I'm drowning in class, The Mirror and internship work. However, after the two extra days were over, I found myself questioning: "what would I have done without it?"

I actually needed those additional 48 hours to be able to complete a quiz, studying, upcoming projects and homework assignments. And even then, I still didn't finish everything! Upon acknowledging this, I felt cheated of my supposed "fall break" where I was supposed to just sit on the couch, watch TV and sleep in. Only, our professors took our time off as an opportunity to assign us more work because we had the extended hours and even emphasized that we have midterms nearing in the upcoming week. So now, I don't feel re-energized and ready to dive back into my responsibilities. Instead, I continue to feel drained. This experience leaves me posing the question: Can we just put a strict pause on everything academic whenever we have a break? The only time students come back feeling refreshed is during Christmas or summer break, and that's because we aren't enrolled in any active courses and therefore can actually use our time off to our advantage. In some rare cases, people are actually excited to start up their classes again! Granted, these vacations are weeks, if not months, away from school and it's easy to become bored.

break during the semester such as a fall/spring or holiday situation, then there needs to be an enforced rule that professors cannot assign tests, projects, readings, homework or even mention future assignments before we leave their class before entering our time off.

Additionally, we should have limited email blasts about school related information as well. Because frankly, I just don't want those notifications during my break.

I remember seeing on social media that the reason why we feel we are unable to feel rested during weekends or any time away from work is because we often feel guilty that we are not accomplishing the items on our to-do list or partaking in activities that would work towards something more productive. This feeling of culpability takes away from our ability to enjoy any time off that comes our way. And due to the fact that I had a pile of assignments waiting for me during our fall break, I felt like I was lazy for putting on a couple of episodes of "Grey's Anatomy" at the end of the night when I could've been memorizing what 18th Century British author wrote a piece that I read about last month. Yes, this is definitely a personality fault that I, as well as many others, need to overcome. However, it is merely natural, instinctive and just an important factor overall to note when calling attention to this fact. If we are to include a break throughout the current semesters to allow students to breathe, then it should be done the right way: putting a strict pause on anything and everything academic and allowing our time to do absolutely nothing. I need to be able to crawl out of bed at noon with a consecutive string of absences from Blackboard.

-Julia Braatz '25

given a prompt and talking about it in small groups. There's no pressure – this isn't like high school small groups where everyone has to talk or else you fail the class.

You're not required to say anything. Listening to other people's faith experiences is perfectly valid in these groups.

Even if you're not really sure about your faith, it gives you a chance to listen and learn about other people's experiences and the Jesuit values on which this campus stands.

Like I said in the beginning, I didn't know that much about campus ministry when I first joined freshman year. I can honestly say now that joining was one of the best decisions I've ever made.

Campus ministry is so large for a reason; people enjoy both serving at mass and the community that they're surrounded by. It's safe to say that this club has deserved its time to shine in the spotlight.

However, if we are to have a mini



FALL IS IN FULL SWING AT LASKO'S FARM AND CREAMERY

By Brooke Lathe Copy Editor, Head Vine Editor

The Vine

Listening to "At Last" by Ella Fitzgerald and admiring the crimson autumn leaves, I pulled into 670 Daniels Farm Rd., Trumbull, Conn., also known as Plasko's Farm and Creamery.

A large red barn labeled "Plasko's Cafe" was lively on an early Sunday morning and seemed to stand out amidst the beautiful surrounding neighborhood.

I walked in the front door to see a line of hungry guests waiting to purchase their morning breakfast alongside guests who were sprawled out across the numerous tables enjoying their treats by a toasty fire. And even though the small cabin was packed with action and noise, the atmosphere still seemed cozy and perfect for a fall setting.

At the front register, three signs that read the words "new!" in big letters stood out to me. It seemed that Plasko's was now offering a pumpkin spice smoothie, coconut chai latte and maple white chocolate latte which you can order frozen, iced or hot.

Behind that were chalkboards that also listed off all of their coffees, teas, espressos, americanos, cappuccinos, macchiatos, lattes, shakes and hot chocolates. And while I am a huge tea fan and very carefully eyed their vanilla mint, creme brulee oolong and Madagascar white chocolate options, I had come with only two things on my mind: apple cider

and donuts.

While you can purchase a cup of hot cider for \$3.50, I am partial to the chilled version as it makes me feel more refreshed than calm, which is what I needed for the busy day I had ahead of me! I grabbed a container of cider from their fridge for only \$2 and glanced over at the freezer next to it, where

nut tea bread and peach melba tea bread, whereas the section above was stocked with I broke into the package and stole a donut scones such as apple cinnamon, blueberry, raspberry white chocolate and cranberry orange. Finally, I spotted on the last shelf their apple cider cinnamon and pumpkin donuts. Due to the fact that I already had my bottle of apple cider in hand, and I've been eating



Plasko's Farm's pumpkin patch can be found behind their large red cafe!

which all had a large variety of flavors. I held strong, however, and diverted my attention back over to the pastry section.

On the bottom shelf, they had zucchini

their ice cream section consisted of hard ice a lot of apple products lately, I decided to cream, soft serve, Italian ice and slushies try out their pumpkin flavor. Since the store only sold boxes of 6 rather than individual desserts, my total came out to around \$9 for both items, which I thought was pretty reasonable for the amount of food I got.

I will admit that once I got into my car, before my roommates back at school could try one for themselves. It was so moist and definitely flavorful, although a little messy with the sugar!

Once I was able to leave the crowded cafe, I saw that there were multiple tables and chairs to eat outside for those who would rather enjoy the cool breeze and open space.

However, I wandered around back and found a large pumpkin patch area. There was an incredible assortment of sizes, colors and types of squash and as you take in the rows upon rows of potential outdoor autumn decorations, there was fun music playing in the background.

Right across from the patch, was a 4.5acre cornfield that was converted into a maze. This fun activity was officially opened on Saturday, Oct. 2 and will stay open every weekend (only Saturdays and Sundays) from 11 a.m. to 6 p.m. until Nov. 7. Tickets can be purchased up until 5:30 p.m. of that day and reservations are not required, however, there are other rules to the maze such as staying on the path and not smoking or drinking while participating.

Plasko's farm is open Monday through Sunday, 6:30 a.m. to 9 p.m., and is a perfect weekend morning hideout when campus feels a bit too overwhelming.

I will undoubtedly be back to taste those teas and their dairy-free vanilla ice cream!

A GUIDE ON ACHIEVING "YOUR" BEST DURING THE MIDTERM RUS

By Julie White Contributing Writer

I cannot believe midterm season is already upon us - this semester is flying by! I count myself lucky because I've never had a strenuous amount of exams and papers during this time. However, I do have a few tips and tricks I'd like to share that have helped me manage all of my assignments.

Don't stress!

Now, I know what you're thinking ... how can I not stress when I have all these grade-determining, time-consuming assignments to complete for all of

demic performance. Attend office hours

I'm sure you hear this advice a lot, but there is a reason why! Office hours are so helpful because they really allow you to connect with your professor and understand their expectations of you. Every professor I've had genuinely wants me to succeed and is more than willing to answer any questions I have about assignments or course content. Although classmates can be a good resource for answering questions regarding the course, I find that professors are often more helpful, as they can more adequately respond to concerns. Additionally, a lot of my professors have subtly hinted at what material will be on their exams when I have seen them - you could get lucky!

In addition to being a last-minute worker, I am also someone who rarely writes down what assignments I have due and when. However, midterms and finals seasons are the exceptions to this pattern. Since there are a lot of heavy-duty assignments due in a two or three-week span, it is so important to stay on top of deadlines and adequately plan time to complete assignments.

I turned to Canva to find a weekly planner template that I like and edit at the end of each week. I write down what assignments are due each day, and I also note what I want to work on each day of the week. I've found that this helps me not feel overwhelmed by the amount of work I have, and I love experiencing what I call the "productivcomplete and

cross off what I

YOU GOT

THIS

different!

ity high" after I

have done on a given Take time for yourself!

This last tip is arguably the most important! Don't be so hard on yourself these next couple of weeks. You will complete everything, and keep in mind that you are doing your best in a time of stress. Make sure you are eating, staying hydrated and getting adequate rest every day these next few weeks. Treat yourself to a coffee or snack you like, schedule some free time for yourself to spend time with friends, read a book, watch a movie or do whatever it is that brings you joy.

day.

my classes? I completely understand how easy it is to become overwhelmed by the amount of work that's due in a short period of time and the magnitude of the assignments. However, it's something I actively try not to think about. Instead of focusing on how rigorous an assignment is, I treat it like it's a weekly low-stakes discussion post. This enables me to tackle each task without adding additional pressure to myself that may negatively impact my work.

In regard to exams, I'll study adequately but ultimately tell myself that as long as I am doing my best, I will be satisfied with whatever grade I receive. I'll always stop studying at midnight, because realistically, I will not be retaining information when I'm exhausted.

When it comes time to sit for an exam, I tell myself that I know what I know and I accept that there may be some things I don't know. The questions that show up on the exam are out of my control. In the grand scheme of things, this is one exam for one course I am taking. It is not worth ruining my sleep schedule or stressing myself out to an unhealthy extent because these things can have longterm consequences on my mental health and aca-

Start papers and projects prior to the day before (or the day of) their deadline

Full transparency, I am a chronic wait-untilthe-last-possible-second-to-do-something kind of student. I always have been. However, my stress levels have significantly declined since I started writing my papers a few days before they are due. I recently had an eight page paper due on a Friday; I wrote four pages on Wednesday, four pages on Thursday and then proof-read and submitted the paper on Friday.

For me, writing four pages in a day is a lot more manageable than writing eight pages. If you would prefer to write a page or two a day, start writing however many days before the deadline you need and hold yourself accountable for completing them. In general, this tip makes lengthy assignments appear a lot smaller and less intimidating, and in turn, reduces stress levels.

Plan, plan, plan!

Although grades are important to many, I believe it is more important to take care of yourself and do your best, and remember that everyone's best looks

A Celebratory End To The Farmer's Market Season

By Brooke Lathe Copy Editor, Head Vine Editor

A real live version of "Gilmore Girls" took place on the Historic Old Town Hall Green in Fairfield this past Saturday, Oct. 15. From 10 a.m. to 4 p.m., with over 70 local businesses, vendors, crafters and retailers spread out across the lawn selling their best and most popular products.

Many of these entrepreneurs can usually be found at the Sherman Green every Sunday for Fairfield's weekly Farmer's Market; however, as the weather starts to get chillier, the town hosts a huge celebration for the end of the 2022 season. The event was free and open to the public.

Some notable items sold throughout the day consisted of handmade candles, clothing, honey, essential oils, ceramics, woodworking and jewelry. At one of the booths, a beautiful pair of dangly, green malachite earrings caught my eye, but they were unfortunately around \$165 - as a college student, that just isn't in my budget. Most of the stands revolved around pets and dogs, however, as one of the main sponsors of the event was Pet Pantry Warehouse. There were treats, CBD oil, toys and so many other items that customers could buy to spoil their furry friends with!

> Once I was done "window shopping," I headed



over to the front of the event where a ginormous pumpkin laid front and center. A line of people stood before it, guessing the weight in hopes of earning a prize (which was not specified) at the end of the event. Of course, I had to try it for myself and hope that luck was on my side because most people know I am not mathematically inclined enough to accurately guess what the actual weight of the pumpkin would be. My favorite part of the event

started at noon though. And that was the Dog Halloween Costume Parade. At 11:45 a.m., all of the dogs lined up along the side of Old Town Hall, and on the stroke of noon, began to walk across Old Post Road revealing their creative and spooky costumes. Some of my favorites included a small furry prisoner and a bigger bumble bee!

As the afternoon started to die down, and there was nothing left to do, my friends and I headed towards the back lot where all of the food trucks were stationed. Local restaurants such as Bodega Taco, Super Duper Weenie, LobsterCraft, Dude's Donuts and Mooriah's Ice Cream were all among the lineup. Seeing that it is my birthday in a few days, I treated myself to a coastal lobster roll from LobsterCrafts meal on wheels for \$26 after tax. In addition to the heavily seasoned and buttery roll, it came with a side of flavored chips. While one of my claws fell on the ground (and my heart broke a little), I was still definitely filled up until later that night. My roommates and I also strolled over to Dude's Donuts where we tried some chilled apple cider for \$4 and apple cinnamon and sugar donuts for \$3. Although the drinks were refreshing, we were wishing tries that the pascame warm and filled with actual pieces of apple. Nevertheless, it was a nice treat for a gorgeous fall day.

Parallel to the food trucks, the Fairfield Rotary Beer Garden stayed lively in its hidden nook. For attendees 21 and plus, a \$5 entrance fee was enforced for craft beer, live music, the potential for prizes and more.

The Fairfield Harvest Market is my absolute favorite event that takes place in town. Every year, I anticipate its arrival as I count down the days, and this year did not disappoint! While it's an entire year away until the next one, I'm already excited to attend this perfect autumn celebration once again.

Guess The Weight

A Re-Imagining Invention Of The "Camera Obscura" With Gibson And Recoder

By Abigail White Assistant Vine Editor

On Monday, Oct. 17, The Frederickson Family Innovation Lab welcomed artists Sandra Gibson and Luis Recoder to present "Obscurus Projectum: The Lost Cinematic Art of the Camera Obscura" in the Dolan School of Business Event Hall.

Gibson and Recoder have had their cinema installations and projection performances exhibited in museums such as the Whitney Museum of American Art, the Memorial Art Gallery, the Academy Museum of Motion Pictures and the Museum Kunstpalast Düsseldorf. Gibson explained that they do not have a permanent studio space, therefore, their artwork has also appeared in various artist residencies across the globe. Before the event even began, I had the pleasure of attending a pre-event dinner with both Gibson and Recoder in the Quick Center. This dinner allowed for a more intimate introduction of the artists as well as some of Fairfield's Art and Film faculty and a few students. I had a lovely conversation with Gibson in which she detailed her start as a painter at the Rhode Island School of Design, how she met and started working with her partner Recoder and her travels across the world with her artwork.

myself, I was fascinated to learn more. They explained that "Camera Obscura" is the Latin term for a "dark room" or any dark space with a small aperture that emits rays of light into an interior space. This light is projected onto a white surface, such as a wall or a screen.

Gibson and Recoder walked their audience through a brief history of "Camera Obscura," as it was a game-changing discovery in the early modern era. Artists, scientists and philosophers of the time, such as René Deform. In their lecture, they presented their art spanning the past ten years.

One work of art that was fascinating to me was one of their first projects to gain recognition in 2013 called "Topsy-Turvy". Gibson and Recoder presented images of the blueprints, the construction and the final product of their "Camera Obscura" in Madison Square Garden. This was a project in which the general public could enter the "Camera Obscura" or dark room for up to three minutes. Inside, Recoder claims, "We were originally thinking that it would be meditative and it would be a place of refuge for people to go to escape their everyday lives and to have a space where they are in reality but it's a kind of altered reality and a space to think."

Both artists have backgrounds in film performance and were used to audiences coming specifically to see them film. In regard to the audience of their "Camera Obscura," Gibson says "This was a new thing for us to have a general public, anybody walking through the park. to come in. It was a whole new audience

The dinner concluded and it was time to head over to the Dolan School of Business Event Hall for the lecture.

In their presentation, Gibson and Recoder began by explaining exactly what "Camera Obscura" means. Unfamiliar with this art form



Gibson and Recoder's presentation of "Camera Obscura" took place on Oct. 17.

cartes, Johannes Kepler and Leonardo Da Vinci, experimented greatly with this technique.

However, with the invention of photography, this has been a dying art form. Gibson and Recoder have worked together for the past 20 years, re-discovering and redefining this art projections of the city's skyscape and the movements of the city were projected upside down. Later that year, Gibson and Recoder were asked to bring this project and present it at the Brooklyn Bridge Park as well.

In creating spaces like "Topsy-Turvy,"

for us."

Though this was the project that really got them started in the art form of "Camera Obscura," Gibson and Recoder found themselves asking what was next. They earned a chuckle from the audience when they claimed they did not want to be like a moving circus, bringing their exhibition from park to park.

From there, they experimented with projects in theaters, art galleries, museums, residencies and even their own bedroom. Each work of art they presented had a unique and beautiful projection of images through light. I found myself in awe of their ability to project such beautiful exterior images into interior spaces.

Gibson and Recoder's "Camera Obscura" work is like no other form of art I have experienced. I left their lecture feeling inspired to make, or at least attempt to make, my own "Camera Obscura!"

More information about Gibson and Recoder and their fascinating artwork can be found on their website.

By Tommy Coppola Managing Editor

For those that may not know me, I have a huge sweet tooth. I regularly find myself stopping at the bookstore for a quick bag of candy or a chocolate bar. Growing up, I'd imagine that my dentists loved me for all the cavities I got. With that being said, I like to think I possess the ethos to rank my top 10 candies of all time.

To preface, my ranking will count down and I will be giving each candy a letter grade compared to all other types of candy for this amazing Halloween season.

10. Reese's Pieces

I like Reese's Pieces. A lot. They just are very simple. This doesn't knock it down any points by any means, I just like to think that they're an M&M with less fun involved. Reese's Pieces are a spin on the M&M-style of chocolate candies, instead employing peanut butter to fill the pieces.

They're great, but not the greatest. They earn themselves a solid B+, which is passing above average.

9. Hershey's Cookies 'n' Cream

The third-best candy bar of all time has a unique flavor profile to it, and it is not one that a consumer of candy would commonly expect to find in their chocolate bar. However, the classic cookies and cream flavor is taken on in bar form with this candy bar.

Hershey's does an excellent job of balancing the chocolate with the cookie pieces, and they don't overpower the chocolate bar itself. Much to my chagrin, however, this candy bar doesn't use white chocolate like I was led to believe, putting it at a very safe B+.

8. Laffy Taffy

I hope my "B+" rating for the former candy wasn't too harsh – but in my expert opinion I think there are only a few candies deserving of an A- rating or higher (stay tuned). Laffy Taffy, which comes from a brand called Ferrara Candy Company, is a well-established substitute for real saltwater taffy (which I have had no shortage of in my life, believe me).

With only a few flavors, they aren't the most versatile, but their banana and strawberry flavors shine atop all others. The jokes on the back of the package round out Laffy Taffy at a respectable B+. **7. Kit Kats**

There is something so special about Kit Kats. They're extremely easy to eat, they taste incredible and the wafer in the middle makes a solid crunch aspect. They are great to share, as well, because of the perforations that make them easy to break (cue their jingle).

Have you ever had Lemon Kit Kats? How about Orange? Have you tried their Green Tea Matcha flavor? If you ever have the chance to experiment with these, I cannot recommend them enough.

6. Dots

While writing this, I actually had Dots farther up on my list towards #10 but decided that they are too good to put that low. They are the gumdrops that everyone knows and loves and remembers especially when they get stuck in their teeth.

Despite this, they are an amazingly wellrounded candy: an innovative box that makes it extremely easy for consumers to pour them in their hand or share with friends, a few fruit-flavored pieces and a great color scheme. This makes it fun, visually appealing and also just pretty dang tasty. Dots are great, and they are very deserving of an A-(because I wish more came in the box).

5. Mike and Ikes

I debated putting these higher, but the mere fact that I can't finish a whole bag without feeling a little light-heading docks it a few points in my grade book. That isn't to say that they are not incredible, I mean, I think they deserve to be this high based on flavor alone. They have a few fruit flavors, but here the varieties stretch wider than people commonly know; their Mega Mix and their sour flavors are amazing, but I'm thinking about the original green box here. Remember when they started a marketing campaign that crossed out one of the names on each package to make people think Mike and Ike had a falling out? Yeah, me too. They get bumped to an A- for this. Any objections, Mike or Ike?

4. Twix

I can say pretty safely that Twix is the best chocolate bar to exist. I am a left-Twix person if you care. The package comes with not one, but two bars for your enjoyment; however, the bite-sized, individually-wrapped ones work just as well as a little snack.

The element of crunch here sets them atop other candy bars, because not only do they bring the flavor, but they bring an incredibly sticky yet solid texture that is bound to juxtapose with your taste buds. They will receive an A for me because they're all around great.

3. M&M's

The greatest chocolate candy of all time is M&M's. I mentioned Reese's Pieces on my list before and obviously, I love both, however, you'll remember that I alluded to Reese's Pieces' somewhat mundane features. With M&Ms, there is variety upon variety for you to choose from.

Are you in a peanut mood? Grab some peanut M&Ms. Are you craving a cookie, but don't want to spend all that time making them? Crispy M&Ms are fantastic. And hey, the possibilities are endless. It's the fall, so you can hunt for some Pumpkin Spice M&Ms, Coffee Nut M&Ms or even Candy Corn M&Ms (yes, they exist).

The variety sets M&Ms so far above any chocolate candy I've ever had, and therefore, will receive an A. The only reason I dock points is that when you hold them for too long in a handful, the colors of the chocolate casing will get all over your hand.

2. Hot Tamales

I wouldn't be true to myself if I didn't include Hot Tamales so high on this list. And yes, I am aware that people will be annoyed about me putting them this high on the list.

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To present a counter argument to my haters, Hot Tamales perfect the flaws of Mike and Ike, and I'll go so far as to say they improve on the idea of Good & Plenty as well. The key is that you can't, and don't, get sick of them. They are spicy, but they don't lose their heat. They are flavorful but never lose their flavor. They take the texture, the chewiness and the shape of a Mike and Ike and turn it into something far better than its fruity-flavored twin.

Hot Tamales are my second favorite candy of all time, and they'd slot in at number one with ease if they weren't so difficult to find in stores, movie theaters and concession stands. They receive an A in the grade book.

1. Sour Patch Watermelon

Behold, the king of all candy. Sour Patch Watermelon is simple, fruit-flavored, yet packs a powerful punch. Whenever I'm at the movie theater, I skip the popcorn and soda and go straight to Sour Patch Watermelon.

They are tasty, soft and chewy, and provide one of the best candy experiences of all time. The taste is somewhat far from the real taste of watermelon, however, I'll give them a pass because they look like little watermelon slices.

Take my advice this Halloween season: go get yourself a bag of Sour Patch Watermelon. You deserve it. The candy slots in at an A+ and passes with flying colors.

And that is my list. Yes, the common trend here is that I prefer sweet and sour candy over chocolate, but that is just my personal preference. I'd like to give shoutouts to Butterfinger, York Peppermint Patties, Skittles, Starburst and all the other legendary candies that did not crack my list, but should surely be on your list for this Halloween. Happy trick or treat-ing!



Ingredients				
Tacos				
	1 Head of Cauliflower			
• 1	Bag of Shredded Red Cabbage			
	1 tbsp. Chili Powder			



By Brooke Lathe Copy Editor, Head Vine Editor

I am not a vegetarian by any means.

However, my mom said that it's important to have at least one meatless night a week to improve heart health and lower the risk of heart disease.

So, my meatless dinner go-to is always cauliflower tacos.

This meal proves to be just as textured and flavorful as it is balanced.

DIRECTIONS:

Preheat your oven to 450 degrees.

Chop up the head of cauliflower to the sizes of your liking. Keep in mind that they shrink as they cook.

Once cut, put all of the cauliflower in the bowl and mix

liflower on parchment paper and lightly spray it with avocado oil.

Let them cook for 25 minutes. As they sit in the oven, mix in a bowl greek yogurt, lime juice, cilantro, apple cider vinegar, olive oil and salt.

Put three handfuls of the shredded red cabbage and rinse with cold water. Dry it promptly after.

Pile on as much of the lime sauce as you want, add the red cabbage and top with the roasted cauliflower.

Optional: squeeze additional lime juice along the tacos.

I normally feel stuffed after eating only two tacos, but you can add whatever sides or additional toppings of your choice!

I usually have enough ingredients for another serving for lunch or dinner the following night.

Hopefully, you'll try this for your next meatless night!

	I Loop. Onin i Ovuer						
	1 tbsp. Paprika						
	1 tbsp. Cumin						
	1 tbsp. Garlic Powder						
	1 tbsp. Onion Powder						
۲	Avocado Oil						
Sauce	e						
۲	5.3 oz. Greek Yogurt						
٠	Juice of 1 lime						
1C. of Cilantro							
۲	2 tbsp. Apple Cider Vinegar						
۲	1/4 C. Extra Virgin Olive Oil						

Best Books To Up with This Autumn

By Elizabeth Morin Contributing Writer

Reading is a great way to engulf yourself in a new world with new characters and their individual plots and character arcs.

While being entertained by a new setting is fun, sometimes it's good to have something you can connect yourself with, like a character or a setting in the story.

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I've created a list of some books that are perfect to put you in the spirit of fall and Halloween! Starting off with

an all-time favorite of mine, we have "The Secret History" by Donna Tartt.

The story follows Richard Papen, a student at a small New England College who joins a group of Classic studies students. A series of decisions end with their friend Bunny being murdered.

The novel exudes a gloomy autumn day and is the epitome of dark academia – kind of a similar aesthetic to the earlier Harry Potter books, but much more mature.

> It's not blatantly said that the story takes place in the fall, but it certainly reminds the read-er

of the season.

This novel is great for someone who is looking for a lengthier and more difficult read with an autumn vibe.

For any horror fans out there, I have to recommend "Carrie" by Stephen King.

King is considered one of the best horror writers of all time and his books are everywhere.

"Carrie" was King's first published novel and since then, it's become a cult classic, with films and musicals made of it.

The story follows Carrie, a bullied girl in an abusive home who discovers she has telekinetic powers.

This isn't the most terrifying of King's novels, but it is a classic and has the perfect amount of creepy and unsettling feelings.

And if you enjoy the book, there's a movie to follow after!

"The Silent Patient" is the most recent book I read, and I would recommend it to anyone.

The story is about a woman who supposedly kills her husband and then refuses to speak.

She's put through psychological treatment and a doctor who works at the psychiatric hospital tries to uncover her motives behind the murder.

I would put this book under the psychological thriller category because

while it's not scary in a ghosts and ghouls kind of way, it makes you question what you're thinking.

It's a creepy and dark book that talks about murder and different types of illness along with stalker-like obsessions.

This book is perfect for someone who prefers to question things and wants a change from the traditional novel.

By far one of the scariest books I can recommend is "The Unbecoming of Mara Dyer."

Mara Dyer's sanity crumbles after the death of her father. She hears and sees things that may just

be real and coming after her.

They even follow her when she flees to Ohio and takes a human form in Noah Shaw, a man she meets in Ohio.

This book mixes psychological thriller, horror, romance and mystery all into one, making it perfect for all types of readers.

This book is a great Halloween horror and it's actually a trilogy if you enjoy the book!

All of these books are perfect for all types of people.

Horror lovers, psychological thriller lovers, mystery lovers – there's an option for everyone.

While I listed all of my favorites, now is the time for you to make that decision for yourself this fall!



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By Tommy Coppola Managing Editor

On Sept. 30, 2022, hip-hop star Scott Mescudi, better known by his stage name Kid Cudi, dropped his long-anticipated album "Entergalactic" with a Netflix movie to accompany it.

According to Genius, the album features 15 tracks and collaborative efforts from fellow artists Ty Dolla \$ign, 2 Chainz, Don Toliver, Steve Aoki and Dot Da Genius.

Since it is quite the lengthy album, I'll be going through some highlights as opposed to the full tracklist. fun and speeds up the tempo in comparison to Mescudi's former work.

"New Mode" is about being reborn and accepting oneself, a large part of Kid Cudi's journey.

The song is obviously personal to him, but through his lyrics, he extends a hand to listeners to show that no matter how tough things get, they will get better.

"Willing To Trust" (with Ty Dolla \$ign) "Willing To Trust," a collaborative effort between Mescudi and Tyrone William Griffin Jr., better known by his stage name Ty Dolla \$ign, is a beautifully composed piece of art that stands far above every other song in terms of its production quality. time. It's a load of fun, and it's just one of those songs that embodies good times.

"Somewhere To Fly" (with Don Toliver) With the Netflix special centering around a story of love, it is not a shock that multiple songs on this album deal with themes of ro-

songs on this album deal with themes of romance. This one, however, has more of an airy,

underwater type of sound to it, where the beat is a little more muffled behind the vocals of both Kid Cudi and Don Toliver.

The two trade bars are on the hook of the song, but each has its own verses. The tempo

slows then speeds up then slows again, led once again by the drums.

The production is unique but has much more of his trademark experimental sound to it compared to the rest of the songs on the tracklist.

If you're interested in checking out the album for yourself, it is out now on all streaming platforms.

The accompanying Netflix special has since been released as well, so if you enjoy the album, you'll absolutely love how he skillfully weaves these songs into the show!

The rollout for "Entergalactic" has been somewhat tumultuous, with Mescudi announcing the album way back in 2019.

After multiple delays, he finally announced that it would be releasing this past September; I can safely say that it was worth the wait.

"Livin' My Truth"

My favorite song on the entire project is "Livin' My Truth," the ninth track on the album. The solo effort from Mescudi is outstanding.

Fans of Kid Cudi know that his humming usually elevates a song from good to great, and the use of this in "Livin' My Truth" was the perfect embodiment of that.

It's ultimately just a fun song with a ridiculously catchy beat that preaches love and how life goes on.

"New Mode"

The first official full-length track on "Entergalactic" is "New Mode," which flows well from the ambient "Entergalactic Theme" that opens the album. "New Mode" is energetic, The song is drum-heavy, truly setting the tone and pace for the entire track. A highpitched electric guitar is used in the background as well which really rounds out the entire melody.

What really stood out to me, however, was the layered back-and-forth vocals by Kid Cudi and Ty Dolla \$ign.

The latter is known best for his amazing singing voice, and it ultimately makes the hook and the second verse of the song that much smoother.

"She's Lookin' For Me"

Upon my first listen, this song stuck out to me as one of my favorites. It is a love song, which is one of the more prevalent themes on the album.

Honestly, in a more broad sense, the song appears to be more about not caring and just enjoying life; with motives like that, how could you go wrong?

This song feels grand but light at the same



Kid Cudi's "Entergalactic" album came out on Sept. 30, 2022 along with a Netflix special.



COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE

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

Draft Day Nick Silvia, Contributing Writer

Get ready, Stags, because a fall favorite is finally finding its way to Fairfield. In a shocking move, the university has decided to bring football to campus, something we haven't seen in nearly two decades, which is the length of time it took the administration to realize that having another team in the athletic program to disappoint us would lead to more pity donations from alumni.

"I think you should get rid of the football bit, I don't think that part's very funny," said my roommate. "So I guess the whole article."

With little time to prepare, new head coach DJ Peter G will have to implement an odd strategy to fill the roster: drafting existing students, who will be rewarded with extra spin classes in the gymnasium and a voucher for 5% off their next order at the university bookstore (up to \$3 value, purchases non refundable).

Among those exempt from the draft will be grad students, and athletes already playing for another team. On the other hand, anyone who eats Tully fish will automatically be drafted, because they're clearly psychopaths and the team could use that tough energy and raw power. An added bonus is that they might be immune to physical pain, and possibly could even be immortal.

To raise money for equipment, several events have already been planned, including a bake sale, lemonade stands on North Benson, and "Stag football" games, a take on classic flag football with the added twist that the first 100 fans get free Quick Center season passes, which the university can afford since they're basically worthless anyway.

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			D			4		8
			3	6				1
				5				17







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creation

39. PFC's mail drop40. Word with panel or plexus

Woodworking joints
Buckminster Fuller

- 41. Spiritual center of Islam
- London transport

44. Negatively charged particles

47. Gets the lead out?

48. Unaided

52. Riverbank plant

53. Levi's uncle

54. Armchair quarterback's channel, perhaps

58. Composition of a large spread

59. Stylish

60. Alliance founded in 1949

- 61. Fermented-honey beverages
- 62. Petty of NASCAR63. Start of a Christmas story

Down

1. The most you can get 2. Mauna 3. 1105, for Flavius Least stable 5. Type of acid 6. "Break __!" ("Perform well!") 7. Cherry handle 8. Fizzy pop 9. Culinary art 10. Put in money 11. They may be shifted 12. " Grows in Brooklyn" 13. "The Squaw Man" dramatist

It Romantic?" 21. " 22. Clumps of earth 23. Jordan's port 24. Crack of dawn Musical repeat sign 28. Big name in dental products 29. Like lymphatic tissue 30. Promised to tell the truth 33. Imitates with derision 34. Show host 35. Erodes 37. Kill the lights 38. Morally corrupt

40. Without a male heir 41. "___ words cannot express ...' 42. Stubbornly tenacious 43. Emulate Sherlock 44. State in India 45. One of the family 46. Chief Vedic god 49. "Darn!" 50. With fireplace residue 51. It may be covered with polish 55. Tool that can make music 56. Kind of meeting, briefly 57. Discouraging words

Sports

Sports

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

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



Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23	Oct. 24	Oct. 25
FRIRT	FRIRFUELD	Men's and Wom- en's Cross Country CCSU Mini Meet New Britain, Conn. All Day Men's Golf Lehigh Invitational Bethlehem, Pa. All Day Field Hockey vs. Wagner College Fairfield, Conn. 4 p.m. Men's Tennis ITA Northeast Super Regional Championships Boston, Mass. All Day	Volleyball vs. Ni- agara University Fairfield, Conn. 1 p.m. Men's Soccer at Niagara University Niagara Falls, N.Y. 1 p.m. Women's Soccer vs. Niagara Uni- versity Fairfield, Conn. 12 p.m. Men's and Wom- en's Rowing Head of the Charles Regatta Cambridge, Mass. All Day	Field Hockey at Long Island Uni- versity Brookville, N.Y. 12 p.m. Women's Tennis vs. Monmouth University Fairfield, Conn. 12 p.m. Volleyball vs. Canisius College Fairfield, Conn. 1 p.m. Men's Tennis ITA Northeast Super Regional Championships Boston, Mass. All Day	Men's Tennis ITA Northeast Super Regional Championships Boston, Mass. All Day Women's Golf Lehigh Invitational Bethlehem, Pa. All Day	Women's Golf Lehigh Invitationa Bethlehem, Pa. All Day

Once A Stag, Always A Stag: Jesus Cruz Takes On New Title



By Ryan Marquardt Head Sports Editor

Jesus Cruz, a former graduate student, returns to the men's basketball program as the Director of Men's Basketball Operations.

Cruz is currently the all-time leader in games played at Fairfield and in Metro Atlantic Athletic Conference (MAAC) history and is eleventh all-time in scoring for the Stags according to his official bio page.

Head Coach Jay Young stated in the official announcement of Jesus' hiring that "Jesus developed into a true 'coach on the court' for us over the last few years, and he will be a tremendous addition to our staff this season. He has been a part of every game that I've coached at Fairfield, and I look forward to continuing that trend with him as our Director of Operations." ficial bio page, Cruz had a five-year career with Fairfield that came to an end in 2022. He ended his career with 156 games played while managing to put up 1,476 points, 611 rebounds, 217 assists and 158 steals. He made it to two MAAC championship games in the 2017-2018 season and the 2020-2021 season.

This past summer Cruz played in the Baloncesto Superior Nacional (BSN), a professional basketball league in Puerto Rico where he averaged 7.8 points per game and played 37 games for his hometown Gigantes de Carolina

Former graduate student Jesus Cruz has rejoined his former team as the Director for Men's Basketball Operations.

According to the same of-

team.

The Stags Men's Basketball season begins on Monday, Nov. 7 at Wake Forest University. They will have to wait until Dec. 3 to play their first game at the brand new Leo D. Mahoney Arena on Campus against Saint Peter's University, according to the schedule.

In this week's issue...

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- Swim & Dive Defeat Monmouth In Dual Meet (Page 15)
- Women's Soccer Sweeps Opponents In Successful Roadtrip (Page 15)
- Anderson Stands Tall As Stags Power Past Opponents (Page 16)

Johnson, Montgomery Lead Stags To 2-1 MAAC Stretch

By Ryan Marquartdt Head Sports Editor

By Emily Miller Contributing Writer

The dominant Fairfield University Women's volleyball team has made Metro Atlantic Athletic Conference history for years. Despite their success, the team was unable to conquer Marist College on Wednesday, Oct. 12, a close contest that ended in a 3-2 loss according to the game's official recap. The Stags put up a hard fight against the Red Foxes, pushing through a five-set match of backand-forth play. This was the team's

first MAAC loss of the season, with the Stags now 7-1 in conference play and 13-6 overall, according to their official schedule.

The reigning MAAC Player of the Year, senior outside hitter KJ Johnson '23 led the team with nineteen kills, including thirteen in the last two sets. Setter Blakely Montgomery '25 led the team defensively, achieving thirty-four assists and four kills according to the game's official box score.

This fall season marks Coach Todd Kress's ninth season of his second term, and his thirteenth campaign overall with the program. Coach Todd Kress is the

all-time winningest coach in program history. A seven-time MAAC Champion and eight-time MAAC Coach of the Year, Kress is looking to emulate the immaculate performances of years past.

The Stags then traveled to Saint Peter's to take on the Peacocks to begin their road trip. They swept the Peacocks 3-0 on Saturday, Oct. 15, dominating in almost every category on the stat sheet. The defeat left the Peacocks still winless at 0-23 on the season and 0-9 in MAAC play, according to their official schedule.

The Stags had a .344 hitting percentage, whereas the Peacocks

Photo Contributed by The Sports Information Desk

Head Coach Todd Kress and the volleyball team celebrate their 3-0 win together at Saint Peter's University.

had a .064 winning percentage. The Stags also had 41 kills to the Peacocks' 21. This marked the sixth time the Stags have had a hitting percentage over .300 as a squad.

Senior KJ Johnson dominated with 11 kills with a .36 hitting percentage. Close behind were graduate students Sara Daniels and Maya Walker '26, who each had eight and six kills respectively. Blakely Montgomery '25 contributed 27 assists, five kills, eight digs, one ace, one block and a .344 hitting percentage. On the defensive side, libero Noelle Carey '24 led the team with seventeen digs.

"We had a balanced attack offensively today. It was important to get our middles and opposites involved in our transition offense," said Head Coach Todd Kress in the match official recap.

"We still have a number of things to improve upon going into tomorrow and the second half of MAAC play, but I'm confident in this group to stay committed to getting better and to make the necessary changes."

The Stags then went to Rider University for a rematch of last year's MAAC championship. Fairfield emerged with another 3-0 sweep to bring their record to 15-6 overall and 9-1 in the MAAC while dropping Rider to 5-15 and 3-7 in the MAAC.

Fairfield had 40 kills in comparison to Rider's twenty-seven, giving them the advantage they needed to win the match. Fairfield's hitting percentage was .186 while Rider had only a .072.

Mikayla Haut '25 with a stellar 16 kills and a .314 hitting percentage. KJ Johnson '23 had ten kills and nine digs almost reaching the double-double mark.

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Even though the Stags won 3-0 all three sets required a Stag comeback to win. According to the game's official box score, in the first set Fairfield was down 13-7 and came back to win the set 25-20.

In the second set, the Stags went down 4-0 at the start and then went on to win 25-21. Finally, in the third set, the Stags jumped out to an early lead going up 13-8 and then going down 18-16. The Stags then went on a run to win 25-20 and complete the 3-0 sweep.

"It's good to be heading back to Fairfield with two more conference wins, but as a team, we need to raise the standard on our side of the net," said Kress in the match's official recap. "We need to cut down on the errors that are created by our lack of execution and not our opponent making plays.

We've seen how successful we can be when we focus and execute, and we need to get back to playing that brand of volleyball if we want to be in a good position heading down the stretch and into November.

We have four weeks left in the regular season, and making improvements and being dialed in has to start with our next practice on Tuesday."

The Stags will play Niagara University at home on Saturday, Oct. 22 at 1 p.m. For more information, visit fairfieldstags.com.

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

Because we have witty things to say ...



Editor-In-Chief

Madison Gallo

Executive Editor



Tommy Coppola Managing Editor



Brooke Lathe Copy Editor, Head Vine Editor

The Wallows



Billy McGuire Assistant Sports Editor

What is your favor- ite band?	I love Cold Play!	The 1975 (everyone stream "Being Funny in a Foreign Language")	Boston or Metallica.	The Wallows.	U2 or the Ramones.
What is your favor- ite holiday?	I have always loved New Years Eve.	CHRISTMAS! Every- thing about it is amaz- ing.	I'm torn between the food of Thanksgiving and the holiday spirit of Christmas.	Without a single doubt Thanksgiving. The meaning, food, football, weather? Perfection.	Gotta say either Thanks- giving or Christmas, there is a lot that is spe- cial about both holidays.
What is your favor- ite thing that you have ever been for Halloween?	Probably being Dorothy from the Wizard of Oz four years in a row.	Ke\$ha when I was 10. But my costume this year should be fun #be- stofbothworlds.	My most memorable cos- tume is when I dressed up as a cardboard box.	Gene Simmons (pictured above). If you saw a small child in full face paint and a bloody tongue in 2009, my apologies.	Probably when I was Superman, Spiderman and Batman for back-to- back-to-back years.
What is your favor- ite place to go in Fairfield to eat?	Village bagels easily	Chef's Table for break- fast, especially if it's with Brooke Lathe, but also definitely Centro!	Colony Grill until the very end.	Chef's Table for break- fast, Firehouse Deli for lunch, Geronimo's for dinner, 16 Handles for dessert.	Nothing gets better than a good meal at Flipside and then a good milk- shake after at Saugatuck Sweets.

Swim & Dive Defeat Monmouth In Dual Meet

By Billy McGuire Assistant Sports Editor

The Fairfield University men's and women's swimming and diving teams hosted Monmouth University on Saturday, Oct. 15 for their first dual meet of the season.

The Stags dominated the Hawks, with the men's team posting a 207-81 victory and the women's team securing a 221-73 win, according to Fairfieldstags.com.

The men's swimming team dominated in all facets of the meet. They ended up securing ten individual first-place finishes, as well as concluding five events with two swimmers finishing in the top two.

The 800-meter freestyle was the first of five events in which the Stags featured two swimmers finishing in the top two, with sophomores Joseph Stewart and Joey Nizzardo finishing back-to-back with times of 8:29.09 and 8:31.72, respectively. The next event in which the Stags took the sweep was in the 100-meter breaststroke, with Chris Ford'23 taking first with a time of 1:04.37 and Jeffrey Vlass'25 coming in not too far behind him with the clock reading 1:06.92.

The 200-meter fly event featured more Stag dominance, with Ed Hunt'23 completing his event with a time of 2:06.25 and Stewart coming in one second later with a time of 2:07.87. Ford and Vlass would once again finish first and second in the 200-meter breaststroke with corresponding times of 2:24.80 and 2:25.35.

Other outstanding individual performances for the Stags included Alexey Belfer'24 finishing first in the 50-meter freestyle and 100-meter freestyles with times of 23.38 and 52.75 respectively. First-year Tim Regan and Oliver McLaughlin '26 also had solid performances in the 200-meter freestyle, 100-meter backstroke and

Sophomore Alison Sposili was a major contributor to the Stags' victory during Saturday's events in the RecPlex Pool. 200-meter backstroke. The women's team also dominat-

ed on Saturday, with the team winning 11 individual events, as well as finishing in the top two in seven out of eleven races they participated in.

Lily Barker '25 and Erin Hoyland '25 got things started in the 800-meter freestyle, finishing in first and second with times of 9:30.14 and 9:37.01,

respectively. The superiority did not stop there, as Sydney Scalise '25 and Laina Bayles '23 took the one-two punch with corresponding times of 2:12.49 and 2:14.70 in the 200-meter freestyle.

The women's team also saw high levels of success in the 100-meter breaststroke, with Cailey Stockwell '26 and Alison Sposili '25 finishing with times of 1:15.76 and 1:16.34, another strong back-to-back finish for the Stags. They would ultimately accomplish another successful back-to-back performance, finishing with times of 2:42.12 and 2:43.41 respectively in the 200-meter backstroke.

Scalise and Barker would finish first and second in the 400-meter freestyle with respectable times of 4:37.55 and 4:37.89, while Erini Pappas '25 and Sposoli would go back-to-back in the 200-meter Individual Medley with efficient times of 2:23.09 and 2:29.04

Pappas had a very successful individual day, with her performance in the 200-meter IM being one of her three first-place finishes. In the 100-meter backstroke, she touched the back wall at the 1:04.32 minute mark. She was just as successful in the 200-meter backstroke, completing the event with a 2:19.30 time.

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The Diving team also had an exceptional day, with the men's side being led by Sam Tonole '23 (160.20) and Noah Duncan '25 (144.75) taking first and second in the 1-meter dive. Toole and Duncan also scored 149.85 and 141.90 points in the 3-meter dive, respectively. The women's side featured Alexis Gaulin '24 (185.85), Lia Oppenheim '25 (163.65), and Elizabeth Beailieu '25 (118.95) completing their 1-meter dive in the top three.

They repeated this performance in the 3-meter dive, finishing in the same places with respective point totals of 207.75, 182.70 and 163.05 in the event.

The Stags are currently preparing for their next meets, which will be held on back-to-back days against Providence College and College of the Holy Cross on Oct. 28 and 29 respectively. For more information on the Fairfield swimming and diving team, as well as Fairfield athletics as a whole, please visit www.fairfieldstags.com.



Sophomore Joseph Stewart finished first in the 800-meter freestyle event in Saturday's dual meet vs. Monmouth.

Women's Soccer Sweeps Opponents In Successful Roadtrip

By Billy McGuire Assistant Sports Editor

The Fairfield University women's soccer team continued their season as they traveled to Jersey City, N.J. and Buffalo, N.Y. to take on Saint Peter's University and Canisius College, respectively.

The Stags started things off in the Garden State with a match against Saint Peter's on Wednesday, Oct. 12, with the team securing a 2-1 victory over the Peacocks. A strong defensive effort was a key factor in the win, with Katie Wright '26 making six saves while only letting in one goal. The defensive unit played a physical, up-tempo game which was led by captain Olivia Homan '23, Kayla Leary '23 and Sydney Corbett '24 who all displayed strong work ethic and perseverance in the big victory. Both of the team's offenses, however, were quiet for the first 59 minutes of play. The proceeding 21 minutes that followed was a thrilling back-and-forth contest as both teams were fighting for control of the game. First-year Maddy Theriault managed to sneak one past Saint Peter's goaltender Olivia Mackethan off of a pass from Reagan Klarmann '25 to make it a 1-0 game for the Stags The score would remain the same for 20 more minutes, as Peacocks defender Brooke Boutchie would tie the game at the seventy-ninth minute mark, putting a shot past Wright off of an assist from Peacocks midfielder Alyssa Hackett.

ward Elle Scott '24 would stun the Peacocks by tapping in a pass to the back post from Theriault to give the Stags their eleventh win of the season, as well as their 300th in program history.

Head Coach David Barrett

explained that the thrill of the last-minute victory couldn't have been more exciting for the team

"Obviously the team was very excited," Head Coach David Barrett said in the game's official recap. "It was a well-executed goal. Reagan [Klarmann] made a great run as a decoy which left Elle [Scott] open at the back post to tap it in. They kept their concentration even though the clock was running down. We played until the end and that has always been the hallmark for us.'

another Metro Atlantic Athletic Conference showdown against Canisius College on Saturday, Oct. 15. The Stags were hoping to leave the Nickel City the same way as they did in Jersey City, and they did so with a 2-1 win over the Griffins.

Wright once again proved to be a factor in the match, stopping seven shots while only allowing one goal. The defense also put in a solid effort in helping out their goalie, only allowing the Canisius offense to shoot twice the entire first half.

The offense, unlike the

net at the forty-one-minute mark to give the Stags a 2-0 lead. Filosa scored off a corner kick to the back post from Mills to give the San Ramon, Calif. native her first goal of the season

The Stags did not score again in the second half, as Canisius fought with high levels of resilience by shooting the ball ten times in the half. The Golden Griffs did end up on the scoresheet once, with Sophia Konstantinou putting one past Wright at the seventieth-minute mark to cut the Stags' lead in half. The Stags were able to hang on to the win despite the Golden Griff's strong play in the second half. The win improved



The Stags would respond to the late Saint Peter's goal at the right time, as for-

Other keys to the exhilarating victory were possession and discipline. The Stags outshot the Peacocks, 17-10, with a 9-4 shot advantage in the second half. Also, the Peacocks ended up with eight fouls in comparison to the Stags' seven, with Saint Peters committing five in the second half whereas Fairfield committed three.

After the exciting win at Saint Peter's, the team headed up north to Buffalo, N.Y., for

Saint Peter's contest, would come alive early. Graduate Student Maddy Mills helped the Stags come out of the gate quickly by scoring at the two-minute mark by launching a long free kick from thirty-five yards out, giving the squad a 1-0 lead on her fifth goal of the season. Furthermore, her goal was the first surrendered by Canisius after going 530 consecutive minutes without allowing one.

Fairfield would score one more time before halftime, with forward Angela

Filosa '24 finding the back of the their conference record to an overall record of 12-3, with a 7-1 MAAC record to go along with it.

Although the game was presented with numerous challenges, including poor weather, a long period on the road and facing a Canisius squad that allowed the fewest goals per game in the conference, coach Barrett was impressed with his teams' performance.

"It was a very tough game today," Head Coach David Barrett said in the game's official recap. "The conditions were challenging with strong wind and rain that really impacted the play but we found a way. After a long week of three road games at tough venues, we are happy to be coming back with three more points."

The Stags will return home this Saturday as they host Niagara University at Lessing Field at 12 p.m. For more news, information and updates on the women's soccer team and Fairfield athletics as a whole, see fairfieldstags.com.

Graduate Student Maddy Mills won this week's MAAC Offensive Player of the Week.



fairfieldmirror.com

Anderson Stands Tall As Stags Power Past Opponents

By Ryan Marquardt Head Sports Editor

On Wednesday, Oct. 12, the Fairfield men's soccer team hosted the Saint Peter's University Peacocks at Lessing Field in a conference matchup. The Stags secured their second Metro Atlantic Athletic Conference victory with a 1-0 win.

The Stags dominated the game doubling their opponents in both shots and shots on goal with 16 shots and six of those on the net compared to the Peacock's eight shots landing just three on the net.

Goaltender James Anderson '24 got his fourth shutout of the year. He recorded three total saves in the match, all of which were in the second half. Each shutout he has had has been a necessity for the Stags in these games, with the cumulative score being 1-0.

The first half did not have much action for Saint Peter's, as they recorded just one forty-five minutes of play. firing shots off consistently twenty seconds into the first half with three on net putoften.

shot through The Stags, however, were with their first shot coming just match, and had seven shots in the ting pressure on the Peacocks early and

Saint Peter's came out hot in the second half getting two corners early and putting a shot on net which was stopped by a great save by Anderson. Both teams would then trade shots bouncing off the post as the second half went on.

Then in the 72nd minute of the match, Joseph Lozowski '23 broke the tie with a redirected cross from fifth-year student Cormac Pike to score what would end up being the game-winning goal.

Head coach Carl Rees said in the game's official recap, "Saint Peter's came here with a game plan and were resilient in executing that plan so credit to them. But we had a game plan too and countered their expectations with another solid effort defensively that ended with another clean sheet from James and the collective defensive unit. To me, we had been conceding too many goals so getting the clean sheet was job one for us."

> Anderson and the Stags picked up another shutout on Oct. 15 ey hosted Canisius College and won 2-0

when they hosted Canisius College on their senior day. The Stags once again dominated the score sheet, doubling Canisius' shots with eighteen to their nine and tripling their corner kicks with nine to their three. The Stags also had ten shots on goal to their four.

Coach Rees stated in the game's official recap, "In terms of an occasion like today, it was very important to win in front of their family, in front of our alumni and on Lessing Field. There is added pressure in these scenarios, but we try to embrace it to make a memory and these guys will never forget it."

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Fairfield had a ton of opportu- nities to break the tie early with plenty of shots in the first half. However, it took a 66th-minute goal from Alex Marin '24 to break the tie in the second half. The goal came on a saved Marin penalty kick by the Golden Griffins goalie which then resulted in the ball remaining in play and Pike sending a cross back to Marin who finished for the goal.

Fairfield then kept the pressure up in the close match and put Anderson in a couple of tough situations which led to great saves from the junior goalkeeper. Then in the closing minutes, the Stags finished off the Golden Griffins who were in an all-out attack attempting to tie it up with a counter leading to a 15-yard shot from Raz Amir '24. The shot was saved but deflected back to Amir who finished this time putting the game away in the 90th minute.

When recapping the game Coach Rees would say that "Over the last two games, we attempted to control the game in possession and out of possession. So when we don't have the ball, we want to be defensively compact and to make good decisions about when to engage and when to drop. Offensively, we've been working on how to break teams down. Today, I thought we created great opportunities."

Anderson was announced on Monday Oct, 17 as the Wilson MAAC Men's Soccer Defensive Player of the Week due to his great performances this past week with his two shoutouts including multiple clutch stops with the game on the line. Anderson has a 1.86 goals against average with a total of 56 saves in his 14 starts for the Stags. His great performances against Canisius University and Saint Peter's University

His great performances against raised his save percentage This win made 7-7 and 3-3 in MAAC

Junior goalkeeper James Anderson posted two shutouts this past week. up to a .683 on the season. the Stags 2-0 and got them to play. Fairfield will next play at Niagara University on Oct. 22 at 1 p.m.

OCT. 12, 7 P.M. FAIRFIELD VS. SAINT PETER'S **1-0 W**

OCT. 15, 1 P.M. Fairfield vs. canisius **2-0 W**



Fairfield's men's soccer team and their ten seniors celebrated their senior day on Saturday, Oct. 15 when they hosted Canisius College and came away with a 2-0 shutout victory.