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Photo Contributed by Sara Colabella

A crowd gathered at the ribbon cutting ceremony over Alumni Weekend for the official unveiling of the Innovation Annex. This space will give engineering clubs and students the ability to collaborate, work on projects and hold club events.

Fairfield University Unveils Innovation Annex

By Brooke Lathé
 Copy Editor, Head Vine Editor

Fairfield University's School of Engineering unveiled its newest inclusion to their academia as they performed a ribbon cutting ceremony on Saturday, Oct. 22 for the modern Innovation Annex located on Coughlin Road, built in what was previously the PepsiCo Theater.

While the building had a soft opening for engineering students on Sept. 15 where they were able to access most of the area, the afternoon consisted of mingling with drinks and breakfast, a speech from University President Mark R. Nemeč, Ph.D., a ribbon-cutting ceremony outside and a formal opening of the remainder of the building for attendees to explore.

In the short address, Nemeč shared that "We're not just opening the Innovation Annex for the School of Engineering, in many ways we're

putting yet another stake in the ground on our path to being a 21st-century university of national prominence."

He goes on to further state that "If you are going to be a great modern Jesuit Catholic university, you need to have a great modern Jesuit Catholic engineering school. And under Dean Carrano's leadership and with this facility, we are taking another step forward in that direction."

The Dean of the School of Engineering, Andres Carrano Ph.D. notes that in addition to university funding through strategic capital investment, a handful of donors including Bob Sobolewski '70 and his family also contributed to the financial commitment needed to renovate the space.

Before the two years of planning and seven to eight months it took to create the Innovation Annex, it was known as the PepsiCo Theater.

Now, however, it is the first location on campus that provides engineering students with a unique space that they weren't provided with before.

Carrano further explains that the Innovation Annex is made up of multiple sections.

"The main area, called the Design Studio, is a flexible multipurpose space that is meant to foster student collaboration," Carrano said. Students are provided with tables, whiteboards, televisions and projectors where they can work on whatever is needed such as classwork or even their own projects.

The Maker room, which is located in the back of the building, is still under construction.

Nevertheless, the proposed plan will allow the space to include prototyping of fabrication.

It gives students the

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C&PS Offers Resources to Manage Stags' Semester Stress

By Max Limric
 Head News Editor

Fairfield students have only just completed midterms season, and with that, the mad dash to the end of the semester has started.

The second half of a semester is a notoriously stressful time, where burnout and other mental health issues can ensue.

To provide an outlet to students, The Office of Counseling and Psychological Services provided The Mirror with information on resources available.

C&PS offers an assortment of resources throughout the year to support students, and offer additional resources during finals and midterms.

During the year, students can take advantage of free individual counseling sessions as counselors are available to students during regular office hours Monday through Friday, 8:30 a.m. to 4:30 p.m.

Appointments can be made online or by phone at 203 254-4000 ext. 2146.

Students also detail additional resources they would like to see implemented on campus, as well as an overall lack of knowledge on many of the resources offered.

Many students make use of individualized counseling, as Angelus Mendoza '25 states how she "feels comfortable turning to them in times of stress."

Likewise, Skye DeRaffelle '25 has utilized the counseling and psychological office. She found them to be "useful and easily accessible" and that she also "feels comfortable turning to them for life stresses."

In addition to individual counseling, group therapy sessions are

also offered throughout the school year.

"I am attending grief group therapy sessions this semester after struggling with academics and have found that listening to others in these sessions is very beneficial, and is very accessible as they [C&PS] try to work with your schedule," Chris Pozzuto '25 shares.

Additional resources outside of traditional therapy sessions are offered to students throughout the year, as throughout the semester, C&PS collaborates with other departments on numerous wellness initiatives.

Health and Wellness Coordinator Pam Paulmann states that "Our team gives presentations and offers programming to smaller groups through the Health & Wellness Committee."

"Some examples include, stress relief yoga at the RecPlex on Wednesdays at noon, and on location office hours at the [Student Diversity and Multicultural Affairs] office," she says. Paulmann continues to mention that, "Mindful meditation is offered through the Fairfield University Museum twice a week with Jackie DeLise in person or virtually."

DeLise is a master certified meditation and mindfulness teacher and stress management expert.

Furthermore, events and initiatives that bring awareness to specific movements are another way that C&PS creates and sustains conversations about mental health on campus.

Sophomore Daniel Buck touched upon the importance of these events.

"I find the events and

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Students Express Success of Dolan Career Night

By Samantha Russell
 Contributing Writer

The Charles F. Dolan School of Business faced an overwhelming turnout at its annual Dolan Career Night on Oct. 20. Hosted in the Dolan Event Hall, this networking event allowed Fairfield University business students to meet with eight members of the Dolan Advisory Board and four industry professionals to receive career advice and discuss career strategies.

Fairfield alumni represented a vast range of companies including ESPN, Webster Bank, J.P. Morgan Private Bank and JetBlue. John Hottinger, the associate director of the Dolan Career Development Center, shared that "The emphasis in this program is to create an engaging interchange with students."

As student guests entered the room, preliminary mingling and networking opportunities sprouted within individual groups.

Students were soon invited to sit at any of the 12 tables set up on the left side of the event hall.

A short presentation preceded the event's main attraction: a rotation of featured representatives to two tables each, followed by a spontaneous networking conversation.

With many representatives being Fairfield alumni themselves, there was a very profound element of connection and understanding which embraced the environment.

Many speakers recognized the familiar feeling of being

in a Fairfield University student's shoes and used that understanding to establish more thoughtful dialogue within groups.

As a retired pharmaceutical employee for both Pfizer and Zoetis, Michael Bentivenga '82's continuing respect for Fairfield University ultimately drove him to the event.

"Fairfield helped me with a lot, and I wanted to give back."

Michael Bentivenga '82, Chair of Marketing Advisory Council

"I'm on the Dolan Advisory Board, and when I found out there was a session with students, I wanted to be there to help them navigate," Bentivenga said. "Fairfield helped me with a lot, and I wanted to give back."

A total of 131 students attended the career night. This unpredicted influx created a sure wedge in the premeditated seating arrangement,

requiring a supplementary line of chairs against the back wall: a clear indicator of the event's attraction and legitimacy.

Lauren Garvey, a senior marketing and management major, declared her participation in the event stemmed from her eagerness to grasp professional employment.

"I am entering the job force soon and trying to get my name out there, I want to put my foot in the door," Garvey said.

Sophomore Athena Ramos shared a similar reason for attending the event.

"As a sophomore business major, now's a crucial year to start thinking about my career and network," she said. "When I saw the invitation, I thought it would be a great way to talk to professionals in their field and ask about their path."

The dynamic of group discussion varied from representative to representative. While some took ten minutes to speak on their own experiences and provide personal insight, others allowed student-led questions to dictate the discussion.

Colleen Tycz '04 was present to represent Franklin Templeton as their senior vice president of Retirement and Insurance Strategic Accounts.

Like her fellow representatives, Tycz wanted students at the event to find a career path that is fit for them.

"I hope [students] learned skills on networking and exploring what motivates their authentic self," she explained.

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SDMA Showcases Award-Winning Documentary “Johana”

By Julian Nazario
Assistant News Editor

Fairfield University’s DiMenna-Nyselius Library hosted the screening of the student-created and student-led documentary “Johana” on Thursday, Oct. 20. This documentary portrays the story of Johana Rivadeneira, an Ecuadorian immigrant who illegally moved with her family to the United States when she was nine years old.

The 10-minute story, which is available for free on YouTube, portrays the difficult years of the Rivadeneira family as they endured the nation’s complicated immigration process. The documentary showcases how the family lived with the constant fear of being deported while doing normal day-to-day activities.

Felicia James, program coordinator at the Office of Student Diversity and Multicultural Affairs, relayed the significance of showing the “lived experiences” of members of the Fairfield Latino community.

James states, “It was important for us to show this documentary mainly because it’s about immigration and [...] we are trying to advocate for undocumented students, trying to show their experience coming to America, and making sure that we advocate for all of students across campus. But also, this film was made by two students who went to AI [Academic Immersion], so we wanted to showcase their work and the advocacy they are doing”

Created for their Introduction to Film and Video Production course with Professor Patrick Brooks during the Spring 2022 semester, “Johana” was directed by students John Anthony Rivadeneira ‘25, Justin Sabogal ‘25 and Jack McGlinchy ‘24.

The trio participated in the special film screening and Q&A session sponsored by the Student Diversity and Multicultural Affairs Office.

Rivadeneira starts his participation in the documentary by providing a sociopolitical criticism of the years-long immigration process that his family, like thousands of other American immigrants, had to survive in order to achieve a new life in the United States.

“The immigration process here is [...] unfair, it’s unjust; people really risk their lives to come to this country,” said John Anthony Rivadeneira in his first appearance in the film.

His comments are a reflection of the never-ending political limbo that immigrants from South and Central America describe enduring throughout their immigration process from their origin country to the US Southern Border.

According to the most recent statistics from the Department of Homeland Security, it is estimated that there were 11.4 million unauthorized immigrants throughout the nation from 2015 to 2018.

During a Q&A organized by the SDMA office, Rivadeneira, Sabogal and McGlinchy answered questions from the crowd regarding the inspiration for the documentary and the challenges encountered while recording.

On his motivation for producing “Johana,” John Anthony Rivadeneira told the crowd he “always wanted to

make a documentary about my family and about immigration.”

“I feel like there is not a lot of media out there that really show people’s story or talk about how long it takes to become a US citizen and get your papers,” he told the students who attended the event.

However, documenting the issue of US immigration was not the group’s first idea when they were tasked with creating a film for their class. Initially, one of the friends, McGlinchy, suggested they do a documentary about his roommate’s intramural basketball team, but that concept was later abandoned and replaced with the Rivadeneira family story.

They also explained to the audience the difficulties of filming certain scenes for the documentary, which was mostly composed of first-year students, in search of the First Year Experience Diversity, Equity and Inclusion credit. In particular, the film directors described the struggles to film the basement scenes, due to the cold temperatures and one of the family concerns as the place used to house then-illegal citizens.

First-year Billy Streek was one of the students who went to the Library Auditorium to see “Johana,” but encountered a room packed with fellow students looking for the DEI credit.

“I was really interested in what it was going to be talking about and I also wanted to meet up with my classmates and watch the video,” said Streek, who was one of over two dozen students sitting on the floor, as the number of students exceeded the seating capacity.



From Left to Right: Jack McGlinchy ‘24, John Anthony Rivadeneira ‘25 and Justin Sabogal ‘25. The trio poses at the Fairfield University 2022 Cinefest after winning “Best Film,” “Best Directing” and “Audience Award” with their documentary “Johana.”

Fairfield Baja Team Finds Home in Innovation Annex



From left to right, Steven Borrelli and John Chiodo ‘24. Members of the Baja Club, an off-roading vehicle club pose with their buggy at the newly unveiled Innovation Annex.

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opportunity to come and build a gadget that will support their next invention where they can also print, laser cut and build it. Carrano shares that “eventually, this will create a model where students who are trained to operate these machines help the students that are not.”

Lastly, the Sobolewski Family Innovation Laboratory is an area that is allocated for student clubs and student professional societies. Most notably, the room is designed as a garage and therefore allows the Baja team to take up the most space as they build vehicles.

Carrano notes that before the Innovation Annex, “The Baja team was locked away in the basement room so it wasn’t conducive to their work. This team, for example, needs space to do welding and that cannot be done in confined spaces.”

The Baja team, an off-roading vehicle club, is a student-run team that designs, builds and competes with their newly built automobiles in the Society of Automotive Engineers International Baja Buggy Collegiate Design Competition.

Junior John Chiodo, president of Baja, shares that the space “means a lot of growth [...] we finally have a space to expand into, develop and get hands-on experience.”

There are also numerous other innovator clubs that are welcomed to the Sobolewski space such as Tau Beta Phi Honor Society, Engineering Student Society, Society of Women Engineers, National Society of Black Engineers, Society of Automotive Engineers, Association of Computer Machinery, Biomedical Engineering Society, Engineers Without Borders, Institute of Electrical and Electronics Engineers and American Society of Mechanical Engineers.

President of Engineers Across Borders Dominic Oliveri ‘24 said that “this new space is really exciting for all of the engineers on campus. It gives us an open space to collaborate, work on projects and hold club meetings.”

“Everyone loves it,” Carrano stated. “It was not going to

“ This is the exact thing you need as an engineer – you need a place to explore. This is an amazing day for the engineering school.”

- Michael Buckenmeyer ‘11

be all dedicated to students, it was going to be a hybrid with some industry component, [but] I decided to turn it over to just students.”

This statement holds true as multiple students in attendance shared their appreciative sentiments, like Charlotte Savigny ‘26 who said, “I love that there’s a space for engineers to work and collaborate with each other on projects that can change the world.”

First-year Claudia Hepher also explained that “it’s

For first-year student Alex Petersen, watching the documentary provided him with an “insightful” perspective on the challenges immigrants face.

“I thought it was very well put together. I always enjoy hearing about people’s experiences; I think that’s something important,” said Petersen. “I haven’t heard too many experiences like that, so I think it’s good that they are trying to put that out for people to hear about and be able to learn about.”

Rivadeneira also reflected on the topic of having his story go public.

“It feels crazy and weird because you all know my whole family’s story, but that’s good, that’s the whole purpose of why we made it,” said Rivadeneira as he described the feelings of having his family’s story go public.

“Our film actually was shown at CineFest, which is the Fairfield film festival. It was pretty cool that a lot of people actually showed up,” he continued.

Each year, Fairfield University’s Film, Television and Media Arts program hosts its Annual Cinefest Film Festival, which according to FairfieldNews, “celebrate the diligence and creative talents of Fairfield’s up-and-coming undergraduate student filmmakers.”

During the 2022 Cinefest held on April 29, “Johana” took home awards in the categories of “Best Film,” “Best Directing” and “Audience Award.”

great that they’re expanding the school of engineering. It’s such a nice place to come and work on my ‘walk on water’ project.”

Walk on water is the final project for the “Fundamentals of Engineering” first-year course where students have to build a contraption that will get across the RecPlex swimming pool in mid-November.

Senior Engineering student Eric Hawkinson also notes how “it’s in a great location because it’s in a part of campus where we don’t have a lot of academic buildings.”

In addition to students and faculty, numerous alumni of Fairfield’s school of engineering were in attendance.

Most were in good spirits while witnessing the expansion of the program, such as Norman Eaton ‘75 who shared that he was “happy to see that the engineering school is growing.”

Michael Buckenmeyer ‘11 notes further that having the Innovation Annex is an incredible resource for current students and something he wished he had during his undergraduate years.

“It would have been everything. During my time we didn’t really have a space where we could develop and innovate,” Buckenmeyer states. “This is the exact thing you need as an engineer – you need a place to explore. This is an amazing day for the engineering school.”

With the long-awaited opening of the Innovation Annex, Emeritus Senior Vice President of Research and Academics, Richard Heist Ph.D. shares that being able to see its completion “feels wonderful.”

“I made a special effort to come up from Siesta Key in Sarasota, Florida because I left so much of my heart here at this university,” Heist continues. “I still stay in touch with the faculty because this place means a lot to me.”

Before the renovation process took place, the building was completely dark as it served as a black box theater. “It was just a mess ... the building was just storage,” Heist states.

Once they received the rights to the building, a board of advisors formed and they talked about where they wanted the building to go and what their vision would look like. And now, it has come to fruition.

The Innovation Annex was built to foster and promote innovation, new ideas, creation of new technologies in a collaborative manner, and will “hopefully, be a place where ideas can be generated all the way to prototype” Carrano ends.



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

10/21/22

1:30 p.m.

University van was struck by a forklift in Regis parking lot. No injuries reported.

10/22/22

1:40 p.m.

ResLife reported their golf cart was damaged overnight while parked outside the 13 Block. Incident was captured on camera, DPS investigating.

10/23/22

2 a.m.

In Jogues hall, a female student was documented with disorderly conduct after refusing to cooperate with ResLife and DPS officers.

10/24.22

3 p.m.

Student documented for submitting falsified documents to the parking office in order to obtain a parking permit.

DPS and Fairfield PD will be serving dinner in uniform tomorrow at Local restaurant to support Special Olympics Connecticut.



C&PS Events Destigmatize Mental Health, Bring Awareness to Campus Resources

CONTINUED FROM PAGE 1

movements on campus to be very influential in reducing stigma around mental health, as when I see people participating and spreading information on mental health crises and more, I am influenced by their dedication and want to learn more for myself.”

So far this semester, C&PS has partnered with Campus Ministry, Prevention Resource Office and Murphy Center for Ignatian Spirituality to bring speakers to campus and to raise awareness for specific causes on campus.

Some of the speakers that C&PS have brought to campus have included a Fairfield University alumni who talked about his struggle with addiction and alcoholism, as well as a conversation on manhood that was geared towards learning how to promote healthy concepts of manhood on campus and beyond.

Recently, Elli Hansie, a Fairfield native that founded her clothing company, Hanesie, spoke about her struggle with mental health and how she promotes mental health awareness through her brand in order to reduce the stigma and start the conversation.

Likewise, Stags Wear Purple took place on Oct. 20, National Wear Purple Day, which was a meaningful way to raise awareness for dating and domestic violence on Fairfield’s campus.

Specifically, during midterms and finals, C&PS offers additional resources as these events often cause additional stress and anxiety for students due to the impact that they have on their grades.

Paulmann shares that “During finals week we [C&PS] partner with the library and others to offer stress relief suggestions including ice packs and visits with our beloved Dog, Dakota.” Additionally, “The Fairfield Art Museum offers students free art kits as another option for students to relieve stress,” she adds.

“During finals week our office offers walk-in days so students can just drop in to talk with someone,” notes Paulmann.

Walk-in hours are not only available during finals week, as walk-in appointments are always available for students who are in “crisis or urgent need,” says Paulmann. She

continues that “Our staff [is] also available to assist after hours in cases of emergency and if a student is experiencing a mental health emergency after hours or on the weekend, the students should contact Public Safety who will then coordinate with the on-call counselor.”

Deraffe adds that in addition to C&PS resources, there are academic organizations on campus that can help to relieve stress throughout midterms or finals season. She states that “the writing center and tutoring sessions for certain subjects are good resources to utilize, especially during midterms and finals week.”

Although C&PS has a plethora of resources available to students, a lot of students become unknowledgeable about these resources after their first semester at college.

First-Year Experience (FYE), a class mandatory for all first-year students to help better adjust new students to life at college, played a main role in advertising C&PS offerings.

Sophomore Lauren Martland comments on her lack of knowledge of C&PS offerings after completion of her FYE class.

“We learned a lot about the offerings in FYE and even had a representative come in and go over them with us, but since then I have forgotten about the specifics and do not really see them advertised around campus,” Martland states.

Buck adds to her statement about the lack of knowledge after FYE ended.

Buck states, “Honestly, I’m not really knowledgeable about the counseling that the school offers. I wish I knew more about them,

but I haven’t seen or heard much about them since about the first month of freshman year.”

Students also contribute ideas for further mental health and stress relief resources they would like to see implemented on campus.

Martland stated that “we need therapy dogs to visit more often,” and concluded that “all schools across campus should get their own stress dog.”

“I would love pop-up group meditation sessions led by a specialist to help with stress during trying times in the semester,” added DeRaffe.

C&PS still offers telehealth appointments to all students, even as the university has moved away from other COVID protocols.

Online counseling could still remain at Fairfield University as the advantages of online therapy are numerous.

An article published by The Mirror last semester details the benefits of online counseling for students, as it allows for flexibility and a greater sense of comfort and privacy.

In addition, C&PS touched upon the introduction of the platform Togetherall, stating that “This year we [C&PS] have subscribed to Togetherall, an online peer to peer mental health support community, they said. This robust resource is free for all Fairfield University students and available 24/7.”

Students who wish to utilize Counseling and Psychological Services should either email counseling@fairfield.edu or call 203-254-4000, x2146.



The Office of Counseling & Psychological Services is located next to Jogues Hall in the Wellness Center.

THE MIRROR

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Madeline West, *Editor-in-Chief*
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Tommy Coppola, *Managing Editor*
Brooke Lathe, *Copy Editor*

Editors

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

Staff Photographer

Giana Russo

Business Department

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

Advisor

Tommy Xie

Contact Information

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

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Fairfield Alumni Provide Professional Development for Stags

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Before organized networking began, Hottinger introduced the night’s keynote speaker, Nikolas Totaro ‘04, the managing director at Merrill Lynch Wealth Management.

A bulk of Totaro’s speech concerned the necessity of college friendships.

In tangent with this point, he emphasized the importance of establishing friendships with meaningful connections and networking potential.

“You don’t realize the talent of the people you’re surrounded by,” Totaro stated. “What’s important about those friendships is that we challenge and motivate each other.”

Totaro partnered his address on collegiate relationships with the value of independence. Particularly, he advised students away from the jealousy of others and towards focusing on the self in order to achieve professional success.

Themes of challenge, motivation and individual boldness were all prime facets of discussion throughout the event. Totaro praised students for taking the pivotal step of participating in the night’s occasion.

“Be bold yourself,” he stated. “Don’t wait for someone to reach out to you — take that initiative.”

Featured representatives remained highly approachable and constructive as students engaged them in inquiry.

Similarly to Bentivenga, several other alumni representatives were looking

to assist younger generations of students to find their proper place and career field. An undeniable passion and appreciation for Fairfield University were present.

One of these former Stags was Ursula Hurley ‘04, the chief financial officer at JetBlue.

“I want [students] to be inspired, and I want them to get the most out of their experience at Fairfield. I want them to know that the sky’s not the limit,” stated Hurley, on what she hoped students got out of the event.

Student attendees left very satis-

“ I want [students] to be inspired, and I want them to get the most out of their experience at Fairfield. I want them to know that the sky’s not the limit,”

Ursula Hurley ‘04, Chief Financial Officer at JetBlue

fied with the event, which ran much past its scheduled end time of 7:30 p.m.

Garvey noted its significant improvement from its COVID days, which relied on a solely online venue.

While some students, such as Lauren Martland ‘25, wished discussion time with representatives had lasted longer or was more accessible, others could not have been more pleased with the outcome. Sophomore Matthew Moran says that he “enjoyed being able to speak to certain speakers after the event.”

Students and representatives began to shuffle out close to 8 p.m., with most attendees gone by 8:30 p.m.

All attendees were welcome to take a snack or beverage from their two refreshment tables, which provided water, soda, a charcuterie board and grab-and-go appetizers.

Preparation for the event required a reserved space in the Dolan Event Hall which would fit their expected attendance, around 80 to 100 students. A mass email was then sent to all majors within the DSB advertising the impressive opportunity.

The event’s grand attendance, while unanticipated and quite shocking, truly made the event as successful as it occurred. Sophomore Jennifer Peña contributed her positive review of the event.

“It was a great way to be able to interact with [Dolan School of Business] alumni who care about current students at Fairfield [and] who want to give advice.” She continued, “It was a great opportunity to network and it’s great to know there are people who are looking out for me!”

**WISHING YOU A SAFE,
HEALTHY, AND HAPPY
HALLOWEEN**

~ STAGS Hospitality



Opinion

Midterms Are Here! Let's Get Out The Vote Stags!

By Madeline Hossler
Opinion Editor

vote than other age groups. According to a Pew Research Poll, in the 2018 midterms adults ages 18-29 made up only 11% of voters, a smaller share of voters than any other age group. In comparison, we were 30% of non-voters. We wonder why it seems like everyone in control of Congress is over the legal retirement age, well maybe it's because people aged 65+ made up the greatest percentage of voters in 2018.

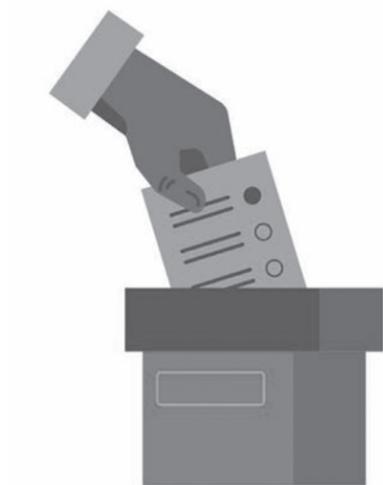
It may be hard for you to feel like your vote is really making a difference. The media loves to hyper-fixate on the House of Representatives and Senate races, while also fixating on how neither of them ever gets anything done. It's easy to be frustrated with national politics. But your vote still matters. Which party ends up controlling the House and Senate could determine what policies on essential issues like climate change look like for years to come.

If that's not good enough, let's take it down to the state level. The re-

cent Supreme Court ruling means that individual states now set policies on reproductive rights. If this is an issue you feel strongly about, then the policy positions of your State Senators and Representatives matter now more than ever. States also have a hand in shaping election policy.

If you're from Connecticut there is a statewide ballot initiative to decide whether or not to amend the State Constitution to provide early voting. If the events of the election day in 2020 made you nervous about what is going to happen in 2024, now is the time to do something about that.

Still not convinced? Let's take it down to the local level. The town of Fairfield has a ballot initiative proposing reforms to the town charter that will change everything from Board of Education elections to the responsibilities of the public library director. My hometown is cur-



It's that time of year again. The air is crisp, everything is pumpkin flavored and it's time for you to start thinking about your plans to vote in the midterm elections.

Midterm election turnout has been consistently much lower than turnout during presidential election years. Most people don't get as passionate about voting for their state's Comptroller or Judge of Probate. In fact, most people probably have no idea who those people are or what they are doing. People are just glad there is someone out there comptroll-ing, so they don't ever have to figure out what that means.

But just because the midterms may not seem as interesting or chaotic as the presidential election years doesn't mean they aren't wildly important.

Young people (yes, I'm looking at you Stags,) are consistently less likely to



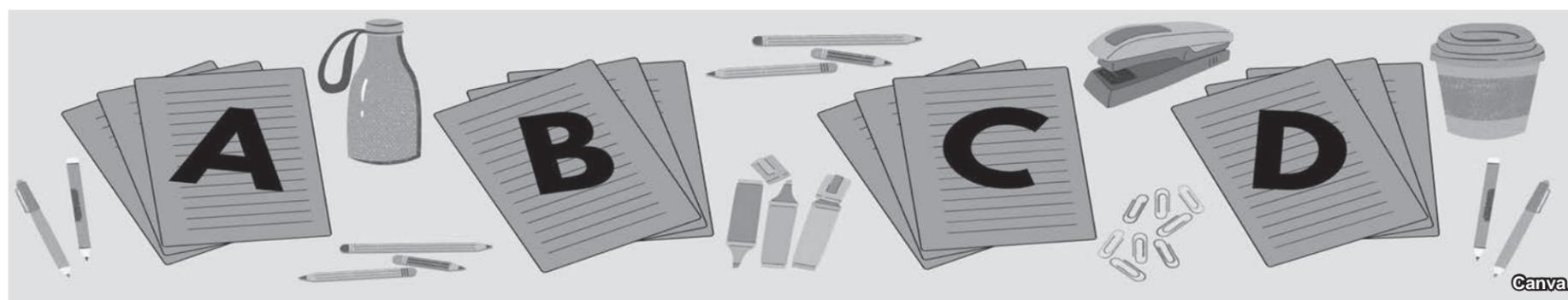
rently voting on whether or not to get rid of our Board of Finance. Local government is the body whose decisions will likely impact your day-to-day lives, even if you don't realize it.

Voting is not only important when we are electing a President. In fact, it might be even more important when we are not. Your state and local elections will likely have a much greater impact on you individually, and even though they might be less flashy and much more technical they are worth the effort.

Go to Vote.org now in order to register to vote, request an absentee ballot, locate your polling place or access tons of other voting resources. Ballotpedia offers a Sample Ballot Finder tool that can show you all the candidates and ballot measures so you know what to expect on election day.



Scan the link above to go to [Vote.org](https://www.vote.org). Register to vote, check the status of your registration, and make a plan for election day.



Fairfield University Should Embrace The "Ungrading" Approach

By Brooke Lathe
Copy Editor, Head Vine Editor

I never quite understood midterms and finals seasons. As a student, you have to balance five classes (sometimes either four or six) as they all assign tests, essays, projects or presentations within a week or two of one another. It's enough work to absolutely tear apart one's mental health to the point where most of us don't even have time to get a full eight hours of sleep or eat three meals a day. Continually, it's just a period of time to cram information in our brains that we forget by the next semester ... at least, it is for me. This is just the unfortunate truth behind academic validation.

During my first and sophomore years, I learned about Jesse Stommel and his "Ungrading" approach in my "Rhetoric and Composition" and "Writing and Responding" courses. And in times like these, such as exam week, I tend to always catch myself daydreaming of this strategy becoming a reality in educational settings like Fairfield.

Right now, our grading system is based on a numerical scale, which in return, assigned a letter grade. Grades 59

and below are classified as "failing," which means that if a student were to get a little more than half of the material correct, they would still not receive credit for the course.

In Stommel's "Ungrading" strategy, students would no longer receive these grades as they are no longer assigned the "common testing protocol". Rather, the course instructors will give lectures regarding the course topic and assign outside readings for students to complete. Most times, students aren't given a tangible assignment in response to the reading, (they may be asked to submit their thoughts in a discussion forum) but instead, they are expected to have taken it upon themselves to digest and understand the information and come to the next class ready to participate in a discussion.

In the middle of the semester and towards the end, the "midterm" and "final" would be a response paper to what they believe they have learned, their feedback on the course topics and their own self-evaluation of how they performed. From there, their "grade" is an automatic "A" because they have not only participated throughout the class but their understanding or knowledge will have been instilled in their mind.

Some additional forms of assessments may also include minimal or contact grading, authentic assessment or process letters. For the students who don't apply themselves and don't turn in any of the responses explaining their newfound knowledge, then, unfortunately, they won't pass the class. This is still a current, usual standard, however.

"Overall, there are just no benefits to the grading system as it stands; all it does is induce stress, rank students against each other competitively, put professors and students in a position against one another and cause students to lack trust in their own academic abilities."

-Brooke Lathe '24

As of right now, it is obvious that most students are just temporarily memorizing facts (and on rare occasions, there are students who cheat or plagiarize) only so that they earn an A, not because they actually want to learn. We are so focused on achieving an impressive GPA and ask our professors questions like "how many points

will this be worth" or "what can I do to get an A" instead of "what should I do" or "why is this important?" Overall, there are just no benefits to the grading system as it stands; all it does is induce stress, rank students against each other competitively, put professors and students in a position against one another and cause students to lack trust in their own academic abilities.

Instead of sticking to our usual numerical system where we often don't actually learn anything in the long run, the "Ungrading" approach will help students focus on the actual information rather than just chasing an unrealistic academic achievement. While I understand this might not work in courses for future doctors and engineers as their career relies heavily on memorization, this would be incredibly beneficial for most, if not all, humanities courses and others.

So, as I am on my way to writing three different essays and formulating a project, I am longing for Stommel's brilliant process to become a part of our campus life; and I also encourage any professors who are reading this to analyze Stommel's argument and implement a few of his thoughts in your own teaching.

Ditch That Laptop: Handwritten Notes Will Help You Learn Better

By Madeline Hossler
Opinion Editor

You should stop typing your notes.

I know this might sound like an odd opinion coming from a 21-year-old who relies heavily on her computer for the majority of what I do in college.

A study by Pam Mueller and Daniel Oppenheimer concluded that students who took notes by hand performed better on tests than students who took notes using a laptop.

Now you might be thinking “but I can type so much more efficiently, handwriting is so slow.” That’s actually the point. Mueller and Oppenheimer’s study found that yes, students with laptops took more notes than students who wrote their notes, but that being able to type the notes faster was actually working against them. Students who hand write notes may not be able to get every word that’s on a powerpoint slide or coming out of their professor’s mouth into their notebook. This means they have to process the content and be able to effectively summarize it in their notes. This process forces them to be more engaged with the material instead of just copying down the words.

Not to mention, regardless of how many notes you’re taking, using a laptop presents other challenges. You’re sitting in front of a little screen that gets you access to every one of your upcoming Blackboard alerts, all

your favorite shopping sites and the Sims 4. Avoiding getting distracted by any of that is a perfectly understandable challenge. But this temptation is removed when you take notes by hand. There is nothing for you to do besides listen and take notes, so you will be more engaged with what’s happening in the class. Your notebook does not have access to Cool Math Games, and that’s probably for the best.

Not only is it more beneficial to

your learning, it’s also just way more fun. Who among us hasn’t stumbled across those videos on TikTok or Instagram of people who use four markers, two highlighters and a calligraphy pen to create incredibly aesthetically pleasing study guides. Is that not incredibly satisfying to witness? That could be you! Well, the calligraphy pen might be overkill, but you get the idea.

A cute highlighter (might I recommend

the pastel ones) or a fun colored felt tip pen might be the exact thing you need to make your notes fun and better organized. Sure, you could use plain lined paper, but you could try dotted paper or even unlined copy paper to give you more freedom when it comes to organizing content. I personally am a huge fan of buying the paper designed for the Cornell Note Taking System, and using it very incorrectly. I use the lines for general notes but then put important definitions or diagrams in the unlined side and bottom sections. Maybe the Cornell method is more academically effective, but whatever, mine is more fun.

Now of course handwritten notes aren’t always the right solution. In some classes being able to have digital readings at your fingertips is an asset. Business or math classes might require Excel or coding programs in order to participate. Some students have physical limitations that make handwriting much less accessible than typing. Even I don’t do it 100% of the time. I often work as a notetaker for the Office of Accessibility, where we are supposed to turn in typed notes, so in classes where I am assigned as a notetaker, you will always see me on my computer. But in general, handwritten notes will still give you the greatest benefits.

So next time you go to class, consider closing your computer and taking out a real live pen and paper again. It might just be the secret to a better grade.



It might seem like the obvious choice to take notes on your computer, but it's time to rethink that instinct. Going back to good old pen and paper might be just what you need to succeed.

Philosophy 2217 Is The Only "Logical" Class To Take Next Semester

By Tommy Coppola
Managing Editor

My favorite class I’ve taken here at Fairfield University is “Logic,” also dubbed “PHIL2217.” I’m actually currently taking it right now, but I feel so strongly about the class that I just have to put it into writing.

I’m currently taking the course with Professor Jose Fernandez, Ph.D., who is one of the most passionate, animated and excited professors I’ve ever had the chance to take a course with at Fairfield University.

The class takes you through the great logical thinkers of the past, starting with the world before Socrates.

After a discussion of thinkers like Parmenides and Heraclitus, you will then dive into the world of Socrates himself and get to read some examples of the writings of Plato where we can see the Socratic method in full

effect.

Texts like “Gorgias” and “The Trial and Death of Socrates” are two of the most interesting I’ve read in this class, and it is fascinating to see how teaching others by asking questions can shape a person’s thinking.

The dialogue seen between the characters of these texts shows how Socrates was a man who sought after the truth and would stop at nothing to get there, but it also shows us how we can help others arrive at conclusions without telling them outwardly the “correct” answer. Instead, we can raise questions in order to help them do this.

The second half of the course deals more with the actual logical side of things, like setting up an argument, taking people through your premises and identifying a conclusion that can be followed throughout the whole argument.

I really enjoy this type of logic because

it is not only something I’ve never had the chance to learn about in school, but I have also been able to understand how to really convince someone of something important, which is a vital skill to learn. I have also been able to apply this course material to another class that I am taking right now, Business Ethics, which is part of my Charles F. Dolan School of Business major core curriculum. I’m enjoying these two classes side by side; as I am learning the origins and history of logic in one, I’m learning how to directly apply that knowledge in a business setting in the other.

I also can’t say enough good things about my professor, Jose Fernandez. He is so passionate about the course material and really enlivens the class discussions we have. Participating in his class is incredibly easy because if you get a question wrong, he’ll show you through the way of thinking in order to arrive at the correct answer yourself, mak-

ing the class that much more rewarding of an experience. I mean, Socrates did the same thing, so it must be working well on me.

I normally find that classes can sometimes begin to drop off in interest by the time an hour rolls around, leaving 15 minutes of me zoning out, looking out the window, or just simply finding it hard to pay attention. However, for the full 75 minutes this class runs, I am locked in and fully encapsulated in the mindset to listen to logical arguments be made.

Now, I’m a marketing major and can’t guarantee that you’ll be as fortunate as I am to get into this class next semester, but it is being offered from 4 p.m. to 4:50 p.m. meeting on Mondays, Tuesdays and Thursdays next semester. The class is being taught by Chia-Hua Lin, Ph.D., who I am not currently taking, but who I am sure will teach it with the same passion.

EDITORIAL BOARD

“BE THERE FOR EACH OTHER AS THE SEASONS CHANGE”

MADDY WEST
EDITOR-IN-CHIEF

While we are entering the holiday season, for many it is a very exciting busy time full of fun, family and treats. However, for others this time of the year can be triggering or even depression inducing.

According to Cleveland clinic, Seasonal affective disorder (SAD) is a type of depression that’s triggered by a change in seasons, usually when fall starts. This seasonal depression gets worse in the late fall or early winter before ending in the sunnier days of spring.

SAD affects an estimated 10 million Americans, with women four times more likely to be diagnosed with it than men. The changing light and colder temperatures can also affect the moods of people who are not medically diagnosed with SAD.

SAD is something that should not be overlooked. Some symptoms include, lack of interest in usual activities, feelings of sadness and hopelessness, and fatigue - to name a few. These feelings can be

more intense in a climate like New England, where winter can be fairly harsh.

There are several changes that occur in the winter time that induce this for some individuals. Getting sunlight in your day increases serotonin, and the early darkness of winter months reduces this. Work and school speed up during this time, as the end of the semester closes in. Alongside this comes preparation and events of the holidays which can be incredibly stress inducing.

Whether or not you think you have seasonal depression, be sure to take care of yourself and others during this time. The winter months can be darker for some mentally as well as physically. Checking in on them could make all the difference for a friend or stranger to feel seen, appreciated and loved. Take care of one another.



**ENTER IF
YOU DARE**

THE VINE

FAIRIES, ZOMBIES AND ADAM SANDLER: STAG HALLOWEEN COSTUMES TO LOOK OUT FOR

By Max Limric
Head News Editor

Sadly, as far as I have gathered, no one will be dressed up as Lucas the Stag for this year's Halloween; but rest assured, there will be more than enough fairies seen on campus.

Sophomore Lauren Trymbulak and her friends chose a Star Wars theme.

She will be Baby Yoda one night, as she says her friends told her she is the wisest one in the group—so she just had to be Yoda.

As for the next night: fairy.

Another fairy costume will be seen, as Olivia Beaudoin '23 is going to be a fairy one night.

She will be Simon from Alvin and the Chipmunks for the next, while her friends are going to be Theodore and Alvin, in a cute and creative trio costume.

The theme of senior students going all out for Halloween continues with Raegan Lafnitzegger, as she and her roommates are each choosing a different type of alcohol to dress up as (no worries, as she assured me they are all 21).

She is going as Jägermeister because "it is delicious." Unfortunately,

she has nothing planned for night two.

Maybe she can be a fairy?

Junior Tug Senesac will be dressed as either Napoleon Dynamite or Wayne Gretzky because "they both are legendary," and will find his costume on Amazon.

Juniors are getting creative too, as Thomas Drillien '24 is going to be a zoo-keeper, also getting his costume off Amazon, while the rest of his friends are going to be zoo-animals: one a hippo, another a hammerhead shark and the last, a gorilla.

He describes how he is going to chase them around the whole night pretending they escaped their enclosures.

Junior Alexa Boyle will be "following the yellow brick road" this Halloween as the Cowardly Lion from

The Wizard of Oz.

Her friends are joining her as Dorothy and the Wicked Witch. The other night she is going to be ...a fairy.

She states her fairy costume is going to be super cute and she wanted to be a fairy after she bought mushroom earrings and thinks they will work perfectly with her fairy costume.

Sophomore students have some lively costumes as well. Jacen Januskeski will be Mr. Knight from Moon Knight.

He originally got an \$80 costume and was having it shipped from China, but sadly it will not be here on time.

Instead, he's putting together a mock suit to go with the gloves he has.

Sophomore Chris Pozzuto is going to

the Halloween costume basics for one night, choosing to be a zombie, getting his outfit entirely from Party City.

The next night, he'll be a crazy Knicks fan with a blue mask, blue knee socks and blue shorts all from Party City as well.

Another fairy costume could be a possibility, as Brynn Murphy's '25 second night costume is up in the air.

For her first night, she is going to be a Girl Scout with all her roommates.

She says they couldn't find anything else and they already had their sashes handy (I just hope Girl Scout cookies are included with the costume).

Finally, first-years are bringing their Halloween spirit to Fairfield University. Alexander Regan '26 is going as Zach Wilson, the Jets quarterback.

First-years are also going outside of the box with a goofy trio costume. Avery Darke, Cara King and Sofia Anthony are all being Adam Sandler on Saturday.

Overall, Fairfield University will see a wide variety of costumes this Halloween, from your traditional zombie to Baby Yoda!



By Abigail White
Assistant Vine Editor

With Halloween right around the corner, you may find yourself asking, "How can I celebrate here at Fairfield?" Luckily, this will be my third Halloween spent on campus so I feel that I have picked up some ideas as to how to celebrate this spooky holiday.

I am here to present you with some tips and tricks to throw the best Halloween party on campus!

DECORATE YOUR ROOM

First thing is first: get some decorations. For what is a Halloween party without spooky ornaments? One decoration that is super cheap and always looks great is fake spiderwebs.

Every single year, my roommate and I have adorned our door with purple cobwebs in the spirit of Halloween, and every year it looks great!

Another great way to decorate your room is with some pumpkins. Whether you paint them or carve them, there is nothing like a classic Jack-O-Lantern to enhance the Halloween atmosphere.

MAKE A SPOOKY PLAYLIST

Next, you'll need music. There are so many songs that scream Halloween to me. Some of these include "Thriller" by Michael Jackson, "Monster Mash" by Bobby Pickett, "Somebody's Watching Me" by Rockwell, the "Ghostbusters" theme song and so many more.

The music can really make or break your Halloween party, as it truly sets the spooky tone. As soon as I hear one of the

songs I listed above, I am immediately in the Halloween spirit. Create a playlist of all of your own favorite Halloween songs to play at your party.

GET SOME CANDY

For me, one of the biggest appeals of Halloween as a holiday is the consumption of copious amounts of candy. I think of the Halloween parties that my family threw growing up.

How I would go trick-or-treating with my friends and family, walking from house to house in our costumes, begging for candy and trading our prizes when we returned home.

Though many of us have passed the socially acceptable age to trick-or-treat, that does not mean we must go without candy. If you plan on having some friends over to celebrate, make sure to pick up some candy next time you go shopping.

Get a good variety of chocolates and gummies, such as Snickers, Kit Kats, Milky Ways, Sour Patch Kids, Skittles, Starbursts and more. Whatever kind of candy screams Halloween to you.

COORDINATE A COSTUME

The best and most fun part of Halloween is, arguably, dressing up. I know that when I was a kid, I would parade around my neighborhood trick-or-treating, proud of my creative costumes.

In college, dressing up does not have to end. Grab a bunch of

your friends and coordinate a group costume. You could even make your costume the theme of your party!

PICK OUT SOME SPOOKY HALLOWEEN MOVIES

Toward the end of the night, when everyone begins to get tired of dancing to your spooky playlist and eating tons of candy, you may want to wind down with a movie.

There are so many classics to choose from when it comes to Halloween. If you are going for horror, you could put on "It" or "Halloween." These are always the Disney classics like "Hocus Pocus" or

"Halloweentown."

One that will always be my favorite and hold a special place in my heart is "It's the Great Pumpkin, Charlie Brown."

There are so many movies to choose from and I see no better way to end your night of spooky fun than with a Halloween movie.

These are just a few suggestions for how to throw the best Halloween party on campus. There are endless possibilities as to how you can decorate your dorm or dress up with your friends to celebrate this spooky season!



Il Pellicano Perfects Italian Cuisine

By Madison Gallo
Executive Editor

By Brooke Lathe
Copy Editor, Head Vine Editor

Conveniently located for Fairfield University students at 1460 Post Road right across from the Sherman Green sits Fairfield's new favorite restaurant: Il Pellicano. Owners Massimo Tabacco and Matthew Balk bring a modern flare to traditional Roman cuisine with dishes such as the Cacio e Pepe, the Chicken Capricciosa and the Polpo, to name a few.

As you drive past Il Pellicano on any given evening since its opening on Sept. 23, it's not hard to notice how busy it has been.

Walking into the restaurant, we were greeted by a warm, almost familial atmosphere from the decor and to the welcoming smiles of the hostess and Tabacco.

The sleek dark wood and stone fireplace forms a combination of elegance and coziness unique from many of the other Post Road restaurants the town has to offer. Directly above the fireplace hangs a painting of a "Pellicano," a call to the restaurant's name, which can also be seen on the placemats on each table.

To the right of the entryway is a grand bar that has gold accents that carry on a warm feeling to this section of the restaurant.

Il Pellicano is not an overwhelmingly large space, but there is a decent amount of seating without feeling as though tables were uncomfortably squeezed in.

The dim lights also give a sense of intimacy to your dining experience and are one of the main elements providing the coziness.

As the aromas from the kitchen and other restaurant-goers' plates filled the air, we couldn't wait to sit down and try a bite for ourselves.

Tabacco says, "We didn't make a huge menu ... I hate that."

Though the menu is not overpowering, as it is only one page, don't mistake the conciseness of options for the quality of them, because it was impossible to decide which to pick.

It features piadine (flatbreads), small-tapas-style plates, pasta, mains and a specialty cocktail and wine menu which will be mixed by pro mixologists behind the bar.

All ingredients are locally-sourced, described by Massimo as their "pride," and, as a result, the menu will vary season-to-season.

To get a good feel of the menu, we ordered a few different starters: the Olive Oil Flight (\$9), the Calamari (\$17) and the Polpette Pomodoro (\$15). I also knew I had to try one of the cocktails (as I am recently 21)

from the creative list of drinks.

I ended up ordering the Hugo, a wine spritz made with prosecco, crushed ice and St. Germain (\$14).

Some of the other drinks that excited me and I will definitely try next time include the Colomba (diplomatico riserva, fresh grapefruit and basil; \$14) and the Fig Wasp (bak's bison grass, balsamic syrup and fig; \$15).

Instead of getting a basket of bread when seated, each table receives a bowl of mixed olives – which, as an olive-loving-gal – did not disappoint.

However, when you order the Olive Oil Flight, it comes with a basket of freshly in-house baked focaccia and three different sample bowls of olive oil to try.

Described by Tabacco as the "top olive oil in Italy" from a company that has been in business for 140 years, the three types included a classic Extra Virgin Olive Oil, one with nutty undertones and our personal favorite, a tomato-basil infused olive oil.

The bowl with the tomato-basil oil was completely emptied by the time our waiter came to clear our table.

As we worked through our plates, we moved on to try the calamari, a classic appetizer at any Italian restaurant.

Plated beautifully and accompanied by a lemon and classic tomato sauce for dipping, I was astonished on the first bite – it was so much better than any other calamari I had tried on Post Road as the batter itself was seasoned beautifully and the marinara was incredibly fresh and flavorful.

Although calamari is a fried dish, Il Pellicano's version did not leave a heavy feeling in my stomach after eating it and we surprisingly felt light following my clean dish. We also loved that there was a fair amount of tentacles included on our plate, which is my preferred part of the squid.

The final starter we tried was the Polpette Pomodoro, Il Pellicano's take on meatballs, which comes on a bed of perfectly sweet marinara sauce, coated in a pecorino snowfall and accompanied by three garlic crostinis.

This plate comes with four meatballs and you will not be disappointed. The meatballs were juicy to the point where they just melted in your mouth, and honestly, reminded us of our Italian family members cooking – a taste of home away from home, if you will.

The crostinis were also a great addition as we were able to use them for cleaning the dish clean of the extra sauce. Sometimes crostinis can be too crunchy, but these were crisp to perfection.

The menu featured so many mouth-watering options, so an additional opinion was



Brooke Lathe/ The Mirror

The tiramisu is a must-have item from the dessert menu, so be sure to save room!

needed to decide which plate to choose as an entree. Luckily, our server Coltan helped us out and recommended the Short Rib Ragout (\$26).

This dish features a generous portion of homemade cavatelli, braised short rib of beef burgundy, turnip mascarpone and nutmeg.

All of the kinds of pasta are made fresh, in-house; which was obvious upon our first bite. This unique characteristic shows the true passion put into each and every meal, as well as its tie to true, authentic Italian cuisine.

The short rib was as tender as it was rich and matched beautifully with the sauce. We savored each bite of the braised short rib, and we cannot recommend it enough – if I wasn't on the hunt to try every menu item, I would undoubtedly be satisfied if I ordered this every time I dined here.

The dollop of mascarpone paired wonderfully with the cavatelli and rib, something I would never have thought would go together before. The melding of the flavors, however, sent chills throughout my body.

Even though at this point, we were nearly too stuffed to stand upright, we knew we had to find room to be able to try the best part of any meal: dessert.

Short and sweet like the dinner menu, there are five dessert choices: Pellicanocello Olive Oil Cake (\$12), Tiramisu (\$12), Chocolate Budino (\$10), Seasonal Panna Cotta (\$10) and Formaggi e Salummi (\$21). As well as several coffee and tea options and after-dinner cocktails and liqueurs, for any 21-and-older patrons.

It was impossible to pick just one dessert option, so we ordered the Tiramisu (my all-time favorite dessert) and the Pellicanocello Olive Oil Cake.

The presentation was absolutely stunning as if they just came out of a food editorial photoshoot and the portions were generous.

Yet, somehow both cakes were finished – they were simply that good.

While I preferred the Tiramisu to the Pellicanocello, it may only be because tiramisu has a sweet spot in my heart.

In all honesty, it was one of the most magnificent pieces of tiramisu I have ever tasted, and I have been to the town in Italy credited with the creation of the famous dessert.

The flavors were not too overpowering, and the soaked lady finger crust melted on my tongue with each bite. The Olive Oil Cake was not overly tart from the lemon and was incredibly light.

The berry compote complimented the cake wonderfully and the freshly made whipped cream added a special touch that

completed the dessert.

I would've never thought to include olive oil in a sweet dish, but the fresh ingredient added something to the dessert that I would've felt a loss without.

Every dish that we tried had us begging for seconds, and if there was any space in my stomach for more, we would have ordered more. Beyond the fantastic food, the customer service was amazing, something that truly makes or breaks a dining experience.

Our server Coltan was attentive, knowledgeable and eager to ensure our first time at Il Pellicano was special.

Owners Tabacco and Balk were present and hands-on in each customer's dining experience.

Balk could be seen in the kitchen – entirely open to the customers' view – assisting with plating and adding final touches to each meal before it made it to the customer, ensuring perfection all the way to each table.

But most importantly, Tabacco checked in on each customer consistently, and his charisma proved to be contagious throughout the entire restaurant.

The passion he feels for this industry and lifestyle is clear, and an overwhelmingly refreshing quality to see in this day and age.

Il Pellicano is currently only open for dinner from 5 to 9 p.m. Tuesday through Thursday and Sunday and from 5 to 10 p.m. on Fridays and Saturdays.

Tabacco revealed the restaurant is currently booked through November, but he has heard the demand for more hours and mentioned the restaurant will soon include lunch and, eventually, brunch options.

That's not all that will be coming soon to the restaurant, as Balk and Tabacco seek to expand Il Pellicano to feature a rooftop patio – making them the only restaurant in Fairfield to have this feature.

Inspections are beginning soon and the rooftop will hopefully be ready for the Spring and Summer.

In a town like Fairfield so densely populated with Italian restaurants, it may seem daunting to stand out.

Il Pellicano, however, has achieved this with ease as the excitement surrounding its official opening is rightly deserved.

I have been anxiously awaiting their arrival since August when I first saw the posters on its exterior.

And the wait was so worth it.

We both will be bringing our friends and family here whenever we are able to secure a reservation next, and I recommend you do yourself a favor by doing the same.

It will only take one bite for you to see why Il Pellicano is our new Post Road favorite and why it is now yours too.



Brooke Lathe/The Mirror

In addition to booths and tables, Il Pellicano has a stunning bartop to lounge at.



By Brooke Lathe
Copy Editor, Head Vine Editor

This is an amazing question, and one I'm sure a lot of other college students are trying to figure out as they just spent their last five dollars on a pack of Ramen noodles.

I absolutely love Halloween, and of course, figuring out silly costumes that are just as cute as they are funny is one of the main reasons why. What I'm not a fan of, however, is the pressure to spend upwards of one hundred dollars for a weekend of never-worn-again-outfits.

After learning some lessons and tucking them under my belt over the past two years in experiencing a true college "Halloweekend," I am heading into this current season prepared with three different costumes without it costing an arm and a leg.

And, if you haven't already fallen victim to spending an entire paycheck on next week's fits, you may find these next tips helpful when looking to fully decorate yourself on a budget!

DIY It!

One of my costumes this year is going to be based on Flo from Progressive. Something such as this can be so easy to recreate on your own rather than purchasing the set outfit from Amazon for \$40.

I have white pants, sneakers and a white t-shirt already in my closet, so all I need to do is head to Michael's Craft Store and get a low cost, white apron and blue marker to write the

insurance company's logo.

From there, I can find a cheap pin to write "Flo" on and a small roll of blue ribbon that I can use as a headband – so easy! Think of something you believe you can create yourself with only a few other accessories that aren't too costly.

This might be easiest for characters or abstract ideas. Maybe wear all green and glue on some vines to be Mother Nature or buy a red t-shirt and write the "Netflix" logo on it. Be creative!

Spice Up Past Years Looks

If you happened to have spent an absurd amount of money on Halloween costumes last year, there is no shame in reusing them! Honestly, you may even find that it's possible to transform it into something else so it doesn't go to waste, and you don't have to post pictures of you online without your followers recognizing you were Barbie last year too. Cher from "Clueless" can just as easily work as a character from "Heathers." Your waitress get-up can now serve as a coffee barista. Think outside of the box.

Head To The Thrift Shop

Goodwill or any other second-hand stores are such a great resource to use to shop on a budget and also not contribute to the fast fashion cycle that speeds up around this time of the year.

You may find a fully adorned costume on the racks already or you can go to the store with specific items in mind such as a shirt,

pants, shoes or jewelry for a low cost. For a few years in a row, I had a scary old lady mask I wore and went to my local thrift store for an elderly-looking nightgown. It was not only affordable, but it was perfect and lasted me a long time.

Borrow From Your Friend

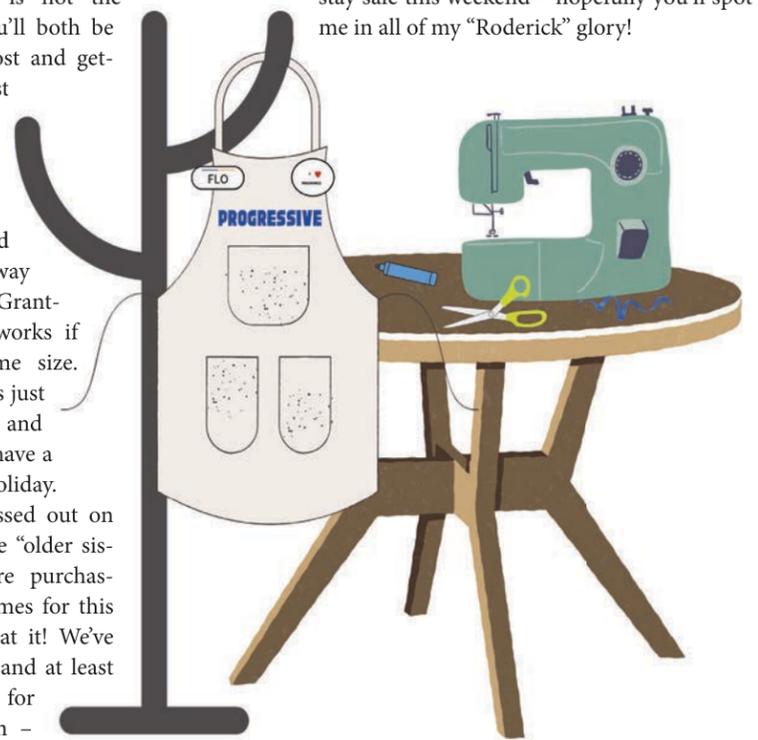
Switching with your roommate or close friend's costume for the night before or the previous year is not the worst idea. You'll both be splitting the cost and getting the most use out of the costume as it can be, rather than just wearing it once and throwing it away or donating it. Granted, this only works if you're the same size. However, this is just another easy and simple way to have a cost-effective holiday.

If you missed out on this informative "older sister talk" before purchasing your costumes for this year, don't sweat it! We've all been there, and at least you know now for next Halloween –

so bookmark this in your phone or cut it out of the paper.

In participating in the weekend's festivities, you may even learn your own "what-not-to-forget" tips on how to survive Halloweekend at college, such as bundling up for the chilly weather, wearing comfy shoes or deciding your outfits by early September.

Whatever it is, be sure to have fun and stay safe this weekend – hopefully you'll spot me in all of my "Roderick" glory!



DIVING INTO THE DYSTOPIAN WORLD OF "POSTER GIRL" WITH VERONICA ROTH

By Abigail White
Assistant Vine Editor

When I heard the news that Veronica Roth, the "New York Times" bestselling author of the "Divergent" series, was coming to Fairfield University to promote her newest book, I immediately purchased a ticket to go see her speak. I have been a huge fan of Roth's since my middle school years and could not wait to see her live in-person.

As a part of her book tour for her upcoming novel, "Poster Girl," the Regina A. Quick Center for the Arts, in collaboration with the Fairfield University Bookstore, welcomed Roth on Oct. 20 to discuss topics of the novel such as her research process, her characters, her worldbuilding and so much more.

The futuristic and sci-fi nature of Roth's work has always provided me with an escape from reality, allowing me to enter a world that is unlike my own. Having been a fan of her work for so long, I was extremely excited to hear all about this new dystopian world Roth has built in "Poster Girl."

Upon my arrival at the event, I was presented with a signed and personalized copy of Roth's new book. If only I had my "Divergent" series with me for her to sign as well! Just from first glance, I knew that this was a book I was going to enjoy. The vibrant colors of the cover and the distorted image of a woman's face immediately intrigued me.

To explain the premise of the book, "Poster Girl" follows Sonya Kantor, a young woman who was the former poster girl for the Delegation, a dystopian society in the Seattle-Portland megalopolis. After being imprisoned for ten years after the fall

of the Delegation, an old enemy approaches Sonya with a deal. If she can find a missing girl stolen from her parents by the old regime, she will be rewarded with her freedom.

Just hearing the synopsis alone makes me want to drop what I'm doing and escape into the mysterious and twisty world of this book.

During the event, Roth was asked a series of

questions by her literary agent, Joanna Volpe, as well as by audience members. The first question came from Volpe, asking what inspired the particular story of "Poster Girl" and why Roth used a mystery structure.

Roth answers claiming that she has shifted her work from YA (young adult) to adult fiction. She

said, "My adult work so far has been about the aftermath of the stories we usually hear." Thinking along those lines, she asked herself "What other stories are untold?" Having started her career with stories of the aftermath of the Dystopian uprising, she claims it was a natural story to tell.

"When I figured out who could tell this story in the most interesting way, that's when 'Poster Girl'

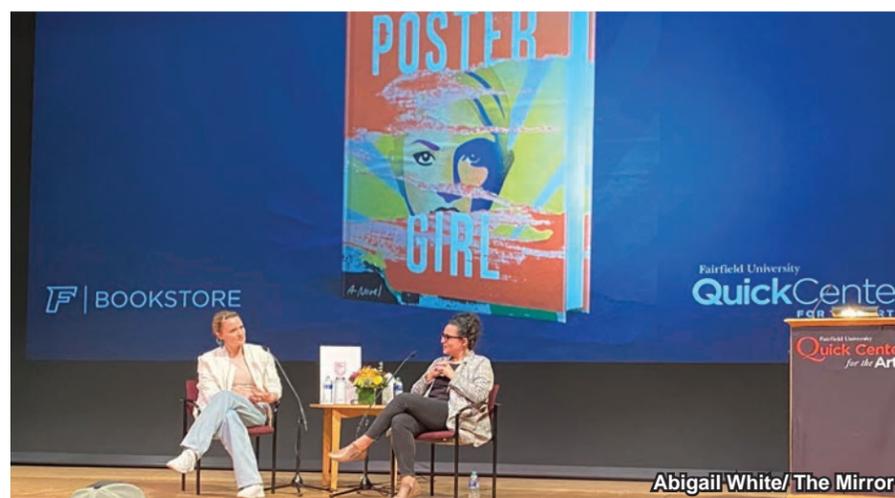
unlearn what she has been taught her whole life to believe. She must compare what she has learned to what she sees in the world around her to learn the truth about her situation.

Roth says, "In some ways, I feel like the mystery structure is really good for that because it's this gradual uncovering of things that happens literally as she's investigating." In the novel, Roth claims that Sonya is investigating the case of a missing girl while also doing some internal investigation.

When asked what readers should expect or take away from this book, Roth replied "It should just be fun," a statement that I couldn't agree more with. Reading should never feel like a chore and with Roth's previous work, it never has. She creates such dynamic characters who navigate such complex worlds, all of which create a fun escape from reality.

At the conclusion of the event, Roth stayed for additional questions and book signings. I attended this event with Brooke Lathe, our wonderful Vine editor, and we had the chance to converse with Roth at this time. She told us all about how she got her start, as she "began as a copywriter" and gave us some additional meaningful advice as aspiring writers ourselves. It was great to hear from someone who is so knowledgeable in the field of publishing and has achieved great success in her writing.

It was an absolute pleasure to meet the author of some of my favorite books, and I cannot wait to get started reading her new book! "Poster Girl" was released on Oct. 18, so be sure to get yourself a copy and give it a read.



Veronica Roth gets questioned by her literary agent about her new novel "Poster Girl".

came together," she said.

In regards to her characters, Roth claims that her protagonist for this book does not resemble the usual hero figure that is prominent in her other works. Opposite the hero, Sonya is a political prisoner, complicit in the regime that has toppled. Roth claims that as the novel progresses, Sonya must

come together," she said.

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THEATRE FAIRFIELD PRESENTS "TINY BEAUTIFUL THINGS"

By Elizabeth Morin
Contributing Writer

"Tiny Beautiful Things" is a story written by Cheryl Strayed and adapted to a stage play by Nia Vardalos, most notable for her movie "My Big Fat Greek Wedding."

The story is a collection of real letters Strayed received during her days writing for an advice column titled "Dear Sugar." The book has wonderful reviews about the meaningful advice that Cheryl Strayed gave and how it changed their lives.

I knew the contents of the play earlier than most as I attended the theatre interest meeting at the beginning of September. They briefly explained the plot and mentioned how heavy the topics in the play were.

As a first-year, I still had the high-school-theatre mindset, where we would have to censor the word "hell" to "heck," and we couldn't put on a production of "Chicago" because it was "too scandalous." I was interested in what Theatre Fairfield meant exactly by heavy topics and I made sure to check before purchasing tickets.

I was a bit surprised to see that they would be talking about addiction, assault and abuse, especially since I hadn't seen a trigger warning online when buying tickets. I went with my friend to the show, but I had to warn her before because she had no

idea. I would recommend doing your own research on the contents of this show or any before watching.

While I was shocked by the content, I



Theatre Fairfield's cast of "Tiny Beautiful Things" top to bottom, left to right: Nora Jacobi '25, Anthony Lupercio '26, Lillie Kortrey '23, Katharine Gutkowski '26 and Ryan Theobald '26.

would never have expected the rawness and openness that the play presented. It felt realistic compared to the PG-13 performances I had seen years prior and I found it different

to watch a show that displayed some of the darkest parts of life and the ways to find the light again. The actors' performances made it feel like these were real people talking to you and telling you their stories of brokenness and heartbreak.

I wouldn't describe this play as entertaining, but I mean this in the best way. It's meant to be insightful. It prompts you to really stop and think about what you're hearing, and the truth behind what Nora Jacobi's '25 character, Sugar, is saying to these letter writers.

I've always found anonymous advice to be something that didn't work for me personally, because I always believed that the person giving advice should know the full

extent of who you are before giving advice. But Sugar's advice is so true that I found myself agreeing with everything she said.

The most moving moment of the show for me was a conversation between a letter writer, played by Ryan Theobald '26, and Sugar.

The letter is from a man who lost his son in a drunk driving accident and his monologue depicts the emptiness he feels after the accident and how he's been faking his happiness ever since.

It was the last letter discussed in the show and Sugar's response perfectly describes the way it feels to experience a trauma and how hard it can be to interact with your loved ones after.

Not only were both of the actors' performances fantastic, but it was also a great description of both sides of life. It is for those who are experiencing the dark moment and for those who are there to help.

Overall, I really enjoyed the show! It isn't your traditional family-friendly show I would say, but it is a refreshing show with a beautiful message. The cast did an amazing job.

I congratulate Katharine Gutkowski '26, Theobald, Jacobi, Lillie Kortrey '23 and Anthony Lupercio '26 – you all were fantastic and exemplified the emotions of the play phenomenally. Bravo!

THE "PASTA"-BILITIES ARE ENDLESS WITH TRADER JOE'S DINNERS



By Madeline Hossler
Opinion Editor

The Trader Joe's obsession looms large in the hearts and minds of those of us on campus lucky enough to have a kitchen. The allure of their frozen food options that reduce dinner to a 20-minute process is hard to resist.

With that being said, there's a middle ground between a dinner that comes directly out of a box, and a dinner that requires ten different ingredients and an hour of your life.

The theme of these recommendations is minimal thinking. You use so much of your brain power on getting through your classes and want to also assign, do you really have to use it on pasta? This is cooking sense in a pan your way to dinner. These are "recipes" (using that term very loosely here) for the im-

perfect chef, who desires something they can put together without having to strictly follow instructions, and really wants half the work to have already been done for them.

SPINACH AND ARTICHOKE PASTA

Trader Joe's sells spinach and artichoke dip that comes in the form of a frozen puck. This may sound unappetizing, but hear me out.

Place this bizarre looking food item in a baking dish, set your oven to 350 degrees, and allow it to bake until the top begins to just barely brown. While this is baking, cook your pasta shape of choice.

My choice will always be farfalle. Pasta shaped like bow ties may be regarded as intended for children, I simply do not care and will not be accepting criticism. Reserve some of your pasta water, and pour over the baked spinach and artichoke dip until it thins out to a proper pasta sauce level of thickness. Throw in your pasta, and you're done!

If you are feeling extra adventurous, and willing to wait ten more minutes for your dinner, put your completed pasta back in the baking dish, top with the cheese of your choosing and throw that thing back in the oven until it starts to brown on the top.

Or if you're the kind of person who likes to add a few extra veggies into your day whenever possible (which I try to be but only sometimes act

on), supplement what's already in the dip with the addition of some fresh (or frozen) spinach or a jar of marinated artichokes. Pro tip: add your spinach product of choice to the pot for the last two to three minutes that your pasta is cooking, this will get it to the perfect point of cooking enough to properly mix in but not yet soggy and weird.

CREAMY CHICKEN SAUSAGE PASTA

I have also been a loyalist to Trader Joe's frozen peppers and onions mix. It has made an appearance in nearly every quesadilla or burrito bowl I have made since discovering this lovely creation. However, it is also fantastic in pasta. Add a bag of this stuff to a pan with just a splash of water to help it defrost faster.

After about five minutes, toss your favorite variety of chicken sausage into that mix along with a small bit of oil to help it crisp up. Trader Joe's sells a variety of chicken sausage flavor options, follow your heart. Or throw in a regular Italian sausage, I'm not the boss of you.

Once the sausage and peppers mix gets a little bit crispy, add your pasta shape of choice and a splash of the pasta water along with it. Give this a bit of milk or cream and allow to cook just long enough that the scratches in your pasta water create a thicker sauce. Season this like crazy. I recommend a Cajun seasoning blend. If that's not a thing you regularly buy, a bunch of paprika, chili powder, cumin or any combination thereof will do just fine.

BROWN BUTTER MUSHROOM PASTA

If I'm being honest, this one is really just a grown-up feeling way to satisfy the urge to eat buttered noodles. Start yourself off with however much butter your heart desires.

Butter is not measured by the soul, not the tablespoon. Keep your pan on medium to low heat

and stir constantly.

The butter will separate into a clearer top layer that looks like oil and a bottom layer of white specs. These are your milk solids. They are your little friends that make this dish delicious. Let the butter continue to cook until those guys start to get golden brown.

Trader Joe's sells a pre-cooked and pre-seasoned frozen mushroom mix, toss that in there. Allow the mushrooms to reanimate from their frozen state, then add your pasta shape of choice and a bit of pasta water.

If you take nothing else away from these recipes, please remember to appreciate the magic of pasta water. Add Italian seasoning, rosemary, chives, or some other herb along those lines that you vibe with. Never forget the garlic. And top with a hefty amount of parmesan.

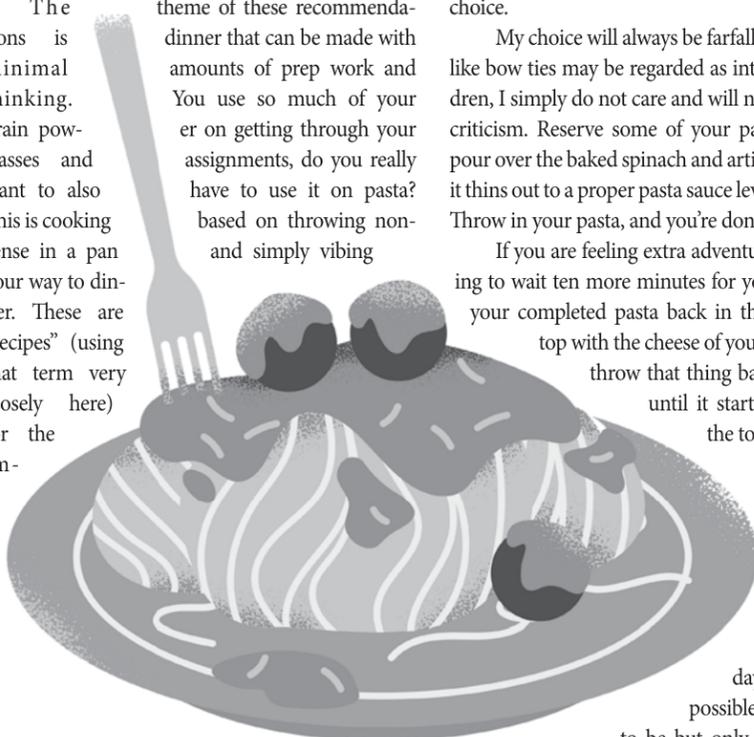
If you're willing to buy an additional ingredient the addition of spinach or peas is very yummy. If you want more of a creamy sauce you can add a bit more pasta water and some milk or cream. This can be made with gnocchi instead of pasta and it is a wonderful experience.

If you are feeling particularly adventurous, take your uncooked pasta, place it on a baking sheet and toast it until it gets golden brown, then proceed to boil like you normally would.

This gives the pasta a nuttier flavor that goes really well with the brown butter. There are many modification options, I don't make the rules.

Cooking doesn't have to be hard. It doesn't have to mean strictly following a recipe. It doesn't have to mean doing all the prep work yourself.

Let Trader Joe's do the first half of your dinner preparations, and easily throw together a fast and delicious meal.





COFFEE BREAK

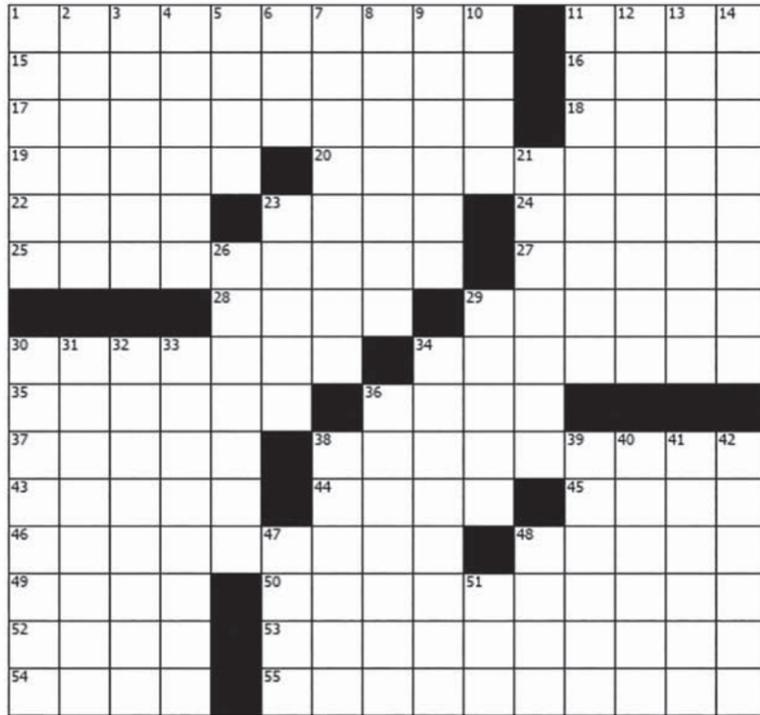


SATIRE, GAMES, PUZZLES AND MORE

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

Across

- 1. Mark Twain, for one
- 11. "Residencia"
- 15. Begins
- 16. Time callers
- 17. Underdog, often
- 18. Driving-home stat
- 19. Have a cow
- 20. Tuscany title
- 22. "That's ___!"
- 23. Red character
- 24. Parisian pronoun
- 25. Not smart
- 27. Sounds of thunder
- 28. Makes groovy
- 29. World's third-largest island
- 30. Moses and Dorothy
- 34. Equivoque master
- 35. Stuck around
- 36. Mustard family plant
- 37. Western prowlers
- 38. Did what was necessary
- 43. Nip in the bud
- 44. Sidekick
- 45. River to the Rhine
- 46. China/Korea separator
- 48. Psychic fields
- 49. It might be pending
- 50. Bringing in
- 52. Sept-__, Québec
- 53. Check
- 54. Blackjack holdings
- 55. Think-tank employee



Down

- 1. They have drawing power
- 2. Gulp down
- 3. Georgian revolutionary
- 4. Personalities
- 5. Heraldic band
- 6. Run through
- 7. Shirley Temple feature
- 8. Admittance
- 9. They're on the field a lot
- 10. Norse goddess of fate
- 11. Rennet and such, for milk
- 12. Moving about
- 13. "Clockers" director
- 14. County official
- 21. Gives evidence
- 23. Given evidence
- 26. Carmaker Maserati
- 29. Cumbersome
- 30. Sarawak's locale
- 31. Mainly
- 32. Respondent in the Inns of Court
- 33. Like krypton
- 34. Where running isn't advisable
- 36. "Gigi" novelist
- 38. Experienced
- 39. Remove slack from
- 40. Rope for reefing a s
- 41. Lippizaner move
- 42. "Where Have All the Flowers Gone" writer
- 47. African valley
- 48. It means "height"
- 51. Branch

Sudoku #1187 (Medium)

	7		9	8		3		
		6				1		9
						2	7	
5					3			6
2				1		9		5
	1	3						
	9	5				2		
8	3	7						5

Sudoku #1188 (Medium)

3			7				6	
				3			9	
	9	2						8
	3			8		6	5	
	6		2	5			7	9
				6				
		9			5			
		6	8	4				
				9		2		

Free Puzzles / Puzzles.ca

Halloweekend Havoc

Nick Silvia, Contributing Writer

It's the last Wednesday before Halloween, a holiday that is almost single handedly keeping both Playboy and diabetes relevant in modern society while at the same time giving me an existential crisis because I can't figure out if a pumpkin is a fruit or a vegetable (edit: I looked it up, and apparently they're fruits. You're welcome).

With a week (give or take five days) full of tricks and treats ahead of us, there should be plenty to do around campus, and to kick it off, the university will have a screening of the scariest movie they can think of: "It's a Wonderful Life."

"What do you mean that's a Christmas movie?" commented a representative for administration while raising tuition costs by 15%. "It's about how money can't buy happiness. That's terrifying!"

There will also be a schoolwide trick or treating event, where each department will be handing out a different treat:

- English - \$20k/yr salary
- Film - tears, broken dreams and a job as a busser at a restaurant by the age of 26
- Finance - a lifelong inferiority complex
- Nursing - crippling anxiety
- Engineering - Reese's Pieces

SPORTS

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

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



Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30	Oct. 31	Nov. 1
<p>Women's Soccer vs. Iona University Fairfield, Conn. 7 p.m.</p> <p>Volleyball vs. Siena College Fairfield, Conn. 7 p.m.</p> <p>Men's Soccer at Iona University New Rochelle, N.Y. 1 p.m.</p> 		<p>Men's Tennis Connecticut State Championships New Haven, Conn. All Day</p> <p>Women's Swim & Dive at Providence College Providence, RI 3 p.m.</p> <p>Men's Swim & Dive at Providence College Providence, RI 3 p.m.</p> <p>Field Hockey vs. Stonehill College Fairfield, Conn. 3:30 p.m.</p> 	<p>Men's Tennis Connecticut State Championships New Haven, Conn. All Day</p> <p>Men's Cross Country 2022 Metro Atlantic Athletic Conference Championships Loudonville, N.Y. All Day</p> <p>Women's Cross Country 2022 Metro Atlantic Athletic Conference Championships Loudonville, N.Y. All Day</p> 	<p>Men's Tennis Connecticut State Championships New Haven, Conn. All Day</p> <p>Field Hockey vs. La Salle University Fairfield, Conn. 1 p.m.</p> <p>Men's Basketball at Rutgers University Piscataway, N.J. 1 p.m.</p> 		

Multiple Stags Nab MAAC Preseason Honors

By Tommy Coppola
Managing Editor

On the night of Tuesday, Oct. 18, the Metro Atlantic Athletic Conference office, headquartered in Edison, N.J., released their preseason predictions on how MAAC basketball teams will stack up, and dished out honors to key players before the new season.

Spearheaded by the University of Louisville's former head coach Rick Pitino, the Iona University Gaels were selected as the top team in a poll that involved all eleven MAAC head coaches.

According to the same article from the MAAC's official website, Fairfield University was the fifth team in the rankings out of the 11 total teams.

Redshirt senior Jake Wojcik and Supreme Cook '24 were selected to their respective Preseason All-MAAC teams. Wojcik slotted into the Preseason All-MAAC Third Team, whereas Cook took the top spot on the Preseason All-

MAAC First Team.

In the women's poll, coaches selected Fairfield University's women's basketball team as the fourth-best team in the league ahead of the new season, according to a press release on Fairfield-Stags.com.

Graduate students Callie Cavanaugh and Andrea Hernangomez both earned themselves honors before the season as well. According to the press release, Cavanaugh was selected to the MAAC Preseason Second Team, whereas Hernangomez was selected to the Third Team. The Quinnipiac University Bobcats were selected to the top spot of the women's preseason poll.

Fairfield University women's basketball will open up their season on Nov. 7 against Brown University on the road, according to their official schedule.

The men's team will begin their campaign on Sunday, Oct. 30 in Piscataway, N.J. against Rutgers University.



Photo Contributed by the Sports Information Desk

Junior Supreme Cook earned a spot on the Men's Basketball Preseason All-MAAC First Team on Tuesday, Oct. 18.

In this week's issue...

- Stags Split Weekend Ahead of Final Home Stretch (Page 14)
- Women's Soccer Clinches Bye With Win On Senior Day (Page 15)
- McGinley, Douglas Lead Men's And Women's Golf In Fall Season (Page 15)
- The Stag Shack Rolls Into Fairfield Athletics (Page 16)

Stags Split Weekend Ahead of Final Home Stretch

By Ryan Marquardt
Head Sports Editor

On Friday, Oct. 21, the Fairfield University field hockey team dropped a close one in a Northeast Conference matchup against Wagner College by a score of 2-1.

Each team's defense dominated this match with both teams shooting a combined twelve shots, with Wagner firing seven and Fairfield shooting five. In addition, the teams only put eight shots on net and Wagner's domination in this category led to their victory with Wagner having six to Fairfield's two according to the game's official recap.

Sophomore goalie Payton Rahn played a strong game in net with four big saves for the Stags. She kept her team in the game with her play and gave the team a chance to win.

Wagner started off however with an early penalty shot goal to take the lead and momentum just past the four-minute mark. The Stags did not have a single shot in the first corner and Wagner had two.

The second quarter saw the score remain 1-0 with the Stags picking up the pace and getting off two shots however they did not convert on either attempt. Defensively they shut down Wagner and went into the half trailing but with an uptick in momentum.

The Stags then came out in the third quarter attacking. They got a penalty corner to set up their first and only goal of the day. Graduate student Frances

Mirabile sent the ball off of the penalty corner to fellow graduate student Nora Amme. Amme then sent a shot at the net where Mirabile deflected it and found the back of the net to tie the game up and 1-1.

The fourth quarter then remained scoreless for the first 12 minutes of play. Both teams were doing all they could to take

would end up being the game-winner to make the game 2-1 with less than three minutes remaining.

The win gave Wagner their fifth in conference to make their record 5-1 and made their overall record 10-6.

The Stags would then go on to play in Brookville, N.Y. against Long Island University on Sunday, Oct. 23 and left with the win.

On the stat sheet, things were just about as even as they could be. LIU shot 11 times putting six on net while

Fairfield shot ten times also putting six on net. Fairfield had four saves and eight corners and LIU had three saves and nine corners according to the game's official recap.

quarter by picking up the offensive pressure and locking down on defense.

In the second quarter, the Stags out-shot the Sharks 4-1, leading to two goals. The first came in the 25th-minute from Amme finding the back of the net.

Just a few minutes later, with little time left in the half Amme put it past the Sharks goaltender yet again to tie the game at two going to the half.

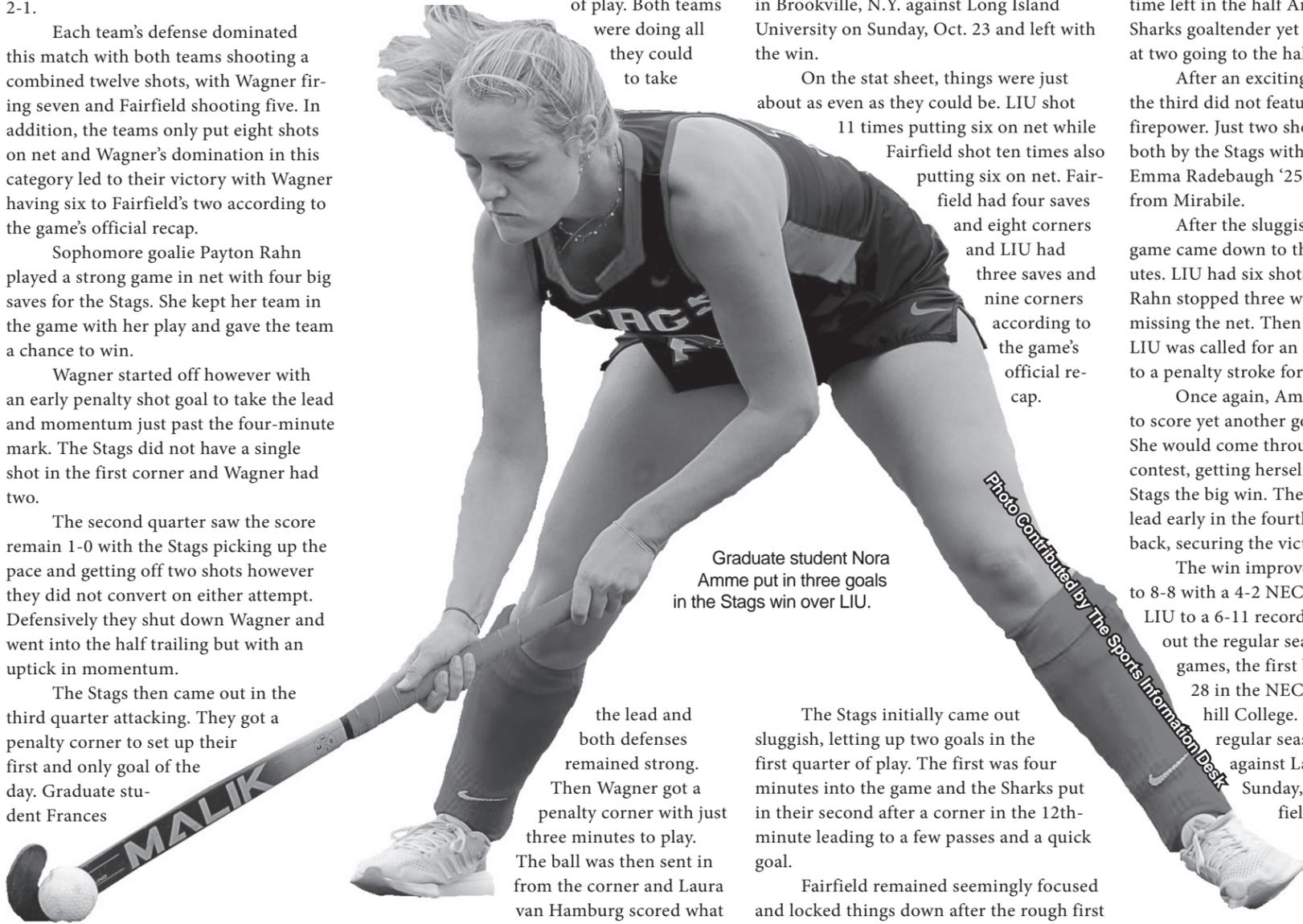
After an exciting first two quarters, the third did not feature the same offensive firepower. Just two shots were rattled off, both by the Stags with one coming from Emma Radebaugh '25 and another coming from Mirabile.

After the sluggish third quarter, the game came down to the final fifteen minutes. LIU had six shots in the fourth and Rahn stopped three with the other three missing the net. Then in a crucial mistake, LIU was called for an infraction which led to a penalty stroke for the Stags.

Once again, Amme was called on to score yet another goal for the Stags. She would come through big time in the contest, getting herself the hat trick and the Stags the big win. The Stags took the 3-2 lead early in the fourth and did not give it back, securing the victory.

The win improved the Stag's record to 8-8 with a 4-2 NEC record and dropped LIU to a 6-11 record. The Stags will close out the regular season with two home games, the first being on Friday, Oct.

28 in the NEC finale against Stonehill College. They then end their regular season at Lessing Field against La Salle University on Sunday, Oct. 30. Visit fairfieldstags.com for more information.



Graduate student Nora Amme put in three goals in the Stags win over LIU.

Photo Contributed by The Sports Information Desk

the lead and both defenses remained strong. Then Wagner got a penalty corner with just three minutes to play. The ball was then sent in from the corner and Laura van Hamburg scored what

The Stags initially came out sluggish, letting up two goals in the first quarter of play. The first was four minutes into the game and the Sharks put in their second after a corner in the 12th-minute leading to a few passes and a quick goal.

Fairfield remained seemingly focused and locked things down after the rough first

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

Because we have witty things to say ...

What is your favorite Halloween candy?

What is your favorite Halloween/horror movie?

What are you being for Halloween this year?

How old is "too old" to go trick-or-treating?


Maddy West
Editor-In-Chief

I love M&M's.

"Hocus Pocus" and "Casper the Ghost" are tied for me.

A crossing guard.

Never too old, however the older I get the more joy I get from handing out candy.


Madison Gallo
Executive Editor

Take 5 or Kit Kats.

"Twitches" or "Halloweentown" — no horror movies for me.

I have a few costumes, but I'm really looking forward to taking the kids I babysit trick-or-treating as Minnie Mouse!

Are you ever too old for free candy?


Tommy Coppola
Managing Editor

Sour Patch Watermelon are simply the best.

Disney's "Spooky Buddies" really scared me as a kid.

A groovy guy from the 70s. Mustache, afro, and all.

I don't think there is an age.


Brooke Lathe
Copy Editor, Head Vine Editor

Take 5 is superior.

"Hocus Pocus." If you've never watched it, you have homework for this week.

Rodrick from "Diary of a Wimpy Kid." It's going to be epic.

When someone says "nice Betty White mask!" and you're not wearing a mask.


Ryan Marquardt
Head Sport Editor

Snickers is by far the best candy bar.

"It's the Great Pumpkin, Charlie Brown".

A burglar.

There is no such thing as being too old to trick or treat.

Women's Soccer Clinches Bye With Win On Senior Day

By Billy McGuire
Assistant Sports Editor

The Fairfield University women's soccer team could not have asked for a better weekend than the one they just had. Not only was it Alumni and Family Weekend and senior day, but they did their job in defeating conference foe Niagara University 3-2 at Lessing Field on Saturday, Oct. 22.

Fairfield entered the contest with a 12-3 record to go along with a 7-1 tally in conference play. The match commenced with no one appearing on the goal sheet, as both teams came in with high levels of drive and determination in attempts to shift momentum in their respective favors.

Fairfield was the first to make some noise, as forward Elle Scott '24 fired a cross-shot that was deflected in by a Niagara player in the 23rd minute, leading to an own goal by the Purple Eagles to give the Stags a 1-0 lead.

Seventeen minutes later, just before the half, the two teams would exchange goals.

In the 40th minute, Niagara player Maia MacLean tied the game at one. The knot was quickly untied, as three minutes later at the 43rd-minute mark, midfielder Reagan Klarmann '25 fired a shot off a pass from graduate student midfielder Maddie Mills to put the Stags back in the driver's seat with a 2-1 lead.

Niagara came out of the half looking to respond quickly after the Mills goal. They did, in fact, respond

rather quickly, five minutes into half at the 50th-minute mark to even the score at two after a laser shot from player Alexis Horwedel.

The game reverted to how it was before the 23-minute mark for the next 30 minutes, a battle for possession between the two teams without any additions to the score sheet.

Things changed in the 80th minute of play when forward Maddy Theriault '26 sent a cross-kick toward the middle of the box, which was deflected by Scott before hitting the foot of Mills, who put the ball in the back of the net to put the Stags in control of the game for good with a 3-2 lead.

The game should've been over then right?

The Purple Eagles nearly tied the game once again at the 85th-minute mark when Emma Bough picked up a turnover in the goalkeeper's box by proceeding to take a blistering shot that was robbed by Stags goalkeeper Katie Wright '26, who reached across to place her fingertips on the ball to make the save.

This win improved the Stags overall record to 13-3 with a conference record of 8-1. The Stags also clinched a bye into the MAAC semifinals as well as earning the right to host a game at Lessing Field, which will occur on Thursday, Nov. 3.

In addition to the victory, the Stags also recognized its nine-member senior class prior to the contest in a pregame ceremony. The seniors that were recognized for their contributions over the past four years were

Gena Pike '23, Maddie McClenathan '23, Olivia Horman '23, Kristi Mikula '23, Hannah Vogt '23, Allie Landino '23, Corrin Motyka '23, Rachel Dobricki '23, and Kayla Leary '23.

Head coach David Barrett could not be more proud of the senior core he has in place this year.

"It's a good day to honor their accomplishments as people and not just what they do or don't do as soccer players," coach Barrett says. "We're really grateful for the contributions that they've made to our program over the last four years, and I'm just really happy for them that we were able to get an important win and you know, how much they remember in the grand scheme of their life and that day remains to be seen. At least in the short term, I think everyone had a good day."

Horman, Leary, and Vogt were all grateful for their special day in addition to the outcome of the match.

"It was amazing. I thought our team did a great job of making us feel very special," Horman says. "Starting from the freshmen decorating the locker room [and] the juniors and sophomores writing really nice notes to us. The pre-game was definitely very special for all of us as a group."

"I think we've brought a lot of energy onto the field, and that showed today," Leary explains. "Everyone was

really supportive. We all wanted to get the win, not only for the team but for all of the seniors."

Vogt added on.

"The energy from the second we walked out from the locker room showed throughout the day," Vogt says. "It was a lot of fun, and the win made it so much more meaningful."

Furthermore, it was also parents' weekend for the university as a whole. The three seniors agreed that the presence of their families made their senior day even more memorable.

"That was awesome.

Having families at our games is really nice," Horman elaborates. "It's a great group of parents and kids to be around. I've formed a lot of good relationships with the other parents on the team as well, which has been a great experience during my time here. That made the day even more special."

"I agree, nothing could've gone better than having them all here," Leary says.

"We had a lot of support, and it was nice to see our families come out and support us," Vogt exclaims.

The Stags will wrap up their regular season schedule with a contest against Iona University on Wednesday, Oct. 26 at 7 p.m. home at Lessing Field. For more information on the women's soccer team and Fairfield athletics as a whole, visit www.fairfieldstags.com.

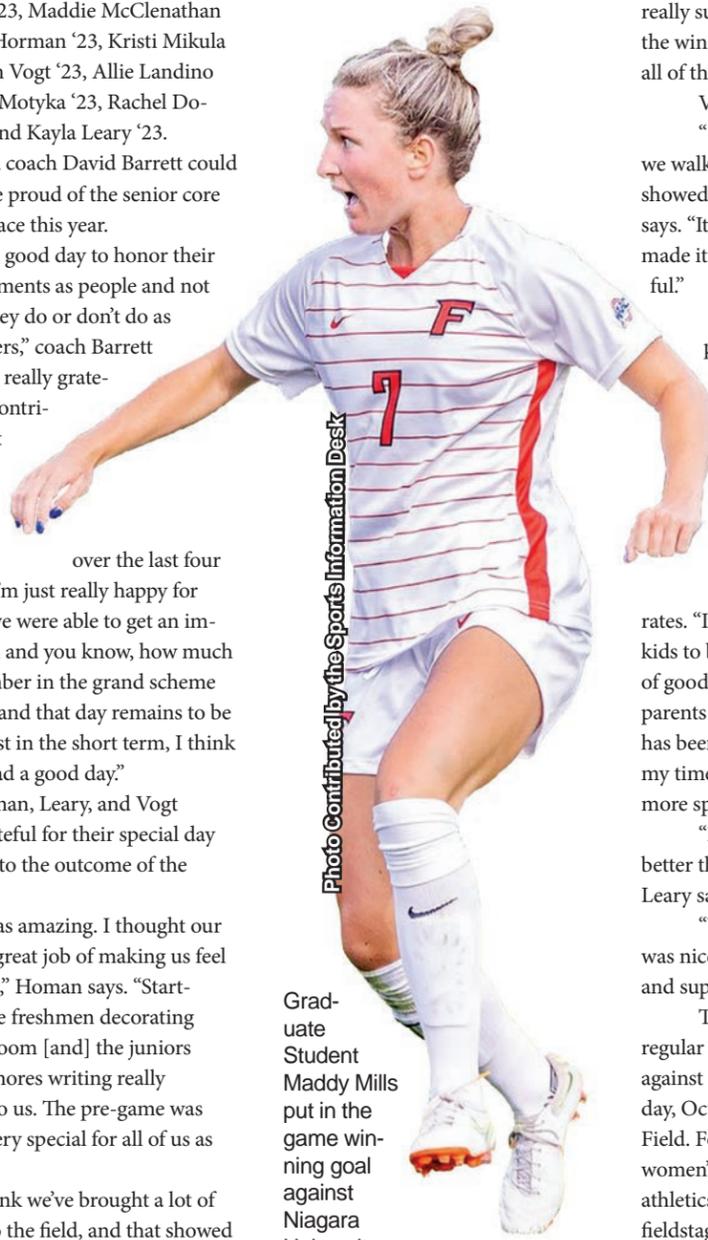


Photo Contributed by the Sports Information Desk
Graduate Student Maddy Mills put in the game winning goal against Niagara University.

McGinley, Douglas Lead Men's And Women's Golf In Fall Season

By Tommy Coppola
Managing Editor

With just over a month of play under their belt, the Fairfield University men's and women's golf teams have participated in a multitude of events across the season.

Both teams opened up their seasons with three of their own invitationals and tournaments. According to the official schedule of the men's golf team, they started off the season with the Ryan T. Lee Memorial Collegiate on Sept. 10 and 11. The tournament saw Killian McGinley '23 tying for 16th place on the individual player leaderboard, playing two under par on the event. The Stags finished sixth out of seventeen teams attending.

The men's golf team rounded out their September with a sixth place finish in the Hartford Hawks Invitational and a seventh place finish in the Yale University-hosted MacDonald Cup, according to their schedule.

Regarding the MacDonald Cup, men's and women's golf head coach Doug Holub was quoted in a Mirror article from last year stating

that it is "Not only is it a battle of skills, but it's a battle of will, strength and determination."

Ahead of the recent Sacred Heart Fall Classic, the men's team began to find their footing, with the women's team doing the same in different tournaments in Connecticut and Massachusetts.

According to the official women's golf schedule, they began their campaign with the Boston College Intercollegiate in the final week of September. Addy Douglas '23 stole the show for the Stags, finishing the event with a nineteenth place finish overall out of ninety golfers, according to the event's recap.

In the first week of October, the women's golf team began to heat up with a first place tie at the Hartford Women's Invitational. They shared the top honors with Merrimack College.

According to the official statistics page of the event, Sydney Nethercott '24 played the course near-perfectly with just six strokes over par, making her the golfer with the best score on the day.

In the Quinnipiac Classic on Oct. 10 and 11, Nethercott again took center stage as the highest performer for the Stags, with a sixth place overall



Women's Golf team celebrates their tie for first place in the Hartford Invitational tournament. finish according to the official stat website.

Most recently, however, the men's and women's golf teams took on the Sacred Heart Fall Classic, which was hosted at Great River Golf Course in Milford, Conn. on Oct. 16 and 17.

For the men's event, Fairfield University was pitted against Sacred Heart University themselves, Laval University, Saint Peter's University, Iona University, Fordham University, Post University and Merrimack College, according to the website of the event.

According to the same site, the women's team faced off against the likes of Sacred Heart, Boston University, Merrimack, Laval, the University at Albany, the University of Hartford, Bryant University, Lehigh University and Stonehill College.

During the event, the women's team was able to earn themselves the third spot on the podium out of 10 total teams participating. According to the same official statistics website, Douglas found herself as the runner-up individual champion. She played two over par for the course, which found herself only one stroke behind Sacred Heart's Chantal El Chaib.

In the men's event, Colin Summers '25 was able to secure the top spot on the day. Accord-

ing to the official recap of the event, Summers' performance coupled with four other Stags placing in the top 25 on the day led Fairfield to tie for first place as a team with none other than Sacred Heart.

Graduate student Jason Salameno scored two over par on the day, tying him at the seventh spot overall with PJ O'Rourke of Fordham.

The men's golf team capped off their fall season with a seventh-place tie at the Lehigh Invitational, with McGinley and Shane DeVincenzo '23 posting top-25 performances in the event, according to the official recap. The Stags tied with the College of the Holy Cross to finish in seventh place.

The women's golf Lehigh Invitational will take place Monday, Oct. 24 and Tuesday, Oct. 25. These events will last the entire day.

According to the press release, events for the spring of 2023 will be announced in the coming months. Stay tuned to www.fairfieldstags.com for more of this information as the new season draws closer.

The women's golf Lehigh Invitational results were not available at the time of this publishing, but The Mirror will continue to update the results once information becomes available.



Photo Contributed by the Sports Information Desk
Head Coach Doug Holub and his team celebrate their first place tie in the SHU invitational.

The Stag Shack Rolls Into Fairfield Athletics

By Brooke Lathe
Copy Editor, Head Vine Editor

Out with the old, and in with the new; Fairfield athletics new mobile “meals-on-wheels” is a new addition to outdoor sporting events.

According to Jay Degioia '80, director of Stags Hospitality, at the beginning of the soccer season, a new food truck dubbed “The Stag Shack,” and named with the help of student participation via social media, rolled over to Lessing Field and set up shop.

While the portable dining location is currently open for all soccer games, it will also travel over to the brand-new Leo D. Mahoney Arena for game days, in addition to the arena’s three indoor concession stands and two temporary “pop-up” stands. The truck may also ride over to other on and off-campus locations in the case of any events.

Currently, The Stag Shack opens its blinds an hour before every soccer game and shuts down its stoves late into the game’s second half.

In just the short weeks of its use so far, Degioia explains that The Stag Shack “[is] meeting the needs of our campus community.”

Overall, the truck has received “really positive feedback and we have noticed many repeat fans coming back game after game.”

Degioia additionally notes that “as we often do, we will continue to work with the student

CONCESSIONS MENU

	\$ PRICE
CHICKEN TENDERS	6
ALL BEEF HOT DOG	4
ALL BEEF CHILI CHEESE HOT DOG	5
CHEESEBURGER	5
BLACK BEAN BURGER	5
<hr/>	
ADD FRIES AND A DRINK TO ANY OF THE ABOVE	4
<hr/>	
JUMBO PRETZEL WITH CHEESE	4
FRENCH FRIES	4
CHILI CHEESE FRENCH FRIES	6
POPCORN	4
CANDY	3
BOTTLED WATER/SODA (20 OZ)	3
DASANI WATER, COKE, DIET COKE, SPRITE, LEMONADE, POWERADE	

STAGSHospitality |

MEAL EXCHANGE

FOR UNIVERSITY MEAL PLAN MEMBERS

CHICKEN TENDERS
ALL-BEEF HOT DOG
CHEESEBURGER
BLACK BEAN BURGER

ALL SELECTIONS COME WITH CHIPS AND A 20 OZ BEVERAGE

BEVERAGES

SPRITE	DASANI WATER
COKE	LEMONADE
DIET COKE	POWERADE

STAGSHospitality |

Photos Contributed by Jay Degioia

The Stag Shack offers a concessions menu (left) and a meal exchange menu (right), the latter being available for students with meal plans to purchase from. The Stag Shack offers a concessions menu (left) and a meal exchange menu (right), the latter being available for students with meal plans to purchase from. The Stag Shack offers a concessions menu (left) and a meal exchange menu (right), the latter being available for students with meal plans to purchase from. The Stag Shack offers a concessions menu (left) and a meal exchange menu (right), the latter being available for students with meal plans to purchase from.



Photo Contributed by Jay Degioia

The Stag Shack is Fairfield University’s newest dining location, where students and fans at sporting events can purchase food through their meal plan.

of \$3-\$6. In addition to soda and water, the Stag Shack offers a variety of alcoholic beverages, such as beer and seltzers for 21+ attendees.

“We also offer meal exchange[s] during the games so students on meal plans can enjoy The Stag Shack experience even if they don’t attend the game,” Degioia said.

Meal plans allow the choice of one of the following selection of chicken tenders, an all-beef hot dog, cheeseburger or a black bean burger with one of the following beverages: Sprite, Coca-Cola, Diet Coke, lemonade, Powerade or Dasani water. In addition to the meal exchange option, The Stag Shack accepts Stag Bucks, Dining Dollars, credit cards, cash and Prep PAC funds.

With the new inclusion of modern services like the food truck, Degioia notes that it is important “the food trucks not only provide great service, but flexibility given their mobility.”

Furthermore, campus dining will “continue to work with students and staff to increase the variety and flexibility of our community experience” and looks forward to “a larger food trailer and mobile kitchen coming to campus soon!”

While most current workers consist of our Stags Hospitality staff, they encourage and welcome students to join their food services team as The Stag Shack and the new Mahoney Arena provide opportunities for on-campus jobs.

“We would welcome the opportunity to work with student groups to staff and operate, and post all student positions on Indeed and Handshake,” offers Degioia.