

Snow Days Hold Special Place in Stags' Hearts



Photo Courtesy of @FairfieldU Instagram

Pictured above is the stag statue covered in snow. Many K-12 schools and universities have stated that they will replace "snow days" with virtual-learning days. With Fairfield's return to in-person instruction and their limit on virtual-learning technology, it's believed snow days will continue traditionally, something Fairfield students have voiced support for.

By Molly Lamendola
Editor-in-Chief

By Madeline West
Assistant News Editor

With the return of in-person classes and the near-total ban on virtual instruction students are still wondering what will happen if a snow-day is called on campus.

Many other K-12 schools are making the decision to replace snow-days with

virtual learning opportunities so as to not miss on any class instruction. Even some universities, like the University of Nebraska-Lincoln, has stated that their snow days will now be just "virtual learning days."

But, Fairfield, with their ban on virtual learning technologies, is in a different position.

Junior Caroline McConville hopes Fairfield and other schools keep the snow day tradition. "I think it is kind of

sad especially for younger kids who will never feel the excitement of snow days."

"Even now," she adds, "If Fairfield is to just save them as virtual days I think that snow days are something that have so many memories and fun times related to them — taking them away will just take away so many memories that we could make"

CONTINUED ON PAGE 2

What the Credit/No-Credit Policy Means For Fairfield Students

By Peyton Perry
Opinion Editor

A new credit/no credit option will be offered to students starting this fall semester as announced in an email sent by the Office of the Provost on Tuesday, Nov. 16.

There has been some confusion among students as to what the new policy is, and how one would qualify. The email sent out discussed the new option briefly, but more detailed instructions are found in the Undergraduate Course Catalog.

“People keep mentioning credit/no-credit in emails from the dean but do not describe what it means. I think a lot of students are confused as to what they are getting at, I don’t fully understand what it means.”

- Catherine Zarrella '24

“People keep mentioning credit/no-credit in emails from the dean but do not describe what it means,” says student Catherine Zarrella '24. “I think a lot of students are confused as to what they are getting at, I don’t fully understand what it means.”

The Mirror reported in

its April 21 issue that the University was debating the future of the Pass/Fail policy.

This option is new and differs from the Pass/Fail option granted to students in the spring of 2020 through the spring of 2021.

This option grants students the ability to elect two courses throughout their undergraduate career as credit/no-credit.

Courses opted under Pass/Fail will not be counted against the maximum of two courses.

These two courses, according to the policy located in the Undergraduate Course Catalog, can include an elective or Magis core class that does not count towards the student's major.

If a course is found within one's major or is required by the major, it cannot be elected as credit/no-credit.

No more than one Magis core class can be elected under this policy.

According to the same policy, other exceptions include courses that are part of competitive programs, which “students have joined upon successful application.”

Such courses include, but are not limited to, the Honors Program, Study Abroad and the Residential College Program.

This option for students is intended by Fairfield to encourage “intellectual exploration and risk-taking” among students.

Students are eligible for this option after completing 30 credits. Most first-year students, therefore, will not be eligible since typically 30 credits are not reached until sophomore year. “I believe that

CONTINUED ON PAGE 3



Photo Contributed by Jasmine Nguy

Seniors Kayla Beckman, Catherine Bernhart and Katelyn Murphy, pictured above, are all nursing majors at Fairfield University. They are some of the student nurses who volunteer to help run the on-campus COVID testing.



Photo Contributed by Jasmine Nguy

After students came back from Thanksgiving break, a random population of students were selected for repopulation testing. Randomized testing like this has occurred after other similar breaks and the President's Ball event.



Julia Lanzilotta/The Mirror

A new art installation has been put on display on the lawn east of Bellarmine Hall. Four tall, aluminum leaves were created by American artist Alan Sonfist in 2011 and are on loan to the Fairfield University Art Museum for the next year. The sculptures make up “The Endangered Species of New England,” and contribute to the Land or Earth Art Movement, which Sonfist is an advocate for. Each leaf is meant to depict those found on New England's native trees. The featured leaves come from the American Beech, the Burr Oak, the American Chestnut and the Sugar Maple. “The sculpted leaves act as reminders to honor and protect the trees, and as a warning that the failure to do so could result in their extinction,” said Carey Mack Weber, Frank and Clara Meditz Executive Director at the Fairfield University Art Museum. Several departments within the University, including the biology department and the environmental studies, are working with the museum to curate programs for the upcoming spring semester centered around the sculptures. In addition, the artist himself is also working with the museum to create such programs, which will not only touch on the artwork itself but also related topics such as climate change and endangered species.

Students Hope Snow Day Is A Continued Tradition

CONTINUED FROM PAGE 1



Photo Contributed by Caroline Lanzillotta

Senior Caroline Lanzillotta and graduate student Milena Ciaccia go sledding on the hill outside of the DiMenna-Nyselius Library. Sledding down this hill, and the one by Bellarmine Lawn is a common talking point on tours and a huge selling point for the University.

Senior Tim Amarante states, “I love snow days” and hopes the university does whatever they can to keep them. He adds that as a psychology major, the mental health benefit of snow days is always important and a welcomed break for overwhelmed students. Connor Bennett, a 2018 graduate of the Fairfield College Preparatory School and student at LeMoyne College agrees with Amarante that snow days are needed for mental health. He goes further to add, “Snow days are a

fundamental aspect of a healthy democracy.” More so, there is a tradition for student-led tour guides to mention that when passing Bellarmine Hill, students will use it for sledding. From mattresses to cardboard, students will use anything to go down the hill upon the first fall of snow. Vincent Rotondo ‘23 says he continues to tell this story on his tours because it is, “arguably one of the best selling points of one of the best parts of our campus- Bellarmine Hall”. Junior Crisitiana Callegari reflects on

her tour mentioning “I remember touring as a prospective student and being told on the first snow fall everyone hikes it to Bellarmine.” Callegari continues with her first snow day experience during her first year when “we all found out it was going to be a snow day that night, so we went to Bellarmine and so many kids were going down the hill on so many different objects. I think it goes to show we are all still kids at heart and I don’t think I’ve ever laughed harder.” Junior Michael Riggi echoed Callegari’s sentiments. “Snow days are a great way to destress and catch up on school work.” Riggi added, stating, “As a kid I used to love going sledding with my parents, and it’s been really great to continue this tradition with my friends at Fairfield. I always look forward to snow days every year and can’t wait for more fun experiences this winter.” Due to Fairfield’s push for in-person learning, it seems unlikely that the University will have professors hold virtual learning opportunities

during inclement weather. So it looks like students will be getting to keep their snow days. The Mirror will continue to update on the matter as more information becomes available.

“Snow days are a great way to destress and catch up on school work. As a kid I used to love going sledding with my parents, and it’s been really great to continue this tradition with my friends at Fairfield. I always look forward to snow days every year and can’t wait for more fun experiences this winter.”
- Michael Riggi ‘23



Photo Contributed by Michael Riggi

Pictured above is the DiMenna-Nyselius Library during February after a snow fall. Many University students have stated their wish to continue the tradition of having snow days.

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Compiled by Madeline West
Information contributed by the
Department of Public Safety.

11/17
12:42 a.m.
There was disorderly conduct regarding a confrontation in Regis Hall between two students.

1:59 p.m.
There was a two car motor vehicle accident on Leeber Road. No injuries were reported.

11/19
There were several vehicles towed and immobilized through a tire boot due to chronic traffic. Offenses were referred to student conduct.

10:57 p.m.
There was disorderly conduct involving a student regarding the student’s behavior against a residence life staff member. That student was referred to student conduct.

11/20
5:31 a.m.
A trouble alarm was received from an off-campus residence. The student who set off the alarm was referred to student conduct for tampering with alarm equipment.

11/21
8:39 p.m.
There was a damage offense outside Townhouse Block 11. It is currently under investigation.

9:51 a.m.
Student reported a licence plate stolen from a car parked in front of their townhouse. The incident was reported to Fairfield Police.

11/22
2:38 p.m.
At Fairfield College Preparatory School dismissal, there was a motor vehicle accident that occurred in a building lot. No injuries were reported.

7:51 p.m.
Student reported a suspicious package in the mailroom. The package was examined and determined to be safe.

11/23
2:07 p.m.
Possession of drug paraphernalia was confiscated during a room inspection at the townhouses. Students were referred to residence life.

Gender Inclusive Housing Options Are Available, But Students Call For Increased Advertising

By Madison Gallo
Head News Editor

By Madeline West
Assistant News Editor

The Office of Residence Life describes gender inclusive housing as an option of living provided to students in “alignment with Title IX, offered to any student who wishes to be housed by their gender identity.” For many students, it provides a safer and more inclusive living experience for those who wish to house in accordance to their identity.

Many universities across the country utilize this housing option to ensure their students feel safe, included and content with their living situations.

And though Fairfield was the second Jesuit university to institute gender-inclusive housing options in the 2017-2018 academic year, many students at Fairfield still remain unaware that this is an option for them to utilize.

Junior Giacomo Giardina, who lives in a gender inclusive house, stated that if not for his friends, he “never would have known that gender inclusive housing was even an option” adding “I’m not sure how other people even would find out that it’s available to them.”

Information regarding gender inclusive housing can be found on Fairfield’s website on its “Gender Inclusive Resources” page.

Though this information is posted on Fairfield’s official website, students looking to have this type of housing express that they wish it was advertised more.

Junior Rachel Hinds is a nonbinary student who does “not feel comfortable using bathrooms and sharing rooms with people who identify as men [from birth] as for a long time, my relationship with my male sex has been strained and compromised by bad experiences.”

They continued, “I lost a lot of trust in men, and so I feel more comfortable surrounding myself with other trans students, women and the occasional man identifying as an ally.”

For all of these reasons, Hinds opted into living in gender inclusive housing, but feels frustration with a lack of advertising about this option.

“They do not advertise it at

all,” Hinds said. “One of my friends had found a pamphlet hidden away in the [Student Diversity and Multicultural Affairs] office and since then has not seen one, and for me, I never saw one to begin with. This is trivial as this campus totes being Jesuit and about progression and being caring of others.”

Junior Maia Nolan echoed Hinds’ statements. “I feel it is hidden and that you have to go out of your way to look for it,” she said. “My friend and I had to reach out to residence life in order to learn more and actually set it up for our sophomore year and for our junior year we had to meet again. I also have not come across any more pamphlets advertising this option.” The Mirror reached out to the Office of Residence Life for a comment, but they did not respond in time for publication.

According to the University webpage, gender inclusive housing is open to all University students “who have an understanding of gender identity and gender expression” and “are willing to actively contribute to an inclusive and respectful community.” Students are also not required to disclose their reasons for opting into gender inclusive housing.

Both Giardina and Nolan participate in gender inclusive housing even though they are not members of the trans or nonbinary community themselves.

And even though the University permits anyone to live in gender inclusive housing regardless of the student’s gender identity, students have reported to The Mirror difficulties they faced during the roommate match period of the housing selection process.

Junior Eden Marchese who identifies as nonbinary wanted to live with Nolan during the 2020-2021 academic year and was excited to do so because of the gender inclusive housing option. Marchese noted that the process has “become more accommodating” but described the process of getting into gender inclusive housing to still be “irritating” based on their past two experiences doing so.

“The first time I went through the process, [Nolan] and myself got locked out and had to get on a call with the Director of Residence Life to have them go through the system on their end,” Marchese said. “The second time

when I went through the process with my Barnyard house, we had a meeting with Residence Life beforehand which was an extra step that we had to go through that those not doing gender inclusive housing didn’t have to worry about.”

Giardina, who lives in gender inclusive housing this year, stated that applying to live in this type of housing “went incredibly smooth.”

But Giardina added, “unless you count finding out that it exists as part of the process, in which case there was a problem.”

The students cited that ResLife was accommodating in resolving issues that arose during the housing selection process as well as ensuring they were able to secure spots in gender inclusive housing options.

An additional step must be completed by students looking to live in gender inclusive housing that is not necessary for other students to complete. According to the gender inclusive resources web page, “requests for a housing assignment that is consistent with a students’ gender identity and not perceived sex, are asked to be received by the Office of Residence Life two weeks prior to the close of the housing lottery application date.”

For students who wish to live in this type of housing who do not request roommates to live with, Res Life will place them accordingly, stated by the guidelines outlined by the Gender Inclusive Resource page.

When asked how the University can better improve the gender inclusive housing for students, Hinds stated “the University could be better at doing everything, especially the Office of Residence Life.”

They continued, “They continue to disappoint and cause issues for students who are queer. They could easily implement ways for students to find housing with people who are queer and trans. It is not difficult, even for freshmen. It would mean reworking the entire application process for the students.”

Students looking to live in this type of housing can contact ResLife using the phone number 203-254-4215 or the email residencelife@fairfield.edu for more information.

THE MIRROR

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Credit/No Credit Policy Established To Allow Students To Explore Course Offerings

CONTINUED FROM PAGE 1

providing first-years with this option would be beneficial to us,” says first year student Nikki Farmer. “Learning and understanding the material is the whole point of having an education, not just the grade we receive.”

Under the policy, the student’s GPA is left unaffected in either case of electing credit or no-credit. If a student earns a C or above (73-100), the instructor will enter the grade as “credit” and the credits will count towards graduation, but will not be factored into the student’s GPA.

If, on the other hand, the student earns a C- or below (0-72), the instructor will enter a grade of “no credit,” and again will not be factored into the student’s GPA. The student will, however, be responsible for determining how and when

the credits will be made up.

Further, the student will not receive any refund for a course that is designated as “no credit.”

“From what it sounds like, it means if you fail the class that it won’t be shown on your transcript,” says student Joseph Westhoff ‘24. “I think it’s good because it lets people try different classes without fear of an’ F’ lowering their GPA.”

One thing to note is that the previous Pass/Fail option considered a letter grade of D and above as passing, however within the new Credit/No-Credit option it has increased a whole letter grade.

“I think it makes sense that the University increased the grade from a D to a C to make it harder because circumstances are different this year than they were at the height of the pandemic,”

says student Carina Kortick ’24. “It should take more effort than receiving a D to get credit from a course because you want the student to still learn and take something away from it.”

For students who choose to elect this option, it is shared that the credit/no-credit form can be found via my.fairfield, in the email sent to students by the Office of the Provost.

When logged onto the platform, one can find the correct documentation within the Registrar’s “forms and documents” tab.

Once a student reviews the policy found on the top of the page and completes the required forms, the student must email it to the appropriate Dean’s Office, and from there, it will be forwarded to the Office of the Registrar.

The appropriate Dean’s Office refers to the

school in which one is enrolled, which can also be found further explained at the bottom of the form.

The deadline to utilize this option will be the same as the course withdrawal deadline. This year, there was an exception, and the deadline was extended to Tuesday, November 23, for students. The course withdrawal deadline remained as November 16.

Once a student declares their intention to the Office of Registrar, the decision is “irrevocable,” according to the policy found within the Undergraduate Academic Catalog.

Within the policy, students are urged to first meet and discuss the option with their academic advisor, instructor, and/or academic dean.

Center for Family Justice Brings “My Red Lips” Campaign to Campus

By Molly Lamendola
Editor-in-Chief

Fairfield University recently started an initiative called “My Red Lips” to participate in the United Nations “16 Days of Activism against Gender-Based Violence” to show support for the women and girls who have survived violence. From Nov. 25, the “International Day for the Elimination of Violence against Women” until Dec. 10, “Human Rights Day”, the Fairfield University Community can participate by posting a photo of them in red lipstick.

The photo must be in black and white, with only the red lips remaining in color and participants must be holding an affirmation in support of survivors. This campaign is initiated by Salaha Kabir and Geanella Suarez, the two campus advocates provided by the Center for Family Justice.

They state that the idea for the campaign came about from a desire to engage students and not just emphasize the importance of having conversations around sexual violence, but see their campus advocates not just as a system of support, but those who “call for inspiration, alliance and empowerment.”

“My Red Lips” came from the desire to highlight empowering voices to create a shared narrative and space for healing.” Kabir and Suarez responded in a statement to The Mirror, “The campaign provides participants a space to be creative, reflective, join as allies to act, and be a voice for hope.”

They also stated that “My Red Lips” was inspired by the International Organization “Red My Lips” that was designed to

“raise visibility and awareness about the realities and prevalence of sexual violence, while combating rape myths and victim-blaming.”

The group runs annual global awareness and action campaigns where supporters wear red lipstick all throughout the month of April, which is Sexual Assault Awareness Month.

Since their event happens in April, and Kabir and Suarez wanted to participate in the U.N. Women’s “16 Days of Activism against Gender-Based Violence” they used the initiative of both “Red My Lips” and “16 Days of Activism against Gender-Based Violence” to create their own campaign, with the hope that students will participate. “Violence doesn’t discriminate.” They add, stating the importance of having this campaign on campus, “It affects everyone. College students face violence too. It can be in the form of a professor, supervisor, peer, colleagues, or a partner.”

They state that sexual violence on campus is prevalent and that statistics show that women ages 18-24 are at a high risk of sexual violence and incidents often go unreported. When Kabir and Suarez would hold tabling events, they discovered that many students weren’t aware they had campus advocates and didn’t know sexual violence services were available to them.

“Sometimes students have less awareness of campus resources, less confidence in knowing where to seek assistance, and less of a sense of community when it came to sexual violence.” Kabir and Suarez add, continuing, “It’s important for students and the whole campus community to be part of the conversation and act in the prevention and education efforts, so they

are informed but can also inform others about resources when they don’t know where to start.”

They continue that students need to be the ones to “begin the conversation and create spaces for open communication to raise awareness about sexual violence on campus.”

Students should encourage their fellow students to speak out and “Students showing support means emphasizing the importance of starting a healthy on-campus dialogue between students and faculty to ensure that we are all part of a healthy campus culture.”

They add that all photo submissions can be emailed to skabir@centerforfamilyjustice.org or gsuarez@centerforfamilyjustice.org and/or DM on Instagram to the account [@cfcampusadvocacy](https://www.instagram.com/cfcampusadvocacy). They even say that they can edit your red lip photo to the black and white specifications if you just send them your photo.

Kabir and Suarez also add that if students want to get more involved after sharing their photos, they encourage them to become a “red lips advocate” by encouraging other members of the community to participate in the “My Red Lip” campaign.

“Students can bring the campaign initiative back to their clubs, meetings, classes, gatherings, and events to be part of the ripple effect as they encourage and motivate friends and peers to take a stand.” They add, “It’s all about taking part in starting and continuing the conversations around sexual assault on campus.”

They state again that student involvement is important to the campaign as “We want students to collaborate with us and welcome us into their safe spaces, so we can start

safe and important conversations around sexual violence.”

If students are wondering what resources the campus advocates provide, they offer free and confidential services for short-term counseling, safety planning, medical/hospital accompaniment, and support, referrals/resources, and support with Title IX hearings/law enforcement and court proceedings.

They are available during Mondays and Thursdays from 9:00 a.m.-1:00 p.m. in the Health and Wellness Center in Jogues Hall or they can be reached by email at skabir@centerforfamilyjustice.org, gsuarez@centerforfamilyjustice.org or you can directly message their Instagram account.

They add that if the hours listed above do not work, they can work around any schedule by using calendly and/or Instagram DM. “Advocates are here for you and stand with you. We believe you and support you.” Kabir and Suarez add, continuing, “We work with you to make sure you’re receiving the support you need, so use us as a resource when you need support or even if you just have questions or want to collaborate.”

Finally, they add that as campus advocates, they understand that there are many factors discouraging college victims from coming forward.

“Having to relive the event is difficult, being in a space where you’re dividing yourself between believers and non-believers is traumatizing, and starting at a culture that blames victims is disheartening.”

But, they add, “Just know that you are not alone! Campus advocates are here to support you. We believe you, so don’t hesitate to reach out and speak out.”

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Meet Your
Campus Dietitian
Joanna Schipke



Joanna Schipke is a Registered Dietitian who received her Bachelor’s Degree in Nutritional Sciences and Dietetics from the University of Connecticut. She went on to complete her 1200-hour dietetic internship from Keene State College. Joanna started her nutrition career in K-12 working for several different school districts across the state and most recently was employed as the Food Service Director for Watertown Public Schools.

Joanna is available as a resource to students to provide one on one nutrition counseling, assistance with food allergies and other dietary needs, and help students find healthy options on campus. She looks forward to helping students form a positive relationship with food and teach them healthy habits they can take with them the rest of their lives.

To schedule a consultation with Joanna, email Schipke-Joanna@aramark.com.

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Opinion

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Contraceptives Should be Accessible for Students on Fairfield's Campus

By Kaitlyn Drake
Contributing Writer

On Friday, Oct. 29, 2021, FUSA Senator Jack McGlinchy stood in front of William Johnson, dean of students at Fairfield University, and declared that Fairfield University, despite its status as a Jesuit institution, should promote safe sex and make condoms accessible to students. “Proudly serving the class of 2024 as chair of the community safety and relations committee in the FUSA Senate,” McGlinchy has made it his mission to protect the student body and serve in their best interest.

Earlier that week, he sent out a two-question survey to the student body that garnered over 500 responses. The questions were phrased as such: “Would you support the distribution of condoms on campus?” and “Would you use condoms more regularly if they were available on campus?” According to McGlinchy, only 21 people responded “No” to the first question.

As a student at Fairfield University, I stand with McGlinchy and the rest of the over 500 students he surveyed: we need to bring condoms to Fairfield. Not only is this common sense, but it aligns with Fairfield's Jesuit value of cura personalis, which entails care of the whole person. If Fairfield truly cares about its mission, then it is imperative that, as both an institution and community, they support McGlinchy's pitch and finally take a step to end the Catholic guilt surrounding sex in a community that is, frankly, filled with it.

Though Fairfield continually tops the charts in academics, they failed the Trojan Brand Condoms Sexual

Health Report Card back in 2011. Because there still are no condoms in campus stores or the health center, it is safe to say that, ten years later, Fairfield has not learned its lesson. Anecdotally, students have noted that more than five outbreaks of STDs occurred during their first year or so of college at Fairfield, which could easily have been prevented if condoms were readily available.

All Fairfield needs to do is look at the facts: condoms on college campuses are a good thing. 85 percent of U.S. colleges distribute free condoms on campus, and many of those do so in their health centers. This statistic clearly shows that most colleges are aware that their students are having sex and want to prevent outbreaks of STDs, as well as unwanted pregnancies.

It is also important that students understand how to have sex safely so that when they are having sex either at college or outside of it, they can avoid being complicit in unhealthy sexual practices or complicity perpetuating these practices. The implications of this are numerous, jarring, and downright horrifying.

By not having condoms on campus, it seems to me that Fairfield is overlooking using condoms as a necessary step during safe sex. This could lead to very problematic circumstances amid our student body, especially if some students interpret this as an indirect message, saying condoms are unnecessary for our health and safety.

While some feel strongly that Fairfield is simply preaching the same message of abstinence that the Catholic

Church does, not allowing free condoms on campus allows room for students to skip this step, which has been proven time and time again. Studies show that “teens say guaranteeing confidentiality (78 percent), making them free (75 percent), and making them easy to obtain (70 percent), would be most likely to influence them and their peers to use condoms,” and when implemented this works.

It is also important to recognize that not everyone at this school aligns with the ideologies of Catholicism. If Fairfield “[welcomes] individuals of all beliefs and traditions,” it seems as though those beliefs should be accepted, honored, and allowed to be practiced safely.

Even though students can go off campus to purchase condoms on their own, this process can take quite a large chunk out of one's day, especially if their only option is to take the Stag Bus. Many students can feel that it is more convenient to skip the process of going off campus to purchase condoms rather than protecting themselves and others.

As well as this, Fairfield University, whether they mean to or not, is perpetuating shame around sex for students. Though the Catholic Church has a traditionally complicated relationship with sex, the “anger, depression, rage, shame, guilt, fear and anxiety related to sex in the Catholic experience” is not worth it. College should be a time where students are free to express and explore themselves, and this includes their sexuality. This is directly related to the mental health of students.

If Fairfield implies to students that having sex is shameful, students do not simply ignore that indirect message when they have sex. This implication becomes a part of campus culture, just as it has become a part of the larger society (re: the “men are players, women are ‘promiscuous’” dynamic, but in more offensive terms), and the indirect messages one receives during this formative time influence their behaviors in the future.

As well as this, sex has actually been proven to improve mental health, and though it should not be the only tool used to increase one's serotonin levels, having a healthy sex life is beneficial to a person. Fairfield should be endorsing this as an institution that is focused on the care of the whole student. By suppressing students' sex lives more than their mental wellbeing, then they are essentially telling students, whether they are Catholic or not, that they should be feeling negative about sex.

In 2017, it was reported that about two-thirds of college students were sexually active, and though that number has likely decreased perhaps due to COVID, it could very well increase again. This means that the “tremendous suffering and damage” that results from the Catholic Church's repression of sexuality could affect thousands of students on campus. This is an unhealthy and toxic way to look at oneself, and it promotes both sexual and social insecurity.

Fairfield University, as a Jesuit institution that claims to support cura personalis, or care for the whole person, is obligated to protect the physical and

mental health of students. How are we supposed to feel positive about ourselves if we are made to feel that we should feel guilty for acting upon basic human desires?

Compared to other Catholic or Jesuit universities, Fairfield is still severely lacking. These universities still uphold the same values that Fairfield does, but do so while adapting to modern culture and a diverse student body. For example, Georgetown University and Boston University both have programs to allow students access to condoms for free. Georgetown University uses a “condom delivery system,” in which students can fill out a form and get condoms delivered to them. Though students run this organization, the administration has not attempted to shut it down.

Boston University students get visits from the “condom fairy,” which is advertised as a service on their official student health services website. As a University that competes for students who also apply to the aforementioned universities, it would be logical for Fairfield to align their services with the shift towards safe sexual practices that these schools participate in.

Unfortunately, this is not just McGlinchy's fight - since as early as 2002, Fairfield students have been publicly advocating to get condoms onto campus. In 2017, the Fairfield College Democrats organized an event called “Let's Talk Sex,” in which they planned to team up with Planned Parenthood to distribute free condoms to students.

(To read full article, visit www.fairfieldmirror.com)

Athletic Trainers are Needed For Non-Varsity Athletes, Too

By Peyton Perry
Opinion Editor



Photo Contributed by Ethan Godfrey

The thought came to me roughly two weeks ago: why does Fairfield not have an athletic trainer who is accessible to all students?

It was a cold Wednesday night and my intramural soccer team, The Goal Diggers, was playing a game under the glistening lights of Rafferty Stadium. About ten minutes into the first half, my teammate and friend felt as though she pulled her hamstring and immediately had to come out of the game.

She was an extremely good sport about it, sitting on the side of the field with her foam roller waiting for the game to end. At its closing, my teammates and I checked in with her and she shared the incredible pain she was feeling with us.

Our first reaction was to tell her

she should go to the health center on campus and have it checked. As soon as the words left our lips, however, we realized that that wasn't practical.

It is of general knowledge, at least by students, that the health center is helpful for the diagnosis and treatment of common illnesses or infections. Physical injuries do not generally fall under their care, and often result in the transportation of a student to Fairfield Urgent Care or, in extreme cases, a nearby hospital.

Remembering my high school, The Prout School, the next question that left my lips was, “Well, isn't there an athletic trainer you can go to?”

My high school had an exceptional athletic trainer, who would frequently assist in student physical

injuries that occurred in gym class, sports games, and merely everyday life. I was shocked to discover Fairfield does not have one for non-student-athletes.

You may be wondering the same as I, doesn't an intramural sport still qualify one as an athlete? Well, not at this university it doesn't.

Fairfield's Mark Ayotte serves as the director of sports medicine and there are three assistant athletic trainers within the department. They are staffed within athletics, however, specifically to serve student-athletes competing in division sports, and are not inclusive of club and intramural sports.

I did more digging after this, trying to decipher if this focus was specific to Fairfield or whether it is common amid universities nationally. Perhaps a lot of people knew about this already, but the thought had honestly never crossed my mind until now.

This is when I came across College Athletic Trainers' Society, whose mission is “to provide and manage healthcare for the intercollegiate student-athletes.” Their website states, “Our members are dedicated to the delivery of quality healthcare and ensuring the health and safety of our student-athletes.”

Don't get me wrong, this is an extremely important foundation and encompasses individuals who do exceptional work towards helping our student-athletes. I can't help but ask,

however, what about the rest of us who play and enjoy sports at college?

I played four years of varsity soccer on a division one team while in high school. Suffering from sciatica due to scoliosis and a pelvic tilt, continuing this in college on a division level was not possible.

Not to say I would even make the women's team at Fairfield; college is a lot more competitive than high school and I know that. This just goes to show, however, that a lot of people in clubs or intramural teams are certainly also athletes, who take the sport seriously and may require help from within the field of sports medicine.

I can agree that student-athletes playing division-level collegiate sports may require athletic trainers specific to them. Their level of intensity and chances of injury are a lot greater than

the rest of our's, as well as the amount of time and dedication they put into their sport.

I can't think of a good reason, however, as to why universities should not also have at least one athletic trainer for students who play club and intramural sports. Injuries obtained here certainly fall within sports medicine and these students may be just as in need of a little help.

My friend only pulled a leg muscle, but if one were to have experienced a more serious injury than that? All universities should provide an athletic trainer within the realms of club and intramural sports for the safety of additional students.

I understand the level of importance tied to intercollegiate division sports, but it doesn't mean the rest of us should be left behind.



Photo Contributed by Ethan Godfrey

Student Reacts to Rittenhouse Verdict

By Eden Marchese
Contributing Writer



Photo Courtesy of @bonsudreamz Instagram

On Friday, Nov. 19, people began to hear about the verdict of the Kyle Rittenhouse case, where an 18-year-old white man was facing five different charges for events that took place during a protest against police brutality in Kenosha, Wisconsin last year. Rittenhouse was found not guilty of all five charges by an overwhelmingly white jury. The charges he was found not guilty of included first-degree intentional homicide, attempted first-degree intentional homicide, first-degree reckless homicide and two counts of recklessly endangering safety in the first degree. Since the decision was made public, reactions began to occur throughout the country, many people said something akin to “I can’t believe this happened” or “I am shocked he wasn’t charged with something at least.” For a good number of people, this was

a “wake-up” call that made them want to protest the corruption of the justice system they had seen in this trial. While this kind of attention shines a light on the blatant bias that I believe the justice system has for white men, I couldn’t help but roll my eyes at the people who said they “didn’t see this coming” or “thought we were better than this,” when history would point to this being the obvious outcome. Kyle Rittenhouse is the perfect example of who the United States justice system was built to protect and encourage. It did not matter that Rittenhouse was 17 at the time of the protest and that his friend had illegally purchased the gun for him nor that Rittenhouse came to a place he did not live to get the gun and try to enforce some kind of militia-esque protection of businesses, most likely encouraged by the rhetoric of a self-proclaimed “law

and order” president who would tweet regularly with things like “when the looting starts, the shooting starts” and called those protesting “THUGS.” Some might think Rittenhouse’s actions should have been seen as clearly wrong since he was underage and using an AR-15 style rifle; this, however, was not the case as it had been thrown out by the judge over a statute in the state’s law that had a “murky” history. Instead of it being a clear-cut case, people watched as Rittenhouse showed the world all it takes to get out of being charged: a white man’s tears. Whenever a white man cries in cases such as this one, the American justice system gains a false conscience that wants to comfort him - something seen in situations like that during Brett Kavanaugh’s Supreme Court confirmation process where he broke down crying. This was only confirmed in the way that Judge Schroeder called for a break in the trial as Rittenhouse began to cry and seemed to express sympathy for the defendant. Of course, one should not be labeled guilty for crying nor should their tears be dismissed, but it is important to note that Rittenhouse did not seem to be worried at all outside of the courtroom back in January as he sported a “Free as F---” t-shirt while posing for pictures in a bar after paying bond. Further, Judge Schroeder had only increased my belief that Rittenhouse would be found not guilty by the jury when he encouraged the jury to applaud a defense witness for being a

veteran after asking if anyone else was one, which is something that some legal experts worried could increase one’s bias to be in favor of the witness. In addition, his phone ringtone being the same song played at Donald Trump rallies, as well as his stance that those killed could not be called “victims” but could be noted as “arsonists,” further increased my belief. Since the trial began, I have seen people try to bring up the theoretical example of a Black man doing the same thing that Rittenhouse did, trying to show the comparison of how the system works for white versus Black people. This example, however, has fallen on deaf ears for those who give a pretense of American patriotism to hide their blatant racism and satisfaction in how the system gives white people power. In response to this theoretical example, online fights have broken out, where people argue that you can’t bring up a theory to prove a point. Those who believe this, however, fail to see the countless examples of reality. One example of this reality can be seen in a case that ended shortly after the Rittenhouse verdict was made. This verdict pertained to Travis McMichael, Gregory McMichael and William “Roddie” Bryan’s, all of whom are white, involved in the killing of Ahmaud Arbery, a black man. The verdict found all three of the men guilty for their roles in hunting down Arbery and killing him. The outcome of this trial provided much needed relief for Arbery’s family and the community, but it did not make people forget that the trial of these three men would not have happened without

mass outrage when a video of them killing Arbery leaked online. Without this video, and one of the men admitting that Arbery had not spoken a word to them before they killed him, the system would have likely let them continue their lives as if they had not ruthlessly murdered someone. This is the truth of the American justice system and it will not end if white people continue to pretend to feel shocked every time the truth is forced into the public eye. As long as white people continue to fane this shock, Black lives will never matter to the system. Without admitting that the system must change, there will simply be more accepted excuses for why a white man and Black man are not equal under the guise of feeling threatened. All of this is not to say that white people should allow themselves to believe they have a duty to “save” BIPOC communities as white saviorism is an issue in its own right, but white people need to begin to own up to the ways in which the system will always benefit white people, especially white men, and begin the fight to tear it down. There is nothing within a system like this that can be magically fixed as it is working exactly how it was designed. It must, rather, be completely destroyed so that the United States can be a nation for all its citizens. Too often do white people fall back on the argument that they feel like they’re not responsible for the racism of a system created hundreds of years ago, but, without taking on the responsibility of one’s history, there can be little to no hope that anything will truly change.

Hot Take: New Jersey is not the "Armpit of America"

By Sophia Spinelli
Contributing Writer

Throughout my college career, I have met an extensive number of northeast inhabitants that migrate to Fairfield University for the nine long months of the school year. I love this about the Fairfield population. The majority of us can revel at the unique joy that the East Coast brings to us, despite being dispersed throughout different regions. Since going to Fairfield, however, I have noticed that during a conversation with those who do not call New Jersey their home, I am often put on the defense. I believe that this subconscious defensive act stems from a traumatic experience dating back to my first year of college, in which I was introduced to the apparently common notion that, “New Jersey is the armpit

of America.” Appalled to hear so many people express obstinate feelings towards New Jersey, I decided to devote this article to explaining why the Garden State does not qualify to hold the aforementioned title. Unbeknownst to many, New Jersey has birthed numerous public figures. The list of unmistakable talent that comes from New Jersey is long, but some names may come as a shock to many supporters of the anti-Jersey party. For example, there is Queen Latifah, Shaquille O’Neal, Frank Sinatra, Bon Jovi, Meryl Streep, Buzz Aldrin and the Jonas brothers. These are top notch, fairly unproblematic celebrities, which is a true rarity these days. Has anyone ever had an issue with the most gentle giant, Shaquille O’Neal? Absolutely

not. Not only does New Jersey water produce some of the best bagels, but it apparently plays a role in creating some of the most iconic performers, actors and athletes. It is important to note that New Jersey is an extremely versatile state in terms of its terrain. While most people tend to think of the Jersey shore, which is where the best childhood memories are made by the way, many forget that the state offers more than just the typical scene of Italian-American men moseying along boardwalks in their wife-beaters. In fact, one can find the opposite environment if they travel to the left-most tip of the state known as Sussex County. Coined as the greenest county, a tourist can go there to visit any farm in the Springtime and will most likely come across a plethora of newborn animals as they take an

educational tour about the importance of buying local produce. If you are not the type to enjoy the ocean or vast farmland, there is also the option to visit several notable attractions. A few examples include Six Flags, the Liberty Science Center and the Hard Rock Hotel & Casino in Atlantic City. To close out this short yet effective argument, I am ending with the special element of community that is found in New Jersey. Those from New Jersey are bonded by the underlying appreciation they have for the hidden treasures that the state offers. The camaraderie amongst those who have spent any significant amount of time in New Jersey is apparent, and says a lot about the state and its people. Although this was only a glimpse into the underrated

magnificence of New Jersey, I’m hoping it was enough to stir more respect in the hearts of those who believe the cruel title of the state being the “armpit of America.” This title is certainly not fit for a state that does nothing but shower its people with love and beauty.



Photo Contributed by Sophia Spinelli

EDITORIAL
BOARD
“THE BEAUTY OF
HANDWRITTEN
LETTERS!”
MOLLY LAMENDOLA
EDITOR-IN-CHIEF

If there’s one thing I have a deep passion for, its letters. There was just always something special about running to the mailbox on your birthday or a holiday and seeing a card with your name on it, typically written in beautiful cursive that only someone our grandparent’s age could accomplish. Not to age me at all, but I feel like with social media and the desperate rush that now permeates society, letter writing has been lost with the times. My mother now sends all of her friends virtual cards from American Greetings that typically have some type of animal singing. On my birthday I get an influx of text messages of “Happy Birthday, girl!” and not that I’m not appreciative of that, but there’s just something about a card that feels exponentially more special. There’s a lot of other people that seem to agree with me. Vice-Chancellor of the University of Nottingham, Sir David Greenaway, started “The Letters Page” in 2013 to collect and print letters from as many people, from as many continents as possible. One of the professors who helped start the project, Jon McGregor, wanted students to think of literature differently and try to push students to create writing when they weren’t under the pressure of it being “actual writing.” He believed that letter

writing in any form took away this pressure. Letters too are just so special to keep, where it feels as though digital content just gets lost so easily over time. Texts are quickly deleted when space is needed and phone calls are forgotten with time. But, I have a bin under my bed with all the letters I ever received. From scribbles from my little cousins that are now ready to graduate high school to letters from people I’m no longer friends with or relatives that have since passed. Letters act as a frozen snapshot of time. There are whole websites dedicated to special letters written between celebrities, historical figures or just ones that provide a special illumination of a time period. “Letters of Note” is one of my favorites, as it provides photos of the letters and then a translated “easy to read” version of its contents. Hellen Keller’s letter to the New York Symphony Orchestra about how she could feel the vibrations of the music, “I have never been so enraptured before by a multitude of tone-vibrations” Keller writes. Sonya Houston wrote to her husband a decade after he died in 9/11 telling him how missed he is and how the family has been. “The children keep me young, and they remind me every day of you. You live on through them,”

Houston said, continuing, “Hasani’s disposition and mannerisms are all you. Hannah looks like you but is very feminine and girly. They both are kind and compassionate children. I can’t wait to see who they become as they grow up. I know you are looking down on them and smiling. You would be so proud.” I think there’s something incredibly personal and vulnerable about writing someone you love a letter. Writing about how and why they matter to you, what you love about them and how amazing they are. I don’t think we spend enough time telling the people we love why we love them, and the perfect format to do so is a personal letter. I’ve tried to bring it back slightly. I write outrageously long cards to my friends for their birthdays and Christmas. I have a pen pal and just try to bring the tradition back as much as I can. I ask you to do the same. Especially as we get closer to the holiday season, I urge you to go to Trader Joe’s or somewhere that sells cute cards, pick one out, write all you can and stick it in the mail. You’ll feel better for it, you’ll make your friends feel good about themselves and continue a tradition that disappears more and more every day.

THE VINE'S GUIDE ON How To Properly Decorate A CHRISTMAS TREE!



1. FIND

WITH A REAL
TREE,
YOU'LL GET A
CONSTANT SMELL
OF PINE



2. SNACKS

TURN ON SOME
HOLIDAY TUNES
AND GRAB
YOURSELF A CUP
OF COCOA



3. LIGHTS

CAREFULLY PLACE
COLORFUL OR WHITE
BULBS IN BETWEEN
THE BRANCHES



4. ORNAMENTS

HOMEMADE
ORNAMENTS ARE
THE BEST TO
DECORATE WITH



5. TOP IT

TOP THE TREE
WITH A STAR,
ANGEL OR BOW -
THE CHOICES ARE
ENDLESS



6. GATHER

LAY SOME PRESENTS
BENEATH THE TREE
AND ADMIRE YOUR
BEAUTIFUL WORK

Arts, Entertainment, Features
Editor: Brooke Lathe

How To Properly Decorate A Christmas Tree

By Madeline West
Assistant News Editor

For those who celebrate Christmas, one of the best parts of the holiday season is putting up the tree and decorating it. In my family, setting up the Christmas tree is something we do together every year, which makes me feel as though I have the expertise to tell you all how to properly decorate a Christmas tree!

With a family of five, picking out a Christmas tree is not always rainbows



and butterflies. My mom wants a perfectly filled, fat and short tree with enough room for endless ornaments, but short enough to where she can decide where those endless ornaments are placed.

My dad and brother search for the tallest tree that we all know won't fit through the front door. My sister and I, however, usually just wait around hoping someone makes a decision so we can all get out of the cold.

Somehow, every year the tree always makes it through the front door and it turns out to be a

perfect size for everyone's liking. A real tree has always been a tradition. Nothing beats the smell of pine leaves and the constant worry of a fire hazard because no one remembers to water it.

After the tree has 'settled' as my mom calls it, it's time to decorate. Now, this part is crucial. Play some Chrntimas music, make some hot chocolate if you'd like and put on some pajamas for ideal decorating comfort!

If you have siblings as I do, it's important to place their embarrassing handmade ornaments (God knows when they were made, but my mom refuses to throw them away) in a central location where all passersby can see.

Next, you need to ensure that all areas of the tree are covered with ornaments. In my family, there is no rhyme or reason to what is put on the tree - it is just important to make sure they are everywhere.

Another important note: ornaments are bound to break. Be prepared to hear something smash, and definitely have a broom on deck.

Lights are the next step for my family, which is not a usual routine for most. I think it's because

my mom likes to have an excuse to rearrange the ornaments to her liking. Nevertheless, we usually do white lights, with colorful lights continuing to be a never-ending debate in the house. Last year we compromised with colorful lights outside and white on the tree.

Finally, the moment everyone waits for: the star. It's the "cherry on top" or the final touch. Each year we make sure everyone has their moment, which means we trade off who does it, but still, my dad usually makes final adjustments to ensure that it isn't crooked.

Whether it's a star, angel or snowflake, having something on top of the tree is crucial. And once whatever it is is on, voila, the tree is done and presents begin to gather below.

Now when you're picking out a tree and decorating it, there are a few things to remember. This is a personal, unique process. Fake or real trees, white or colored lights, a star or an angel, it's all up to you!

The thing about decorating a tree is it is not a perfect



The Weather Outside Is Frightful, But These Styles Are So Delightful!

By Liana Giacobbe
Contributing Writer

As the temperatures drop and the holiday season quickly approaches, there is an exponentially increased need by all for some solid winter apparel. But with such an overwhelming selection of styles from virtually every retailer, how is one supposed to know where to snag the best deals?

Look no further! I have cultivated the best list of the hottest winter pieces (how ironic) and where to find them without breaking the bank. Sit back, relax with a cup of hot cocoa and get ready to shop!

Puffer Jacket:

One of the most intrinsic pieces of clothing for the winter months is a solid puffer jacket. These have become incredibly popular in recent years, with practically every store releasing their own version of the classic jacket. While there are an abundance of jackets out there, ranging from incredibly inexpensive to ridiculously pricey, there are a few that stand out among the crowd.

My personal favorite for this season is the Aritzia Super Puff™, which comes in a wide variety of lengths, colors and finishes, from glossy to matte.

Though this puffer is certainly more on the expensive side, the quality is hard to beat. It has been the one article of clothing I find myself unable to take off, and keeps me warm no matter what outdoor activities I am partaking in!

For a slightly cheaper alternative, the Gap 100% Recycled Polyester cropped puffer jacket is very similar, with a slightly differ-

ent silhouette than the Aritzia puffer jacket. I have this jacket in red, which I absolutely adore as a fun statement piece that keeps me in touch with my Stag side!

It keeps me nice and warm, without the

absolute staple!

Ugg Classic Mini II Boots:

Another piece that I simply can not get enough of are the Classic Mini II Boots by Ugg. Truthfully, never in a million years did

to relive all of your early 2000s memories, but be sure to check out their array of other fantastic shades! Not only do they keep your feet warm, but they are the perfect "dressed up" slipper look that makes wearing pajamas out in the real world look totally acceptable.

However, it is important to note that despite their price, these shoes should not be worn in snowy weather.

They are far from waterproof, and in order to ensure that they stay in pristine condition, they should be worn with caution in winter wonderlands!

As an alternative footwear option, the Original L. L. Bean Boot has proven to be a true staple for all New Englanders throughout the years. Warm, stylish and waterproof, these shoes can not be beat!

Though they are slightly on the more expensive side, their durability ensures that they will stick around in your closet for years, ready to be used in rainy, sleet, snow or any other foul weather conditions. No matter what shoe you opt for this year, one thing is for sure: a pair of boots is vital to a proper stylish winter wardrobe!

Regardless of what your budget may be, or what your style is, there are so many amazing garments out there just waiting to be worn in the cold months of winter. The coming holidays mean that there will be plenty of sales all over, so be sure to do some digging and find the best prices for the garments you are looking to purchase!

Remember to shop sustainably and reasonably, avoid shopping in bulk and have fun putting together the perfect winter closet: it truly is the most wonderful time of the year!



Puffer jackets are the perfect accessory to keep you warm on the streets of Fairfield!

hassle of dealing with a too-cumbersome puffer. No matter what look you opt for or what price range you shop in, puffers are an

I think I would be a returning customer with Ugg, but I am truly obsessed with my pairs! The classic chestnut color allows you

A MERRY LIST OF HOLIDAY MELODIES

By Brooke Lathe
Vine Editor

Now that Thanksgiving is over and we've entered the month of December, we can finally blast this month's holiday tunes at full volume, free of judgment!

A few years ago, I created my own festive playlist on Apple Music that is just labeled with a christmas tree emoji. I absolutely love it and play it throughout the holiday season each year.

I've had plenty of time to add the perfect songs that match the seasonal excitement to a tee, making my soundtrack truly merry.

Because I can't share my entire playlist which has over 60 songs and three hours of music on it, I'll be sure to only mention the super important, must-listen-to holiday jams.

"All I Want For Christmas Is You" by Mariah Carey

Mariah Carey released her biggest hit, "All I Want For Christmas Is You," in 1994. Since then, this four-minute song has taken over every radio station and streaming app all season long, so much so that Carey has been labeled the "Queen of Christmas". This song will excite any listeners the second you hear the first ring of the track's 13 chimes.

"A Holly Jolly Christmas" by Burl Ives

I can't help but bounce my head and grow a large smile across my face every time "A Holly Jolly Christmas" plays. Ives' voice is so soothing, and matched with the upbeat bells and background vocals, what could be better?

"Baby It's Cold Outside" by Frank Loesser

In recent years, this song has become a bit problematic due to its questionable lyrics. Though the controversy about consent seems to stay adamant, I personally don't think that was ever the intent of the song. When Lesser wrote it, he merely meant to represent a couple that didn't want to depart because their love is so strong.

I've made joke excuses with my

friends and family when it was time to leave like this, so for me, it will always be a great holiday song. Especially because it also reminds me of the shower scene in "Elf," which is one of my favorite Christmas movies.

"Blue Christmas" by Elvis Presley

The King of Rock and Roll can do much more than just sing "Jailhouse Rock" and "Blue Suede Shoes" as his rendition of "Blue Christmas" is a flawless, jazzy addition to any seasonal playlist. His unique voice truly shines through, with his repetitive scoops and vibrato.

"Happy Xmas (War Is Over)" by John Lennon & The Plastic Ono Band

While most Christmas songs are upbeat and cheery since it matches the tone of the seasonal festivities, "Happy Xmas" takes a different approach. The slower rhythm introduces a nostalgic and grateful feel in the air, and after all, that's what the holidays are all about!

"Have Yourself a Merry Little Christmas" by Judy Garland

"Have Yourself a Merry Little Christmas" is another slower holiday song that beautifully emphasizes the peacefulness of Christmas and the appreciation we should acknowledge.

"I Saw Mommy Kissing Santa Claus" by The Jackson 5

It's hard not to join Michael Jackson's belt and dialogue in "I Saw Mommy Kissing Santa Claus." I've always loved picturing someone's child spying on Santa to end up seeing his mother kiss him. It's just so silly that I can't help but giggle in between the lyrics!

"I'll Be Home For Christmas" by Michael Bublé

This song will always have a special place in my heart as it always makes me think of the time I sang it with my friends in my high school choir. Even so, with Bublé's smooth tone, all of his holiday songs are stunning in his 2011 "Christmas" album, but especially this track.

"It's Beginning To Look A Lot Like Christmas" by Perry Como

& The Fontane Sisters

The beautiful instrumentals will always invoke a magical feeling inside of me, but the descriptive and humorous lyrics on top of it leaves this tune to be truly unmatched.

"It's The Most Wonderful Time of the Year" by Andy Williams

Talk about driving up the holiday excitement! "It's The Most Wonderful Time of the Year" is a cheerful tune that prepares all listeners for the glorious upcoming seasonal events.

"Jingle Bell Rock" by Bobby Helms

I feel like even though "Jingle Bell Rock" and "Jingle Bells" are both amazing songs, "Jingle Bell Rock" is just so much more iconic.

And even more so, it will forever remind me of the scene in "Home Alone 2" when Kevin matches this beat with his oversized flip flops and jumps in the pool, losing his bathing suit trunks!

"Last Christmas" by Wham!

I love "Last Christmas" by Wham! so much that it might actually be my favorite Christmas song. While George Michael and Andrew Ridgeley sing about a devastating holiday heartbreak, they ultimately recognize that there's someone better out there as they say this year, they'll give their heart "to someone special." The meaning is just as gorgeous as the music itself.

"Rockin' Around the Christmas Tree" by Brenda Lee

This song is so nostalgic for me. I had a dancing Christmas tree when I was little and it would play this song as it moved side to side. But I will forever be confused why they say "later we'll have some pumpkin pie," because that's only a Thanksgiving treat for me - for Christmas, it's a large pile of cookies!

"Run Rudolph Run" by Chuck Berry

This song just makes me want to get up and dance until I can't breathe. Its fast-paced beat and goofy meaning will forever make for a fun Christmastime tune!

"Santa Baby" by Eartha Kitt
Not only do I love singing this song,

but I will always laugh at the fact that Kitt is trying to basically seduce Santa into giving luxurious gifts. I would love for Santa to give me a yacht and decorations from Tiffany & Co. too!

"Santa Claus Is Comin' To Town" by Frank Sinatra

This song is the absolute perfect tune for children everywhere during the holiday season. As a child, I would get so thrilled every single time I heard this song because it's simply about Santa on his way to give me presents! What builds up the excitement more than this?

"Sleigh Ride" by The Ronettes

Though the background "Ring-a-ling-a, ding-dong-ding's" can sometimes be a bit too much, I think it is a good reminder that this is how peppy we should be around this time of the year. Grab a mug of hot chocolate, buy some presents for your friends and curl up to a holiday movie - it's the best time of the year!

"White Christmas" by Bing Crosby

I feel like I haven't had a white Christmas where I live in a long time, which saddens me to no extent, so this song hits close to home for me.

Even though the song talks about dreaming for snow, the lyrics allow me to easily imagine the white fluffy snowflakes falling outside as I open my gifts surrounded by my loved ones.

"Wonderful Christmastime" by Paul McCartney

Like I have been saying throughout this article, Paul McCartney perfectly reiterates my point that the emotions you get during this season are like no other as he sings: "The feeling's here, that only comes, this time of year." Not to mention, the chorus is super catchy.

The holiday season will always make up for lack of sunlight, colder temperatures and dreadful academic finals.

And after you put on a well-rounded, festive playlist, it will seem like nothing can bother you except for the pressing need to make cookies and play in the snow.



IRHA SCHEDULES CHARITY DODGEBALL TOURNAMENT



Photo Courtesy of www.capalbostrong.org
To learn more about Charlie's journey, visit www.capalbostrong.org

By Molly Lamendola
Editor-In-Cheif

On Saturday, Dec. 4, the Inter-Residential Housing Association will be hosting a charity dodgeball event to support Charlie Capalbo of Fairfield University's class of 2022 in his fight against cancer. Students can form a team of six members and sign up on the IMLeagues website as soon as possible, though you do have until Dec. 4.

Part of the sign-up will include an entry fee from each player; however, there is no dollar amount that participants must contribute. IRHA only asks students to donate what they can and all money will go to the Capalbo Strong Foundation, as there is no minimum or maximum donation one can give. Payment methods consist of Venmo or cash only.

Peter G will also DJ throughout the event which will be located in the Rec Plex Field House from 12:00 p.m. to 4:00 p.m. The winning team will collect a grand prize of \$600 in gift cards!

Make sure you take part in this amazing fundraising event to support a fellow Stag.



Christmas Shopping: Fairfield Edition

By Abigail White
Contributing Writer

The Christmas season is officially upon us! This means it is time to pull out the Christmas decorations, pick out the tree, string up the lights and put on your favorite Christmas song.

Christmas is a time of joy and celebration; however, there is one overwhelming responsibility that comes with the Christmas season: Christmas shopping. With the holiday only a few short weeks away, we must start shopping for our loved ones now!

For many, shopping can be a source of stress. You may be asking yourself a series of questions: What should I get for them? What would they like? Where should I do my shopping? This last question in particular can be a difficult one to answer, especially as a Fairfield student. With limited access to shopping malls and big department stores around campus, it can be difficult to brainstorm a list of places to complete your shopping.

Luckily, there are plenty of local businesses in Fairfield where you may just score the perfect gift for a loved one! Here are just a few Fairfield holiday shopping options for you.

If you are in the market for clothing, you have to check out some of the local boutiques and shops in the town center. The weather is changing as we head into winter, so why not get your loved one something warm, yet fashionable to start the season?

There are so many great places to shop for clothing that it is hard to select just a few to talk about. The first, which is one of my personal favorites, is Apricot Lane Boutique. This is the perfect place to check out what is trending in wom-

en's fashion. At Apricot Lane you will find casual clothing, formal dresses and a variety of accessories. And from speaking with various Fairfield University students, I have learned that this boutique is a crowd favorite, so why not grab some of your friends and head over there for a fun day of Christmas shopping?



A variety of clothing styles can be found within the racks of One5 Boutique!

There are plenty of other boutiques scattered around the town of Fairfield that are worth your time if you are set on gifting your friends and family with clothing. As you embark on your Christmas shopping spree, make sure to check out Capri Clothing, One 5 Boutique and Ciao Bella Fairfield, just to name a few.

While clothing can make a great Christmas present, it is not your only option.

Are you looking for something sweet to give to your loved ones? Then you have to head to Sau-gatuck Sweets in downtown Fairfield. There, you will find various delicious desserts: ice creams, cakes and candies. The temptation to buy something sweet is almost unbearable when you walk through the door and enter the store. So why not

Colony Grill, Brick Wall Tavern, Quattro Pazzi and many more. Give your loved ones the gift of great food and a fun experience rather than a physical gift. Sometimes it is the promise of a fun time that goes farther than a material present. Just think of all the fine times you can have with your friends and family at local Fairfield restaurants.

You can never go wrong with a gift card!

Finally, don't forget to head downtown to the Fairfield University Bookstore to complete your Christmas shopping. What better way to spread school pride and Christmas cheer than to present your loved ones with some stag spirit? Shop from a variety of Fairfield apparel ranging from hoodies and blankets to sweat-pants and winter hats.

However, it is not just clothing that you will find. You can also shop for Fairfield mugs, stickers, glasses, notebooks, pens and more! You are guaranteed to find something that your friends and family will love. And better yet, they will represent Fairfield University with their new gift!

Not feeling the Fairfield apparel? No need to worry! At the downtown bookstore, you will find a variety of books, records, greeting cards, candy and more. Get your friends or family members new books to read this holiday season. Purchase a record for your loved one to cozy up and listen to as the weather gets colder. Pick out a greeting card to show your loved ones how much you care. There is no shortage of gift options at the downtown Fairfield University bookstore!

Christmas shopping does not have to be stressful as a Fairfield student. Grab some friends and support some local businesses as you complete your holiday shopping this year!

5 WINTER ACTIVITIES TO MARK ON YOUR TO-DO LIST

By Rebecca Quigley
Contributing Writer

Christmas has always been my favorite holiday for a multitude of reasons: spending time with family and friends, the classic Christmas tunes, the delicious food and all of the festivities that come with it. To help get into the Christmas spirit, I've made a list of activities, on and off-campus, to help kick off the Holiday season!

Christmas Tree Lighting

One of the best Fairfield University traditions is the lighting of the Christmas tree by the Egan Chapel! This year's lighting is planned to take place on Monday, Dec. 6. Go with friends and take pictures under the colorful lights, while enjoying Christmas carols sung by Fairfield's two acapella groups: The Bensonians and Sweet Harmony. There's no better way to start the Holiday season than by taking part in this beloved Fairfield tradition!



Lucas the Stag will be attending the Christmas tree lighting on Dec. 6 to take pictures and give warm hugs.

Do It Yourself Christmas Ornaments

Fairfield@Night is hosting a DIY Ornament decorating event on Dec. 2 from 9:00 p.m. to 11:45 p.m. Stop by the Lower Level of the Barone Campus Center to pick up a Christmas ornament then add your own creative designs using paint and glitter! This is the perfect event if you're looking to decorate a mini tree for your dorm or apartment or to bring home your own tree. You can RSVP to this event at Fairfield@Night's Life@Fairfield page!

Ugly Christmas Sweater Decorating

The Fairfield University Student Association will be hosting an Ugly Christmas Sweater event on Friday, Dec. 3 in LLBCC from 6:00 p.m. to 9:00 p.m. Sweatshirts and decorations will be provided, so all you need to bring is your creativity and Christmas cheer! Again, make sure you RSVP on Life@Fairfield!

Stuff a Stag

Bring home your own furry friend this Christmas by taking part in "Stuff a Stag," one of Fairfield's most popular events! There are multiple options of plush animals to stuff such as the iconic stag, an adorable penguin or snowman. There will be three shifts for this event on Saturday, Dec. 4, the first will start at 8:00 p.m., the second will start at 9:00 p.m. and the third will start at 10:00 p.m. As this event is immensely popular with students, it's important to get there early to get a spot in line before supplies run out!

A Trip to NYC

There's no better place to celebrate the Holiday season than in New York City! Hop on a train from Fairfield's train station and

enjoy all the sights that NYC has to offer this season. You can go visit Rockefeller Center and take pictures by the tree, go ice skating in Central Park or so much more; the options are endless!

With all the events offered on campus, there are so many opportunities to get into the holiday spirit and celebrate with all your fellow Stags. But no matter what you end up doing, enjoy and happy holidays!



NYC is only an hour and a half train ride from campus!

ADELE SHARES HER EMOTIONAL JOURNEY IN HER NEW ALBUM "30"

By Brooke Lathe
Vine Editor

On Nov. 19 Adele Adkins, who goes most typically by just her first name, released her fourth album labeled “30”. Like each record previous to her latest, she titles them after the age she wrote her songs since they are a reflection of her life during that time.

On an Instagram live that quickly went viral, Adele had revealed her album would revolve around her recent divorce in March of 2021. As a long-time Adele fan, I was incredibly excited to listen to her 12 new songs and even set up a countdown until it would be available to listen to. And of course, she did not disappoint one bit.



Adele's single "Easy on Me" from her album "30" has reached over 360 million streams.

STRANGERS BY NATURE

Artists are always intentional when they choose the order of songs on albums, so when Adele chose to have “Strangers By Nature” as the first song on her record, it was no mistake the first words we hear are “I’ll be taking flowers to the cemetery of my heart.” The track is a perfect introduction for the upcoming songs about her romances and mistakes.

EASY ON ME

“Easy On Me” was released on Oct. 15, a little over a month before the entire album was publicized. The song was a perfect pick to get fans excited about “30” since it’s a standard “Adele” song. Continually, it captured the theme of the overall record perfectly as she sings about all the lessons she learned during her childhood, divorce, and with family.

MY LITTLE LOVE

It seems that every time I play “My Little Love,” tears start to creep up into my eyes. Honestly, there are few words to describe the beautiful and heartbreaking message she shares. Throughout the song, she speaks to her son and the audience about her overwhelming guilt: raising her son with separated parents. Her cries for forgiveness can move any listener as she belts out, “I’m holding on, barely. Mama’s got a lot to learn.”

CRY YOUR HEART OUT

Since we usually only hear strong, slow ballads from Adele, it definitely seems like she plays around with different styles in this album since she picks up the pace in “Cry Your Heart Out” and a few others on “30”.

Even though the lyrics are sad- dening, “I can’t get no relief, I’m so tired of myself,” the tempo will force you to cheerfully dance and sing along.

OH MY GOD

“Oh My God” is exactly what I said after hearing this track for the first time. I didn’t even have to finish the entire song to know it was going to be my favorite on the album and possibly overall by Adele. The quick and catchy tune instantly puts you into a tough, pop mood, especially at the bridge when clapping begins and her voice is deeply layered.

CAN I GET IT

Adele’s last upbeat song, “Can I Get It,” talks about searching for love again, and this time, hopefully having it work out. Though the separation hasn’t been a long time and may seem like a rush to get back into the dat- ing scene, she explains her reasoning: “I won’t make it on my own.”

I DRINK WINE

When I originally saw the song titles of “30,” I laughed at the label “I Drink Wine”. I didn’t know what to expect, but the title didn’t match the song. “I Drink Wine” is a leisurely, yet strong ballad about how she tries to find her true self and stops “trying to be some- body else.”

ALL NIGHT PARKING

Adele’s lyrics are always so powerful that most listeners just fixate on them rather than the score of the piece, but the main fo- cus in this song is undoubtedly the gorgeous instrumental. In the background, a beauti- ful jazz piano is played by Errol Garner, who wrote and performed “All Night Parking”

with Adele. I only wish it was longer than two minutes, but my repeat button will have to do.

WOMAN LIKE ME

“Woman Like Me” is the perfect song to play while it’s raining, a candle is lit and you are doing a puzzle: which is exactly what I was doing as I listened to this song for the first time. Its gentle tempo and layered har- monies create a peaceful atmosphere wher- ever you are.

HOLD ON

The mellow echoes in this song are utter- ly beautiful and add such depth to the piece. As the track progresses, the tempo and power start to build up as she yells out “just hold on,” invoking a sense of strength within you.

TO BE LOVED

“To Be Loved” is honestly the only song that doesn’t meet the grandeur of the other tracks on the album. It’s still beautiful, as she belts out “let it be known that I tried,” but the six-minute song should be shortened so it gets to the heart-wrenching ending sooner.

LOVE IS A GAME

“Love Is A Game” is undoubtedly one of Adele’s strongest songs on “30,” which is why it’s no surprise she chose it as the final track, leaving the audience with a bang. At the two- minute mark, her slow tempo picks up to a lighter tone when she begins to make a joke out of love: “Love is a game for fools, what a cruel thing to self inflict that pain”.

If you haven’t already listened to “30,” I highly recommend doing so. Adele success- fully proves once again her gift for writing impactful pieces about love and loss and do- ing so in a catchy way.



"SPENCER" IS LIKE A LIFETIME MOVIE VERSION OF "JOKER"

By John Bizub
Contributing Writer

The awards season is quickly drawing near. With every journal- ist discussing what films should be on your radar for the Academy Awards. One of the many shoe- ins is the biopic of a very famous member of the British royal family.

“Spencer” is the latest film by filmmaker Pablo Larrain and stars Kristen Stewart as Princess Diana as we see her go through her men- tal struggles and inner turmoil during the Christmas season. I was not a fan of Larrain’s last bi- opic, “Jackie”.

However, I have been a big fan of Kristen Stewart, since her work in “The Twilight Saga” is quite fun, and her recent outings with film- maker Olivier Assayas prove that she is a talented dramatic actress.

I was very excited to see what she was doing next especially since she has gained so much buzz sur- rounding this film.

It is clear why the Academy loves this specific type of film, from its lavish set design and

costume and at times wonderful performances from its leads. Al- though, some only prioritize be- ing known as “Oscar-bait” just to appeal to Academy Awards voters.

“Spencer” is such a difficult film for me. On one hand, it is filled with beautiful set design, gorgeous costumes and had a great score (by the always wonderful Jonny Greenwood), but I was left wanting more from “Spencer”.

While I do commend Kristen Stewart for her ability and range, I was left fairly unimpressed by her role. There are hints of existential horror from her performance but at times feels like she is simply go- ing through the motions.

Even more so, this movie at times seems like a Lifetime origi- nal movie version of “Joker” com- plete with the dance sequence. The mental health sequences were sometimes horrifying to watch as they felt very uninspired and ma- nipulative in their approach.

Throughout the film, I was left very disappointed with its sto- rytelling and felt like the plot was going nowhere, yet it was familiar.

The film takes place during a normal Christmas but even then there was nothing to go on outside of Diana’s mental and physical struggles.

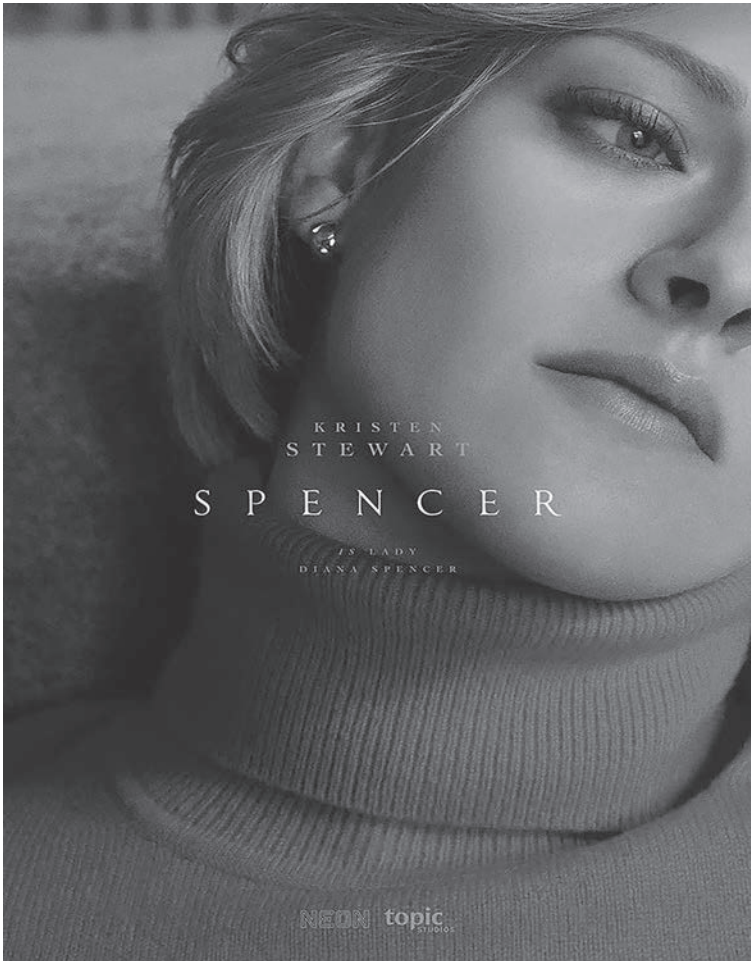
If this film had taken the same approach of depicting her final days like in the 2014 Abel Ferrara film, “Pasolini,” I would have been more invested.

While “Spencer” tries to tell the audience about the awfully structured British Parliament sys- tem, it does little to keep me en- tertained.

“Spencer” will work for some audiences and will definitely work for Academy Awards voters. However, I was left pretty under- whelmed and wanting more from the film.

Stewart’s performance was simply mediocre to me, and the thematic depth felt shallow and manipulative. Though it is not all bad, Greenwood’s score and the technical work is all well and good; I was left feeling nothing from this film.

Score: C-



Kristen Stewart plays Princess Diana in "Spencer".



COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE

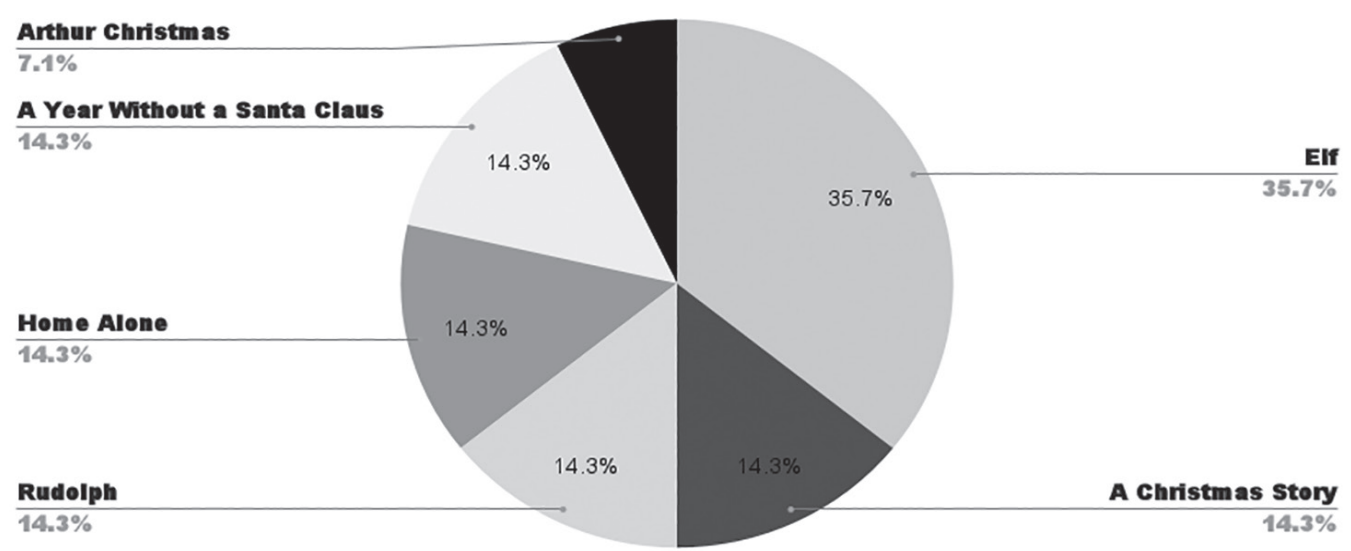
Editor: Tristan Cruz
tristan.cruz@student.fairfield.edu



The Mirror’s Takes

Coffee Break has been running a section this semester called “The Mirror’s Takes”! Every week, we put out The Mirror teams’ opinions on a new topic and we encourage you to carry these debates on with your friends, roommates and classmates!

This week’s poll was: **Best Christmas Movie?**



Do you agree or disagree? Let us know what you think, because this infamous topic can be debated on for hours!
If you have any interesting things you would like to hear The Mirror’s take on, DM us on Twitter @FairfieldMirror to let us know, and look for your poll in the Coffee Break section

Holiday Word Search

(The numbers represent how many letters are in each answer)

- Holiday on the 25th.... (9)
- Jolly man in a red suit... (5)
- Hung by the chimney.... (8)
- Red and white hook candy... (9)
- Animal that pulls the jolly man’s ride.... (8)
- The jolly man’s ride.... (6)
- Where the jolly man lives.... (9)
- He stole Christmas.... (6)
- Nature’s unique snow creation....(9)
- This dessert is a man and/or a house.... (11)
- Wonderful holiday door circular decoration.... (6)
- Where the presents go under.... (4)
- The most famous reindeer.... (7)
- Meet me under the.... (9)

S	R	N	C	F	V	C	E	L	O	P	H	T	R	O	N	E	R	T	C	L	G	E	D	R
R	S	W	X	O	U	L	A	M	Q	D	C	H	F	P	Q	K	K	Y	Q	E	V	O	G	E
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M	J	P	A	Q	T	Y	L	K	V	G	Z	X	Z	U	J	X	K	M	Y	R	F	I	Q	A
D	M	V	D	U	H	E	W	S	O	I	Y	T	P	Y	Y	V	W	B	S	Z	V	L	T	D

Dec. 1	Dec. 2	Dec. 3	Dec. 4	Dec. 5	Dec. 6	Dec. 7
Women's basketball at UMass Amherst Amherst, Mass. 7:00 p.m.	FAIRFIELD	Men's basketball at Canisius College Buffalo, N.Y. 7:00 p.m.	FAIRFIELD	Men's basketball at Niagara University Niagara University, N.Y. 1:00 p.m.	Women's basketball vs. Sacred Heart University Bridgeport, Conn. 7:00 p.m.	FAIRFIELD
		Women's volleyball at #14 University of California, Los Angeles Los Angeles, California 10:00 p.m.				

Stags Shift Sights to UCLA Ahead of NCAA Tournament



The Fairfield University volleyball team remained dominant throughout the entire regular season, which saw them claiming the top spot and eventually winning the MAAC championship tournament.

By Thomas Coppola
Sports Editor

After a long road to the Metro Atlantic Athletic Conference Championship, the Fairfield University volleyball team has entered into the National Collegiate Athletic Association playoffs, where they will open up the first round against the 13th-seed University of California, Los Angeles, according to a press release

on FairfieldStags.com.
The Stags will travel to Los Angeles to take on the Bruins on Dec. 3, 2021. Interestingly, the Bruins are undefeated at home this season with ten wins, according to UCLA's official athletics website. Overall, UCLA had a 23-5 record, with Fairfield posting a 24-8 season campaign. The two teams have never faced each other in both of the programs' histories. For more information on their road to the NCAA Tournament, see page 15 for an article about their MAAC Championship victory.

In this week's issue...

- Women's Basketball Falls to Yale in Narrow Matchup (Page 14)
- Volleyball Takes Home Hard-Fought MAAC Championship (Page 15)
- Swim and Dive Teams Shatter Records in Successful Meet (Page 15)
- A Look Back at the Complete Fall Sports Season (Page 16)
- Men's Basketball Topples Cross-Town Rival (Page 16)

Women's Basketball Narrowly Falls to Yale in Matchup

By Julia Lanzillotta
Executive Editor

The Fairfield University women's basketball team has an even record of 3-3, leaving fans on their toes to see if the Stags will break through and excel this season. They team has played on their home court at Webster Bank Arena in Bridgeport, Conn. only twice, returning for the first time in several weeks to face off against Yale University for a matinee game on Nov. 28.

Fairfield's interstate rivals, the Bulldogs, have historically buckled under the pressure of the Stags. With a record of 9-4 dating back to Jan. 21 of 1987, Fairfield was the favorite to win, however Yale's group this year battled hard to secure a narrow 71-64 victory.

The first period of play was slow for the home-team in red and white. Yale blew them out of the water more than doubling their points by the end of the ten-minute quarter. In the second, Fairfield managed to gather themselves and soar. The Stags tallied a whopping 30 points, giving them a solid lead against their Ivy League opponents. This period would act as

the highest-scoring ten-minute quarter for the Stags all season.

Halfway through the second period, a good jumper by Lou Lopez-Senechal '22 put the Stags within one point of Yale, equipping her team with the momentum to pull past the Bulldogs who would subsequently give up the lead for the first time all afternoon. The Stags would go on a 16-2 run, tapering off at 33 points to Yale's 26. Yale would answer back quietly, unable to upend the Stags going into halftime, 40-33.

The third period is when things would begin to fall apart for the Stags. They would register less than half the points they did in the period prior, and Yale would post 18 points to chip away at Fairfield's lead.

In the fourth and final stretch, Fairfield was not able to hold on, and Yale took advantage by pushing past them. Yale took off, scoring 11 unanswered

points to run out the clock. This caused the Stags to disappointingly fall short, with a final score of 71-64 in Yale's favor.

Despite the loss, Lopez-Senechal's commendable performance put her at the top of Fairfield's leaderboard in terms of scoring. She registered 27 points. Just behind her was graduate student Sam Lewis, also in the double digits, with 15 points. These efforts are telltale signs that the Stags have it in them to succeed, and just need some finetuning with the bulk of the season ahead.

To kick off the month of December, Fairfield will travel to Amherst, Mass. to visit the University of Massachusetts Amherst (7-1) for an evening game. The game will not be streamed online, however live stats will be posted on the UMass athletics official website, and will be updated throughout the game.








Photo Contributed by the Sports Information Desk

The Fairfield University women's basketball team recently fell to their in-state rival of Yale University by a final score of 71-64; they will travel to Amherst, Mass. for their next game against UMass.

Weekly 5x4

Your 2021-2022 5x4 Columnists:
Tommy Coppola, Molly Lamendola, Julia Lanzillotta, Tobenna Ugwu and Sheila McCombs

Because we have witty things to say ...	<div><div>Tommy Coppola Sports Editor</div></div>	<div><div>Molly Lamendola Editor-in-Chief</div></div>	<div><div>Julia Lanzillotta Executive Editor</div></div>	<div><div>Tobenna Ugwu Managing Editor</div></div>	<div><div>Sheila McCombs Managing Editor</div></div>
How was your Thanksgiving Break?	It was okay. I didn't really have a break from homework but I got to see some family and friends which was nice.	School work and my aunt got a new puppy.	It was so nice to be home and to see family. I am very excited to be home for winter break.	I had a great time, I got to spend time with my cousins, and I did absolutely zero school work which in hindsight was not a good decision.	It was really nice to be home for a while, but I definitely got tricked into thinking the semester was over, so I am not excited to do anymore work.
How do you plan to get through the final few weeks of the semester?	Cutting the amount of sleep I get by two or three hours to make more time to study for finals.	Red bull, Christmas beverages and re-watching "Love Actually" over and over again.	I really need to focus and organize my time a bit better.	I honestly don't know, I will be spending a lot more time in The Mirror office though.	Faith, trust and pixie dust.
What is one basketball game on the schedule you would like to attend this year?	The men's team plays Iona College on January 2 at home, which should be a really good game.	Air Bud 4: Seventh Inning Fetch (2002)	The March 3 game against Rider. This will be the last regular season home-game for head coach Joe Frager, and I'd love to be there to watch it!	I am just gonna agree with whatever Lanz says, she seems like she knows what's going on.	I always watch when they play Marist which is on Jan. 7 this year which should be really fun!
What is one way you have been getting into the holiday spirit?	I've finally started playing Christmas music and I just got a fake tree for my room.	Copious amounts of baths with holiday Lush bath bombs and cinnamon flavored cocktails.	I decorated my house at school and it's so cute and cozy!	As I have said in the past, no holiday spirit until the last day of Finals. I refuse to feel festive while cramming mounds of data.	On the day after Thanksgiving, me and my twin go Black Friday shopping, in addition to putting up holiday decorations!

Volleyball Takes Home Hard-Fought MAAC Championship

By Emily Miller
Contributing Writer

The dominant Fairfield University volleyball team secured the Metro Atlantic Athletic Conference Championship for the third year in a row. The Stags took down the Rider University Broncos at the UHY Center, beating them 3-0. Junior outside hitter KJ Johnson received Championship MVP for her outstanding efforts on the court. The team is 24-8 overall this season, maintaining an 11-3 record at home at 16-2 in conference play.

The fall season marks head coach Todd Kress's eighth season of his second term with the Stags and his 12th overall campaign. Coach Kress is a six-time MAAC champion and seven-time MAAC Coach of the Year. Kress is the all-time leader in wins (234) and matches coached (337) at Fairfield University. He also ranks second in program history with a .694 winning percentage. Kress has also led the volleyball programs at Northern Illinois University, Florida State University and the University at Buffalo.

Coach Kress was pleased with the outcome of Sunday's championship game, as they were eliminated from last year's championship due to a positive COVID test on the squad.

"I think just the fact that number one we had the opportunity to play this year, and then took advantage of that opportunity. We were pushed by both Siena [College] and Canisius in the Quarterfinals and Semis, and then I thought we played a clean match against Rider to win the championship."

Coach Kress continued, "We showed a lot of resiliency [...] We didn't play our best volleyball Friday and Saturday, we were just off a little bit. We weren't in rhythm offensively, but we found that rhythm on Sunday in the championship game [...] We had our best hitting percentage of the season, so kind of saved our best for last, so to speak."

Kress pushes his student-athletes to work through hardships as a team, and it translates through gameplay results. "When you can not play your best and still find ways to win, I think that shows signs of a very mature, resilient team. That is



Photo Contributed by the Sports Information Desk

The volleyball team recently took home the MAAC Championship in a 3-0 sweep of Rider, with KJ Johnson '23 winning MVP honors. what I am very proud of this past weekend."

Despite the team's enormous success this season, the team has faced its own set of challenges. Kress explains, "Whenever you go through a season, there are always challenges. You're going to have injuries, you're going to have student-athletes not at 100 percent [...]"

However, the team's efforts revolve around the theme of resilience. "It's like you're a family [...] Whatever affects one of our athletes affects the entire team [...] We found a way to manage those this year and found a way to stay on top, and I'm very proud of the fact that we were able to do that," Kress stated.

The next step for the Stags is the 2021 National Collegiate Athletic Association Championship in Los Angeles, California where they will be going up against the #13-seeded University of California, Los Angeles. Coach Kress discusses preparation for the game, saying "UCLA is a very good program, one of the top programs historically in the country

[...] This is a huge opportunity for our student-athletes [...] We are going in with a lot of upperclassmen. KJ is a huge part of what we do offensively. Junior Laura Seeger is playing very well right now, [Graduate student] Manuela Nicolini is an extension off of the bench as a coach, so there are a lot of things that I like about what we can throw at UCLA [...] We are going to have to be at our absolute best."

Coach Kress summed up the goals for the team, saying, "Be the best version of ourselves every day, that's all I can ask for. When we went into the match Friday night, I just asked that they go in there and scratch and claw and do whatever we can to earn points and to be our absolute best [...] at least give ourselves the opportunity, in the end, to pull out something maybe a lot of people don't think we can do [...] If they do that, more often than not we're gonna be on the right side of the ledger."

The team will head to the Golden State on Friday, Dec. 3 for the NCAA Championship at 10:00 p.m. ET.

Swim & Dive Teams Shatter Records in Successful Meet

By Thomas Coppola
Sports Editor

Both the Fairfield University men's and women's swim and dive teams have been crushing the competition this year, participating in smaller matchups versus just one team or larger invitational events like the recent Terrier Invitational, which was hosted by Boston University in the third week of November.

Multiple major storylines came out of the Terrier Invitational, with the Stags posting many incredible school records. As a whole, however, the men's team hauled in 745.5 points altogether, and the women's team brought in 465 total points.

The records started coming in slowly on day one of the Terrier Invitational, with Alexey Belfer '24 bringing in a school record for the 50 Free event, with a time of 20.53, according to the @Stagsswimdive on Instagram. On the same day, Belfer broke the same record, cutting his time down to 20.45.

Later on, Erini Pappas '25 found herself in the record books as well, securing the 200 IM school record with a time of 2:05.17. In a similar fashion as Belfer, she found herself breaking yet another record after that one, this time taking over the 400 IM school record with a speedy time of 4:25:19.

Pappas and Belfer were not the only ones to break records in the opening events of the Invitational. Senior Evan Fair and El-eonore Rembert '24 both took home their own records, with Fair hitting 49.63 on the 100 Fly and 50.22 on the 100 Back. Rembert took the 200 Back record with 2:01:69.

Belfer continued the fun for the Stags' record book this past weekend, where he broke the 100 Free award twice in the same day, first setting a time of 45.61 and later on 45.18. Pappas took back the 200 Back record with a time of 2:00:63. With Pappas' three new records broken, she earned the title of Metro Atlantic Athletic Con-



Photo Contributed by the Sports Information Desk

The men's and women's swim and dive teams participated at the Terrier Invitational last week.



Photo Courtesy of goterriers.com

ference Swimmer of the Week.

The final amendment to the record board was Evan Fair again, who secured the 200 Fly record with a tie of 1:49.89.

In their regular matchups this season, the men's team has a record of 3-1, with wins over the College of the Holy Cross, Providence College and Marist College. Their one loss has come at the hands of Monmouth University.

The women's team holds the exact same record as the men's team, except they were able to beat out Monmouth University and took a loss to the College of the Holy Cross.

For now, both the men's and women's swim and dive teams have a long break through Jan. 7, when they return to action in the RecPlex Pool against Seton Hall University. After that, they will both partake in three conference matchups and then will travel back to Massachusetts for the Boston University Winter Open in February.

February and March will be action-packed months for the Swim and Dive teams, with the festivities kicking off in the second week of November for the four-day MAAC championship event. In the beginning of March, they will head down to Atlanta, GA, for the College Swimming and Diving Coaches Association of American Invitational in a three-day event. Finally, they will end their season with the National Collegiate Athletic Association Championships, which are hosted in Atlanta just a few days after.

So far, the swim and dive teams at Fairfield have been incredibly successful and will look to continue to write history for the Stags as they venture into the latter half of the season.



Photo Contributed by the Sports Information Desk

Multiple Fairfield University swimmers broke school records, with some breaking the same record twice.

A Look Back at the Complete Fall 2021 Season

By Thomas Coppola
Sports Editor

November is wrapping up, and the fall sports season is just about over. Fairfield University athletics found a ton of success at the kickoff of this new season, which will allow for the momentum to continue through the winter and eventually into the spring season. In the spirit of the fall season wrapping up, however, it would only make sense to look back and see what our Stags have accomplished over the last three months.

Men's Cross Country:

Unfortunately, the men's cross country team could not find what they



Photo Contributed by the Sports Information Desk

were looking for this season, as the team finished in ninth out of 11 participating teams in the Metro Atlantic Athletic Conference championship and placed last in the National Collegiate Athletic Association Northeast Regional Championship. Next year, they have the opportunity to turn this season's results around and make a push in the MAAC.

Women's Cross Country:

Also finding some trouble along the way was the women's cross country team, although they were able to find themselves coming in near the middle of some mid-season meets like the Paul Short Run and the New England Intercollegiate Amateur Athletic Association Championship. They too will look to work over the offseason and be dominant next year.

Men's Golf:

The men's golf team saw themselves above the middle of the pack against their competition this year, coming in fifth in the second round of the Ryan T. Lee Memorial Collegiate, and winning the Sacred Heart University Fall Invitational. In a 27-hole MAAC Championship in New Jersey, they were tied for seventh out of ten teams.

Women's Golf:

In the Sacred Heart University Fall Invitational, the women's golf team did not have as much success as the men's team, falling to tenth out of eleven teams. Regardless, they were still able to secure a high spot in the Lehigh Invitational, where they placed fifth out of 11 participating teams to cap off their season.

Rowing:

Both the men's and women's rowing teams saw lots of success this season. Specifically, the women's team swept through five events in their season opening race. They were able to finish how they started, with a top spot at the Overpeck Fall Invitational in New Jersey. The men's team was able to finish in 15th at the Head of the Charles Regatta back in October, falling to difficult competitions like Harvard University and Dartmouth College.

Men's Tennis:

The Fairfield University Men's



Photo Contributed by the Sports Information Desk

Tennis team started very strong, winning most of the matchups they faced in both the Lehigh Invitational and the Fairfield Invitational, winning 29 out of 35 matchups in Lehigh and eight out of eleven in Fairfield. They also secured singles victories in the ITA All-American Championship. In a dual matchup against Sacred Heart University, the



Photo Contributed by the Sports Information Desk

Stags picked up a 5-2 win on their home court. Overall, these are just the highlights, since they had a very strong season all-around.

Women's Tennis:

Women's Tennis proved to be an extremely strong team this year, picking up early-season wins at both the Lehigh Invitational and the ITA Northeast Regional Championship. Before that, the team began their season against some fellow MAAC competition in the University of Connecticut, where they competed for multiple singles and doubles wins. Alongside the men's team, they picked up a win against Sacred Heart University by a score of 4-3 at the Walsh Athletic Center courts.

Men's Soccer:

The men's soccer team ended their season with an overall record of seven wins, nine losses and two draws. The Stags were impressive under the lights of Lessing Field, winning five games at home, only losing two and tying one. Home games like Faculty and Staff Appreciation Night against the University of Hartford, Matt Turner Night against Niagara, and a "Red Out"

game versus Manhattan College are just a few examples of their success at home this year; unfortunately, they were stopped in their tracks in the MAAC semifinals to Rider University.

Women's Soccer:

Like the men's team, the women's soccer team posted an impressive 7-1-1 home record this year, with an overall record of 9-7-4. With the season beginning back in the first two weeks of August, the team was incredibly busy during the regular season, where they collected impressive wins over teams like the College of the Holy Cross, Dartmouth College and Rider University. A penalty-shootout win in the first round of the MAAC playoffs over Niagara sent them to the semifinals, where they lost to Monmouth University.

Field Hockey:

It has been quite the season for the Fairfield University field hockey team. The team was finally allowed to play games outside of the Northeast Conference, which they were restricted to due to COVID-19 travel restrictions the previous. Posting a perfect 7-0 in-conference record propelled them to the top spot of the NEC playoffs, where they beat out both Rider University and Long Island University to win the NEC Championship. Only three days later, the victorious Stags traveled down to the University of Delaware to take on the Blue Hens in the first round of the National Collegiate Athletic Association Playoffs, where they sadly lost 3-4

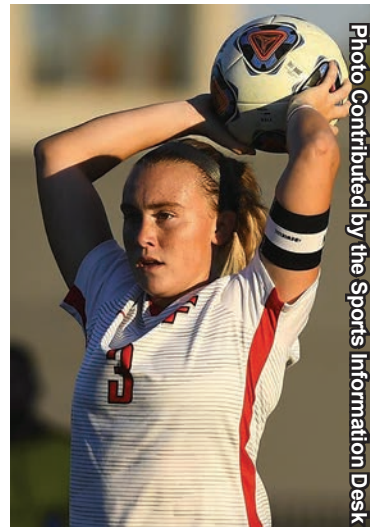


Photo Contributed by the Sports Information Desk

in an overtime frame.

Volleyball:

It should be no surprise to anyone that the Stags came out of the gate this season with a chip on their shoulder, looking to take the entire MAAC by storm after having the final rounds of their MAAC playoffs taken from them last year due to a COVID-19 case within the organization. So, this is exactly what they did; with a 16-2 in-conference record and a 24-8 total record, the Stags proved to the entire NCAA that they meant business. Their late-season 13-game win streak only solidified their status as the best in their



Photo Contributed by the Sports Information Desk

conference, where they were regular season champions and the top seed in the MAAC playoffs. Later on, they would go on to beat Rider University in three sets to win the MAAC championship. They are now gearing up to play in the 64-team NCAA tournament that will be unveiled to them on Sunday, November 28 at 8:30 p.m.

This fall season has been one for the books; multiple teams have found a lot of success in the playoffs and capped off strong regular seasons to set their teams up for a strong future. Until then, the basketball teams will be taking over the winter and after that, the spring season will start up once again.

Men's Basketball Topples Cross-Town Rival

By Zachary Stevens
Contributing Writer

The Fairfield University men's basketball team traveled just five minutes down the road to face their crosstown rivals the Sacred Heart University Pioneers on Nov. 20. This was the Stags' first ever appearance and win at the Pitt Center.

The 71-61 victory for Fairfield also kept their win streak against Sacred Heart intact, improving the overall record to a perfect 8-0 all-time.

The Stags were led by graduate student Taj Benning, who scored 15 points, and Jake Wojcik '22 who also had a solid game with 14 of his own. This should not be any surprise for Fairfield faithfuls, as these two were the top scorers last year and are continuing on the same trend this campaign.

From the start Fairfield controlled the game, never letting the Pioneers get into any type of rhythm or comfort. The Stags also led for the majority of the game, only allowing the lead to change over one time throughout the contest.

After a 10-2 opening Stag run in the first three minutes, the game remained in a consistent flow, each team trading baskets, but with the Stags' big tip-off run, they had the edge in the first half.

Heading into the break, Fairfield had a six-point lead, holding the Pioneers to only just 28 points in the first 20 minutes of the matchup. Confident and hungry to beat their rivals, the Stags were looking to finish the second half how they played the first.

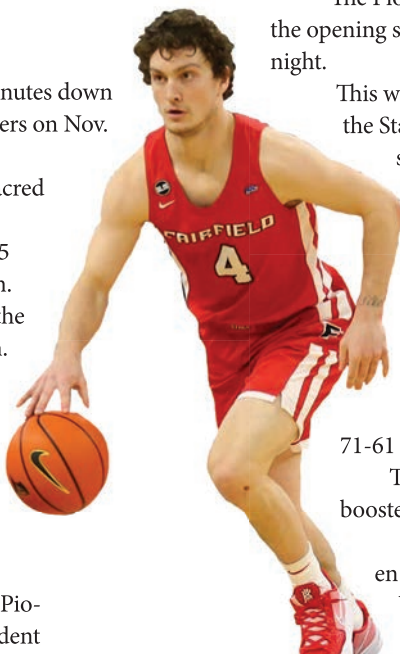


Photo Contributed by the Sports Information Desk

Senior Jake Wojcik scored 14 points against Sacred Heart University.

The Pioneers did not give up as you would expect, quickly scoring eight points in the opening start of the second half and taking a 35-34 lead over the Stags, their first of the night.

This was unacceptable for head coach Jay Young and his men; a timeout was placed for the Stags to regroup. The Stags responded as a big team would in a rivalry game, getting started with a layup from graduate student Jesus Cruz and first-year TJ Long's back-to-back three-point shots.

Cruz then would fire a trey of his own to rebuild a 45-38 lead; Fairfield had all of the momentum and ran with it. The Stags took the biggest lead of the night with just under four minutes remaining when Wojcik and graduate student Caleb Green each drained their own three-pointers to make the score 64-52.

The Pioneers tried to crawl back, going on a mini-run towards the end of the contest, but it was simply not enough to get past the Stags. Fairfield sealed the 71-61 win in a big crosstown rivalry game.

This win improved the Stags record to 2-2 on the season, a tremendous confidence booster for the squad.

The Stags will travel next to Buffalo, N.Y., where they will face the Canisius Golden Griffins at the start of the Metro Atlantic Athletic Conference play. The Stags will be itching to start 1-0 in the conference but will face a tough Griffins team.

Fans can view the game and live stats to show their support on the official athletic website for the University. Go Stags!