

THE MIRROR

Independent student newspaper

Week of November 1, 2023

Vol. 50 Issue 6



FUSA and Stags Hospitality Host Cooking Class to Promote Healthy Lifestyles

BY SAMANTHA RUSSELL
Assistant News Editor

Clad in aprons, gloves and chef hats, Fairfield University students learned the ins-and-outs of healthful nutrition as they prepared their own dinners during a Tully cooking class on Tuesday, Oct. 24.

Led by Fairfield University Student Association Health and Wellness Committee (H&W) and Stags Hospitality, two sessions of 10 students each grabbed at the opportunity to cook vegetable fried rice alongside the guidance of Executive Campus Chef Joseph Dostilio. As a First Year Experience (FYE) Thrive credit, the event exhibited a full turnout of eager and attentive participants.

“We believe that nutrition plays a significant role in H&W, so an event that highlights a healthy cooking recipe therefore works to encourage a healthy lifestyle,” reported Health and Wellness Co-Chairs Andrew Mejia ‘26 and Julia Kormylo ‘24.

Platters of vegetables and rice replaced typical toppings of tomatoes and guacamole behind the Tully Dining Commons’ avocado toast station. During both sessions, each lasting roughly 30 minutes, five students worked on their own pre-prepped burner while an additional five students waited and observed. Chef Dostilio began each class with a short introduction and “sample,” a preliminary explanation of ingredients and a walk through of the appropriate techniques for successful vegetable fried rice.

Offering additional support at the class, branded by Fairfield University as “Kitchen 101,” was campus dietitian Joana Schipke.

According to Schipke, these educational classes integrate a wide array of utensils,

ingredients and equipment to propel culinary confidence and empower students to make informed consumption choices.

“When you cook a meal yourself, you determine what ingredients are used and the amounts that go into it, compared to eating out where oftentimes the food is loaded with excess fat, sodium and added sugars,” she conveyed.

Correspondingly, the recent “Kitchen 101” event raised emphasis on healthy ingredient substitutions, such as brown rice for white rice or lower-sodium soy sauce for a regular bottle.

As the students cooked, Chef Dostilio made sure to not only remain open for questions but to provide effective feedback and reinforcements, as well as descriptors of the fragrant, savory aromas. He reminded students that although this recipe lacked additional protein, the possibility of meats like shrimp or chicken could certainly be utilized.

“Learning recipes from experienced chefs and dietitians can be vital for students because of the credibility and knowledge that they bring,” explained H&W Representative for Fitness and Nutrition,

“By conducting this event we hope to inspire students to create healthier dishes on their own time, as incorporating more nutritious dishes can boost physical and mental health.”

-Andrew Mejia ‘26
and Julia Kormylo ‘24
Co-Chairs of H&W
Committee



Students put their culinary skills to the test as they became Tully chefs for a night. Hosted by FUSA's H&W committee students cooked vegetable fried rice at an area set up behind the avocado toast station.

Bryan Santos ‘26. “[Because] the chefs and dietitians are experts in their field, the advice and instruction they offer is of great value.”

Kormylo and Mejia continued that learning from Tully chefs establishes a more personal and interconnected living space, two values the committee regularly promotes.

“The student experience is always on the forefront, and being able to work side-by-side just adds to our overall campus experience,” said Chef Dostilio.

Fairfield University’s H&W Committee acts as an outlet for student advocacy around physical, mental, spiritual and emotional health. Composed of seven representatives and a variety of themes, such as Fitness and Recreation, the committee aims to support student well-being through numerous initiatives and events.

With the acknowledgement that

campus is a place not solely for learning but for socialization, Mejia and Kormylo emphasized the event’s intentional incorporation of student social aspects as well.

This hands-on class was made possible by H&W’s collaborative efforts with Stags Hospitality to issue a proper promotion of nutrition. Santos believes that, especially for students without meal plans, nutrition can play several roles in an individual’s physical and mental well-being.

Kormylo and Mejia further revealed the committee’s goal to “give students new, healthy cooking ideas and skills as they are now living more independently.”

“By conducting this event we hope to inspire students to create healthier dishes on their own time, as incorporating more nutritious dishes can boost physical and mental health.”

Santos added that instruction from campus chefs and dietitians can aid

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A Look Into The Mirror Archives: November 4, 1999

The Nov. 4 issue of The Mirror in 1999 announces the transition from in-person registration to a new, more modern system of registration. The system implemented 24 years ago was described as an “extreme change” that would have “a huge effect on the student body.”

With the implemented system, students were able to register for classes online, replacing a lottery system that students blamed as the cause for not getting their preferred classes. However, in 1999, the system only had a capacity to register 100 students at a time and worked on a first-come, first-served basis while leaving first-year students under the lottery system.

On page two of the issue, staff writer Drew Luthern detailed the protests that unfolded on campus on Oct. 27, 1999 caused by the visit of Gloria Steinem, a journalist and feminist activist, as part of a Quick Center Open Visions forum.

Students protested Steinem’s views on abortion and were holding signs, with one of them saying “Fairfield U, Shame on You, A Catholic U?” Tim Watkins, one of the protesters, told The Mirror he was protesting “the Un-Catholicity of Fairfield University” and argued that a “pro-abortion, feminist [...] should not be speaking at any so-called Catholic university.”



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Fairfield University

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Compiled by Kathleen Morris
Information contributed by the Department of Public Safety

10/27
10 a.m.
Hazardous conditions were reported in Sister Thea Bowman Hall. A toilet flooded, causing two inches of water to seep into the rooms surrounding and below the impacted bathroom. A plumbing company and ABM staff worked to clean up and rectify the issue.

10/27
11 a.m.
A Rhino Boot was placed on a vehicle in the Canisius parking lot. DPS further reminds that students are at risk of wheel immobilization if their vehicle is unregistered or has received an excess of tickets.

10/27
8:15 p.m.
A school bus accidentally struck a light post in Dolan's gated lot. Electricians addressed the damage and the light was taken out of service. No injuries were reported.

10/27
12 a.m.
DPS assisted the Office of Residence Life in shutting down a gathering at 994 North Benson Road. There was a large number of students in the front yard, causing neighbors to call in a complaint.

10/28
1:30 a.m.
Fairfield PD assisted DPS in the identification of two unknown males outside of Kostka Hall. The men refused to show their IDs, which prompted intervention. Eventually, the individuals were determined to be a student and a guest. The guest was escorted off campus and the student was referred to the Dean of Students.

10/30
6:30 p.m.
A fire alarm was set off by cooking smoke in the Central Utility Facility. DPS emphasized the caution taken in response to incidents in this building, as it houses the electricity source for the entire campus.

10/31
12 p.m.
A smoke alarm was set off in the Dolan House attic. The cause is unknown. However, there have been numerous anecdotal reports of paranormal activity within the building.



The panel featured alumni who spoke about the challenges and strategies of obtaining a job in post-crisis job market. Representatives came from companies such as Via.

Dolan School of Business Alumni Panel Provides Insight into Finance Industry

BY NATHANAEL WILHELM
Contributing Writer

Fairfield Finance, Women in Business and Women in Finance hosted “Financial Industry Insights: Alumni Panel” on Thursday, Oct. 26. The alumni panel consisted of Adrienne Johnson ‘91, the Head of Internal Audit and SOX reporting at Apollo Global Management Inc., Kelley O’Connor ‘12, the current general manager of strategy operations at Via and James Schmidlein ‘13, an Associate at Apollo Global Management Inc.

Fairfield Finance leadership opened the event by asking the alumni to reflect on their time at Fairfield. After some ice-breakers, the alumni began telling their stories and started with how they found their way into the finance industry.

Schmidlein explained that he never intended to be in the finance industry. He studied history at Fairfield with hopes of becoming a lawyer. It wasn’t until a study abroad opportunity allowed Schmidlein to study in London and eventually Paris, where he worked for the first time in corporate finance.

Johnson explained that she studied finance but graduated when the market was poor, so she struggled to find a job. She worked in retail until she landed a job at Lehman Brothers. O’Connor studied finance and worked with Johnson after graduating. She eventually moved on to several investment banking jobs before getting a job at Via.

The alumni were asked what the biggest lesson they learned from experiences in the finance industry. Schmidlein said that his advice is to keep an open mind and spend your time with people who will raise you up. He continued to explain that he would have never gotten into the finance industry if he didn’t have an open mind, nor would he have ever studied abroad and gotten a job that gave him some marketable skills.

Johnson explained that she has learned a lot in her time as a leader at Apollo. She learned to recognize the strengths and weaknesses of everyone on her team and not dehumanize the workplace. O’Connor shared that her time working for airlines during COVID-19 was the most difficult time in her career and she learned more from the tough times than any other experience. She continued to say that the key to success in finance and in general is to have something that sets you apart from everyone else.

The panel was asked if what they learned while at Fairfield has helped them in their careers. O’Connor opened by saying that at Fairfield she developed a sense of thinking about who you’re working with and remembering that everyone has a different story, even in a professional setting.

Schmidlein explained he learned that hard-working people get lucky. Through his own hard work, regardless of his major, he had opportunities available to him in college and beyond.

Johnson added that it’s important to lift people up with you instead of being competitive. She explained that finance is a stressful career, but surrounding yourself with people you care about and enjoy working with makes it worth the struggle.

“It was also great advice to stay open and say yes to different opportunities.”

-Isabella Carrano ‘24

Schmidlein’s story resonated with Fairfield senior Isabella Carrano.

“It was interesting to hear how [Schmidlein] graduated with a completely different degree than what he ended up doing,” said Carrano, “I can relate to that because I’m still trying to find what I want to do as a career too. It was also great advice to stay open and say yes to different opportunities.”

The event concluded with some Q&A from the panelists to the audience. The panelists quizzed the audience on business and finance terminology and tested their knowledge of different marketing strategies. Every audience member that answered a question correctly was rewarded with a Dolan School of Business hat.

THE MIRROR

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FUSA Plans to Repeat ‘Kitchen 101’

CONTINUED FROM PAGE 1

students’ motivation to improve their own nutritional health.

As the campus dietitian, Schipke’s main role is to ensure that the dietary needs of students, such as allergies, are met with proper accommodations. This work is done through one-on-one nutrition counseling as well as various campus wellness events.

While the goal is to equip students with culinary knowledge, skills and confidence, Schipke voiced the additional objective of “Kitchen 101” to give students a fun, rewarding and stress-free experience.

For the first Fitness and Nutrition event of the year, the Tully Cooking Class went over with mass appeal. Able to indulge in their creations after their time at the burner, the new chefs expressed sure satisfaction with their results.

“It’s good to have something interactive,” commented Schipke. “The feedback from the participants was overwhelmingly positive and students seemed to have a blast. Everyone



Students wait patiently while Chef Dostilio teaches the fundamentals of smart, healthy cooking. The cooking class is the first nutritional centered event hosted by H&W in partnership with Stags Hospitality.

walked away with some new skills, full stomachs and smiles on their faces.”

A representation of the entire student body, FUSA President Aliyah Seenauth ‘24 asserts the importance for the association to support an event like this one, which values how we feed our own bodies to increase personal wellness. She declared it is

certainly something they will revisit in the future.

“An event like this commemorates our university’s mission of caring for the mind, body, and spirit ... [it] is a glimpse into the great things H&W plans to do going forward.”

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Opinion

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LETTER TO THE EDITOR

College of Arts and Sciences DEI Committee Reacts To Anti-LGBTQ+ Note Posted On The WGSS Board

BY CAS DEI COMMITTEE

The College of Arts & Sciences-Diversity, Equity and Inclusion (CAS-DEI) committee is charged, as per Section 4.1.5.6 of the Governance Document of the College of Arts and Sciences, “to propose, develop, implement and promote DEI initiatives and action plans.”

As per this charge, the Committee makes the following statement in response to the anti-LGBTQIA+ note left on the WGSS bulletin board in Donnarumma Hall on Oct. 18, 2023, acknowledges the injury caused by it to members of our College and University community, and addresses the climate of inhospitality that the note, unfortunately, reflects.

CAS-DEI Committee members unanimously refute the contents of the note as contrary to the University’s Jesuit Mission and to its commitment to inclusivity and academic excellence.

As a Catholic Jesuit University, as stated on Fairfield University’s website, we are committed to revering and celebrating the ‘human dignity of every person.’

Gender inclusivity, in particular, is highlighted on the university’s website as an important feature of the University’s

commitment to fostering diversity, inclusion and belonging.

Additionally, the page lists that we, as members of Fairfield University’s community, should strive to “model behavior that reflects a positive value and respect for gender as a non-binary construct.”

However, in practice we have a worrisome record which requires due attention and action. The University’s dismal ranking as the 14th most “LGBTQ-Unfriendly” college by Princeton Review echoes the sentiments of many queer students, staff, and faculty, one of whom remarked, “my queer identity is invisible on Fairfield’s campus and even, at times, feels like it is purposefully being erased.”

October is LGBTQIA+ History Month and it has gone largely unacknowledged for the wider campus community as a whole.

Whereas we believe in the value of a unified University ‘brand,’ as a source of common identity and marketing, we believe that such uniformity should never come at the cost of alienating the voices and identities of members of our community and contradicting the University’s stated commitment to supporting an “openness and desire to develop one’s own understanding of gender identity, sexual orientation and

other differences.”

The posting of the note on the Women, Gender and Sexuality Studies’ bulletin board is an affront not only to the LGBTQIA+ community on campus but also to WGSS faculty and students.

Both demonstrate commitment to the delivery and pursuit of academic excellence on a daily basis. They help us understand how “cultural assumptions about gender and sexuality influence the development of personal identity and public roles that consequently affect all social and political structures.”

We are heartened that Dr. Don Sawyer, the VP of Diversity, Inclusion and Belonging, is actively working on university-wide response protocols to such bias-related incidents and we are encouraged by the ongoing work of offices such as Student Diversity and Multicultural Affairs.

The CAS-DEI committee is also working to develop response protocols and to outline an action-plan to address issues of LGBTQIA+ student, faculty and staff alienation within the College; all of which we hope to report at a future CAS Faculty meeting.

Faculty, students, or staff are invited to reach out to any CAS-DEI member listed

below to share their thoughts, experiences and concerns.

We stand in love and solidarity with our LGBTQIA+ colleagues, staff members and students.

Intolerance and alienation have no place at Fairfield University.

Signed,
CAS-DEI Committee:
Dr. Gwendoline Alphonso, Committee Co-Chair (Politics, faculty)
Dr. Jill Smith-Carpenter (Chemistry & Biochemistry, faculty)
Dr. Daniel Libatique (Classical Studies, faculty)
Dr. Elizabeth Hohl (History, faculty)
Dr. Rachel Robinson-Zetzer, Committee Co-Chair (English, faculty)
Dr. Zhanar Berikkyzy (Math, faculty)
Mr. Karl A. Uzcatequi (Student Diversity and Multicultural Affairs, staff)
Ms. Lori Jones (Quick Center for the Arts, staff)
Ms. Erika Sanchez ’24 (student)
Ms. Stephanie Suarez ’26 (student)

Don't Underestimate the Value of Humanities Majors in the Workplace

BY KAITLYN CONROY
Contributing Writer

When I became a humanities major in the fall of 2022, I was met with a lot of doubt from family members and friends. “I hope she gets a job after graduating,” they would all say. I would also get the typical “Oh so you want to be a lawyer or teacher right?”

Obviously, there’s nothing wrong with those professions! However, I knew it was not the path for me. To be honest, I still don’t really know my path. But that is beside the point. The point is there is this stigma when it comes to majoring in the humanities.

A lot of people assume that humanities majors are never going to get jobs when they graduate from college. They see no point in getting an English degree or a Philosophy degree because it’s not a Finance degree.

However, this is just not true at all. In fact, students who graduate with a humanities degree typically have the qualities employers look for.

In a US News & World Report article about employment and humanities majors, a professor from Arizona State University states that “humanities interns are wanted because they have research and writing skills. Those skills serve companies well.”

A humanities degree comes with many overlooked benefits besides comprehending classic novels and philosophical ideas.

I truly believe I have gained a much better education and overall experience because I am a humanities major.

Since the dawn of universities, higher education has always been focused on receiving just that—a higher education.

Students attended these institutions because they wanted to garner more knowledge in a certain field. However, over time, college became a one-way ticket to getting

a good job after graduation.

Times changed, and the reason for attending college changed from getting a higher education to becoming a crucial step toward landing a decent job. Since many jobs focus on the STEM or business fields, students are turned away by the prospect of choosing a major in the humanities. I had a similar thought process.

I used to think, “Why would I major in English or History when I could be a STEM major and land myself a job where I make three figures?”

I did not enjoy science classes as much as I did literature or history classes, so why would I make myself major in something I did not like?

When I decided to switch my major to the humanities, I was even a little concerned about whether I would get a job after graduation.

What could I do with a humanities degree? The answer to that is anything I want to do!

I could graduate with my degree and go into marketing or public relations if I wanted to. I could go into business or management. I can become a social media manager for a major company if I want to.

I am becoming a critical thinker and can really articulate my ideas well in conversations and in written form.

I can research and analyze better than most other students. These are qualities that employers look for in a job candidate.

Employers know that a humanities student is a



Many people avoid majoring in the humanities because they believe that they will not be able to get a job. However, studies have shown that humanities majors are the ideal candidates to employers.

well-rounded person with many different qualities that can help a company thrive.

I am learning how to be a better employee while also taking classes in subjects that I am passionate about. I can take a literature class where I read classic novels but also learn how to express ideas and opinions in an articulate way.

When I talk to someone undecided about what major they want to pursue, I always tell them to major in a field that interests them the most and not to major in a field they think will get them more money.

Many prospective students look over the humanities when looking at schools like Fairfield, which has nationally ranked business programs.

While there is nothing wrong with studying business, there are students who feel like they need to study it in order to have a career.

You can have a successful career with a humanities degree. Humanities degrees are not just limited to teachers and lawyers. Humanities is a field that opens up so many doors that people just don’t see.

Professors Need to Consider the Emotional Toll of Grading Class Participation

By **FIONA KILLEEN**
Contributing Writer

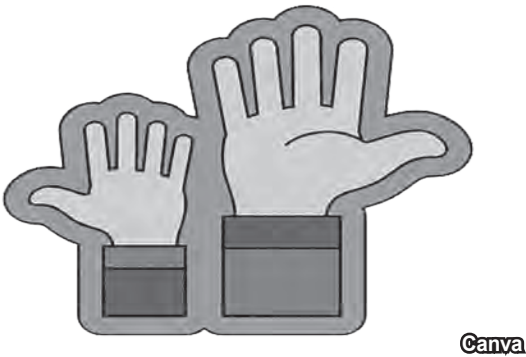
Almost every class I have taken during my college experience thus far has measured the amount of participation students contribute in some capacity.

Speaking up to answer a question in class can help students confirm they are actually grasping the material, as well as demonstrating to the professor that they are concentrating on the lecture.

I completely understand that there are indisputable benefits to active participation.

However, we are living during a time of increased cases of mental health conditions in college-aged students.

According to the Healthy Minds Study for the 2020-2021 school year, which gathered reports from over 300 colleges, over 60% of students demonstrated at least one mental health issue.



Graded participation has benefits for some students, but for others, it can cause anxiety and not accurately reflect their performance.

Considering just how many students face mental health challenges, I believe that participation grades need to be assessed in a manner that does not elicit more anxiety from students.

Students who demonstrate social anxiety will likely approach public speaking with feelings of apprehension and maybe even self-consciousness.

If a student is already experiencing stress, knowing that they have to participate in a certain class is only going to bring about more anxiety.

Another aspect of mandatory participation that can be troublesome is if a student is already stressed; they are likely not going to be able to formulate their best thoughts or explanations when answering a graded question.

For students who don't struggle with public speaking or social anxiety, graded participation can offer a helpful way to bolster their exam or homework grades.

Since there are so many contributing factors to why a student may not do well with public speaking, graded participation usually does not reflect the actual academic capabilities of the entire class.

A student may be very engaged with the course material, but if they experience uneasiness with public speaking, the professor may not perceive this understanding until the exam.

Even if a student does participate, the stress they may feel could limit them from fully articulating their thoughts.

This puts the students who approach public speaking with panic at a disadvantage since their actual comprehension of a topic may not be conveyed.

Additionally, sometimes participation accounts for such a substantial portion of a student's grade that unsatisfactory participation could really harm their average.

If so many students weren't experiencing mental health concerns, then grading participation may be more clear-cut, but the

current circumstances of mental illness require a different approach.

Last year, I took a religion course that implemented a very low-stress model of grading participation. During Magic and Religion, we were always encouraged to participate vocally, but our actual grade came from participation comments we submitted virtually at the end of each week.

I thought this was a great way of addressing participation since I was able to write out my responses without having to worry about the actual amount of time I was speaking during class. I tend to write more in my participation comments than I would have said during class since I had more time to contemplate my ideas.

This model of measuring participation can yield more thoughtful vocal involvement during in-class discussions since students aren't worrying about the sheer amount of times they are speaking.

For students who do worry about what their peers may think, being able to participate without the fear of judgment could be beneficial not only for their grades but also for how they approach going to class.

Without having to worry about when you are going to earn your participation points, students may come to class more focused and enthusiastic to learn.

I totally understand that evaluating active participation can motivate students to speak up during discussions, as well as increase their interactions with peers.

I also think that grading participation can assist professors with surveying which students need a little extra support with a certain concept.

However, the current prevalence of mental illness in students indicates that measuring participation needs to be adjusted to match the needs of the students.

It's Time to Rethink the Ethics of the Draft Law

By **BROOKE LATHE**
Executive Editor

In the past few days, my social media feed has been filled with videos joking about the rumors regarding the possibility of women joining the United States military draft.

The American government has enforced a draft in all six major wars: the American Revolutionary War, the Civil War, World War I, World War II, the Korean War and the Vietnam War.

Throughout these centuries, different acts and laws have been passed by Congress changing the requirements and rules, but have generally consisted of the same idea that men who met the criteria would have to serve if there was ever a shortage of American soldiers.

If one were to evade registering or decline orders, this person would be fined a fee of up to \$250,000, serve a prison term of up to five years or face a combination of both.

In 2022 the National Defense Authorization Act (NDAA) proposed multiple changes to the military draft, including the suggestion to require women to register.

However, none have been passed—at least not yet.

Luckily there hasn't been a draft in 50 years, the last having been in 1973.

And while I am incredibly thankful for our armed forces, as both my dad and brother have served, I personally believe that no one should be drafted.

It is a privilege to have people volunteer and risk their lives for our benefit, however, it is inhumane to force a person to kill or be killed.

And now, the possibility of including women in this fate just increases my frustration and poses more ethical questions.

While our current draft age for men lies between 18-25, and would most likely be the same for women, my initial concern regards young parents.

Let's say the possibility of becoming drafted is now equal for everyone within this bracket.

What happens then if a mother and father are coincidentally drafted at the same time—who will take care of the kids?

This is not to say that a woman's job is to be a caretaker,

but is to point out that with neither guardian present this may force thousands of kids into foster care—a service that is already overrun and poorly resourced in America.

Will the government finally focus on providing children with supportive homes and figures then?

Another issue that immediately comes to mind is that female soldiers are oftentimes harmed more by their male colleagues than by the “enemy”.

In NPR's piece, “Off The Battlefield, Military Women Face Risks From Male Troops,” a group of female veterans share their experience with sexual assault inflicted by the people they are supposed to trust.

Statistically, about 19,000 sex crimes take place in the military each year.

Researchers calculated that more than one in four women who join the military have been and will be sexually assaulted during their careers.

How will that number change when female participation forcefully increases?

More importantly, how will the government protect us from our own people?

For other countries that have already implemented a female-included draft, it is found that they are also subjected to the same cruel treatment.

Researchers found that the Norwegian military has countless reported cases of rape conducted by their male colleagues, a quarter of women in the New Zealand armed forces experienced inappropriate sexual behavior in the past year and a third of Israeli female soldiers reported they were sexually harassed in a survey conducted in 2021.

So many people want to argue that including women in the draft would eliminate the gap in inequality between genders.

Unfortunately, I don't see how that problem can be fixed when so many other aspects would still surround sex discrimination such as assault, poorly made armor for female body types, the lack of menstruation resources and so much more.

I think I speak for a majority of us when I say that hopefully we will never have to resort to a draft in any future situations, but with the system still in place anything is a possibility. It's time to rethink these protocols.



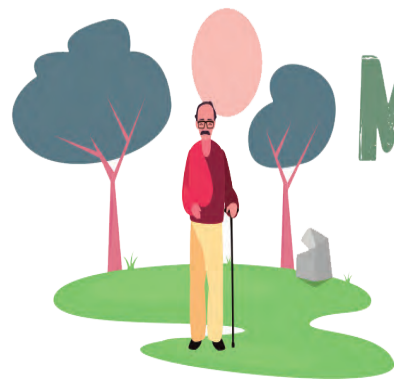
There has been no draft since the Vietnam War, but it still remains a federal law. This has open the door for conversation about whether or not women should be included in the draft, if one were to happen in the future.

THE VINE

OUTDOORS CLUB!

HIKING TRAILS

EDITOR: ABIGAIL WHITE



MAKING TIME FOR NATURE IN COLLEGE WITH FAIRFIELD'S OUTDOORS CLUB

By **JACQUI RIGAZIO**
Assistant Vine Editor

Looking to get off campus? Feeling bored with your average Fairfield weekends? Well, look no further! Fairfield's Outdoors Club offers students a change of scenery and the opportunity to appreciate nature during our busy college lives.

From hikes, to beach sunrises and outdoor painting events, this club really has it all. Fairfield students Lara Primakov '25 and Sam Healey '25 are avid outdoor enthusiasts and fittingly are the President and Vice President of the club, respectively.

"The Outdoors Club is all about having a great time in the great outdoors," Healey says, "we're looking forward to a year of fun new adventures."

President Primakov shares that her goal for Outdoors Club is to "give anyone a space to do things they don't normally get to do, or give themselves the time to do. I don't make time to appreciate nature as often as I should, and I think a lot of people feel the same way."

I can definitely agree with this. The non-stop lifestyle of college can get overwhelming, and it's hard to make time to appreciate the beautiful world around us. Thankfully, the Outdoors Club has plenty of opportunities to get your fix of Mother Nature's creations!

"We've hosted three events so far this year: a hike at Devil's Den Nature Preserve, a sunrise social at Penfield Beach and our first-ever lawn painting event," Healey says.

Primakov notes that the sunrise social was "a very early wake-up, but the view of the sunrise from the beach is always worth it." She also comments on what a success their first lawn-painting event was, which was hosted on Barnyard Lawn, saying how "one of our attendees said that he was having

so much fun and forgot how much he liked painting because he hadn't done it since middle school. That's gonna stick with me—it made me really happy to hear."

Combining the outdoors with a creative, de-stress event like painting seems like the perfect way to spend an afternoon!

In addition to these awesome events, Primakov and Healey have a lot of exciting ideas in the works for the club's future.

"We've been talking about cliff or bridge jumping for a while—it's been hard finding safe places near us but we recently learned about a couple of places that might be promising," Primakov says.

Healey adds that "our members can expect at least a couple of hikes and sunrises every month, plus some exciting new events like pumpkin picking, bridge jumping and maybe even a trip to the New York Botanical Gardens."

Primakov also teased a potential paintball trip, commenting that she is "super into that idea. I've never done paintball but I've always wanted to, so finally getting the chance to do it with our club would be sick." Make sure you are all keeping an eye out for these exciting upcoming events, they sound like something you wouldn't want to miss!

Clearly, the Outdoors Club has a lot of fun and exciting things in store for this school year. If any students are interested in joining the club, it's not too late!

Healey emphasizes that "everything we do is fun, casual and super low commitment; plus it's a great way to meet people, get off campus and explore the local area."

Primakov adds that any students who are "looking for something different to do on the weekends or on a weekday afternoon when you need to take a break from school-work, you should totally check out our club and see what we're up to."

She jokes that "our events sometimes

feel like it's just a bunch of friends hanging out, having random adventures outside, and that's the kind of environment I want everyone to feel welcome to join."

This definitely sounds like an awesome way to spend some free time and get a change of scenery!

Healey wants to remind students that

"for more information about who we are and what we're up to, check us out on Life@Fairfield, we'd love to see you on our next adventure!"

I don't know about you, but I'll be keeping an eye out for the next beach sunrise or the New York Botanical Gardens trip.

See you there!



Photo Contributed By Sam Healey
Fairfield University's Outdoors Club hiked Devil's Den nature preserve as one of their club excursions on Sep. 30, 2023.



To Study Or De-Stress? The Best Of Both Worlds This Midterm Season

By **FIONA WAGNER**
Contributing Writer

That's right everyone, midterm season is among us.

Midterms are often a scary time for students, but it doesn't have to be!

Instead of giving you a bunch of study tips you have probably heard a million times, I have compiled the ultimate list of TV shows, movies, books and music to help you while you study (or not study).

TV Shows

Studying for midterms can be so gruesome and sometimes you just need a break.

For me, I like to put on a good comfort show to help relieve my stress and anxiety.

Two shows that I think are perfect for that are "Gilmore Girls" and "Friends." You can use these two shows as a break from studying, but you could also use them as background noise.

I also think that any sitcom could do the job, or any TV show you have seen a lot.

Movies

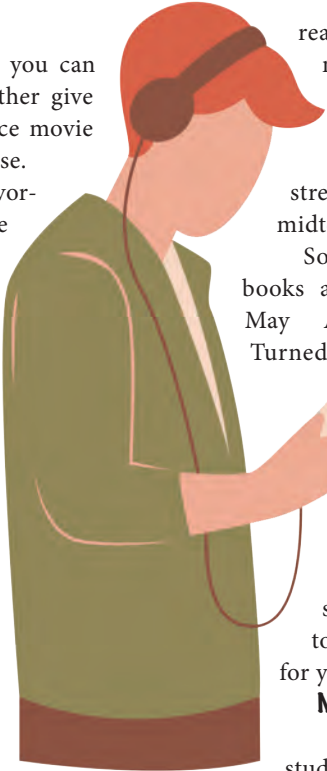
Similar to TV shows, you can watch movies! You can either give yourself a break with a nice movie or use it as background noise.

Think about your favorite comfort movies, those would be perfect for this. If you don't have any that come to mind, you can steal my personal favorites.

"Clueless," "13 Going on 30" and "The Parent Trap" are three of my favorite movies that I would totally use as background noise. Also, I think that any Disney movie or a movie from your childhood would serve this purpose.

Books

With books, you can't



really use them as background noise because you can't read and study at the same time. However, curling up with a good book is a great way to relieve stress in your life, especially during midterm season.

Some of my favorite comfort books are "Little Women" by Louisa May Alcott, "The Summer I Turned Pretty" by Jenny Han and "Better Than the Movies" by Lynn Painter. I would also throw in the entire Harry Potter series.

Reading is a great way to get your mind off of all those gruesome exams and papers you have to do. It's important to take time for yourself and not work 24/7.

Music

Something you can do while studying is listen to music. I love to

have music playing while I'm doing homework or when I'm working on a paper. My preference is to listen to slower, calmer songs, rather than rap or upbeat pop—but that is just me. Two albums I love to listen to while studying are "Folklore" by Taylor Swift and "Punisher" by Phoebe Bridgers.

Also, as weird as this sounds, I love listening to classical and instrumental music while studying. I find myself listening to "Tchaikovsky: The Nutcracker" all the time. It's very relaxing and soothing and definitely helps me focus. I would advise finding a great album or creating a study playlist to help you during exam season.

If you are feeling stressed about your exams and school work, I hope you can use this advice to release some of that tension. What works for some people might not work for others, so I wanted to give you a lot of options.

Good luck with your exams, and if you already took them, finals season will be here before you know it!

GLOBAL FAIRFIELD PRESENTS NEW RESEARCH OPPORTUNITIES IN AFRICA

By **CLAIRE DEMARCO**
Contributing Writer

In her very short time as an Assistant Professor for Sociology and Anthropology, Frances Forrest, has successfully brought forth both interesting coursework and an international research program for students at Fairfield. Professor Forrest began teaching at Fairfield in 2022.

Spearheading courses like Biological Anthropology and Biomedical Anthropology, she distinguishes herself both inside and outside of the classroom with her immense knowledge and passion for her field.

Professor Forrest has spent her academic and professional career studying human evolution within the field of zooarchaeology, meaning that she studies animal fossils found alongside human fossils at archaeological sites. Her passion for this specific field of study got her initially introduced to the international research opportunity with Koobi Fora Field School.

The Koobi Fora Field School, a research and training facility for paleoanthropology, became the center of Professor Forrest's work as she began her role as a researcher and mentor in 2018. Since her work there began, she has traveled back four times (with any additional trips restricted by the COVID-19 pandemic) to continue her role as not just a researcher, but a present mentor for students engaging in research and training at the school.

As a mentor, she is able to help students come up with projects

to study, gather the necessary data and research to examine the topic and summarize and analyze their findings for publishable, tangible results.

The Koobi Fora Field School and the work Professor Forrest does there continues to prove the experience as one of the few programs that specifically offers one-on-one student mentorship in the study of human fossil record. Through this program and Professor Forrest's guidance, students are able to gain research experience that no other program is offering, providing the opportunity for publishable research as well as the experience and connections to aid in graduate school applications.

Professor Forrest has designed this program to specifically benefit student's knowledge of research while also opening the doors for future research opportunities well after the trip has concluded. Besides the original support through a month-long online class before the trip begins to ensure students are comfortable and prepared, students are also offered support after the course has concluded with networking through the research they have collected.

This workshop afterwards, located in New York or Washington, D.C., is open to program alumni, and is only required for those with a fellowship. The opportunity for a fellowship allows this incredible opportunity to extend to as many Fairfield students as possible, and foster the desire for knowledge and growth our students innately share.

In continuing the emphasis on growing the skill base, knowledge and passion for research, sessions are also provided for students to discuss getting into graduate school, getting approved for grants and continuing to engage in research.

In her excitement for this program, Professor Forrest hopes to impress upon students the value of the once-in-a-lifetime opportunity in front of them. While the field school is geared towards human evolution, she emphasizes the fact that the research itself is valuable to any student interested in pursuing human biology, geology or any other research-heavy field.

What she values more for a program like this is not necessarily a lengthy resume of research experience, but rather a student with a passion for research, and the adventure that comes with it. The program provides the opportunity to interact with and become immersed in a local culture, both with the school itself and the African students on the trip as well.

Speaking of the program as a whole, Professor Forrest acknowledges the apprehension students may feel, stating that "we have students who are at all different levels, students who have never been camping before, students who have never left the country—and they've all been fine. In fact, they all come back saying it's one of the best experiences of their life, leaving with lifelong friendships."

Between the unique opportunity this program presents to enter a new culture through a hands-on research experience, and the professional and academic development that comes with it, Professor Forrest summarizes this incredible opportunity by simply stating "If students want an adventure, this is the place to go."



Human Rights Explored "In Real Time" At Fairfield's Art Museum

By **ABIGAIL WHITE**
Head Vine Editor

If you are looking for some exposure to terrific works of art, look no further than the Fairfield University Art Museum. The museum is currently host to "In Real Time—Arthur Szyk: Artist and Soldier for Human Rights" an exhibition of political cartoons and images from Arthur Szyk that demonstrate and honor democratic ideals.

An acclaimed Polish Jewish miniaturist and political cartoonist, Szyk's work has appeared on the covers of magazines such as "Time" and "Collier." Witnessing the rise of totalitarianism in Europe with the start of World War II, Szyk emigrated from London to the U.S., where he lived and worked in New Canaan, Conn.

His work addresses issues of racial equality, human dignity and religious tolerance, and he became one of the U.S.'s most highly celebrated political artists as his work helped to sway public opinion against Nazism and facism, and toward American support of European Jews during the war.

Consisting of over 60 pieces of Szyk's work, this exhibition in the Fairfield Art Museum can be utilized as a platform to promote conversations of racial equity, human rights and social justice, as we still experience structural racism and other social issues in our communities today.

I was fortunate enough to visit this exhibition in the Bellarmine Hall Galleries and experience Szyk's brilliant and political work for myself. As I walked through the gallery, I was immediately struck by the bold titles that were presented above collections of Szyk's work. Some of these headings included "The Right to Resist," "The Right to Nationhood," "The Right to Expose Tyrants 'at Work,'" "The Right to America" and more.

Each political cartoon displayed underneath was a representation of the title above. And though each headline highlights individual facets of Szyk's work, they all have one thing in common: The "right" to something. Szyk's political cartoons are heavily focused on human rights, the rights that we are all entitled to as human beings, no matter our race, religion, gender, etc. Therefore, I found it fitting that each headline in this exhibition groups his work together in the gallery in such a manner that stresses the importance of

our "rights."

With so many pieces of Szyk's work displayed in this exhibition, it is hard to pick just a few that really stand out from the rest, but when I first entered the gallery, I was drawn to a wall, painted green and covered in an array of the political cartoons. One, in particular, that caught my eye was "Madness," crafted from watercolor, gouache, ink on paper and graphite.

A description of this piece found on Fairfield University Art Museum's website, explains that "In this cartoon, published on the cover of Collier's, Nazi leaders Adolf Hitler (1889- 1945), Hermann Göring (1893-1946), Heinrich Himmler (1900-1945) and Joseph Goebbels (1897-1945) stand together, pinning Nazi flags on a globe threatened by a Nazi rattlesnake. At their feet lay collaborators Philippe Pétain (1856-1951) and Benito Mussolini (1883-1945)."

Many of the other political cartoons along this wall depicted Hitler, Mussolini and other Nazi leaders towering above a world map, above crosses and graves, above puppets that they hold tightly on strings. The proportions of the art were what I found to be intriguing about this work, and what I found to be a demonstration of the oppression and dictatorship present at the time of the Second World War.

This is an exhibition that needs to be examined with time and precision, as there are so many incredible political cartoons and works of art. I, myself, could have spent hours examining and reading about each individual piece.

I recommend that students truly block out some time from their busy schedules, so they can truly appreciate all Szyk's work has to offer. Students can also experience this art in the Walsh Gallery as an interactive experience.

The Art Museum's website explains that this gallery features "two workstations that will enable visitors to explore Szyk's miniatures in high resolution, reconstructing the artist's gaze through a "digital magnifying glass." It continues, "Visitors will be able to remix and repurpose individual elements, characters and motifs drawn from the works in the exhibition, to

create new cartoons that will be instantly 'published' as projections on large wall surfaces in the gallery itself and online, giving the contemporary exploration and reinterpretations of Szyk's art a broad audience in real-time." This is such a unique opportunity that students should take the time to check out if they find themselves drawn to Szyk's work.

At Fairfield, we are fortunate enough to have a museum of art right on campus. So take advantage of this close proximity to some amazing art and check out "In Real Time—Arthur Szyk: Artist and Soldier for Human Rights" in the Bellarmine or Walsh Galleries before it is gone. Students can also experience this exhibition via the "Virtual Tour" on the Fairfield University Art Museum's website. It will be exhibited in the Bellarmine and Walsh Galleries until Dec. 16, 2023.



Photo Courtesy of fairfield.edu/museum

Israel (Heritage of the Nations series) is a part of the collection, "In Real Time—Arthur Szyk: Artist and Soldier for Human Rights" at the Fairfield University Art Museum.

PERFECT PUMPKIN PICKS FOR YOUR NEXT RECIPE

By **BROOKE LATHE**
Executive Editor

Last year I shared the 10 best pumpkin-inspired recipes for the fall season, which included pumpkin bread, pie, soup, cookies, ravioli, lattes, breakfast items, hummus, whoopie pies and brownies.

So now, it only feels right that I compile a list of 10 more unique and delicious ideas as we are in the middle of a beautiful autumn right now!

Pumpkin Sauce

A thick seasonal sauce could be used in either pasta or gnocchi dishes with ease.

In addition to throwing in some protein such as meatballs, chicken, shrimp or guanciale (carbonara style), adding nutrients such as spinach, tomatoes or asparagus would label this meal as the epitome of tasty flavor and balance.

Pumpkin Mac and Cheese

A comfort meal for so many people is macaroni and cheese, which of course is no surprise.

However, most people forget that this staple warm and filling dinner can be altered to something other than the ordinary.

Whipped Pumpkin Butter

One social media creator on TikTok, Thomas Straker, has a series called “All Things Butter,” where he makes and rates a different flavor of butter in each video.

And yet, in 21 episodes, Straker still hasn’t shared a pumpkin butter recipe—why not?!

Pumpkin butter would pair perfectly with sourdough or pumpernickel loaves, and it’s a combination I would love to snack on.

Honey Pumpkin Dinner Rolls

I saw these rolls on Pinterest and my mouth immediately watered!

Topped with pumpkin seeds and sugar, these fluffy pillows could be the perfect addition to any dinner you eat this season.

Dip it in your new tasty sauce or slather it with butter—original or cinnamon sugar.

Pumpkin French Fries

Have you ever tried pumpkin french fries?

While I’m not sure this side dish

might go with many dinners, it could be a different and fun alternative to the sweet potato or original fries you may choose to eat with your usual burger.

Pumpkin Ice Cream

Name a better seasonal dessert. Pumpkin ice cream is one of the most delicious treats you could indulge in after a long day.

For those of you who are dairy-free like me, you can easily substitute the milk and cream for oat or coconut-based products—Trader Joe’s has a lovely Pumpkin Oat Beverage you can use for extra flavoring.

Pumpkin Donut

Specifically pumpkin cinnamon sugar donuts because what other flavor combinations work in such unison?

A nice warm donut can either be a good way to start or end your day, or both—I’m not judging!

Pumpkin Coffee Cake

I love coffee cake and yet never thought to spice it up by adding a fall flavor like pumpkin.

With the brown sugar and cinnamon crust topping, it seems like a crime not

to have this dessert readily available all year round but at least it’s gracing us with its deliciousness this season!

Pumpkin Pudding

A yummy spiced pudding can prove to be just as light as it is refreshing.

With hints of cinnamon or nutmeg (optional) and simple preparation, this ought to be one of the best fall snacks to brighten up your day.

Pumpkin Caramel Cheesecake Bars

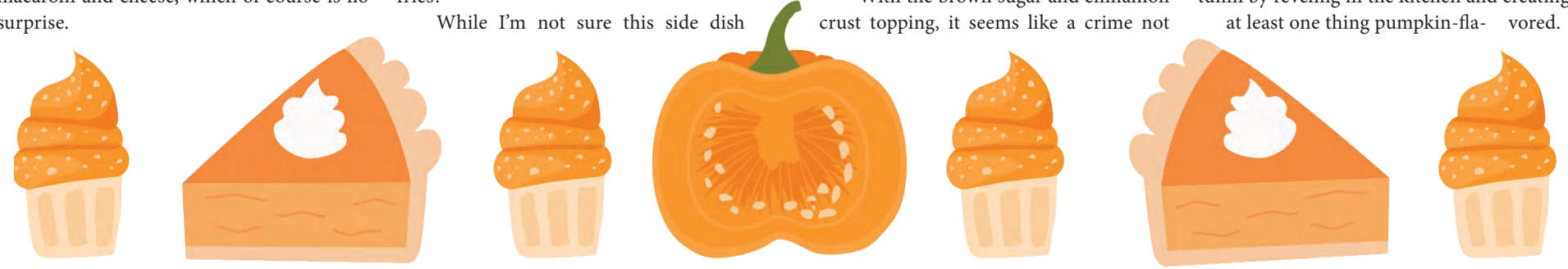
This may be the holy grail of sweet treats ... or stomach aches.

These small bars are just enough to give you the stunning taste of fall while also satisfying your sugar cravings without over-indulging.

There are thousands of unique recipes that include seasonal dishes that can replace your routine dinner or dessert rotation.

Or better yet, hundreds of ways you can add these flavors to spice up your personal comfort meals.

Either way, make sure to honor this autumn by reveling in the kitchen and creating at least one thing pumpkin-flavored.



A Trip Abroad: Finding Peace In Antibes, France

By **AMY MAGAGNOLI**
Contributing Writer

One of the most incredible benefits of studying abroad is the opportunity to explore various parts of Europe at a relatively lower cost. By using the “Skyscanner” app, one can easily discover affordable flights and accommodations, making it possible to visit dream destinations you have always dreamed of.

My study abroad journey has been challenging due to unforeseen health issues, leaving me with little time for thorough research. Fortunately, I stumbled upon the beautiful city of Antibes on the French Riviera, and I am thrilled to share my experiences.

Located just about 20 minutes from the Nice Airport, Nice Côte d'Azur Airport, Antibes is a quiet, lesser-known gem in the South of France. Despite its relative obscurity,

the city has more to offer than one can imagine.

My friend and I stayed in the AC Hotel by Marriott Ambassador Antibes-Juan les Pins, which provided the perfect accommodation for a budget-friendly and secure experience. Situated within a 10-minute drive from the attractions we explored, the hotel offered convenience and accessibility. My personal highlight was the hotel’s indoor pool and sauna. The unique design of the pool area, reminiscent of a cave, enhanced the overall experience and added an extra peace to our stay.

While some might perceive traveling the South of France in October as less than ideal due to the supposed decline of enjoyable weather and the official end of the season in September, I found October to be the perfect time to explore. The weather remained within the 65–70 degrees Fahrenheit range during the day. This still provided delightful beach conditions, which even allowed me to take a dip in the Mediterranean Sea.

Personally, I feel that the best time to visit your favorite destinations is during their off-peak season. This choice allows you to discover all the hidden beauties without the disturbance of crowds, which often ruin the true essence of all you can discover in breathtaking places.

One of the aspects I cherished about Antibes is its hidden beaches. Particularly in October, these beaches provide the best setting for reflection and relaxation.

As I sat on the beaches in Antibes, a profound sense of peace filled inside of me. Compared to the overwhelming nature of London, where one constantly finds themselves in vulnerable positions within the chaos of public transportation and bustling city life, the sandy shores of Antibes offered me much-needed rejuvenation.

Here, I could sit, contemplate and appreciate the beauty of every corner of Europe. It became clear to me that places like the beaches in Antibes are crucial for mental rejuvenation, and generating a deeper appreciation for the world around us.

Beyond its beaches, Antibes has one of the most remarkable attractions—the Picasso Museum.

Situated within the Grimaldi Castle in Antibes, this museum holds a distinction as the first-ever establishment dedicated to Picasso. Alongside the breathtaking collection of Picasso’s masterpieces, the captivating views of Antibes, make this museum an unforgettable destination.

Antibes is a destination I would highly recommend to all future abroad students and travelers, as its beauty will always have a special place in my heart.



Located in Antibes, France, the scenery at Plage de Ondes, a wonderful spot for photography enthusiasts.



NEW SEMESTER SCHEDULES: STAGS SUGGEST THEIR FAVORITE COURSES

By **MAX LIMRIC**
Managing Editor

Nerd alert!!!!

Course registration is happening very soon, so you might just be in need of that final class to finish up your schedule, or you might still need all five, that's what I'm here for.

And because I've been called a nerd more than a few times, mostly by my sister, I believe I'm qualified to suggest some courses. Below, I'll suggest some of the best courses I've ever taken at Fairfield University, as well as offer courses from other majors and minors.

As an English and Spanish major with a minor in Education, my favorite courses are obviously going to be in the humanities. But, an education class that everyone at Fairfield should take is Explorations in Education (EDUC 2201). If you don't plan on teaching, the course offers valuable information anyone should know—whether

you're going to be in politics or just a parent—it helps to know about the education system today.

When it comes to English courses, there are too many good ones to list just a few, but I'll try. Native American Literature (ENGL 2081), Young Adult Literature (ENGL 3073) and Latinx Literature (ENGL 2082).

On to Spanish. Any class with Professor Farrell is a win. But, Hispanic Film (SPAN 3271) offered me so many new perspectives. And, it's a Magis Core Interdisciplinary and Visual & Performing Arts credit for anyone still looking! Close runner-ups would be Bilingualism in the Spanish Speaking World.

Now, into some other courses for other majors and minors. Caitlin Shea '27 and Fiona Wagner '27 are both Digital Journalism majors and have taken Intro to Film and Video Production (FTMA 1011) class together every Wednesday. They profess their love for the

class as they love the creative freedom and can choose a lot of the projects they do. "It's very hands-on too!"

Sophomore Ben McKeon, a nursing major, likes a class he's taking this semester, Career Spanish for Nursing and Health Studies (SPAN 3231N) . He knows his course will be valuable for his career later in life.

Fellow nursing student Bailey Taylor '24 loved her maternity course (NURS 3314) which included a clinical at Stamford Hospital. "I was helping a woman deliver her baby, it was very emotional. It's a great experience Fairfield provides!"

In the business world, Jennifer Fajardo '25 had a great time in her Intro to Financial Accounting course (ACCT 1011). Easily won over by treats, Fajardo recounts how the professor "brought cookies and candy to class."

Politics majors enter the scene as Crystal Arbelo '27 is thoroughly enjoying her American Politics course (POLI 1101) with Prof. Balkaran.

"Class is more like an open discussion that allows students to use their own experiences to relate to and help define the workings of American Government" she relays.

Erin Resnick '25, a Communications major and Education minor, enjoyed Explorations in Education. Thanks, Resnick for backing up my point above and shoutout future teachers!

I hope at least some of these courses are open for registration next semester, but if not, make sure to keep an eye out for them in the Fall!



A LITERARY EXAMINATION OF BALDWIN'S "THE FIRE NEXT TIME"

By **THOMAS SENESAC**
Contributing Writer

"The Fire Next Time," by James Baldwin, was published in 1963 and comprises two essays.

The first essay is a letter Baldwin wrote to his nephew, his namesake, titled, "My Dungeon Shook: Letter to My Nephew on the One Hundredth Anniversary of the Emancipation," being of course, that Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863.

Baldwin's letter to his nephew is deeply personal and will reside with everyone who, being an older sibling or parent, has raised and protected their young one but knows, unfortunately, what the child will have to endure in the years to come; this is particularly true for African-Americans, women and all persons of color.

The second essay in "The Fire Next Time" is titled, "Down at the Cross: Letter from a Region in My Mind," and makes up most of the book, and was initially published in "The New Yorker" on Nov. 9, 1962.

In late 1962, not only was the Civil Rights Movement finally capturing national attention as the Montgomery Bus Boycott took place six years before and the Little Rock Nine only five years before, but the emergence of Martin Luther King Jr. as a national figure was only a year away with the publication of "Letter from Birmingham Jail".

Most importantly, for Harlem and James Bladwin, Malcolm X and the Nation of Islam movement were truly breaking through.

"Down at the Cross" is broken up into three sections.

In the first sentence of the first section, Baldwin writes, "I underwent, during the summer that I became fourteen, a prolonged religious crisis."

In this opening section, the reader vicariously experiences the changes Baldwin saw happening around Harlem in his late adolescence, with his friends choosing one path, the girls his age choosing another and him trying to find his

own.

Most important of all in this section, Baldwin establishes, in the reader's mind, the forces pulling him every which way, both toward the Church and toward "The Avenue," where pimps and dealers operate.

As Baldwin continues to unravel his history we feel a portion of the tension within him, and we feel it is a miracle that anyone could make it out of Harlem alive.

We soon arrive at the second section.

After introducing the Nation of Islam, its impact on the African-Americans of Harlem, and the movement's then-leader, the Honorable Elijah Mu-



hammad, Baldwin tells the story of having dinner in Elijah Muhammad's "stately mansion" in the South Side of Chicago.

In the third section, Baldwin tells of his concerns about the Nation of Islam's efforts, the practicalities of their aim, along with his thoughts on "the problem of the color line," as DuBois puts it, in the United States and the world.

"The Fire Next Time," as revealed by its title, is really a collection of essays concerning love and the end of the world. By 1962, enough nuclear weapons had been amassed to destroy all forms of life, many times over and the problem of the color line was seeming more like an incoming deluge, rather than something, as John F. Kennedy had seen it, that would pass over soon.

As Baldwin writes of African Americans, "They are very well placed indeed to precipitate chaos and ring down the curtain on the American dream" (Baldwin, 88).

Baldwin makes the point of criticizing both the doctrine of the Nation of Islam and the American Nazi Party, in saying that one race regarding another as intrinsically inferior always leads to brutality and murder and he has plenty of evidence to support this just from the common knowledge of lynchings and the Holocaust.

Baldwin's writing, however, is not only threatening, callous and irate, as it is often characterized as being, because Baldwin also has some of the most profound thoughts on the problem of the color line that you are likely to find in American letters.

The relationship between white people and how they interpret their whiteness, with African-Americans, and how they are made to interpret their blackness, is deeply and relentlessly explored.

With the inclusion of "My Dungeon Shook" at the beginning and "Down at the Cross" at the end, "The Fire Next Time" is a collection of essays that shows the reader a personal case whilst outlining a national problem.



COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE
Editors: Brooke Lathe, Max Limric, Kathleen Morris



WEEKLY ASTROLOGY

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ARIES

MAR 21 - APR 19

Aries, it's possible you're waiting for someone to fulfill their promise to you or make something available to you. But the better use of this energy would be to do something else while you're waiting rather than constantly check your phone or pace in front of their door.

TAURUS

APR 20 - MAY 20

Taurus, you might be impatient about relationship matters. You're ready for the other person to show up and state theirs. If you're looking for love, you could feel some frustration at the slow pace of finding your match. But energy like this is meant to help you.

GEMINI

MAY 21 - JUN 20

Today, even the smallest task could feel irritating, and it's worse if anything goes wrong. A better use of this energy would be activities that take a lot of hand-eye coordination as well as physical exertion. Gemini, playing a fast game of pickleball or learning how to juggle would put you in a better mood.

CANCER

JUN 21 - JUL 22

Cancer, you might be waiting by the phone for your sweetheart to call, or you're pacing as you wait for them to get home from work so the two of you can have fun. If you're looking for love, you have good opportunities around people who are very energetic. Go to sporting events or the gym and you could meet someone for a love relationship.

LEO

JUL 23 - AUG 22

You could be a little frustrated with the stuff in your house. Leo, you could jump into action and start fixing things. You might make a list of everything that needs to be done and then start checking them off. Today, you have the energy to do repairs.

VIRGO

AUG 23 - SEP 22

Today, you're multitasking. You might be extremely busy as you tackle tasks at home and finish a work project. Virgo, you could be getting something done for school or sending off some paperwork for a transaction. Today, you're doing the work of two people—maybe three—and you're irritated by anything that stands in your way.

LIBRA

SEP 23 - OCT 22

Libra, while this energy is very good for making money, it's also impatient. You could be very irritated by financial transactions. The best use of this energy is to focus on calling in what's owed to you, sending out invoices, or doing general sales activities. Conversely, you could spend the day trying to get your checking account to balance and still be off by a few pennies.

SCORPIO

OCT 23 - NOV 21

Scorpio, you could be bouncing off the walls. Everything is taking longer than you'd like. It feels like people are walking more slowly in front of you or there's more traffic. But you can use this energy for something productive and profitable. If you feel erratic or irritated, it means you haven't yet decided what it is you want to accomplish.

SAGITTARIUS

NOV 22 - DEC 21

Sagittarius, you want to live a different life somewhere else, so you might be running off to live in a video game, movie, or novel for the day. This is a great day to find a magical landscape or old forest to hike in. Today, you need a change of scenery.

CAPRICORN

DEC 22 - JAN 19

Capricorn, you want to do something different from you usually do, and this could include dressing up or being around people who are also breaking rules. You're looking to go past the boundaries you've set up for yourself to expand your world.

AQUARIUS

JAN 20 - FEB 18

Aquarius, you're feeling like you want to push the boundaries today, so you might go further than you were considering. It will be challenging to keep your wits about you when an opportunity to have fun arises.

PISCES

FEB 19 - MAR 20

Pisces, you could meet someone for a love relationship. But since masquerading is the norm today, this person might not be who you think they are. It could be fun to connect with someone who is so interested in you.

SPORTS



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WE ARE STAGS



Nov. 1	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6
Volleyball vs Manhattan College Fairfield, Conn. 7 p.m.	Women's Soccer vs Mount St. Mary's University 2023 Metro Atlantic Athletic Conference Playoffs Fairfield, Conn. 7 p.m.	Field Hockey at Wagner College Northeast Conference Playoffs Staten Island, N.Y. 11 a.m.	Volleyball vs Siena College Fairfield, Conn. 1 p.m.	Women's Soccer MAAC Championship TBD	Women's Basketball vs Lehman College Fairfield, Conn. 7 p.m.
Men's Soccer vs Quinnipiac University Fairfield, Conn. 7 p.m.				Men's Rowing NYRA Fall Invitational Ridgefield, N.J. All Day	Men's Basketball at Boston College Chestnut Hill, Mass. 8 p.m.
 <div>Photo Contributed by the Sports Information Desk</div> <div>The men's rowing team heads to New Jersey for the NYRA Fall Invitational this week.</div>				Women's Rowing NYRA Fall Invitational Ridgefield, N.J. All Day	 <div>Photo Contributed by the Sports Information Desk</div> <div>Women's basketball kick off their season this upcoming week against Lehman College.</div>
				Field Hockey NEC Championship TBD	
				Volleyball vs Marist College Fairfield, Conn. 1 p.m.	

Death of Professional Ice Hockey Players Creates Change With Safety Protocols

By **BILLY MCGUIRE**
Assistant Sports Editor

The hockey world is mourning a devastating loss that occurred on Saturday, Oct. 28.

Adam Johnson, a 29-year-old forward who played for the Nottingham Panthers of the English Elite Ice Hockey League (EIHL) in their weekend matchup against the Sheffield Steelers, was struck in the neck by Steelers player Matt Petgrave's skate blade.

Johnson skated into the offensive zone before being checked by Petgrave. As Petgrave was executing the check, he lost control of his footing and his skate blade struck Johnson's neck. Johnson then attempted to skate off the ice before collapsing, which gained the immediate attention of the medical staff. He was consequently rushed to a nearby hospital and was pronounced dead once he arrived on the scene.

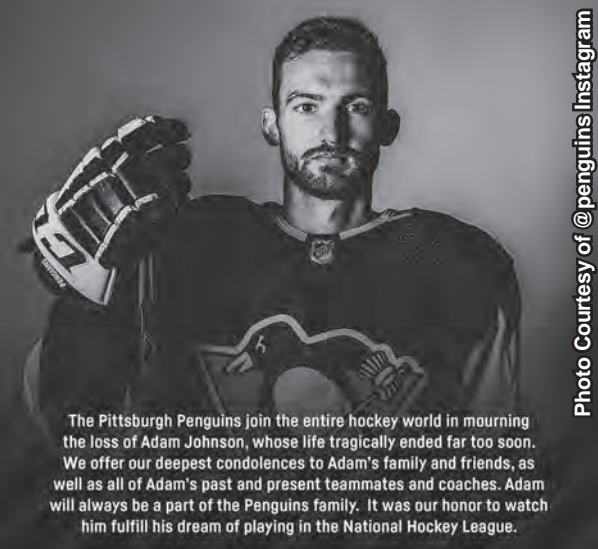
It was a devastating blow, especially since Johnson was not only halfway through his career but also hadn't even

reached the age of 30. He had a lot of passion for the game of hockey and was loved by his teammates at each and every stop of his journey. Some of those who were touched by Johnson included some teammates on one of his former teams, the National Hockey League's Pittsburgh Penguins, as well as their head coach, Mike Sullivan.

"To see him score in his home state was pretty cool," team captain Sidney Crosby said. "And just the way he skated. There's some guys that, when you get out there with them, they can just flat out fly. He was one of them."

"I think just the way he carried himself, just a happy person in general—we're sure going to miss him," defenseman Pierre Oliver-Joseph said.

"It was a privilege to be his coach ... I remember his first game and his first goal in Minnesota. He was a great kid, a great



Nottingham Panthers forward Adam Johnson tragically passed away in a game this past Saturday, Oct. 28.

player. And boy, he could really skate," Penguins coach Mike Sullivan said.

Furthermore, the EIHL and the NHL released statements mourning the loss of Johnson.

"The thoughts and condolences of everyone connected with the EIHL are

with Adam's family, friends and teammates at this incredibly sad and difficult time," the league said in a statement. "We would also ask everyone to respect the privacy of Adam's family at this time."

As a result of this tragedy, the EIHL postponed all games that were scheduled for Sunday, Oct. 29 and the governing body of ice hockey in England announced sweeping changes in response. They are now mandating all players to wear neck guards at all times moving forward, starting at the beginning of 2024.

"Undoubtedly, this moment in time casts a somber shadow upon our global sporting community, serving as a stark reminder of our collective responsibilities as custodians of the sport," the EIHA said in a statement. "As in all sports, the safety of our players must take precedence above all else. We are firmly committed to our obligation to exhaust every possible means to ensure that a tragic incident of this nature never befalls our sport again."

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Former Player and Veteran Coach to Join Men's Basketball Staff

BY BILLY MCGUIRE
Assistant Sports Editor

The Fairfield University men’s basketball program added two members to its coaching staff this past week, adding a veteran coach and a recent Stag graduate to help out interim head coach Chris Casey.

Casey announced last Thursday, Oct. 26 the inclusion of veteran coach Glenn Braica and former Fairfield standout Taj Benning ’21 to the staff for the upcoming season. The two bring a dose of experience and familiarity, as the program seeks to move past the abrupt resignation of former head coach Jay Young.

Braica, a Queens College alumnus, most recently served as the head coach of St. Francis College in Brooklyn from 2010 until 2023, when the program was disbanded. He amassed 177 wins as head coach of the Terriers, which included a 23-win campaign in 2014-15 that saw the program secure the Northeastern Conference (NEC) regular season championship as well as punching a ticket to the National Invitation Tournament (NIT).

The 23 wins that season were the most the program had since the 1953-54 campaign. The Terriers additionally qualified for the 2019 CollegeInsider.com Postseason Tournament (CBI) after posting 17 wins in 2018-19.

Prior to assuming head coaching duties at St. Francis, Braica worked as an assistant coach for St. John’s University, serving under

head coach Norm Roberts from 2004 until 2010. Roberts and Braica played together at Queens College, forming a lifelong friendship that led to the selection of Braica to Roberts’ coaching staff. He also served as an assistant coach at St. Francis for fifteen seasons, from 1989 to 2004, and at New York City Tech for one season after his graduation from Queens College in 1988.

Just like Coach Roberts, Coach Casey and Coach Braica are also close friends, which is why Casey is entrusting Braica as a valuable resource to his coaching staff.

"I have known Glenn for a long time, and his teams have always been well-prepared and difficult to play against," said Casey, according to the hiring’s official press release. "He brings a wealth of experience and basketball knowledge that will be beneficial to our student-athletes on game days as well as in the practice gym and film room."

A former Fairfield Stag, Benning returns to the men’s basketball program after graduating in 2021. In his five seasons as a Stag, Benning appeared in 145 games, the second-most check-ins in program history. Only former teammate Jesus Cruz ’21 stands in front of him in games played.

He ranks 28th all-time in total points, accumulating 1,175 in his five-year collegiate career, as well as recording over 500 rebounds and 200 assists. His leadership and class helped lead Fairfield to Metro Atlantic Athletic Conference (MAAC) championship game appearances in both 2018 and 2021. Cruz was also part of the men’s basketball staff



Photo Contributed by The Sports Information Desk

Chris Cacey takes over as the mens basketball head coach. He added Glenn Braica and alum Taj Benning '21 to their coaching staff this past week.

during the 2022-23 season as director of men’s basketball operations.

"I can't think of a better ambassador for Fairfield University than Taj Benning," Casey said, according to the hiring’s official press release. "It was a privilege to coach him for three seasons as he developed into a consummate competitor and leader. I am thrilled to have him on our bench to begin

his coaching career back here at Fairfield."

Prior to launching his coaching career, Benning spent one season overseas in Australia. He suited up for Cockburn of the Australian NBL1 league this past season, averaging 16.7 points, 4.2 rebounds, and 3.2 assists in the process.

The Stags will kick off their

2023-24 regular season campaign against the Boston College Eagles on Monday, Nov. 6.

They will tip off in their first contest at Leo D. Mahoney Arena the following Monday, Nov 13., against Mount Saint Mary College. For more information about the Fairfield University men’s basketball program, please visit www.fairfieldstags.com.

The Weekly 5x4

Five People. Four Questions. Because we have witty things to say.

When does Christmas season start?	Tommy Coppola Editor-in-Chief	Brooke Lathe Executive Editor	Max Limric Managing Editor	Julian Nazario Copy, Head News Editor	Samantha Russell Assistant News Editor
Once my Thanksgiving plate is cleared, no earlier.	December 1st! But I admittedly put my Christmas tree up the day after Thanksgiving.	Santa Claus is always watching...	Right after Thanksgiving dinner, but give me the music all month long.	Agreed, right after Thanksgiving.	
What cooking class do you want to see at the Tully?	They know how to make a mean pasta salad up there, so maybe that.	The Tully’s homemade vegan queso. I’m begging on my hands and knees.	Mirror cooking class? Maybe like steak?	Either Spanish rice or cannolis ... I feel I could use that for future meals.	Tully cookies!!!
How excited are you about basketball season starting?	I’m excited, but mainly for a select few games on the schedule.	I have ESPN premium just so I can watch their away games. No one is a bigger fan than I.	Over the moon.	I’m waiting for the men’s team to beat SHU again and theChristmas-theme games.	Sooo excited, it’s the best sport to watch.
How did you feel about the Sports Equinox this past Monday?	It was a happy day for sports fans. It’s rare so we have to make the most of it.	For the record, I had to ask Billy what a Sports Equinox is. Still don’t know.	Cool.	Why is this a question? (Jimmy G sucks).	Actually didn’t know the Sports Equinox was a thing!

Senior Spotlight: Carmel Van Dijk Ascends to Leadership Role

By **DANNY McELROY**
Contributing Writer

While most of the Fairfield University undergraduate body consists of students from the surrounding Northeast and the New England region, the university also attracts students from across the country and even the globe. Few, however, have come from as far as field hockey player Carmel Van Dijk ‘24.

Born and raised in the Netherlands, Van Dijk began playing the sport at the age of four, spending 12 years until her high school graduation on the club team Almeerse HC.

Given her home country’s national love for field hockey, it’s no surprise that Van Dijk quickly gravitated towards it. The Dutch women’s national team are four-time Olympic gold medal winners, including as recently as in the 2020 Olympics Games in Tokyo, and both the men’s and women’s teams currently rank number one in the world, according to the International Hockey Federation.

“It’s one of the most popular sports back home,” she said. “It’s a really big thing.”

Despite her wealth of experience, though, the transition to the United States and to Fairfield was a challenging one, for reasons both on and off the field.

“The game [in the Netherlands] is a lot more technical,” Van Dijk said, “and here you have to be a lot more fit, a lot stronger.”

Compounding those changes were the circumstances of Van Dijk’s arrival in Fairfield. Coming in as a first-year in 2020, the field hockey season was significantly impacted by the COVID-19 pandemic.

Normally a fall sport, the Stags and the rest of the NCAA instead played a shortened schedule in the spring of 2021, with numerous restrictions in place to prevent jeopardizing the

health of student-athletes.

“We didn’t get to see each other a lot,” Van Dijk said. “We were in select pods of five or six depending on positions, and we were playing with masks.”

“It was necessary at the time, but it was stressful,” she continued.

With a new style of play in the U.S. also came new expectations. Van Dijk saw limited playing time in her freshman season and had to slowly work her way onto the field in brief opportunities, a challenge she wasn’t used to while playing club in the Netherlands.

“Back home, we were on a team of 15 or 16 and everyone would play regardless of how good or bad they were,” she said. “Coming in here and being bottom of the barrel, I had to really adjust my mindset.”

Van Dijk’s patience and hard work paid off quickly, as she saw the field in all 22 games of her sophomore campaign, and scored her first career goal in a 5-0 win over Merrimack College on Oct. 24, 2021. She has remained a mainstay on the field for the Stags in the years since, including tallying four goals and a team-high seven assists this fall.

Those efforts have contributed to a Fairfield squad that went undefeated in Northeast Conference (NEC) play this season, and 14-3 on the year overall.

“I’ve been a part of some great teams back



Senior Carmel Van Dijk has four goals and seven assists this season, keeping the Stags at the top of the NEC.

home, some less than great teams back home, but this team is hands down the best one that I’ve gotten to be a part of,” Van Dijk said.

Team chemistry and quality preparation in practice have been the driving factors behind the success of the team this fall, according to Van Dijk, and she believes they’ll need to call on those traits again in order to have the right mindset going into the conference playoffs this weekend.

“In the past, when we’ve had struggles during our games, it’s because we were too in our own heads about the opponent or the game we were playing,” she said. “If we play our game and do what we’re good at, that’s when we have

the best chance of winning.”

Regardless of how things go through the remainder of the season, Van Dijk will look back fondly on her time as a Stag. From traveling to Delaware for the NCAA tournament in 2021 to scoring the game-winner in double overtime this year against Villanova, to growing into a team leader over her four-year career, Van Dijk has plenty to smile about.

“I love everyone that we play with, and our coaches are fantastic,” she said. “I’m very happy with how my career has progressed.”

Van Dijk and the Stags will head to Staten Island, N.Y. on Friday to take on Wagner College in the NEC semifinals.

Women's Soccer Wraps Up Regular Season Play With Win Over St. Peter's

By **RYAN MARQUARDT**
Head Sports Editor

The Fairfield University women’s soccer team closed out their regular season with a big win over the Saint Peter’s University Peacocks to finish their season 9-5-4 with a 7-2-1 in conference play.

The Stags dominated on the statsheet, winning with a shutout and putting up four goals. The Stags also outshot the Peacocks 36 to two, including 16 shots on goal for the Stags compared to one for the Peacocks. The Stags’ 36 shots was their season high, along with having 15 different players attempt a shot.

Fairfield also had 12 corners to St. Peter’s zero. Peacocks goalkeeper Annabelle Adams had twelve saves in the game, putting up an impressive performance.

“I’m glad to come out and play a pretty good game overall,” Head Coach David Barrett said in the game’s official recap. “Obviously we are very dangerous going forward and created a lot of good chances. Their goalkeeper really kept them in the game, she made some really good saves and kept it where it was. I’m pleased with the result and to get the bye for the playoffs and we will now turn our attention there.”

These four goals the Stags scored gave them 10 goals in the last two games with two

impressive offensive performances. The Stags started scoring early with Sam Kersey ‘26 tipping an Alex Darcy ‘26 deflection into the back of the net in just the 11th minute of the game. Darcy would then tally another assist with a corner kick that Maddy Theriault ‘26 headed past Adams for another Stag goal. Theriault’s goal was her eighth of the year leading the Metro Atlantic Athletic Conference (MAAC).

The Stags punched in one more goal towards the end of the first half, with Emilie Cook ‘26 scoring her first goal of her career off a Jess Lynskey ‘26 assist with 11 seconds left in the first half. The Stags offense was not as successful in the second half, only putting in one more goal. Their fourth and final goal came from Meghan Carragher ‘26, who scored off a corner from Aubrey Silverman ‘25.

After her stong performances this past week Darcy was named MAAC offensive player of the week due to her game winning- goal and assist against St. Peters. This is her first accolade for player of the week and she is the seventh Stag to win a player of the week award this season.

“Alex has really come back well from her injury at the start of September,” Barrett said. “She is hitting good form just in time for the playoffs!”

This win booked the Stags a



Sophomore Alex Darcy has five points this year, which helped the women's soccer team complete a 9-5-4 season.

trip to the MAAC conference semi-final game as the two seed on Thursday, Nov. 2, at home against Mount St. Mary’s

University. Mount St. Mary’s is coming off a 0-0 draw through 110 minutes of play, eventually

winning in penalties over Niagara University in the MAAC quarterfinals.

Rugby Program "Engineers Championship DNA" Through Hard Work

By TOMMY COPPOLA
Editor-In-Chief

Amid the Alumni & Family Weekend buzz, cheers could be heard all the way over at the newly renovated Grauert Field where Fairfield's Division III men's team trounced Southern Connecticut State University by a score of 31-12. The match was played as part of "Rugby Fest," a tradition that takes place during the family festivities each year.

According to the director of rugby and head coach of the men's Division I team Austin Ryan, this year's Rugby Fest was just that—a celebration of the historic sport that featured "many tailgaters in the parking lots, the hill and sidelines packed with spectators and high-quality rugby from our men's and women's teams!"

According to their official schedule, the men's Division I team has split the difference this season, with three wins and three losses. Their bye week fell on the seventh and final week of the Liberty Rugby Conference regular season schedule. With this, the Fairfield squad falls to seventh overall out of 11 teams in the conference, beating out Syracuse University, Northeastern University, Harvard University and Nazareth College in the standings.

The Division III Team

On the other hand, however, the men's Division III team has enjoyed lots of growth and learning over the season under their new head coach, John Minogue '22, a recent graduate student and former Fairfield University rugby player.

The purpose of having the Division III squad, according to Minogue, is the growth and development of athletes into rugby players. He mentioned that lots of players look to join rugby from different sports backgrounds; whether they were a football player, a wrestler or even a track runner, the Division III team helps turn interested athletes into real



Photo Courtesy of @fairfieldrugby Instagram

The Fairfield University men's rugby team is a very successful athletic program on campus, thanks to its hardworking and family-like team culture.

rugby talents. Oftentimes, first-year students and sophomores will join looking to get their foot in the door with the sport.

Ryan shared his philosophy on creating multiple levels of rugby teams, which creates access to the sport for all. "We don't 'cut' per se, but we don't put anyone in a dangerous position," he shared. "This is why we have multiple levels on both men's and women's rugby; students can participate at a level relative to their experience and interest."

When referring to the differences between the Division I and the Division III programs, Minogue shared that "there's not a huge difference in ability and skill and athleticism. The difference is the rugby IQ."

His role, alongside other coaches, is to ensure the development of rugby IQ for the younger players at an early stage so that they are able to join the Division I squad later on in their four years

at Fairfield. Through extensive chalk talks, film sessions and drills, the players on his team have excelled at a high level and have grown with the sport.

Minogue expanded on the vision of the team, and what it means to be a rugby player at this level. He specifically refers to the mindset of Tom O'Connor '75, the former director of rugby for Fairfield University.

"Tom O'Connor always talks about the tradition of rugby and how the institution of rugby and the sport itself is obviously super important," Minogue commented. "And the reason I bring this up is because the tradition of rugby is always, 'let's grab some misfit guys, we know that they're great athletes and let's get them to come play rugby.'"

The Typical Practice Regimen

Minogue and Ryan share a practice concept that works for

their respective levels of play. On one hand, the Division I rugby players stick to a 6 a.m. workout routine in the Walsh Athletic Center, which Ryan notes is the only club sport at Fairfield University to have this opportunity.

The practices put a heavy emphasis on conditioning for the players; keeping them fast and in shape is a key to success for the team going forward. Both teams warm up ahead of practice, which is a time to shake off any stress and baggage from a long day of coursework.

After getting warm and taking some time to focus on individual skills, each team will split up and scrimmage the other half of their team in what Ryan dubs a "mini-game".

The environment, describes Minogue, is competitive but rewarding. The team is a cohesive unit and all compete to be the best in practice, but still take the time to come together as a team afterwards and congratulate each other on their hard work.

In Minogue's mind, the "mini-game" is a good time to work on team strategy. Whether it's drilling defense plays or running offensive plays, the team is constantly learning and developing under his leadership. He additionally describes their practices as "vocal"; being loud and communicating on the field helps new players see the plays being drawn up and brings them to life.

Looking Ahead

Ryan, in his role as the director of rugby, assists admissions in recruiting rugby players to the school as a normal Division I sport would. According to him, 19 students joined the men's rugby team as part of recruitment efforts. In his eyes, these candidates for the team not only are standout rugby players, but also people who will

add value to Fairfield's campus community.

His goal for this year is to match that number of recruits for the men's team, while hopefully adding three to five recruits for the women's side.

By continuing the team's community service efforts while also upholding a grade-point-average requirement, Ryan's program is able to develop athletes into not only well-rounded players, but well-rounded students as a whole. "'Student' comes way before 'athlete'!" he shared.

Ryan holds three pillars in the evolution of Fairfield Rugby. The first was to be competitive. His belief in being competitive spawned back in 2019 and 2020, which he feels the program has accomplished through its success over the past few seasons.

The second: "Learn how to win". This indicator defined the 2021-22 campaign for the teams, where the squads looked to find wins even among losses. That idea ties into his final and most recent concept, which is "engineering championship DNA" in his players.

Ryan has seen this championship DNA growing in his players, as recently as this season. Even after the team lost to Brown University, the former national champions, he noticed that his players were proud of themselves for fighting tooth-and-nail with such a high-tier team.

To create this DNA, Ryan urges his players to "overcome the bad, take positives from the mediocre and continue the good."

So, next time you hear a roar of cheers coming from the southern end of campus, you might have just heard Fairfield University's rugby team engineering this winning mentality out on Grauert Field in front of a packed group of family, friends and supporters.



Photo Courtesy of Fairfield University Club Sports

Nicholas Lappponese '23 helped head coach Austin Ryan and his teammates "learn how to win" on the field.