

THE MIRROR

Independent student newspaper

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Fairfield Community Remembers Matt Tullis



Photos Contributed by Alyssa Tullis

Matthew Tullis, 46, professor of English, advisor of The Mirror and co-director of Digital Journalism died on Friday, Sept. 24 surrounded by his family. Tullis is survived by his wife Alyssa, son Emery and daughter Lily, his parents, Elly and Rick (Lisa), his brothers, John Tullis and Jim Gianoglio, sister-in-law Pam, seven nieces and nephews (Tori, Ian, Chloe, Parker, Sophia, Will and Isabel) and all those whose lives he touched within the Fairfield University community.

By Molly Lamendola
Editor-in-Chief Emerita

Matthew R. Tullis, assistant professor of English, co-director of Digital Journalism and long-time mentor of The Mirror, passed away suddenly on Sept. 23, 2022. Tullis leaves behind his wife Alyssa and two children, Emery and Lily. He was 46 years old.

When Tullis joined the Fairfield University community in August of 2016 after previously working at Ashland University in Ohio, he came ready, jumping in to help journalism at the university grow. This, in turn, meant taking the helm of a 45-year-old student publication, The Fairfield Mirror.

In true Jesuit University form, The Mirror was always run by students with a variety of different academic backgrounds. The Editor-in-Chief would sometimes have an English major, sometimes Communication and oftentimes, many of the staff members would have no formal journalism experience.

Tullis took this in stride, embracing the paper's educational diversity. In his mentorship of The Mirror, he made an effort not just to critique each issue, but to make each critique a lesson.

Before becoming an academic, Tullis worked as a journalist

for The Columbus Dispatch and contributed to the Daily Beast and other publications. He understood the tradition of a newsroom, but always had a forward-thinking approach to media.

He knew digital journalism was the future and constantly pushed The Mirror to expand into new forms.

Tullis truly believed in journalism and that student journalists were the future.

Though first-year students may have stumbled across the Mirror's office by happenstance, it took just one class or Mirror critique with Tullis to feel the rush. Tullis believed it was the duty of journalists to be the true voice for their community.

That was a task he made students feel honored to take on.

The Impact Matt Tullis Had on The Mirror

"The Mirror staff must have many fond memories of him, including his 'whatever-it-takes' attitude," Professor Tommy Xie, associate professor of English and co-advisor of The Mirror said in a letter to the Mirror staff announcing Tullis' passing.

He continued, "Once he half-jokingly said to me that he made the staff sit through an hour-long

Zoom workshop on layout taught by a renowned newspaper designer."

He recounts that Tullis said, "I know it's not as fun as doing Instagram, but the layout of the next issue was so much better!"

Catherine Santangelo '21, Editor-in-Chief Emerita, said that even though her EIC tenure was during Tullis' off-year from advising, he was always there to support her and her staff members.

"He was a good man who was extremely dedicated to his work, his colleagues and his students," Santangelo adds, "He will be missed."

Sabina Dirienzo '19, Chief Copy Editor Emerita, said Tullis pushed The Mirror to be better first and foremost.

"It wasn't enough to be mediocre," Dirienzo said. "He wanted us to be good."

She continued, "Every critique, he gave us actionable advice that we used to become better, and he loved the Mirror just as much as the students who poured so much time into it."

Dirienzo adds that while some professors would have complained about the amount of work that went into advising for The Mirror, Tullis would never.

"We always knew that

“Every critique, he gave us actionable advice that we used to become better, and he loved The Mirror just as much as the students who poured so much time into it.”

- Sabina Dirienzo '19, Chief Copy Editor Emerita

Matt had our backs, even and especially when it felt like Fairfield itself didn't, or like the newspaper itself was an overwhelming thing," she said. "I know that his advocacy and coaching made me a better writer and a better reader-of-news, and I use the skills he taught us at The Mirror every day."

Alexandra Thimble '20, Editor-in-Chief Emerita, agreed with Dirienzo on Tullis' advocacy for The Mirror.

"What I remember most about him...was the fierceness of his allyship," she said. "He wasn't there to make a weekly appearance at critique on Thursdays and then disappear."

She continues that Tullis advocated for the paper in meetings with administrators and helped The Mirror strategize the

best way to get stories written.

"His loyalty was with us," she shares. "And he made it profoundly clear 100% of the time."

She adds, "It's such a loss for future generations of Mirror staff to not have that, and for future students to lose out on the kind of advocacy he demonstrated."

Former student Ali Phaneuf '19, who was the first Editor-in-Chief Tullis advised, recounts the constant support she received from him.

"Whether it was a phone call at 10 p.m. when the staff office computers crashed, or 10 a.m. when I called him sobbing that I was getting backlash on my recent article, he never let me go to voicemail," she said.

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Tullis’ Legacy Will Live on Through Fairfield University and Beyond

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She added that after she received backlash for one of the articles she wrote outside of The Mirror, she called Tullis and he said, “When people start talking about your articles, that’s when you know you’ve written something amazing” and proceeded to stay on the phone with her.

“His critiques were ruthless...but his praise was immeasurable” she continued, “He’d do anything for his Mirror staff.”

Julia Lanzillotta ’22, Executive Editor and Sports Editor Emerita recounted Tullis’ honesty and love for sports journalism.

She said that though Tullis often provided detailed criticism to the sport’s section, or as Lanzillotta put it, “[ripped] it to shreds,” his comments came from a “genuine love for the section.”

“I will truly miss him,” she adds. “I know that Matt’s legacy and passion for student creation will continue on through the new sports media program. I am very lucky to have learned from the best.”

Remembering Tullis’ Impact on the Fairfield Community

After The Mirror posted a form for those who knew Tullis to share stories, sentiments or memories they shared with him, the response was overwhelming.

Junior Bianca Sasso recounts that during her first class with Tullis, she had to leave and go collect herself after he shared his experience with childhood Leukemia. Tullis was diagnosed at 15-years-old and would later write, “Running With Ghosts: A Memoir of Surviving Childhood Cancer” discussing his battle.

“My eyes began to swell and I had to excuse myself from class to gather myself,” she said, adding that this was due to her mother’s own battle with the disease.

“This was something I never told Matt, but I formed a connection with him in my heart because of it. I saw the same tenacity and passion for life that my Mother had displayed in Matt and it meant the world to me.”

Sasso continues, “My family is blessed enough to still have my Mother with us, and I will forever wish that life was not so cruel as to not afford the Tullis family the same blessing.”

Marc Stacey ’21, who currently works in Fairfield University’s Office of Undergraduate Admissions, took five classes with Tullis.

“He was such a great professor and an even better man,” Stacey recounts. “He cared so much for the student body and

“ Our friendship was a space where I was always at ease and we always had a good time. It sounds like a simple thing, to simply be nice to your friend every time you see them, but it’s quite rare in people in my experience.”

- Associate Professor of Communication Adam Rugg

the student experience in the classroom.”

Stacey remembers that after he began struggling with the editing for his podcasting class, Tullis took the time to FaceTime Stacey and walk him through the process step by step.

“Never have I met a professor who went to that length to help a student,” Stacey added.

Former student Jessica Colloca ’21 recounts the same level of student support and dedication.

“I’ll never forget walking out of his office after speaking with him about a new story I was working on,” she said. “I was being a bit hard on myself about the assignment and Matt spent way too much of his time talking me out of scrapping it altogether.”

Continuing that later that night, Tullis emailed her a story from a writer that reminded him of her work. The hope was that it would inspire her to keep working and keep writing.

“He truly cared about us. His praise meant the world to me. He will be missed by so many,” Colloca adds.

Theresa Bravo ’19 remembers the time in her class with Tullis when they watched “Won’t You Be My Neighbor” (2018), the documentary on the life and legacy of Fred Rogers.

“At the end of the documentary,” Bravo recounts, “We see Fred’s Lifetime Achievement Award speech where he talks about everyone having people in their lives who love us into being, people who shape us into who we are today. I know Matt was that for so many of us.”

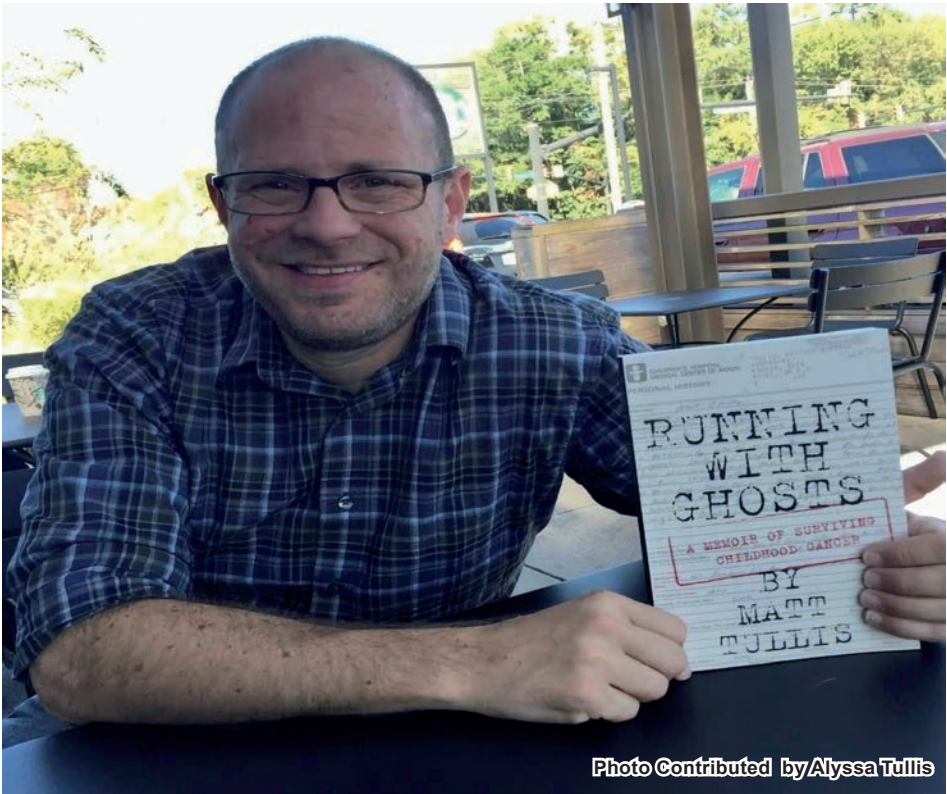


Photo Contributed by Alyssa Tullis

“Running With Ghosts: A Memoir of Surviving Childhood Cancer” written by Matt Tullis was originally released in August of 2017.

“Matt was loved by his students and colleagues and was a good friend to many of us,” President Marc Nemec Ph.D. said in his email to the community announcing his passing.

Dean of the College of Arts and Sciences Richard Greenwald, Ph.D. added that Tullis was a dedicated teacher, colleague and friend to many at Fairfield.

He added that Tullis’ face “lit up when talking about his kids and wife — beaming with pride and lit by love.”

“There is [a] Matt-sized hole in the college and the University that can never be filled,” Greenwald said. “We will cherish his memory and we extend our love and support to his family and friends.”

Associate Professor of Communication Adam Rugg worked closely with Tullis, as the two headed the digital sports media major and minor, states, “I’ve spent a lot of time thinking this weekend about what I’ll miss most about Matt and what made him who he was.”

“If there is one thing I took for granted with Matt, it was his positivity and good-natured personality,” Rugg says.

He adds, “I spent a lot of time with him and I can’t think of one time where he didn’t treat me with warmth and friendship. Every time I saw him, even when he was upset, stressed out or frustrated by something, he welcomed me with a smile and an openness that immediately comforted me.”

Reflecting on what their friendship meant, Rugg shares, “...our friendship was a space where I was always at ease and we always had a good time. It sounds like a simple thing, to simply be nice to your friend every time you see them, but it’s quite rare in people in my experience.”

“While there are plenty of exceptional qualities about Matt and tremendous stories to share, his steady kindness and friendliness should not go unnoticed,” Rugg concludes.

a time when they all faced an “unknown future.”

He recounts a race he ran in the shadow of the hospital he received treatment in as a child.

“...They pushed me forward toward a finish line that sat in the shadow of Akron Children’s Hospital where we all came together...” he recounts, “Where I was saved, and they were not.”

“He always saw his later years as something he ‘stole’ from Death” Xie added, “...therefore [he] lived every day as if it were his last.”

Associate Professor of Communication Maggie Wills Ph.D. always assigned Tullis’ book to her students. After they finished, she’d bring Tullis in and have him answer questions.

She recounts one of the last student’s questions to Tullis, “What has this journey taught you about life?”

“ The most important thing I’ve learned is that life can end at any moment. So I want to spend the time I have on this planet doing the stuff that I love more than anything else, and I’ve spent my post-cancer years always prioritizing that stuff above all else.”

- Matt Tullis, Mirror Advisor

“The most important thing I’ve learned is that life can end at any moment,” Tullis said, “So I want to spend the time I have on this planet doing the stuff that I love more than anything else, and I’ve spent my post-cancer years always prioritizing that stuff above all else.”

He continued, “I love running, and so I do a lot of it. I love reading, and so I read a lot. I love writing ... I love hanging out with my wife and kids ... and I love working with college students. So those are the things I’ve prioritized.”

Visitation services are set to take place this Saturday, Oct. 1 at Honan Funeral Home in Newtown, Conn. from 4 p.m. to 7 p.m.

A Go Fund Me has also been set up to help his family during this time: <https://www.gofundme.com/f/the-tullis-family?qid=5d7fdff8a6e72047d0350a9769f7cc25>

Grief services are available through Father Paul Rourke, Father Keith Maczkiewicz and Father Denis Donoghue in Campus Ministry. Faculty and staff may also contact Human Resources, and students may contact Counseling Services.



Photo Contributed by Alyssa Tullis

Matt Tullis made a lasting impact on the students he taught in and outside of The Mirror. He touched the lives of many across the Fairfield Community.



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

9/21/22
2:15 p.m.
A student reported a hit and run on their vehicle in the garage. No suspects at this time.

9/24/22
12:00 p.m.
Another piece of new sod was ripped out of the grass by the Townhouse 8 block.

9/24/22
10:20 p.m.
Someone ripped down an exit sign in the basement hallway of Gonzaga Hall. No suspects at this time.

9/25/22
10:30 a.m.
Residence Life requested assistance after locating a bong and grinder outside of Barnyard Manor 20 Block. No suspects at this time.

9/25/22
10:00 p.m.
Two female students were at Sasco Beach in Fairfield and upon returning to campus reported to Public Safety that an unknown male yelled vulgarities at them and pointed what appeared to be a gun in their direction. No one was injured, Fairfield police are investigating. Public safety reminds all students to remain vigilant and report any suspicious activity immediately.



THE MIRROR

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BSU Celebrates Cultural Diversity Through ‘Rep Ya Flag’



Photo Contributed by Mekaylia Ingram

From left to right: Jasmin O’banner ‘26 and Blessed Barrios ‘26 are among many students who gathered in Faber Hall Dining Commons for the annual ‘Rep Ya Flag’ event. O’banner is representing Jamaica and Barrios is representing Belize and her Indigenous flag, Garifuna.

By Max Limric
Head News Editor

Fairfield University’s Black Student Union (BSU) hosted their annual fundraising event, “Rep Ya Flag” this past Friday, Sept. 23. Life@Fairfield’s event description from years past describes the Rep Ya Flag event as an “event [that] brings students together to rep their flag through music, dancing and mingling.” The description for the event continues with, “It does not matter what flag! Anything that you identify with that you believe deserves repping is important to us.” “It was an energetic and exciting night,” said Samantha Flores ‘25 when describing the event. “I loved being able to celebrate all the countries everybody was representing.”

“Rep Ya Flag is an annual event that is hosted by the Black Student Union to create a safe space for students from many different backgrounds to represent who they are and where they came from.”

- Vice President of the BSU, Mekaylia Ingram ‘25

Vice President of the BSU, Mekaylia Ingram ‘25, commented on the event. “Rep Ya Flag is an annual

event that is hosted by the Black Student Union to create a safe space for students from many different backgrounds to represent who they are and where they came from,” she said. Ingram continued to detail the BSU’s constant goal, being “to make everyone feel seen, heard and celebrated as they continue their journey at Fairfield University.” President of the BSU Sebastian Michel ‘23 commented on the event’s success. “The Rep Ya Flag party went pretty well in my opinion. The party allowed people to show off their country’s flag,” Michel said. “Countries that were represented ranged from Nigeria, Brazil, Trinidad, all the way to Kurdistan. The country that I represented was Haiti, so I wore a shirt that showed the Haitian flag.” Michel describes what being Haitian means to him. “Being Haitian means being resilient and revolutionary. No matter what obstacles we face as a country, we continue moving forward,” he states. Ingram adds to the success of the event by stating, “It was really great seeing everyone come together and celebrate the differences in cultures as well as have a great time!” Other students commented on the country they were representing and the importance of the country they represented. Sophomore Jennifer Fajardo represented Colombia: “I wore my yellow, blue and red soccer jersey to represent what I call home, Colombia,” she said. Students also voiced how their flag is a big part of their identity and who they are today. First-year Blessed Barrios commented, “At Rep Your Flag I represented Belize, and my indigenous flag,

Garifuna. These flags make up who I am today, from my character to my morals. Being a part of these cultures has contributed to who I am today.” Barrios continued to detail her excitement to be a part of BSU and the hope she has for the club in the continuing school year. “I am excited to be a part of BSU this year because I participated in something similar at my high school and based on my experience at Rep Ya Flag,” she said. “I have a great feeling about how wonderful BSU will be this year.” Barrios continued to talk about her high school experience and how she sees the BSU becoming a solid community for her where she will be able to thrive. “I’m excited for BSU this year because in high school I was able to find and feel a sense of community and was given the opportunity to thrive around people who would support and love me,” Barrios said. “I was able to connect and relate to those around me and became a part of a family that I knew would always be there for me, which is what I see BSU becoming for me.” Michel comments on the outreach and participation the event garnered. “Overall this event brought residents, commuters and outside guests together which is an awesome thing to see.” He concluded by detailing future events to be on the lookout for. “The next event hosted by the BSU that I want people to look out for will be our 3 vs 3 Basketball tournament that will occur sometime in October, with the grand prize being a \$100 Visa card to each member of the winning team,” Michel stated. For more information on the tournament, students should follow the BSU on Instagram @Fairfieldbsu_.

WEEKLY PITCH MEETINGS ON MONDAY AT 7PM!

Come Write for
The Mirror!

NEWS, OPINION, VINE, SPORTS &
COFFEE BREAK

Stop by our office
in the LLBCC

Campus Ministry Hosts First-Year Escape Retreat

By Jamie Holzmann
Assistant News Editor

To kick off the new school year, Fairfield's First Year Student Escape Retreat was held this weekend at the Incarnation Center from Sept. 23 to the 24 in Ivoryton, Conn. This event serves as an opportunity for incoming first-year students to branch out and meet and form new connections with other first-years through a series of various activities, discussion and icebreakers. Senior Caroline Meyer, the main student director of the retreat shared her perspective throughout the years, as she has attended the retreat both as an attendee and as a director.

“I went on Escape my freshman year as a scared and anxious first year and now was able to direct it as a senior who is confident and happy- something I never knew would be possible.”

- Caroline Meyer '23

“I went on Escape my freshman year as a scared and anxious first year and now was able to direct it as a senior who is confident and happy- something I never knew would be possible,” she stated. “Sort of full circle for me,” she stated. Sophomore leaders Sarah Howland and Chris Pozzuto describe their

similar experience to Meyer with the retreat. Howland stated “I was having a hard time adjusting and thought the retreat could be a great opportunity,” and claimed, “the retreat completely turned around my experience at Fairfield.” Pozzuto echoed her statements saying that “after getting recommended for the escape retreat by my [New Student Leader], I attended and ended up meeting so many new people and learned so many lessons that helped me bounce back my first year.” Howland explained the benefits of the retreat toward her Fairfield experience, saying it “provides valuable resources, the opportunity to make new friends, hear about other people's experiences, get a break from campus and even reconnect/develop your faith in an extremely welcoming community at campus ministry.” Meyer described the retreat's goals as being “for first years to meet new people, get away from campus for a bit, and grow in a comfortable and safe environment.” She personally thanked Marc Alibrandi, Fairfield's Campus Minister for Retreats and Spiritual Programs, for helping her achieve the ultimate goal of “creating a retreat where students feel heard and valued.” The scheduled events during the student's stay at the retreat center consisted of talks from the group leaders, consisting of a variety of upperclassmen, to the students about faith life, as well as both their experiences and perspectives on Jesuit values within their Fairfield experience. Groups were created for students to participate in a series of icebreakers, where Meyer explained they were able to “talk about what they heard and share their thoughts,” as well as giving students “time to have fun, with dance parties, heads

up, lots of laughs and good conversation.” Sophomore Clare McGuinness, a leader for the escape, explained that the groups allowed students to “talk on a deeper level about their personal experiences and the talks they heard,” and that throughout the retreat “there were many team bonding moments, from dancing Friday night to a ropes course Saturday afternoon.” First-year attendee of the retreat, Kate Kerr, described the highlights of her experience, saying “It was nice to get off campus and see what the campus ministry had planned. The retreat was filled with fun activities and personal talks, which is what I will remember the most.” Kerr showed her appreciation for both the leaders and directors of the retreat in

terms of their effort and dedication to planning. “You can tell how much they genuinely cared for all of us and put so much effort in,” Kerr commented. As Howland stated, the retreat works as a guide to both social and spiritual opportunities for first-year students by providing them with “valuable resources, the opportunity to make new friends, hear about other people's experiences, get a break from campus and even reconnect/develop your faith in an extremely welcoming community at campus ministry.” Both the leaders and students emphasized their positive experiences and look forward to both applying what they learned within the retreat to their Fairfield experience, as well as being involved in future retreats.



Photo Contributed by Chris Pozzuto

Left to Right: Jack Ambery, Sarah Howland, Kenzie Jones, Olivia Murphy, Maggie Heintz, Megan Farrell, Grace Cotoia, Christopher Pozzuto, Clare McGuinness, Bobby Schattle. First year retreat leaders gather in preparation for the day's activities.

Fairfield History Professor Named President of the Center for Jewish History

By Julian Nazario
Assistant News Editor

Located in New York City, the Center for Jewish History serves as the largest archive of Jewish history outside the state of Israel as well as a space for social and academic encounters for those interested in learning about Jewish culture and heritage. Now, book author and Fairfield University History professor Gavriel Rosenfeld, Ph.D., will lead the center's day-to-day academic operations as president. “I would call it an archive/research institute/cultural institution/museum that brings history to the general public,” said Rosenfeld in a phone interview while describing the complexity of the Center that houses five different institutions under one roof. According to Rosenfeld, a new task of his as president includes, but is not limited to: serving as a liaison between the different organizations, which include the American Jewish Historical Society, the American Sephardi Federation, the Leo Baeck Institute, the Yeshiva University Museum and the YIVO Institute for Jewish Research. He will also be the face of the institute's academic section and will oversee the public programming offered by the center, which involves organizing the center's celebration of the 75th anniversary of the creatiwwon of the state of Israel in the Spring of 2023. For everyday students, the news of his appointment could come as proof of the quality and level of scholarship that surrounds the faculty of Fairfield University, but for those in the Judaic Studies program, it may open a door for new opportunities. “Having access now to the network of people in Jewish Studies, in Manhattan, you

know, in the heart of New York City, only extends my connections and will help build further relationships between Fairfield and the larger world of Jewish Studies that kind of get us out of the Connecticut sphere and helps build relationships where most Jewish scholars are,” Rosenfeld said. Rosenfeld's appointment as President of the Center for Jewish History was announced to the Fairfield community in a Sept. 16 newsletter sent by the University.



Photo Courtesy of gavrielrosenfeld.com

Gavriel Rosenfeld Ph.D. was named president of the Center for Jewish History, which is the largest archive of Jewish history outside of Israel. He served as director of the Judaic Studies department at Fairfield University before being appointed.

STAGSHospitality

Meet Your Campus Dietitian Joanna Schipke

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

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

To schedule a consultation with Joanna, email jschipke@fairfield.edu.

Opinion

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

EDITORIAL BOARD

"IN LOVING MEMORY OF MATT TULLIS"

Where do we even begin? Professor Matthew Tullis has been an incredible part of The Mirror since 2016. Since our time joining this staff, we have had the pleasure of working, learning and growing as students, people and writers, which would not have been possible without his guidance and true passion for student journalism. And of course, his unconditional love for our little paper. Collectively, as the current Editorial Board, we have decided to remember Matt in the best way that we know how: writing our most unforgettable and special memories with Professor Tullis, where we got the chance to know and learn from him. Whether it be in the classroom, The Mirror office or just in passing, Professor Tullis was a beam of light as he always wanted to push us to do better as both individuals and a team. Matt Tullis has left unfillable shoes, but his lasting legacy will continue to inspire our past and current Mirror staff, as well as every future Mirror writer to come.

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COPY EDITOR

I first met Matt through a computer screen during my first ever critique meeting. I was the Assistant News Editor who had never heard of InDesign or AP style prior to the issue we had just put out. Something so special about Professor Tullis was that he didn't care what you were studying or what experience you had – he believed in student journalism so much that he wanted to help anyone interested in raising student voices do so.

Matt was the type of person and professor who you could feel both his passion and care in all he did for his students and for The Mirror. He inspired us to keep raising student voices as the cornerstone of our paper. When asking Matt for advice on writing a story, he wrote in an email to me that "the best in-depth reporting takes time, the first people you should talk to are the students impacted by this." Professor Tullis understood that we are the voice of the students, something that is so special about our paper. Each week he provided insight for progress, pushing us to reach for new heights within ourselves as journalists.

One memory I have of Matt is when a few members of The Mirror staff were reporting on students and faculty protesting at Fairfield's "Community in Action" event. That day is one I will never forget. Tullis reached out to Editor-in-Chief Emerita Molly Lamendola, Madison and I after the event stating, "you all are doing the most important work The Mirror has done in my six years at Fairfield." He continued, "I was so proud to see you all in Dolan yesterday," referencing our attendance of a student protest. Tullis's pride for The Mirror and its staff is something that we always felt and will continue to push us in his absence.

Another memory of Matt I have is when I made my first mistake as Editor-in-Chief. I misspelled a headline and was freaking out – I felt like I had disappointed a lot of people. I emailed Professor Xie and Tullis almost immediately, in which Matt gave me the advice and consolation I needed. A lot of people don't understand the time pressure we are under each week while still aiming for perfection when it comes to layout and final touches. But Matt did. When things in the office and school combined seemed all too much, Tullis's reassurances were able to put my mind at ease and instill confidence in me in times when I was second guessing myself.

Finding the right words or processing thoughts in the loss of Matt has been hard. His loss has been felt by so many and I send all my love, thoughts and prayers to his lovely family who I have been able to hear stories of through him. Fairfield has lost one of the good ones. One of the professors who went above and beyond to ensure those around him felt heard, one of the professors who made you feel more like a person than just a student and one of the professors who advocated for his students constantly. We were so lucky to have him.

There are not enough words to properly characterize the impact that Professor Tullis has made on my life. I initially met Professor Tullis when I was a first-year student in his "News Writing I" class. In just a few minutes of class, his passion for what he did was clear. After enjoying his course so much in the Spring of my first year, I signed up for his "Literary Journalism" course the following semester. It was in this course that I rekindled my love for writing. Professor Tullis mentioned on the first day of class that literary journalism was a course near and dear to his heart since he spent a lot of his career writing in this style and then used literary journalism when writing his memoir, "Running With Ghosts: A Memoir of Surviving Childhood Cancer."

My semester in Literary Journalism was mostly remote, which led me to write one of my observation-based assignments on an interaction between my sister and her friend. When Professor Tullis gave comments to me, we had a lively communication centered around the fact my sister was about the same age as his daughter, Lily. He spoke so highly of his family, and embedded familial anecdotes constantly in his classes. It was clear how deeply he loved them.

I feel lucky to have known Professor Tullis for the four years that I did and to have been able to work so closely with him on the Mirror. I remember my first critique as The Mirror's Head News Editor. After only knowing Tullis as a professor, I was not yet ready to make the transition to calling him Matt, though he totally and completely welcomed us calling him by his first name. Even though at times during critique I found myself huffing and puffing each time he commented on the News section: "Add more white space here," "what if you talked to this person for this article as well," etc. I could never be mad or annoyed by any of the comments received, and when Maddy and I first took over the News section, trust me, we got a LOT of critiques from him. But, after Critique was all said and done and we started the next issue, I found myself thinking, "Wow. Professor Tullis was right. That story would have been stronger if we reached out to them" and "White space really does look better here." The time he spent going through the paper each and every week means so much to me, and he helped me become the editor I am today. His eagerness to support our creative ideas, especially throughout the Black Lives Matter articles we wrote last year, meant so much and means even more now. I hate how you never truly appreciate something until it's gone, and I hate looking back now and feeling like I missed out on so many opportunities to learn from him – like I should have asked more questions, or gone to more office hours. I hope that at the Mirror, even after we all graduate, the next generation of staff still thinks of him and can learn something from the lessons he taught us that have all trickled down throughout the years.

Rest in peace, Matt. I will never forget all you have done for me and the Mirror.

I will never forget my very first critique meeting with The Mirror. I was simply this freshman kid that somehow caught Ed board's eye at the time, and there I was sitting on Zoom in Regis Hall for the very first time among a sea of unknown faces, one of them being Professor Tullis himself. I had done some of the layout for the very first time and was unsure of my work since I had never touched InDesign before and had really had no experience writing sports (or anything for that matter) before coming to college. Coming from the perspective of another sports writer, I remember Tullis joking something along the lines of "it's only up from here" with me. Once I became the sports editor, Tullis guided me through many different obstacles as well as inspired in me a style of article ideas, layout designs and so much more.

Creating a column dedicated to the brand new arena you can see right outside of the Barone Campus Center was just one of the many great ideas Tullis brought to the sports section. He taught me everything I know about page layout and honestly, everything I know about how to write for sports. I mean, I'm trying to keep these paragraphs around two sentences, which is a sports-writing trick he ingrained in me as a journalist. I didn't even realize I was doing it; his advice has gone that far that it is simply second nature.

I will never forget Matt's (much-needed) reassurance to our staff when we realized we had made a mistake in one of our print issues; even from a perspective of someone who has been around journalism for a long time, his understanding and quickness to jump in and simply reassure us was a key cog in our staff regaining our morale. His leadership in that moment is something I will never, ever be able to thank him enough for.

I can't thank Professor Tullis enough for his belief in me and my potential as a journalist. With my time in the sports section, Matt extended me the opportunity to take one of his classes in sports journalism (and offered to fight for me in order to go around the prerequisites of the class so that I could take it). The extra attention and care he always showed us was more than I could've ever asked for, and I was grateful to know such a kind person.

I never had the chance to take a class with Professor Tullis, but I know for a fact I would have enjoyed his perspective, fun personality and expansive knowledge. I don't really have much experience in journalism outside of The Mirror, but Matt basically taught me a full semester's worth of concepts in sports writing that I would have never obtained anywhere else. The academic and life skills he taught me will be ones I carry with me for a lifetime.

I think I speak for our entire staff when I say that we'll be thinking of Matt's wife, Alyssa and his two children, Emery and Lily, during this incredibly difficult time. Rest in peace, Matt.

When thinking about Professor Tullis, or Matt as The Mirror knew him, I am immediately saddened that our time with him was cut way too short. In the past couple of days, I have found myself frequently reminiscing about our Thursday meets, recalling Matt's thorough critique of our newest issues. His passion for writing and dedication to our success was obvious from the endless guidance he provided on our weekly calls, always with a goofy smile and cheerful disposition. Every week, I looked forward to these calls, excited to hear his helpful suggestions and validating compliments. I believe his valuable insight made us all stronger writers and journalists over the past few years.

For me, it was Professor Tullis who opened my eyes to a possible career in journalism. As a freshman, I declared an English Creative Writing major but candidly wasn't exactly sure what I would do with it. After having Professor Tullis as my mentor, I just recently decided to declare a second major in Digital Journalism and scoured the university's course registration for all of the classes that he taught in hopes of working alongside him in my final years at Fairfield. It's heartbreaking to know that I will have to continue this journey without his guidance as Professor Tullis was someone who I not only looked up to as a mentor and as a writer, but as a very brave and strong human being.

In one of our first meetings together, Matt casually mentioned his history with his illness and how he had written a book called "Running With Ghosts: A Memoir of Surviving Childhood Cancer." I remember him nonchalantly describing it to us as I sat there absolutely awe-inspired. I realize now that his past battle was what shaped him into the professor we all admired and loved – someone who was incredibly talented, caring, optimistic and brave. While I'm distraught thinking about how I will never have the opportunity to sit in one of his classrooms, I am grateful for the two years I was fortunate to have Professor Tullis as a mentor. In such a short amount of time he played a large role in shaping me into the person I am today – I can only imagine the impact he has had on those he mentored and taught before me. My thoughts and prayers are with his wife Alyssa, and his two children Emery and Lily. May Matt rest in peace.

On behalf of the whole Mirror Staff, we would like to send our thoughts, prayers and condolences to Matt's family, friends and anyone else who was lucky to know him.

16 Block Speaks: An Insider Perspective



The last few days before our scheduled move my roommates and I took daily trips just to stare at our house from a distance, hoping for some sign that it was done.

By Madeline Hossler
Opinion Editor

I was ecstatic about my living situation going into this year. I was set to move into a brand new townhouse with some of my absolute favorite people.

I had been approved for an early move-in and was looking forward to being able to settle in and scope out the house before everyone arrived. I was ready for my move-in to Townhouse Block 16 to be the kick-off to a spectacular year. Unfortunately, that’s not how it happened.

The first indicator that there would be trouble came on Aug. 11, when my early move-in confirmation email hinted that those living in certain areas “may be informed 24 hours prior to their arrival that they cannot move-in if occupancy has not been approved.

They will need to make alternative arrangements.” There was no additional information provided on what “other ar-

rangements” was supposed to mean, but the anxiety level was definitely on the rise.

It wasn’t until Aug. 24 that we received an update. It was acknowledged that there was an issue with construction, however, this communication still used the noncommittal language that the construction delay “could affect your ability to move in on time” and “if a delay does occur you will be assigned a temporary space.”

We were told to select a preference for on-campus or off-campus temporary housing and told that we would be updated on Aug. 31 with “your temporary assignment if needed.” This email contained no definitive information whatsoever, just vague and unhelpful allusions that something might be wrong.

My roommates and I had no idea how to feel about this. It led to hours of speculation in the group chat, and a smattering of panicked emails.

I had a bonus layer of issues to sort out here. I had been approved for an early

move-in time, and I was supposed to be on campus two days before the date of our promised update. There seemed to be no guarantee they would be honoring early move-ins at all. This prompted my own slightly panicked email.

On Friday, Aug. 26, I gave up hope that anyone would be emailing me back and called the office. The person on the phone informed me that the office planned to allow those who were approved to move into the temporary housing early, that she saw my confirmed move-in appointment time and that she would send me an email later that day with additional details about my early move-in.

For a few hours, that made me feel better. But that email never came.

What we got instead that night was the confirmation that the worst outcome had been realized. Our house would not be ready until Sept. 16, and we would be moving into the Conference Center.

I spent the weekend packing, just hoping that eventually, someone would tell me what was going on. Saturday passed with no update, and so did most of Sunday. It was 9:48 p.m. on Sunday before I received confirmation that I could move in, just 13 hours before my appointment.

This email contained no information other than simply confirming that I was allowed to show up. I didn’t know my room number, if I had gotten assigned the roommate I requested, how our temporary meal plan was supposed to work, what the system for laundry was or even if I was allowed to park in the Conference Center lot. Those details came at 11:50 p.m. on Sept. 2, after I had already been living there for almost five days.

We were told our move-in day would be Sept. 16, and that we would be able to get our pin numbers to access the house at 5 p.m. The day of our promised move-in finally came, and the aura of uncertainty still hung in the air.

Every call and email my roommates sent that week looking for any kind of confirmation was met with a “we are anticipating” or “we are hoping,” with no official information. On Friday morning, we all began packing up our rooms with no guarantee that the University would be keeping its word.

It wasn’t until 4:51 p.m., a whole nine minutes before the promised check-in time, that the email came confirming we would be allowed access to the house that night.

When we showed up there was a box sitting in our hallway with a completely unassembled light fixture. The front door wouldn’t accept our Stag Cards, only the back. The smell of still-drying paint filled the space.

We would discover later that evening that our stove didn’t work, and that three different sinks and one of the toilets all leaked. The state of things made it actually believable that the house had been finished only nine minutes before our arrival.

It is truly disappointing how poorly the university handled communication with us during this time. When you are dealing with something as important as your house, you would hope the people in charge would be as transparent with communications as possible.

They took obnoxiously long to admit there was a problem in the first place. Almost all emails and calls were met with a version of “you will be receiving more information soon.” They failed to give us any meaningful details until the last possible second time and time again.

Since we moved in, there has not been a single mention of reimbursement from the university.

We paid the same amount of money as every other townhouse resident, but we lost two weeks of getting to live in our townhouse.

We deserve some of our money back. It’s the least they can do.

Club Spotlight: Book Club



By Elizabeth Morin
Contributing Writer

Reading a good book is the closest we will ever get to traveling to a new dimension; every time we pick up a book we travel to that setting and we become engaged in the characters' lives and growth. We are there for their origin story and we are there when they win against the antagonist. For many college students, however, we don't get to experience reading the way we did years ago due to homework, work, and other extracurriculars. Luckily, Fairfield offers a book club to enjoy reading again with a group of friends!

Zana Imetovski '24, Grace Foltin '24, and Madie Lynch '24 have been apart of book club since they were freshman and have been running the club since their sophomore year. This year they've come up with some new changes to help make the readings more accessible and inclusive to the entire group.

Book club meets bi-monthly to discuss their book of the month. The books aren't chosen randomly but by popular vote. The first vote is on what theme the books should be. For example, this month's theme is the Top 100 books of all time. From there, another vote is conducted on books within that list. The three that win the most votes become the books of the semester! Oftentimes, people can shy away from reading because of how expensive books can be but there is no need to worry. Book club covers the cost of the books for everyone and if there are more people than expected, a small fee of \$10 is requested. That's a great deal as there are many books today selling for \$20 or more. If the book becomes too much amongst your other homework or you decide that you really don't enjoy the novel all that much, there is 0 commitment to finish. Book club prioritizes discussion so they want to hear why you didn't like it or what you enjoyed of what you were able to read in the time.

I believe Book Club offers a different perspective on reading compared to most other literature-based clubs and classes. Overall, there is no rush to finish a book for a certain date in order to complete a project. Forced deadlines can push people away from reading and make it stressful more than enjoyable.

Another unique thing I noticed was that you don't have to pay for the books. I know the price of books has pushed me away from reading in the past like many others, and now this extra financial burden is off your shoulders. Even if you are asked to pay a \$10 fee in case there are more people than expected, that is a great deal for a book today or if you can not pay it, you can talk to one of the three executives.

Finally, I thought the popular voting of the books was a very smart idea from the executives. Oftentimes, books in these types of clubs are selected based off what the club president has decided and the theme is often random. Grace, Madie, and Zana makes sure everyone's opinion is seen and included when it comes to the readings.

Frequently Asked Questions With Zana Imetovski '24, Grace Foltin '24, and Madie Lynch '24

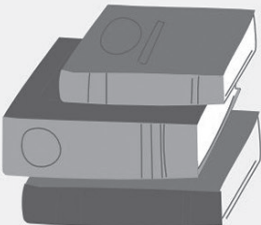
What would you say to people who are hesitant to join the club because they feel they don't have the time to pleasure read with all their homework?

Our club is not meant to feel stressful or like a homework assignment, if you don't finish the book or get to a part in the book that's completely okay we just want everyone to have a good time. Even if people don't finish the book they are always welcome to attend the meetings and talk about the book anyway. We love hearing everyone's thoughts

on the books we read and people really enjoy the discussions whether they get to read the whole book or not. This is also why we're trying to incorporate bonding this semester, so that we can still create bookish spaces and have fun activities that aren't built on people having read a certain book.

Does the difficulty of the book vary by meeting?

Each month we vote on a new book and the difficulty will depend on what the club has collectively decided to read. We normally tend not to pick a book that will be difficult since we try to keep things fun and light.



Are there any other activities that are done outside of reading?

Yes! We are looking to incorporate group bonding activities this semester just to get more interactions with each other within the club since we are growing so much.

Do you see a wide variety of majors in this club?

We have lots of majors represented! It's definitely not just a club for English majors or CAS students. Anyone who enjoys reading is sure to get some fun discussion from this club.

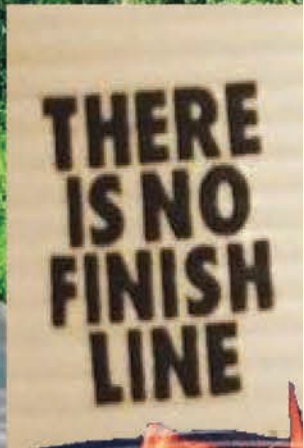


In Loving Memory Of Prof. Matthew R. Tullis



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...resident, the assistant profes-
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RUNNING
WITH
GHOSTS

A MEMOIR OF SURVIVING
CHILDHOOD CANCER
BY
MATT
TULLIS



LET'S "SHELL-ABRATE" NATIONAL LOBSTER DAY



By Kathleen Morris
Contributing Writer

In Stag Country, late September welcomes the first glimpses of autumn. The air is growing cooler, so you may be tempted to buy yet another sweatshirt from the Stag Spirit Shop or Grubhub a pumpkin spice latte from the Barone Campus Center Dunkin.' Perhaps you even snagged a mini pumpkin from the recent Farmer's Market outside the Barone Center (thank you, FUSA!). However, I urge you to hit pause on your fall festivities and savor summer's fleeting moments. I decided to savor these moments in a literal sense, as I indulged in a staple of New England summers: a lobster roll.

This crustacean creation was

not only a tasty treat but a timely one. In 2015, the senate designated Sept. 25 to be National Lobster Day! Yes, you read that correctly! There is an entire day dedicated to the pure enjoyment of lobster, the key ingredient of Connecticut's state sandwich. In fact, the "Encyclopedia of American Food and Drink" cited that the first documented lobster roll was served in Connecticut: at a Milford Restaurant named Perry's in 1929. Nearly one hundred years later, the lobster roll has become quite the sensation. The traditional lobster roll features chunks of lobster meat drenched in butter on a steamed hot dog bun, often paired with chips or fries. And, of course, you can't mess with the classic. However, a new addition to Fairfield's buzzing restaurant

scene has redefined classic and sparked a local phenomenon. LobsterCraft, which opened in June, has reinvented the roll and earned recognition as Flavored Nation's "Best CT-Style Hot Buttered Lobster in the Country." Located on Post Road, only a five-minute drive from campus, there is truly no better way to "shell-abrate" National Lobster Day. Let's dive in!

I arrived at LobsterCraft on a picture-perfect afternoon: the light gray building was backdropped by vibrant blue skies and its flashy orange signage was highlighted by the sun's glow. The restaurant and its patio seating area are encircled with lobster traps, contributing to its authentic, coastal feel. I was beckoned inside by a carved, wooden sign reading "Enter," which hung on the door and looked as if it could have been plucked off a ship. LobsterCraft captures the nautical essence of a typical seafood restaurant, inviting customers to enjoy the relaxed atmosphere of an island eatery without having to leave the hustle and bustle of Post Road.

Inside, I appreciated the attention to thematic detail, demonstrated by lobster murals painted behind the counter. But, my attention was drawn to the massive chalkboard that consumed the majority of the side wall. The chalkboard houses LobsterCraft's expansive menu, which is a product of the unique expertise and genius of the founder, Captain Mike Harden. Captain Mike, a Coast Guard Captain and licensed lobster fisherman from Norwalk, Connecticut, established

LobsterCraft in 2019. The menu boasts a wide variety of lobster roll options, appealing to hardcore traditionalists and those with an adventurous palate. The award-winning Coastal is a buttery delight, with succulent lobster piled high on a toasted bun. "The Dirty Maynard" is Lobster Craft's spin on a Maine-style lobster roll, served cold with seasoned mayonnaise atop a bed of lettuce and joined by farm-fresh onions, carrots and celery. "The Heat Wave" is an elevated rendition of the classic, with the hot butter infused with Serrano and Habanero pepper. Still, The Heat Wave could be considered a tame option when compared to the "California," with the butter replaced by house-made wasabi soy sauce and garnished with cucumber and avocado, or the "Surf N Turf," which is topped with marinated flank steak and drizzled with garlic aioli. Captain Mike's reimagined lobster rolls, characterized by their creativity and decadence, have contributed to his success. The LobsterCraft describes the progression of his company that began as a food truck and transformed into a "robust catering business, a small fleet of food trucks and brick and mortar locations up and down the east coast".

My recommendation would be to order the "Flight of Sliders," which includes one Mini Coastal, one Mini Dirty Maynard and one Mini Heat Wave. My order was de-

livered to my table on an actual silver platter, coupled with herb-encrusted ruffle chips. The Flight of Sliders will satisfy your lobster cravings without breaking the bank, which is a priority for college students on a budget. Each roll was packed with meat, and the quality was undeniable. The Coastal and the Dirty Maynard are proof that the traditional can be timeless.

The Heat Wave represents the next generation of rolls, but its spice does not overpower the meat's sweet, light taste. The bun alone deserves praise for its perfect, golden brown hue and delightful crispness. I ordered a side of french fries to accompany my meal and was delighted by the generous helping of fries sprinkled with flaky sea salt. Overall, LobsterCraft did not disappoint. I look forward to my next visit and am excited to feast on Captain Mike's latest offerings. From 1929 to 2022, it is clear that the lobster roll is here to stay.

LobsterCraft is located at 1814 Post Road, Fairfield, CT 06824 and is open Tuesday through Sunday from 11 a.m. to 8 p.m. For more information, check out their website (lobstercraft.com) or follow them on social media @lobstercraftct.



The "Flight of Sliders" allows you to try three unique lobster rolls!

A Look Into Bellarmine's Art Gallery

By Lauren Behrens
Contributing Writer

I had the opportunity to attend the Fairfield University Art Museum's event, Art in Focus: "El Greco, The Holy Family" on Thursday, Sept. 22 where Michelle DiMarzo, Ph.D., a professor of Art History here at Fairfield, gave an excellent talk on the new exhibit located in the art gallery on campus.

The exhibit, titled "Out of the Kress Vaults: Women in Sacred Renaissance Painting," focuses on feminine figures painted during the Italian Renaissance, showcasing women who were seen as leading pious, virtuous lives. The paintings on view in the Bellarmine Gallery depict a wide variety of female subjects including the Virgin Mary, female saints and martyrs. The artworks all vary in size, from large altarpieces to small devotional paintings. Surprisingly, it is one of the smaller works that is the star of this exhibit.

"The Holy Family with Saint Anne and the Infant John the Baptist" is only 20 inches tall, but its presence is felt throughout the gallery. Created by El Greco, one of the most famous late Renaissance artists, the painting depicts the Virgin Mary holding the baby Jesus and embracing her mother, St. Anne. St. Joseph is leaning over Mary's shoulder to gaze at Jesus,

and the infant John the Baptist joins the family scene. It was this painting that was the subject of the Art Museum's event, Art in Focus.

I attended the event virtually, and DiMarzo gave an excellent talk on the exhibit, focusing on El Greco's painting. She noted that this painting was probably what is called a "ricordo," which serves as a small painting that El Greco would have kept in his workshop to remind him of work he had done before, or to show potential patrons what he is capable of.

DiMarzo also noted that Mary, both in this painting and several others from the Renaissance, is commonly wearing a look of melancholy.

"She is never just looking at her infant child, she's looking at him and knowing what is going to happen to him," DiMarzo explained.

This is something I noticed as I walked through the exhibit. Nearly all of the depictions of Mary showcase her with a sad look while gazing at her son, almost as if she has a divine foresight as to what will happen to him.

I also learned from DiMarzo's presentation that this is the first exhibit in the history of the Fairfield University Art Museum to be curated by undergraduate students. DiMarzo's Museum Exhibition seminar worked together to develop and curate the exhibit that is on

display today. They were tasked with utilizing have your own encounter with these great works of art!





several artworks from the Samuel H. Kress Collection, where the exhibit gets its name.

When developing the exhibit, the curators focused on paintings that were typically held in storage with the goal "to do what Samuel H. Kress and his foundation hoped they would do: let people have direct encounters with great works of art," DiMarzo said.

If you're interested in listening to DiMarzo's talk about the exhibit, you can check it out on The Quicklive Archive's website. The exhibit is open until December 17 with free admission. Stop by the Bellarmine Gallery to

THE BEST OF NEW ENGLAND AT THE BIG E

By Abigail White
Assistant Vine Editor

Is there any better way to celebrate the start of fall than with a festival?

When I heard that the Fairfield University Student Association was sponsoring a trip to the Big E Festival, which runs from Sept. 16 to Oct. 2 in Springfield, Mass., I knew that I had to take advantage of it and go!

Formally known as The Eastern States Exposition, and often called “New England’s Great State Fair,” the Big E is a grand showcase of the six New England states: Maine, New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut.

To me, there is nothing better than fall in New England.

With its colonial towns, fall foliage and rich history, the New England states are, in my opinion, the best place to spend the autumn months.

What I appreciated most about the Big E Festival was the diversity of culture showcased by each state.

Each New England state has its own building in which the local culture was represented.

These buildings are impressive replicas of the New England States’ original statehouses.

Local restaurants, artisans, agriculturists and more came together to showcase the best of their state.

The House of Massachusetts and Rhode Island had plenty of seafood samples to try, from lobster to clam chowder.

The New Hampshire and Maine exhibitions focus greatly on the hiking, fishing and outdoor attractions.

And, of course, I was partial to the Connecticut House, as it is the state that hosts our school!

Although, my favorite state exhibition had to be

autumn season.

When I imagine fall, I picture spending it in a state such as Vermont, surrounded by sprawling mountains and beautiful landscapes as I watch the leaves change colors.

This Vermont House was the building in which all the fall favorites could be found.

The inside of the house was adorned with fall foliage and the walkways were lined with pumpkins and fall harvest items.

From apple cider samples, to wood carvings, seasonal candles and soaps, there were plenty of

fudge and enjoyed a homemade apple cider slush – something I have never tried before and ended up loving!

It was the Ben and Jerry’s booth, of course, located outside the Vermont House, that put the state’s exhibition in the lead in my mind. Ben and Jerry’s was founded in Burlington, Vt., and has produced some of the best ice cream ever since.

I was more than happy to sample some of their fall flavors at the Vermont House.

Though the state exhibitions were the main attraction of The Big E in my mind, there was plenty more to do.

even a petting zoo.

I found myself laughing out loud as I watched live basketball and comedy shows.

I spent hours browsing the craft booths, admiring the beautiful handmade treasures.

In the craft corner, there was everything from knit sweaters, to clay creations, homemade signs, to jewelry and more.

I was tempted to buy something from almost every booth I passed!

I adored seeing all of the farm animals at the petting zoo, and watching as children had fun participating in camel rides.

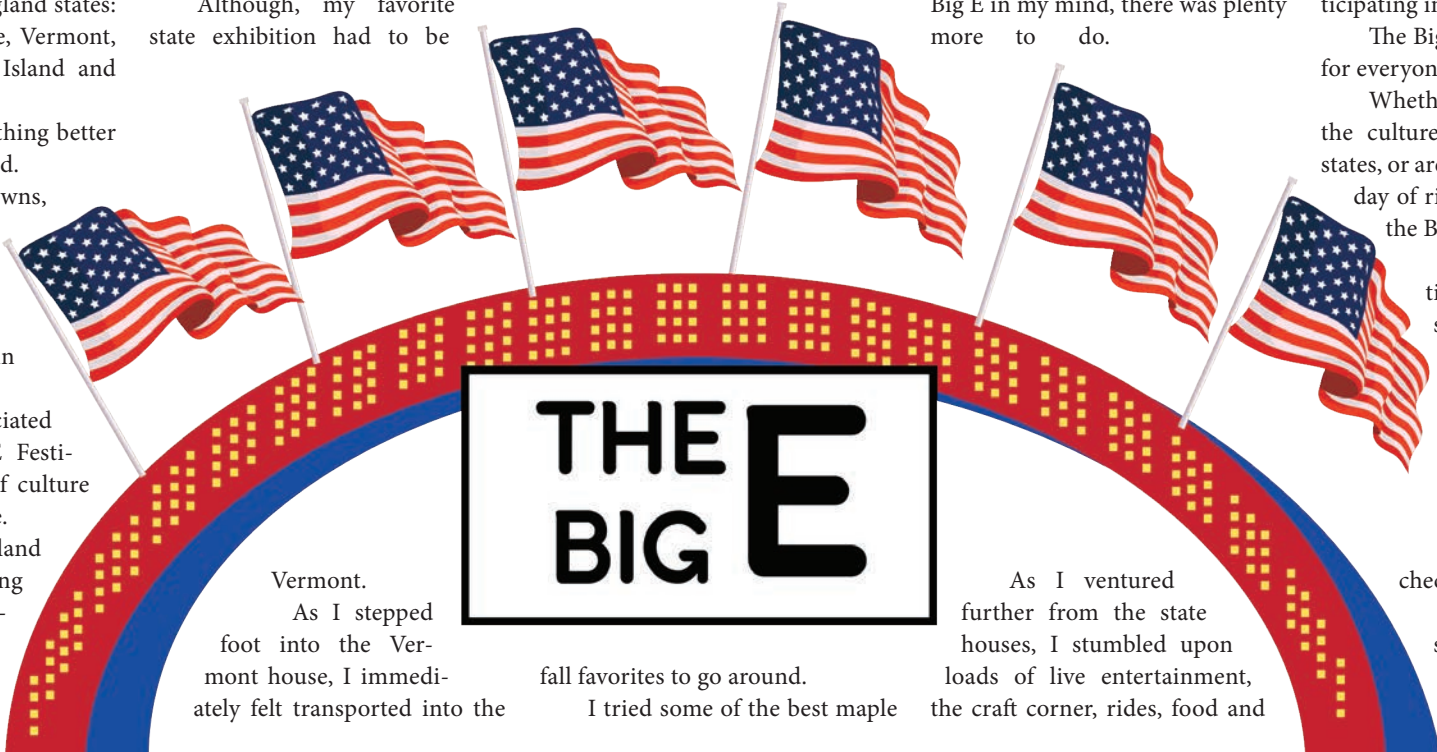
The Big E truly has something for everyone.

Whether you enjoy exploring the culture of the New England states, or are looking for a fun-filled day of rides and entertainment, the Big E is the place to go.

I had a wonderful time kicking off the fall season at this festival and would highly recommend checking it out while it is still in town!

It is open until Oct. 2, so be sure to grab some friends and check it out soon.

Springfield is only a short trip away and this seasonal fair is a great take in.



By Marina Chiaro
Contributing Writer

The air is crisp and you didn’t kick your blanket off in the middle of the night ... It’s finally Fall. Despite enjoying the aspects of autumn that everyone else has access to, like pumpkin spice treats and the halloween movies, fall in Fairfield is truly a magical experience.

“As someone who lives in Regis Hall, I’m glad I can finally go to sleep in a sweatshirt and not wake up all sweaty,” Lauren Cunneen ‘26 says. Bulkier clothes are just one of the many things to cherish when the leaves begin to morph in Stag Country. The walks to class are less sweaty and much more scenic.

“I love the in-between weather. Watching the leaves change into their fall colors makes campus that much more beautiful,” Natalie Cavanaugh ‘24 said. Alongside the mesmerizing natural aspects of Fairfield fall, there is always something to

do during this time of year.

“There’s always events going on ranging from soccer games to the farmer’s market. It’s the perfect weather to sit outside in the quad or go down to the beach to hangout with friends before it gets too chilly,” adds Jessie Caruso ‘26.

Autumn is the perfect transition period for just about anything. Finding a new study spot to study for your first exam, taking the Stagbus downtown for the first time or breaking in your Keurig to make some warm apple cider. There are so many opportunities to explore to meet new friends. Who says we have to wait for the new year to make goals for ourselves? Make it a point to try something new this season. Join the club you’ve been wanting to try out, go support a friend at their game or try that restaurant on Post Road you’ve been eyeing. We all wish Fall would stick around for longer than it can. Make it last while it’s here!

Continually, with this emerging season comes many festivities to look forward to. Halloween is around the corner, football season is among us and we’ll soon reconnect with our families during Thanksgiving break.

“I’m looking forward to seeing all the Fall decorations and

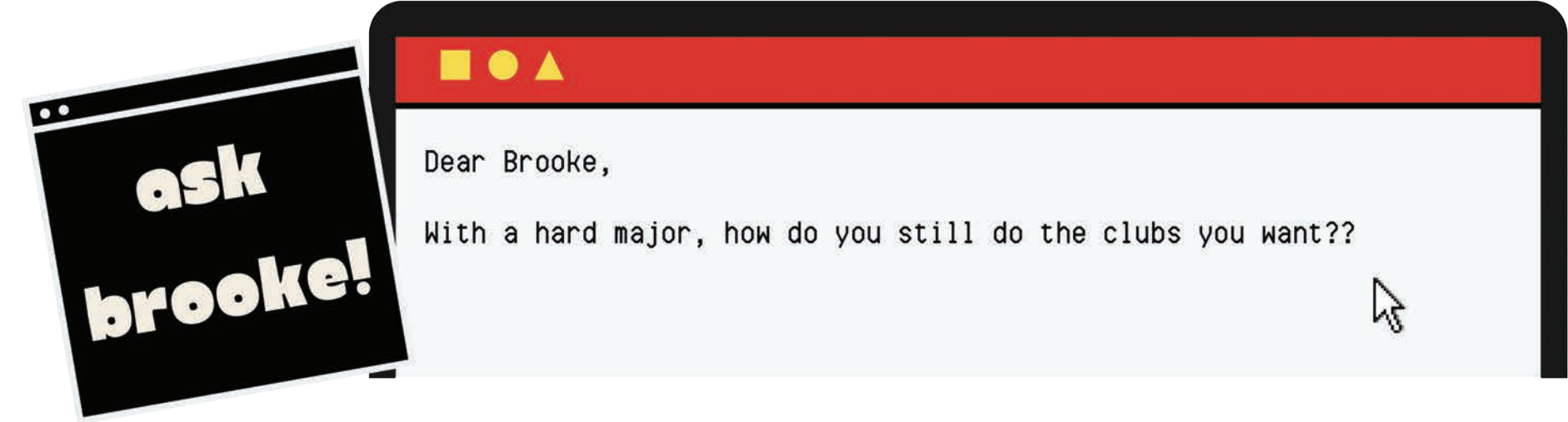
pumpkins outside the townhouses, which will probably end up getting smashed,” says Emily Merola ‘24.

Stag country will be silent for a short six days, awaiting our Holiday spirit-filled return. In the meantime, it’s great to see our fellow stags bond over who’s playing every Sunday night (go birds) and what they’ll dress up as for Halloween.

“I personally love the change of season, the cooler weather means sweater weather! I also just love all of the fun activities that come with the Fall season like pumpkin picking, Halloween and Thanksgiving, the sports games and being able to share that with my friends on campus!” Maria Betancur ‘24 exclaims.

Fall is what you make it. For some Stags, it’ll be their last Fairfield Fall, while for others, it’s a first! Take a minute to stop and stare at this captivating season upon us, soak in the festivities with your fellow Stags and of course, splurge on a Pumpkin Spice Latte from the DSB Starbucks.





By Brooke Lathe
Head Vine Editor, Copy Editor

As an English Creative Writing major, I'm sure that many may deem me unqualified to answer this question. However, since I am working both a job and an internship

during the active semester, I think my busy schedule is somewhat similar to those who are declared in STEM. Therefore, I have some advice that will hopefully guide you down the right path, because after all, you should always have the time to unwind by indulging in your hobbies and side interests. Time management is the most

obvious and important factor to be able to achieve this desire – and within that, is finding a routine. As we approach the end of our first month at school, hopefully, you have already gotten into your “groove.” But if not, no worries, because all good things take time. A rule of thumb that I make sure to accomplish at the start of each week is creating a detailed schedule including everything from my classes, meal times, showers and even time to scroll through social media.

My mother says that this tactic may seem overwhelming to some people, but if it works for you as well as it does for me, then this might be your staple trick for the next four years. After writing in the events that are necessary, you can then start to map out those time slots, ones that will now include your club meetings or events, that will allow you to view the hours that are open for homework and other

things that have piqued your interest. When I first started working for The Mirror, I knew that I had to carve out an hour on Monday nights for pitch meetings and additional time throughout the week to write my article. With those visual inclusions, I knew which hours were open to working on specific courses.

Communication is another large factor in being able to successfully juggle a full college load. All clubs on campus are run by students like us, which means they are very understanding of our intensive majors and crammed schedule. So, if you have a huge exam coming up or a ten-page essay due the night of a meeting, all you have to do is send the president a nice text or quick email that you can't make this week's meeting, but you are excited to make the next one!

From there, they'll tell you what you missed if it's important so you're still involved behind the scenes. Although it is saddening, there is no shame in not being able to go to every gathering – and I as-

sure you that a majority of other members won't be able to go to all of them either!

Lastly, please don't ignore your mental health. It is common to fall under tense spells where you are homesick, overwhelmed or just plain drained. When you start to feel this way, it is vital to understand your priorities. Maybe start to take a break from constant studying and leave the library to go hang out at the club you really enjoy. Straight A's are not worth the strain on your body. So, remember to take care of yourself and enjoy your college years for its social and creative outlets rather than just its academics!

There is no doubt in my mind that once you start to fit in those clubs that are on your mind, it will become a constant in your weekly routine despite your difficult workload. Clubs are necessary for a hectic academic environment as they are often your only time for a breather.

Don't let the fear of falling behind push you from breaking out of your comfort zone!

8:00-9:15 - Organic Chemistry
9:30-10:45 - breakfast & homework
11:00-12:15 - Anatomy
12:30-1:45 - lunch & homework
2:00-4:30 - lab
4:45-6:20 - homework
6:30-7:00 - dinner
7:00-8:00 - CLUB TIME !!
8:00-9:30 - study
9:30 - relax and sleep

Trader Joe's Taste Test: Ranking Fall Goodies

By Madison Gallo
Executive Editor

Walking into Trader Joe's, I was immediately greeted by the welcoming fall atmosphere. From the pumpkins sprawled across the store to the autumnal colors adorning each and every sign, it was clear that the autumn season is upon us. One of the best parts of Trader Joe's is their unique and delicious seasonal items, which is why I just had to give their fall specialties a try!

Pumpkin Bread (Mix) - \$2.99

One of the best parts and most indicative signs of autumn's arrival is the influx of pumpkin-flavored items across every grocery store shelf. One of my favorite Trader Joe's fall goods is the pumpkin bread mix. The best part of the bread is how simple it is to make. I can already tell my mom and grandmother will roll their eyes at me for baking from a box, but I'm a college student with limited time and the pumpkin bread is pretty good! I love how simple it is to make with minimal directions and extra ingredients needed. I added chocolate chunks to mine to make it a little sweeter, and I 100% recommend doing that if you try it (which you totally should).

Overall, I have to give the bread a 9/10.

Pumpkin Chocolate Chunk Oatmeal Cookie Mix - \$4.79

The Pumpkin Chocolate Chunk Oatmeal Cookie Mix immediately caught my attention, as I thought this was going to be the best item of the bunch. Unfortunately, I have never been more wrong. It was absolutely terrible. Nothing

about this was good. I am not sure who product tested this, but they might want to test it again because I am sure they didn't mean to put something so terrible on the shelves. I knew it was going to be bad when I opened the container and it smelt more like a Bath & Body Works candle rather than a cookie mix. This mix makes me understand where my mom comes from when she wants me to bake from scratch. Sometimes easier is not better.

For the inedible nature of the cookies, I have to give them a 0/10.

Caramel Sea Salt Baking Chips - \$2.99

The Caramel Sea Salt Baking Chips speak directly to something that I love, caramel and sea salt. The way that the sea salt flakes enhance and compliment the flavor of the caramel chips is unmatched, and, in my opinion, is one of the best flavor pairings out there.

I have nothing bad to say about these, but I am not sure how much I would actually reach for them while baking so they get a 4/10.

Fall Leaf Tortilla Chips - \$3.49

When I saw these fall-shaped chips, I immediately threw them into my cart. I was SO excited because I thought they were “fall” flavored. Much to my dismay, Brooke Lathe (Copy/Vine Editor and my best friend), pointed out that these were just chips – absolutely no fun fall flavors. Nevertheless, I still purchased them. These leaf-shaped chips have an impeccable crunch and are perfectly curved to ensure you get a great scoop of your favorite dip.

When it comes down to it, these are just really awesomely shaped chips. 7/10

Pumpkin Blondies - \$4.49

I love a good blondie, so I was especially eager to try out the Pumpkin Blondies. The flavor was great, but it was almost too sweet – an absolutely

unheard-of concept for me considering I have such a big sweet tooth. This is the kind of dessert that you can only have one of, and eventually my excitement over a fall-flavored blondie wore away.

The blondies rank as a 6/10 in my book.

Pumpkin Spice Espresso Beans - .99

Not for me. That's all I'll say. 2/10.

Fall Harvest Salsa - \$3.49

I LIVE for a chips and salsa moment, and I LOVE fall veggies. Seeing that Trader Joe's sold a salsa made with fall veggies and fruits like butternut squash, pumpkin and apple, I knew this would be good. I was not disappointed. The star of this haul was definitely the salsa. It was the right amount of smokey and spicy all while being able to pick up on the added fall flavors.

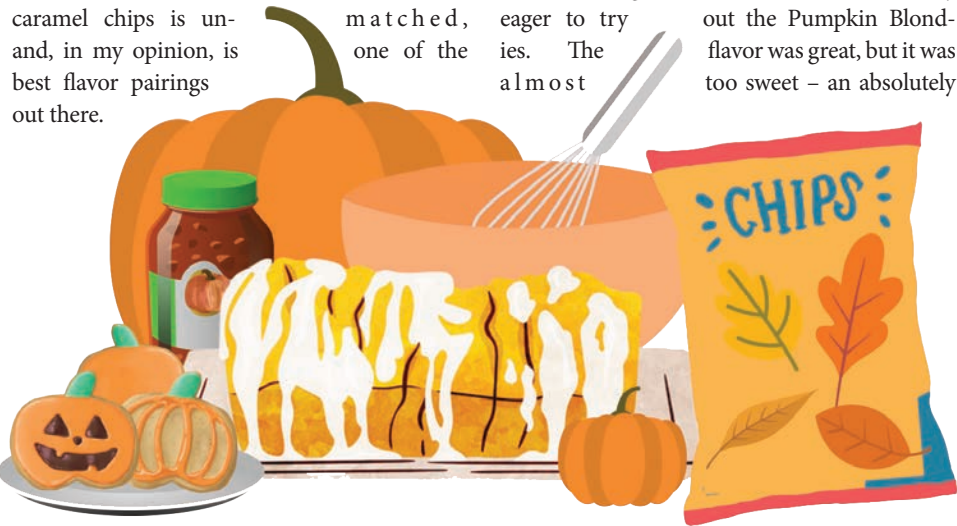
I give them a 10/10.

Pumpkin Brioche Loaf - \$4.49

I was really rooting for this one. On paper, it sounds perfect. However, I was not impressed. The brioche lacked flavor and left me puzzled because of the high hopes I had for it. I even made a spread to put on it with cinnamon and nutmeg, two classic fall spices, but that didn't do much. The brioche loaf was a major letdown for those reasons. Maybe I just didn't give the brioche enough of a chance, and I should have made it into french toast. But I don't think I will be purchasing again.

3/10 is how I would rate this one.

There is no better way to ring in the fall season than with some of these fall favorites from Trader Joe's. Stop by and try them out for yourself!



"Fall" Into The Season With These Ten Songs

By Giana Russo
Staff Photographer

Autumn is a morbid season, no matter how much we refuse to admit it. The trees are slowly dying, the sun is in a rush to melt behind the mountains and we can feel a brisk chill that follows us around and buries in our bones.

With that being said, the nostalgic longing for fall is unmatched by any other time of the year. It's only fair that the music we listen to matches the vibe of the season. I have compiled a list of ten songs to add to your autumn playlist that perfectly sums up what the season itself feels like.

"Sweater Weather" – The Neighborhood

Almost everyone knows the song "Sweater Weather." Its familiar beat and soothing vocals can immediately transport the listener to a cold beach setting. Just imagine walking along the shoreline of Jennings Beach with this song playing in your earbuds. The thought of someone else holding your hands (and your heart) brings a welcome warmth to the cool breeze and crisp chill in the air. The melancholy post-chorus and love story lyrics make the perfect pair and can sum up fall in a nutshell.

"we fell in love in october" – girl in red

The title of the recommendation should give it away, but this song clearly takes place in October. The comforting yet thrilling emotions of young love, in addition to the picturesque lyrics, are relatable to anyone. The inclusion of a familiar guitar intro can bring those feelings to the surface. Partnered with her repetitive chorus and low vocals, girl in red truly brings the feeling of fall to fruition.

"Night Changes" – One Direction

This is a classic teenage ballad, often played in the cars of 17-year-old girls when they finally begin pondering getting older. The lyrics, specifically the chorus, evoke the sense of aging and watching one's life fly by. Autumn begins, bringing with it a new year of school, which can remind people that

they are one step closer to adulthood, even more so in college. Though we are all technically legal adults, "Night Changes" reminds us to hold onto our youth, because it flies by in a second. The wistful song can bring you and your friends closer, as well as promote deep conversations between you.

"(Don't Fear) The Reaper" – Blue Oyster Cult

This is a much older song, but Blue Oyster Cult can perfectly grasp the idea of October music, specifically Halloween-themed. This song, eerie and macabre, is masked by a familiar cowbell and a jaw-dropping guitar solo. The reverberation added to the vocals and backing vocals give it a ghostly effect. The somewhat upbeat song, romanticizing death and "The Reaper," is the perfect addition to a spooky playlist.

"Somewhere Only We Know" – Keane

The heavy piano that opens this song is contradictory, both forlorn and upbeat. Passionate vocals about needing something or someone to rely on are not only relatable but can remind people of the loneliness colder seasons bring. Keane's hopeful chorus can make listeners feel less alone during the cooler months. Not only that, but the lyrics create a sense of secrecy between two individuals, and can be a perfect song for a long drive with your partner.

"Somebody's Watching Me" – Rockwell (feat. Michael Jackson)

This has to be my favorite Halloween song that wasn't written as a Halloween song. The whole idea of someone watching you is enough to freak anyone out but mixed with the creepy synths and vocals, it makes for an excellent addition to your October playlist. Michael Jackson, not a stranger to Halloween himself, does an excellent job making the music sound as spine-chilling as possible.

"Baker Street" – Gerry Rafferty

This song also includes a very abrupt piano, but its main feature is a saxophone. Absent from most songs, this unique instrument brings a warm

sound to an ultimately sorrowful song. The lyrics themselves are incredibly forlorn, but the musical mix makes me think of the colorful orange leaf changes (and also the movie "Good Will Hunting"). If you haven't heard this song, I highly recommend you give it a try and mix up your usual music listening experience.

"Campus" – Vampire Weekend

This is another one that I like to think is rather self-explanatory. The song "Campus" is about walking to class and suddenly seeing the person of your dreams in front of you. It's a cute back-to-school song for when the weather is still slightly warm and the seasonal changes have just started. Who knows? Maybe if you listen to it enough you'll find your Stagmate!

"Thriller" – Michael Jackson

After mentioning one of his features, I couldn't "not" include the quintessential Halloween song: "Thriller." If you're really feeling the magic of the Halloween season, sit down and watch the thirteen-minute music video, which is more of a short film.

Luckily, the song isn't that long, so you can add it to your playlist without having to worry about the rest of the discography disappearing in the queue.

"This Charming Man"

– The Smiths

To close it off, one of my personal favorite bands, The Smiths, has such amazing fall songs. In "This Charming Man," in particular, the bright guitar music contrasts with the often

depressing tone of most Smiths' songs.

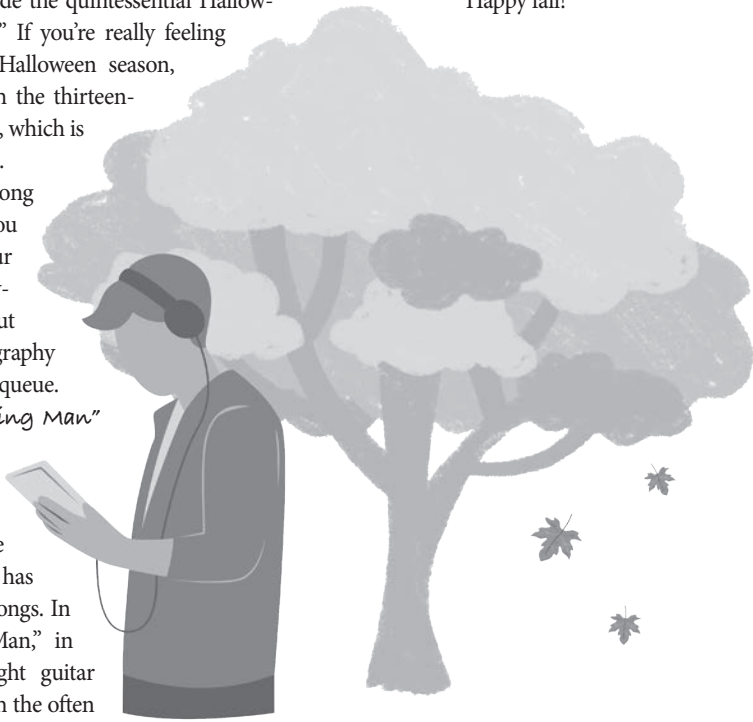
The songwriter, Morrissey, provides clever lyrics and jumping vocals to keep the listener entertained. If you like the sound of this song, I highly recommend the rest of their discography, as it contains so many songs to listen to in the fall and winter seasons.

As the leaves begin to cover the yellowing grass and the walk to class becomes a bit harder, we could all use a little motivation.

So, instead of shrugging on your jacket and complaining about the cold, pop in some earbuds and put on your fall playlist. I hope after reading my recommendations you'll have some new additions to make the most of this fantastic season.

Make yourself the main character on your walk to the Tully by listening to music you'll want to keep on repeat.

Happy fall!



NO TRICKS, ONLY TREATS: COSTUMES YOU NEED TO WEAR THIS HALLOWEEN

By Liana Giacobbe
Contributing Writer

month away), now is the time to start considering some potential costume options. There is no shortage of costume inspiration sources, from TikTok to Pinterest to other people's past Instagram posts.

Despite all of this access to ideas, it can be difficult to come up with ideas that are unique but still understandable.

Not to mention factoring in the number of people you want to dress up with and your individual budgets: it can be a nightmare! Never fear, for I am here to kickstart your brainstorming process and give you a few amazing ideas to branch outwards from. Whether you take these ideas at face value or turn them into

something even better, here's hoping that inspiration strikes!

We may as well begin by discussing some of the most classic costume options around: fairies and princesses! There is plenty of room to work within these vague categories at a number of different price points and different levels of effort. This is a great costume idea for groups, as you can assign each person the princess or fairy that most closely resembles them.

It is fairly low-effort, as all you really need is some sort of dress or matching set, the necessary accessories and some sparkles. Boom! One idea done.

I know it may not be the most innovative or creative costume around, but you are pretty much guaranteed to please all of your friends and stay within budget. And come on, how could somebody NOT know what you are?

A great idea for guys is to be something revolving around one intrinsic article of clothing that I guarantee is already in your closet:

a flannel. This one garment has the potential to be transformed into the basis for a cowboy, scarecrow or lumberjack costume ... truly, the list is endless.

Similarly to the aforementioned costume, simply don the necessary accessories (or don't, it really doesn't matter) and you are all set for a night of spooky fun. Listen, it may take people a few guesses to understand your costume, but hey, who really cares?

Oops ... I'm (Doing) It Again! Another idea for the ladies is one of my personal favorites. I have thought long and hard about even mentioning this costume in this article, for fear that I will have it stolen out from under me, but I feel that I must.

You know her, you love her and she pays homage in the most artful of ways to the early 2000s ... none other than my girl Britney! It feels almost impossible to pick one outfit to take inspiration from, as she has simply too many iconic looks, but trust me, this is a good

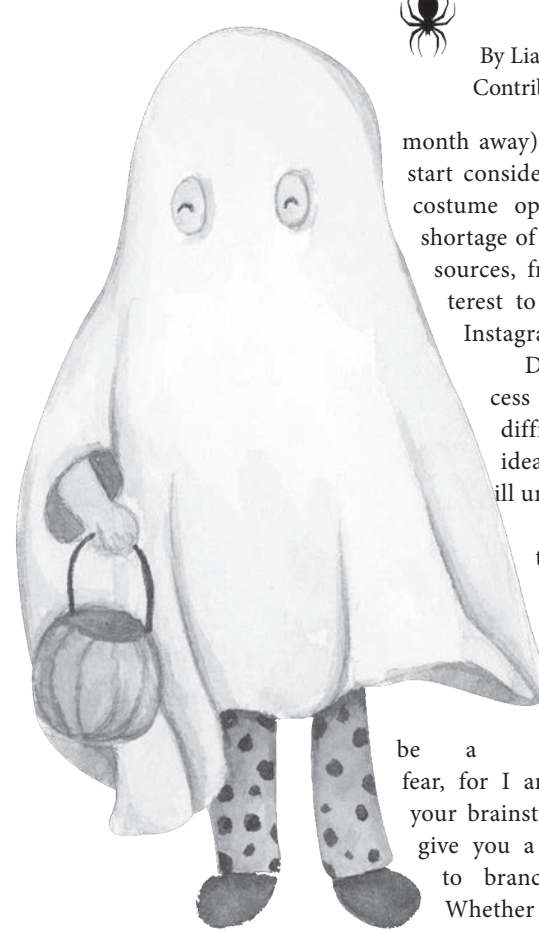
one.

Between her look in the "... Baby One More Time" music video and her outfit from the Video Music Awards, in which she hauled a python across the stage, there is no shortage of interesting and elaborate directions to take this costume in.

Though it may be a bit pricey to buy replicas of the exact outfits she has worn, you can easily recreate most of these looks with articles of clothing you already own plus a few extras here and there. It is bold, it is iconic and it is fun ... what more could you possibly ask for?

While this is far from an exhaustive list of potential directions that you can take your Halloween looks, these are some of my favorite simple costumes that can be built upon and personalized to make some absolutely rockin' costumes.

Whether you plan on celebrating Halloween or not, at least you now have the perfect resource to





COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE

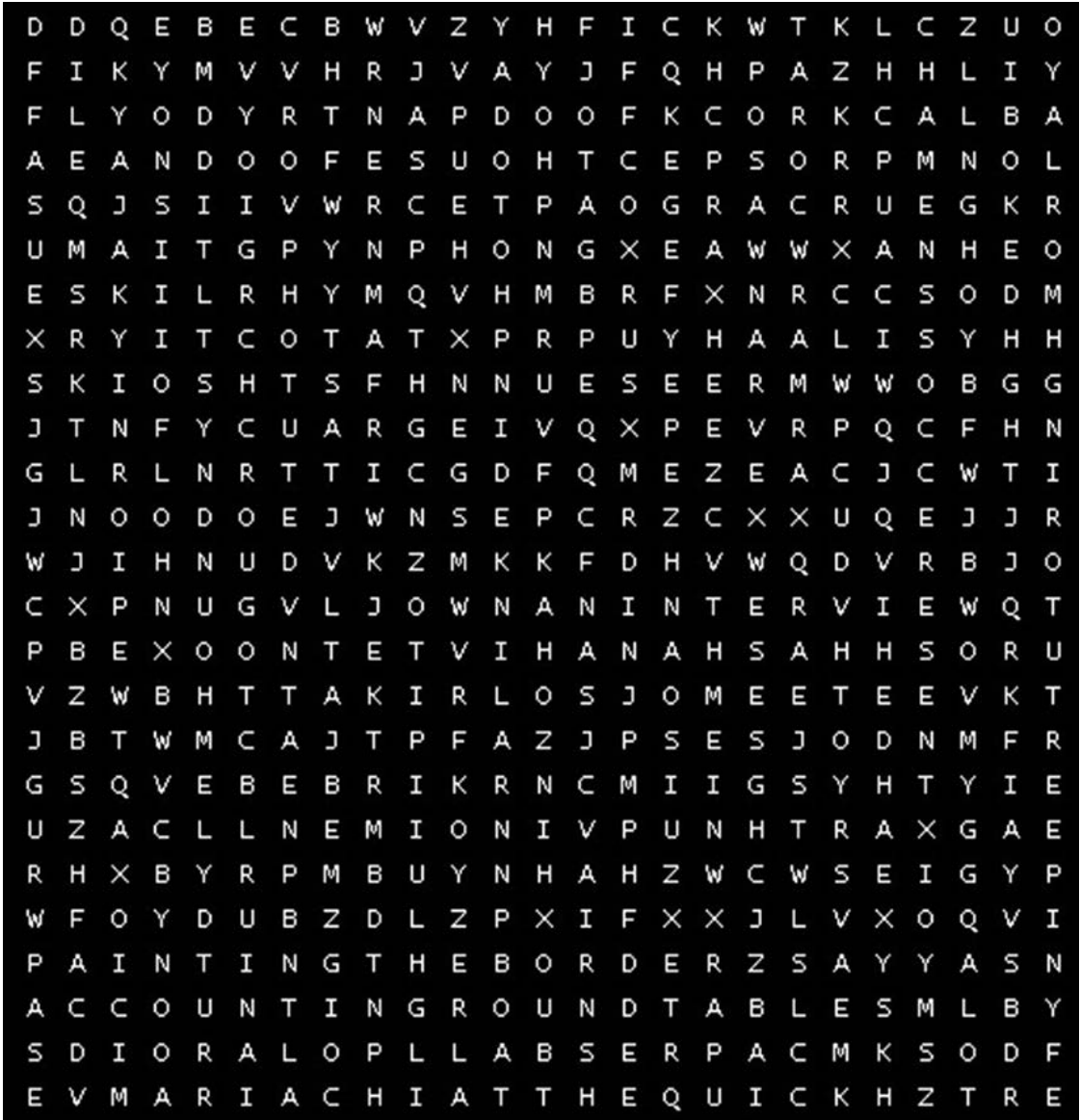
Editor: Tristan Cruz
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FAIRFIELD EVENTS WORD SEARCH!

Check out these upcoming events on Life @ Fairfield!

- Accounting Roundtable
- DIY Night
- Mariachi at The Quick
- Painting the Border
- Prospect House Food
- Strong Nation
- Black Rock Food Pantry
- Fairfield on Fire
- Mens Soccer
- Peer Tutoring
- Rosh Hashanah
- Yoga
- Career Fair Prep
- LinkedIn Photo Day
- Own an Interview
- Pres Ball Polaroids
- Spin Class
- Zumba Toning



Free Puzzle Maker / Discovery Education

Free Puzzles / Puzzles.ca

Sudoku #921 (Medium)

		9		2			
			8				9
		3				2	
	2		1				
			6		3		
1	4					5	7
	6	8			7		
						1	
		4		3		7	5

Sudoku #922 (Medium)

					4	6	
				7			3
2	8						9
	7	5				6	8
	9					7	
		4			2		
	5	7		6			
4							
3				1			5

The Improbable Rise and Fall of DSB

Nick Silvia, Contributing Writer

With all of the construction happening around campus, students could only imagine which building would be next to be demolished, falling victim to the unstoppable tide of first years who demand more modern facilities, probably because they were spoiled with iPads by their parents at the age of two. However, some might be surprised to hear that the latest casualty of grossly over accepting silver spoon millionaire’s children who grew up without knowing what an Elmo is will be the Dolan School of Business.

Now in its fourth year of operation, the home of the country’s future most elite tax evaders will apparently not reach the half decade mark, though it still managed to outlive the Tully’s pizza.

“No it didn’t,” said the radioactive talking pizza we found in the Tully urinal. “I’ve been here since the old DSB was built. I’m never gonna die.”

Early reports are saying that for the upcoming school year, all business students will be shifted to the Covid wing of the old DSB, while the English and film majors in old DSB will be shifted to the Tully. The Tully will then be shifted to the library because, let’s be real, no one goes there.

A funeral mass for the structure will be held at Egan Chapel the final week of May, with the closing hymn being “Jordan Belfort,” by Dyl and Wes Walker, as performed by all of the university’s music majors, who didn’t have any better summer plans.

SPORTS

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



WE ARE STAGS



Sept. 28	Sept. 29	Sept. 30	Oct. 1	Oct. 2	Oct. 3	Oct. 4
<div>Women's Soccer at Mount Saint Mary's University Emmitsburg, Md. 4:00 p.m.</div> <div>Men's Soccer vs. Mount Saint Mary's University Fairfield, Conn. 7:00 p.m.</div>	FAIRFIELD	<div>Cross Country Paul Short Run Bethlehem, Pa. All Day</div> <div>Women's Tennis ITA Northeast Regional Champi- onship Hanover, N.H. All Day</div>	<div>Women's Tennis ITA Northeast Regional Champi- onship Hanover, N.H. All Day</div> <div>Men's Tennis Lehigh Invitational Bethlehem, Pa. All Day</div>	<div>Women's Tennis ITA Northeast Regional Champi- onship Hanover, N.H. All Day</div> <div>Men's Tennis Lehigh Invitational Bethlehem, Pa. All Day</div>	<div>Women's Golf Hartford Hawks Fall Invitational Bloomfield, Conn. All Day</div>	<div>Women's Golf Hartford Hawks Fall Invitational Bloomfield, Conn. All Day</div>

Sports Section Forever Shaped By Matt Tullis

MATT TULLIS WAS AN ASSISTANT PROFESSOR OF ENGLISH, DIRECTOR OF THE DIGITAL JOURNALISM PROGRAM AND THE ASSOCIATE DIRECTOR OF THE INTEGRATED MEDIA LABS AT FAIRFIELD UNIVERSITY. HE PIONEERED THE NEW SPORTS MEDIA PROGRAM ALONGSIDE ASSOCIATE PROFESSOR OF COMMUNICATION ADAM RUGG. TULLIS HAD A PASSION FOR SPORTS JOURNALISM, NEWS WRITING, PODCAST WRITING AND MEDIA PRODUCTION. IN THE SPORTS SECTION OF THE MIRROR, HIS EXPERTISE AND ENTHUSIASM FOR THE GROWTH OF THE SECTION WAS ALWAYS FELT.

By Tommy Coppola
Managing Editor

Matt Tullis was an assistant professor of English, director of the Digital Journalism program, and the associate director of the Integrated Media Labs at Fairfield University. He pioneered the new Sports Media program alongside Associate Professor of Communication Adam Rugg. Tullis had a passion for sports journalism, news writing, podcast writing and media production. In the sports section of The Mirror, his expertise and enthusiasm for the growth of the section was always felt.

The sports section that you can see today would be completely different if Professor Tullis was not our advisor. In my freshman year, I became the assistant sports editor and was mentored through the process of writing professional sports journalism as well as designing page layout by Tullis himself.

He showed me the ropes of sports writing, and walked me

through the exact process of how to stylize the articles I wrote. He also gave me incredible advice about InDesign, and how to balance page layout without making pictures look cluttered. Eliminating the white space on each page was one of his largest contributions, and I believe that it shows in every single rendition of the sports section.

The calendar you can see on page 13, the Arena 100 updates we've put out every single month for a whole year, and even the dynamic layout of the back page have all come from the mind of Matt Tullis.

I have three issues of The Mirror hanging above my bed, laid out so that one can see the entire front page layout of each. The first was my very first time writing for The Mirror, which was the very first issue of my freshman year. In this issue, I wrote a little piece in paragraph form about my Stanley Cup Final predictions. I wasn't on staff at the time, but the front page of that alone is a reminder of how Matt was able to show me the ropes of writing sports

journalism that sounded professional and not like an eighth grade essay.

My second issue on the wall is my first issue as the sports editor. My first chance to go at it alone was exciting to me, but I remember not being satisfied with the final design. In that critique meeting the following day, Matt reassured me that even though I might not have been the most experienced in InDesign, it was only up from there. I'd like to think he was right.

The third and final issue is my first issue as the managing editor of The Mirror. This issue was incredibly important to the Fairfield community; although he was not our advisor at the time, Matt's reassurance and confidence in us during that time meant the world. He had a massive impact on three of the issues I hold closest to my heart, and the many more I've had the opportunity to be a part of.

Professor Tullis has had an undeniable effect on the sports section of The Mirror, and will be dearly missed.

In this week's issue...

- Kress Trumps Niagara For 500th Win (Page 14)
- Opinion: Jets, Giants, Lions Impress in Week 2 (Page 15)
- Men's Soccer Makes Way to MAAC Play (Page 15)
- Opinion: Mets Possess Brightest Future in Baseball (Page 16)

Todd Kress Trumps Niagara For 500th Win

By Trevor Russell
Contributing Writer

Fairfield University volleyball head coach Todd Kress reached a significant milestone on Sept. 18 with a commanding win over Niagara University. The win was the 500th of Kress's career, an extremely impressive achievement shared by only thirty other active Division I coaches.

Kress began coaching at Fairfield in the year of 1995 and stayed for four years before departing, according to a press release from Fairfield's official website. He made his return in 2014 and has led the Stags ever since.

The Stags won the game handily, with KJ Johnson '23 leading the way with sixteen

kills and two blocks. Junior Ella Gardiner also had a notable performance with eight kills and two blocks. This win wrapped up a strong road performance to start the Metro Atlantic Athletic Conference (MAAC) schedule for Fairfield with wins over Canisius College and Niagara.

Reaching 500 wins in volleyball is noteworthy, and Kress believes he could not have done it alone.

"Any sort of milestone or anniversary reminds me of all of the student-athletes and coaches that I've had the privilege to work with over the years," Kress says. "Every win is a team achievement, and all of those people who shared in the individual wins along the way also share in this moment."

Kress now holds a lifetime record of 500-312 in Division I Women's Volleyball. The win for the Stags was his 266th with the team, with the rest coming when he led Division I programs at the University at Buffalo, Florida State University and Northern Illinois University. This record gives him a prestigious winning percentage of nearly seventy percent as Fairfield's head coach.

When asked whether he was aware of the milestone heading into the match, Kress explained he was unaware.

"Last weekend was the start of MAAC play against two strong opponents, so getting ready for that was first and foremost in my mind," Kress says. "I actually wasn't aware of my exact win total until I was

told on Sunday. So, I certainly appreciate all of the congratulations, but the biggest achievement for us this past weekend was getting back on the bus to campus with two league wins."

Kress's focus is well-placed. The Stags look to have a strong season in the MAAC this year but will face tough competition. However, there is no one better to lead the team than the all-time winningest coach in Fairfield and MAAC Volleyball history. The eight-time MAAC Coach of the Year is looking to bring his team back to the top again this season.

"We have potential, but we also have work to do," Kress says on the forecast for his team moving forward into the season. "The MAAC is going to be incredibly competitive this year, especially with all ten teams qualifying for the conference tournament. But we know that if we challenge ourselves daily to reach and exceed our potential, we will be in a position to succeed in November."

The stags continued to dominate against MAAC opponents this past weekend, defeating both Marist College and Siena College on the road. Johnson had an outstanding performance against Marist, while Allie Elliot '26 and Blakely Montgomery '25 led the way against Siena. Fairfield is the only unbeaten team left in the league and has won 3-0 in every league matchup this year. They are in a great place as they end their road stretch before returning to campus for a few home games.

As Kress looks to lead the team to his eighth MAAC championship, it will be a long road ahead. The MAAC will be very competitive this year, but the Stags are off to a strong start.

They look to continue their success against MAAC opponents this Saturday, Oct. 1, when they take on Quinnipiac University at home.



Photo Contributed by the Sports Information Desk

Head Coach Todd Kress and his team celebrate Kress's 500th victory as a Division I coach after their win against Niagra University last Sunday.

Weekly 5x4

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

Because we have witty things to say ...

What is one place you have always wanted to visit?

What is your favorite class that you have taken at Fairfield?

What is your favorite movie ever?

If you could have dinner with two people in history who would they be?



Maddy West
Editor-In-Chief

I have always wanted to go to Amsterdam!

My favorite class I have taken is American Presidency with Professor Alphonso, Ph.D.

I am a huge movie person, but one of my favorites is Parent Trap.

I'd love to dine with my grandparents



Madison Gallo
Executive Editor

Paris!

Italian American Cinema with Professor Carolan and literally any class taught by Professor Delfino.

Huge toss up between "The Devil Wears Prada" and the "Bring it On" series. Also "Matilda."

Amy Winehouse and Ray Charles.



Tommy Coppola
Managing Editor

I've wanted to see Spain for so long. One day.

Spanish Civilization and Culture because I'm a nerd for medieval history.

Man ... I'm gonna go with "Interstellar."

I'll take the dinner with Jay-Z. Those who get it, get it.



Brooke Lathe
Head Vine Editor, Copy Editor

Italy ... fingers crossed, and I will be there for a whole month this summer!

Intermediate Screenwriting with Professor Fiorela Canaj. But, I also have to plug all of Professor Sonya Huber's classes because she rocks.

As an aspiring screenwriter, this is an impossible question. "Ratatouille."

Shonda Rhimes (because I want to be her) and Alex O'Connor (because I want to marry him).



Ryan Marquardt
Head Sports Editor

Australia.

Business Communication.

"Blues Brothers" because it is the greatest film ever created.

Lawrence Taylor and Bill Parcells.

Opinion: Jets, Giants, Lions Impress in Week 2

By Ryan Marquardt
Head Sports Editor

The National Football League is back and better than ever. The greatest time of the year for sports fans is here and the NFL has failed to disappoint. With that being said, let's jump right into the action that occurred in week two of the nation's biggest league.

The action started off hot with the marquee quarterback matchup of the week having Patrick Mahomes duel Justin Herbert on Thursday Night. This was also the NFL's first exclusively Amazon Prime-aired game, and it was seen as a success reaching around 12 million viewers. The game was a 27-24 Chiefs win that came down to the wire. Justin Herbert threw a costly pick six at the Kansas City goalline which changed the outlook of the game. But after suffering a rib injury, he came back and drove the Chargers down the field to make it a three point game with very little time left in the game. Herbert delivered a miraculous throw on fourth and one to do so; however, it was not enough.

The 1 p.m. window on Sunday held eight games with five of them being one possession affairs. First off, the New York Jets pulled off what can only be described as a miracle against the Cleveland Browns, as they trailed

by 13 points with just 1:55 left on the clock. The Jets scored one long touchdown on blown coverage in just 30 seconds then recovered the onside kick. Quarterback Joe Flacco would then connect with rookie first round wide receiver Garrett Wilson for the game winning touchdown, and kicker Greg Zuerlein hit the extra point to give the Jets the lead with just 22 seconds left,

overall pick defensive end Aidan Hutchinson, both of whom had stellar performances. They won 36-27, holding on to their lead despite a late game comeback attempt from quarterback Carson Wentz and the Commanders, who outscored the Lions 27-14 in the second half.

The Buccaneers defeated the division rival Saints in a physical game 20-10 after some costly interceptions thrown by quarterback Jameis Winston. However, the main story of the game circled around the ongoing feud between Bucs wide receiver Mike Evans and Saints cornerback Marshon Lattimore, who are always matched up in their contests. Things usually get chippy between them in games, but this past weekend Evans took it to another level, taking a ten-yard head start and full on tackling Lattimore while he was involved in a shouting match with Bucs quarterback Tom Brady. This cost Evans a one-game suspension and both players were ejected from the game.

The now 2-0 New York Football Giants defeated the struggling Carolina Panthers 19-16, in a game decided by the kickers. Giants kicker Graham Gano proved once again why he is one of the best in the league, going four-for-four including two that went from over 50 yards. The game was iced when on a critical third and one where if converted the Giants could kneel out the rest of the game. Giants quarterback Daniel Jones rolled out

and scrambled for the first down, closing the door on any comeback opportunity for quarterback Baker Mayfield and the Panthers.

The New England Patriots defeated the Pittsburgh Steelers in a defensive battle, 17-14, with two dominant defenses and two mediocre offenses. New England held the lead from mid-way through the first quarter on and Pittsburgh could not muster up the offense to beat the stout New England defense.

In the most shocking game of the week, the Jacksonville Jaguars, who seemingly have the Indianapolis Colts' number, shutout the Colts 24-0. The Colts haven't won a game in Jacksonville since 2015, and it was where they were eliminated from playoff contention last year in week 18. The Colts are still winless at 0-1-1, with two disappointing games to start out the season. The Jaguars, on the other hand, are in first place in the AFC South at 1-1. The Jaguars dominated in every facet of the game, forcing three Matt Ryan interceptions and sacking him five times. Trevor Lawrence had a very good day with a passer rating of 121.5 and two touchdowns.

The Miami Dolphins faced off against the Baltimore Ravens in Miami. After being down 28-7, the Dolphins stormed back in a comeback led by quarterback Tua Tagovailoa who threw for 469 yards and six touchdowns. Wide receiver Tyreek Hill, whom the team acquired via trade this offseason, also had a great game with eleven catches, 190 yards and two touchdowns. Their second-year wide receiver Jaylen Waddle also had 171 yards and two touchdowns. Lamar Jackson did his best to keep up,

but had a colder second half scoring only 10 points.

The Atlanta Falcons gave the Super Bowl champion Los Angeles Rams a scare in a close 31-27 Rams victory. The Falcons attempted to come back from a 28-3 deficit and possibly break their curse from Super Bowl LI. They stormed back to make it a tight game but the Rams pulled it out after an interception with two minutes left and then running out the clock.

In an NFC West matchup, the San Francisco 49ers played the Seattle Seahawks. Even though the Niners lost their young starting quarterback Trey Lance for the year, the Niners still dominated, winning the game 27-7. Seahawks quarterback Geno Smith couldn't replicate his Monday night magic from week one, only putting up seven points on offense against the always strong Niners defense.

The Dallas Cowboys upset the Cincinnati Bengals 20-17. The Cowboys went up 17-3 at the half, barely pulling out a win despite late game heroics from Bengals quarterback Joe Burrow. The Bengals are now 0-2 in one of the biggest surprises of the NFL season so far. The defending AFC Champions got their first win of the season in week three against the Jets. For the Cowboys, all hopes for the season were thought to be lost after the week one loss of quarterback Dak Prescott for roughly the next four to six weeks of the season. However, the feelings changed after backup quarterback Cooper Rush led the team to an upset victory with 235 yards and a touchdown.

Read full article at www.fairfieldmirror.com



Chase Edmonds celebrates a big play for Miami.

making the final score 31-30.

The Hard Knocks-featured Detroit Lions picked up their first win of the season against the Washington Commanders. They were led by second year wide-out Amon-Ra St. Brown and second

Men's Soccer Makes Way to MAAC Play

By Billy McGuire
Assistant Sports Editor

As September winds down, the Fairfield University men's soccer team is beginning to transition away from playing non-conference opponents to playing Metro Atlantic Athletic Conference opponents.

The Stags have one game left in non-conference play against Mount Saint Mary's University on Wednesday, Sept. 28 at 7 p.m., which will be held at Lessing Field.

Through their first eight games of the season, the Stags have gone 4-4. Although none of the teams they have played are ranked, a good chunk of their opponents represent universities that are held in high-regard both nationally and internationally.

Head Coach Carl Rees points out that playing these programs brings better competition, which will help the team build momentum and confidence as it kicks off its conference schedule on Saturday, Oct. 1 against Quinnipiac University.

"The competition against high profiles represents the fact that you know, our University is now ranked as a national university rather than a regional one," Rees pointed out. "So with that, it comes with playing competition that features players from not just the US, but worldwide. Princeton, for example, has these programs that are internationally recognized, and they have the ability to travel with global range."

He continued, "This will definitely help us as we transition into the conference season."

Some of the programs the Stags have played

this season include United States Naval Academy, Princeton University and Harvard University – all schools that consistently attract talent to their highly-recognized programs. They have also played the likes of Colgate University and the University of Rhode Island. In those five contests, the Stags have accumulated a record of 2-3, a respectable performance against programs with longstanding, solid foundations.

Rees believes that facing stiff competition from these programs will only help his players achieve one of his main goals: growing and finding their potential.

"The overall goal is to maximize our potential and it is my job as a coach to encourage and facilitate each individual player's development not just on the field, but also in the classroom," Rees says. "That aspect is very important to me."

He add, "I think this competition will certainly help them. It challenges and motivates them. It will only help us be prepared when we face conference opponents."

Rees also mentions another objective that the team is working towards: besting its MAAC competition and taking things one step at a time.

"If we can reach our potential and our ultimate goal, which is winning a MAAC championship and getting into the national tournament, we will be successful," Rees says. "That's the goal. We're very close. Our guys know it. I said to them that it's a unique opportunity and that we need to work for it. It's the only time that this particular group of players, coaches, and athletic trainers, and everyone needs to come together and try to do something special. It takes a team-first attitude to

accomplish something like that."

In order for the Stags to continue their success, they need to focus on the present and focus on correcting their mistakes and focusing on their fundamentals. When asked what the team needs to work on and correct, Rees responded by stating "everything."

"We need to look at everything. And that's in all facets of the game. Whether it's when we're attacking or defending the ball, we need to be paying attention to everything," Rees explains. "We also need to see where we are mentally and psychologically, which is very important to me. We need to make sure that the group has a good mindset and a good attitude before we hit the field, otherwise we will not be able to have success. It's a constant grind, and I think with where we are at mentally and psychologically, we are being rewarded by playing challenging schools."

Rees also pointed out that a healthy locker room, strong team chemistry and morale are key ingredients to also having success.

"The locker room has been fantastic," Rees reports. "Everyone sup-

ports each other, supports one another, we all have a common goal to achieve our individual goals.

You know, I'd say it's a really good blend with the new guys coming in and with our returning guys. We need to understand that we are all a family and that we've all got to continue to support each other and come together if we are going to be successful."

It will be very important for the Stags to remain vigilant as they start their conference schedule this weekend. The experience that the Stags have gained in this past month while playing unfamiliar opponents should help, and that will only be beneficial as the season progresses.

The Stags conference season kicks off on Saturday, Oct. 2 at 2 p.m. at Quinnipiac University in Hamden, Conn. For more information on Fairfield Soccer and athletics as a whole, please visit www.fairfieldstags.com for more information, updates and news.



Graduate Student Viggo Sjoberg takes the ball downfield for a Stags offensive possession.

Opinion: Mets Possess Brightest Future in Baseball

By Billy McGuire
Assistant Sports Editor

The New York Mets are one of the best teams in Major League Baseball this season. They currently have a 97-57 record, good enough for first place in the National League (NL) East division, according to ESPN's official MLB standings. They have already clinched a playoff spot, although their rival Atlanta Braves sit 1.5 games behind the Mets for first place in the division according to the same source.

It's a good time to be a Mets fan. The organization is having their best season since 2006, in which they lost to the St. Louis Cardinals in heartbreaking fashion in that year's National League Championship Series.

Although the record speaks for itself, Mets fans can all agree that this season can be summed up in one word: stability.

The Mets have long been mocked as being not only one of the most poorly-run and mismanaged teams in baseball, but across all sports. The Mets were widely ridiculed for their poor decision-making both on the field and in the front office, and it stemmed all the way to the top of the organizational hierarchy chart: the ownership. The Wilpons, the family that previously owned the Mets until they finally sold the franchise to the much more competent Steven A. Cohen in October 2020, were one of the worst ownership groups in the history of sports.

The Wilpons, headed by longtime chairman Fred Wilpon and his son, Chief Operating Officer Jeff Wilpon, failed to recognize that they were involved in every aspect of the organization.

The lack of accountability, direction, acceptance of drama and finger-pointing were the norms in management. It set the franchise back years. Although the family went through a period of financial hardship (being one of the biggest victims of the fallout of the Bernie Madoff scandal, it still didn't give them a pass for being one of the worst ownership groups in sports).

Under the direction of Cohen, he

has completely turned this once-ridiculed squad into a legitimate contender. He instilled core values of accountability and discipline into the team, which were things that were missing during the Wilpon era.

One of his first moves as owner was bringing back longtime executive Sandy Alderson as team president. Alderson was known for his tranquil demeanor during his tenure as the Mets' general manager from 2011 to 2018.

Another home-run hire that Cohen made was longtime manager Buck Showalter who brings stability to the managerial office. After the disastrous managerial reigns of Mickey Callaway and Luis Rojas, hiring someone who is knowledgeable while showing a willingness to adapt to the modern game is exactly what the Mets needed.

Franchises around baseball are scared to death of this talented bunch, who possess arguably the most balanced roster in the league. Their starting rotation is star-studded, finding new and unique ways to destroy any momentum opponents have at the plate. It is led by longtime aces Jacob deGrom and Max Scherzer, who both refuse to show any signs of slowing down despite them being 34 and 38, respectively.

DeGrom has been a Met his whole career, debuting in 2014 and posting remarkable statistics ever since. DeGrom's season start was postponed after struggling with injuries in the past year. However, for eager fans, they were able to see his season-premiere performance this August, looking like the ace fans long envisioned.

Scherzer, acquired in free agency in December, has been worth every penny spent on his \$130 million contract. All he's done is dominate, possessing a 2.13 earned runs average to go along with an 11-4 record and 169 strikeouts. They have been supported by much-needed depth pieces Chris Bassitt, Taijuan Walker, Carlos Carrasco and Tylor Megill, all of whom excelled this season when called upon.

On the offensive side of the plate, the



Photo Courtesy of @mets Instagram

First baseman and designated hitter Daniel Vogelbach was a new addition to the Mets this season.

Mets have a solid core that can wreak havoc on opposing teams' pitchers, starting with first baseman Pete Alonso, who continues to be a force in the batter's box. Known as "Polar Bear" to fans, he has 39 home runs and 128 runs-batted-in this season while batting .270 in the process.

Shortstop and four-time all-star Francisco Lindor had a rough first season with the club but has responded by hitting .275 while kissing 25 long balls goodbye and bringing 103 RBIs in the process. Home-grown talents Jeff McNeill and Brandon Nimmo are having the best seasons of their careers, hitting .317 and .268 respectively to go along with high on-base percentages in

cess. Also adding to the fuel is newly-acquired outfielder Starling Marte, who finally feels at home after bouncing around with multiple teams during the past two seasons. Marte is batting .292 while also containing a high OBP.

The talent doesn't end there — we haven't even touched on arguably the most valuable player on the team this season.

Enter closer Edwin Diaz, the electrifying pitcher who was nearly run out of town when the Mets first acquired him three years ago. To the tune of 31 saves with a 1.40 ERA, Diaz has proven his place in Queens. His extremely popular entrance song, "NARCO" by Timmy Trumpet, signals that any hopes of making a comeback have all but vanished for visiting teams. He is supported in the bullpen by set-up man Adam Ottavino, who has quietly been one of the Met's secret weapons this season, posting a 2.18 ERA.

The Mets are legitimate World Series contenders, both this season and in the future. What is also scary is the ever-growing Mets' farm system. Francisco Alvarez is currently the top prospect in baseball; not only is he projected to be the catcher of the future but a Mets franchise cornerstone. Third baseman and 18th-ranked prospect Brett Baty recently got his first taste of major league action and did not disappoint. The Mets also have shortstop Ronny Mauricio and outfielder Alex Ramirez, two players who boast loads of potential. The two are working up the ranks and should be on the roster in a couple of years.

This season has been one that Mets fans will remember for years to come, and it is just a reminder that this is the start of something special. It will be exciting to see how this team will progress in the years that follow and the accomplishments that they will achieve. In the meantime, here's to a fantastic season thus far.

Let's go Mets!!

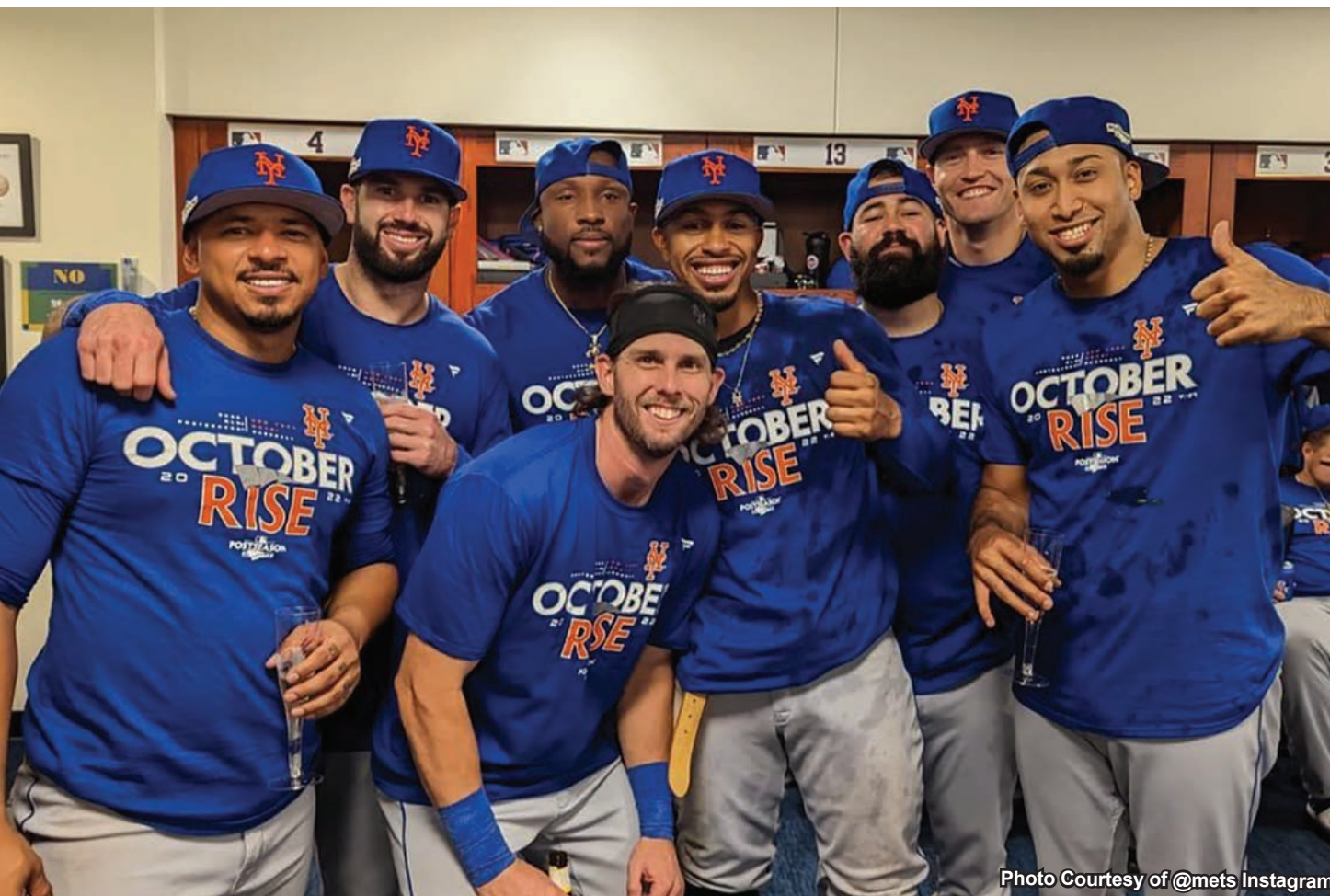


Photo Courtesy of @mets Instagram

The New York Mets celebrate clinching a playoff berth for the first time since the 2016 season with a win against the Milwaukee Brewers.