THE MIRROR

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Fairfield Community Celebrates BSU's 5th Anniversary Gala



(From left to right: Dayana Flores '23, Jakob Mattala '22, and Ky Le '22). Students attended BSU's recent gala hosted in the Oak Room located inside of the Barone Campus Center.

By Max Limric Assistant News Editor

The Black Student Union (BSU) held their fifth anniversary gala on Saturday, April 2. It was a celebration of the affinity club and their accomplishments, as well as a call to action.

The gala began with opening remarks by Sebastian Michel '23, the president-elect for BSU. Michel introduced Ophelia

Rowe-Allen, Ph.D., the first speaker of the night and a former faculty member of Fairfield University. Rowe-Allen served as associate dean of students and director of residence life, as well as associate dean of assessment and director of student diversity and multicultural affairs.

"Students want to feel like inclusion is important, but there is a lack of it on campus," Rowe-Allen remarked.

Within her speech, she also touched upon the importance "of acknowledging the experiences of BIPOC students and employees, [using] their stories to enact change, and diversifying spaces."

She concluded by saying, "Diversity is a fact. The numbers are what they are. Equity is a choice. Inclusion is an action. Belonging is a feeling. We all want to belong."

First-year student Jenniter Fajardo commented that "[Rowe-Allen, Ph.D.]'s speech was very empowering. Listening to her was my favorite part of the night." I n

separate interview, Michel described the importance of Rowe-Allen's speech.

"It was good to have a speaker ... who could attest to the experience of students of color and it was interesting to hear her call to action for students of color, and call on faculty to lead by example in terms of creating an inclusive environment," Michel stated.

Students also noted the struggles that come with being a person of color at a predominantly white institution (PWI) and talked about how having an event celebrating BSU is important. "Being at a PWI can be a hostile

and isolating environment, which is why it was very important to recognize people who stood out in the BSU for being dedicated and stepping up to fulfill positions, as well as advocate for other students of color on campus," commented Michel on the significance of the awards handed out to current BSU members during the gala.

First-year student Mekaylia Ingram said, "It was great seeing the BIPOC community come together and celebrate each other."

"It's not easy being a part of a PWI and barely seeing people who look like you, but tonight was one of those nights that make everything here at Fairfield worth it" Ingram continues.

The second speaker of the night was Ryan Harris, founder of the nonprofit organization, As I Plant This Seed.

Michel commented on the significance of Harris' speech, saying, "It was good to see how after his days at the university he had the call to do something for the youth in his community."

"By creating advancement through after school activities and by seeing the joy on the kids' faces he [Harris] works with ... I think that is what it is all about... giving back to your community," Michel said. "If he [Harris] can do it, then so can we."

Chelsey Gabriel '22, current president of the BSU, stated that the BSU will partner with campus ministry for community service projects. She mentioned that they hold back-to-school drives for children in Bridgeport, as well as tutoring sessions.

The event also featured a performance by Remixx, the hip-hop club on campus, a raffle that raised 1,000 dollars in support of the non-profit, As I Plant This Seed, and the announcement of next year's editorial board. Finally, to end the Gala, a D.J. performed and dancing ensued.

For many, the night was a success. It was a way for the BSU and allies of the BSU to get together to celebrate.

Junior Kenniesha Norford remarks, "I love how everyone was able to come together. Even though there were only a few of us, I felt that the energy we had made it feel like there were a lot of us."

In a follow-up interview with Gabriel, she commented on the significance of the Gala, the club's impact on Fairfield's community, and how to get involved in the club.

"The current E-Board did their best throughout COVID to make impacts, but the Gala was a way to bring everyone together," Gabriel said.

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CFJ's "Art for Advocacy" **Exhibit Comes to Fairfield**

By Peyton Perry Head News Editor

"I can't believe it, it could be anybody," said Kamrun Nahar '23 when reflecting on her walk through the display "What Were You Wearing?" this past Monday, April 4.

This display was showcased in the "Art for Advocacy" exhibit presented through The Center for Family Justice to raise awareness of sexual assault and other forms of crime. As reported by The Mir-

ror last week, The Center for Family Justice partnered with the National Association of VOCA Assistance Administrators to host the exhibit, in light of Sexual Assault Awareness Month and National Crimes Victims' Rights Week.

Outside the doors of the Oak Room in the Barone Campus Center stood two tall signs, on April 4 and 5. One acknowledged the inclusivity of both survivors and allies, as well as CFJ Campus Advocates Salaha Kabir and Geanella Suarez for the curation of the event. The other drew awareness to April as Sexual Assault Awareness Month.

When first walking through the doorway, individuals were presented with a table, draped in purple. On the table was an array of informative pamphlets on CFJ and resources for victims, blue and white ribbon pins, ally stickers, blue, purple and yellow bracelets, cards of artwork and more.

There was also a printed trigger-warning for sexual violence, sexual assault, abuse and other acts of crime displayed on the table to inform attendees before they walked any further.

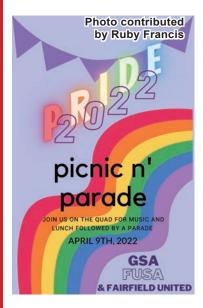
Past the table was the display entitled "What Were You Wearing?" Several outfits hung on coat racks with laminated quotes that were shared anonymously by sexual assault vicitms, who were violated in similar or identical articles

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A painting by Alicia Cobb titled "Treasure." "Art for Advocacy" displayed this in their "Through Your Lens: A Survivors' Gallery" to show support for victims of crime.

GSA, FUSA, Fairfield United to Host Third Annual Pride Event



Executive Editor

On Saturday, April 9, from 12 p.m. until 5 p.m., the annual Pride event will be held in the Quad and Traffic Circle. This event is hosted by the University's Gender and Sexuality Alliance, the Fairfield University Student Association Diversity & Inclusion Board and Fairfield United.

The event will feature a lunch on the Quad with "music and fun activities," according to an April 4 email sent by FUSA. The lunch will be followed by a march through campus, Fairfield's very own Pride Parade. The email also noted that "PRIDE

2022 is the celebration of our fellow queer students and queer liberation."

In addition to the three organizations hosting Pride, there will also be tables for the Dimenna-Nyselius Library and Campus Ministry to show how support for the LGBTQ+ community goes across all of campus.

Director of D&I Eden Marchese '23 hopes "that students will be able to see the beauty of the LGBTQ+ community."

"More often than not, marginalized groups have their trauma and struggles advertised to the world, but the Pride event allows for the joy of being queer to shine through," they added.

Marchese noted that this year's Pride will really emphasize the theme of community. There will be a barbecue in the Quad with yard games, which will provide an opportunity for attendees to mingle among one another at the event.

At the moment, there are no planned speakers at this year's Pride event.

"We really wanted to allow the event to be more open so that students can come to participate at any point in the day and still be able to enjoy Pride as much as someone that has been at the event since it opened," Marchese said.

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It's not easy being a part of a PWI and barely seeing people who look like you, but tonight was one of those nights that make everything here at Fairfield worth it."

- Mekaylia Ingram '25

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Compiled by Max Limric Information contributed by the Department of Public Safety.

7:46 p.m.

A catalytic converter was reported stolen from a vehicle in the Fairfield Prep parking lot. The suspect and suspects' vehicle were captured on CCTV and shared with Fairfield Police. This is currently under investigation.

6:36 a.m.

There was a report of several students on the roof of Dolan Hall throwing bottles. Students were identified and reported to student conduct.

10:02 p.m.

An Uber driver complained of being assaulted by an unknown student who fled with other students near the Quad. Students were identified and referred to student

4/2

During a baseball game, a foul ball struck and shattered a windshield parked in the Walsh Athletic Center lot.

7:51 p.m.

A student in the Townhouses reported their vehicle being egged while parked in front of their Townhouse unit.

A student reported an attempted break in of their Townhouse when they discovered the window screen was removed.

11:33 a.m.

A student reported that a wheel cover was stolen from their vehicle while parked at the townhouses.

4/3

12:01 p.m.

A non-student was escorted off campus after creating a disturbance in Dolan Hall.

THE MIRROR

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Baron Breaks Down His Book "If Only We Knew"



Peter Baron '23 is the author of "If Only We Knew," which was published in Nov. of 2021.

> By Madeline West Editor-in-Chief

By Anne Tomosovich Assistant News Editor

Junior Peter Baron, author of "If Only We Knew" published his book on Nov. 21, 2021. Since then, he has been able to sell copies, speak on behalf of the book and participate in a O&A session sponsored by the Dimenna-Nyselius Library on March 28.

Baron describes his work as "cultural criticism." His main argument cites and responds to a culture in the United States, which "promotes individualism and selfishness" perpetuated in part by "the ultra-wealthy elite class."

Baron expands that this elite class has "gained unprecedented control over the media and political spheres, especially in the last 40 years."

"Through this control," Baron continues, they "spread misinformation, which creates a public ignorance where people either don't know about important things [or] social issues, or they [...] accept falsehoods to be true."

Thus, Baron discusses the risks of social problems where "the elite profit and empower themselves based on the existence and amplification of those risks who have an interest in maintaining any social problems."

However, Baron proposes a solution through a "cultural revolution." Through this revolution "we start prioritizing the values of compassion, selflessness and forgiveness, instead of the current culture we have."

Baron has an individually designed interdisciplinary major titled "socioeconomic inequalities: inevitable or avoidable."

This has transcended into his book through topics included such as psychology, sociology, politics and history. Baron describes his interdisciplinary approach to play "a huge part of how [he] wrote the book and how [he] think[s] of social problems."

He is also involved on campus as the founder and leader of the Social Justice Book Club. Additionally, Baron mentions he has hosted several Quick Center events recently.

Baron reflects upon a specific event titled, "Are the racist ideas of today the same as the racist ideas of the past?," where there were professors serving on the panel from different academic disciplines.

Through modeling conversation they "showed [him] how interdisciplinary scholarship is probably the most useful in understanding social problems."

Baron didn't always know he was going to write a book. His interest, however, was sparked in his Introduction to Rhetoric class with Assistant Professor of English Writing Tiffany Wilgar, Ph.D.

Upon learning about course material relevant to what would become of his book, Baron developed a thesis for Wilgar's review. Having received feedback and support from Wilgar, he then began the writing process.

The book applies really directly to college students. One of the reasons I wrote the book was because I want our generation to have a voice in these issues," Baron adds."

- Peter Baron '23

"I just kind of jumped into it and started writing," Baron says. Being "right out of high school" as he began the drafting process, Baron relied on what he was familiar with in his writing strategy. Well-versed in writing lengthy term papers, Baron split up the book into sections he likens to the papers he wrote in high school.

"I tried to split up my book into chapters about different things, and just write each chapter as a separate term paper, all with the same thesis underlying them," Baron relays.

"I blocked out an hour that I could just write and not do anything else," he says, "I just told myself, 'if I consistently try to write for an hour at least three times a week I'll eventually be able to get there,' and that's basically what happened."

As an undergraduate student, Baron relates his book to other students and discusses its relevance to young adults. "The book applies really directly to college students. One of the reasons I wrote the book was because I want our generation to have a voice in these issues," Baron adds.

Baron intends to remind younger generations that hope is not lost and rather that "there are solutions out there." He states that solutions can be found in his book and "evidence based on local levels that need to be scaled nationally."

"With social media and the news today...it seems that everything is getting a lot worse. And to an extent it is getting worse, but [that] doesn't mean there's no hope out there," Baron states.

When prompted about his book's relationship with recent events on campus surrounding the removal of a Black Lives Matter flag, Baron claims "there is a connection...a little looser."

He continues, "we tend to think that if Black people are given more rights or even if we put up a Black Lives Matter flag that inherently takes away from the rights of white people."

He states his book argues that this is not the case, instead "it is actually helping the Black community [and] we're helping the white community too. It's an idea called a 'curb cut' in my book."

"Every time in history we've done things to uplift the Black community it's uplifted the entire community," he adds.

Baron continues that "one thing I would say regarding the Black Lives Matter flag is that anti-racist initiatives on campus won't just help the Black community, but it will help the entire campus and just make us a better Fairfield."

Baron expresses key points he wants readers to take away from his book.

One is "just becoming more aware of these issues and why they exist in the first place, and why it's been so hard to solve them." He adds that he wants people to have "a better grasp on the current social political climate."

Secondly, Baron alludes to a repeated theme of culture in the book. Specifically, in the last chapter he touches on "the benefit of being a giver, [and] being someone who thinks differently is really a person for others."

Baron compares this to our culture which he claims "tends to make us into people that think that we have to work for ourselves. And the most important thing is money."

However, he explains that in his book "being a person for others is not just a way to be more fulfilled, but it's also a way to be more successful."

Through the evidence given in the book Baron hopes "that people will leave the book being a more compassionate, selfless and forgiving person."

Black Stags Matter March to be Held April 20th

By Madeline West Editor-in-Chief



The logo for the Black Stags Matter march.

On April 20 from 1 p.m. to 3 p.m. the Black Stags Matter: March, Walk & Listen: Wellness into Action is going to be held for the faculty, staff and students at Fairfield.

The event is sponsored by Fairfield University's Health & Wellness Committee, which is comprised of our colleagues from different depart- mission statement of the Health and ments in Student Life (e.g., Counseling and Psychological Services, Leslie C. Quick Jr. Recreation Complex, Campus Ministry, The Student Health Center, Student Diversity and Multicultural Affairs, and the Office of the Dean of Students, etc.) as well as HR, Public Safety, The Kelley Center, The Murphy Center, EGAN SON, just to name a few. Specifically, the Mental Health & Stress Subcommittee (of the larger committee) are spearheading this event.

The members of this sub committee include: Chair Clinesha D. Johnson, Psv.D. & Co-Chair: Carole Pomarico. Event Chairs also include Clinesha D. Johnson, Psy.D., associate Director for student support in the dean of students office and Eli Olken-Dann, director of recreation. According to associate director for student support Clinesha D. Johnson, Psy.D., The Fairfield University Health & Wellness Committee "firmly believes that Black Lives Matter."

Johnson explains the

Wellness committee "aligns with Fairfield's Ignatian values of Cura Personalis (Care for the entire person)."

This calls for the Health & Wellness committee to "foster a positive, collaborative and inclusive environment for members of our campus community, in addition to promoting activities and initiatives that advance physical, mental, spiritual and intellectual well-being." Thus, the Health & Well-

ness committee "invites the Fairfield University community to walk alongside our faculty, staff, and students of color, in the Black Stags Matter Wellness Walk." Johnson continues, "we vigorously support our campus community of color, who have been marginalized and feel their voices for cultural change on campus are not being heard." Johnson expresses, "We are tak-

ing this opportunity to lift up the voices and lives of our Black campus community, and promote racial and social justice."

More information about this event is to be relayed in the near future.

Students Express Shocked Sentiment to "What Were You Wearing" Display

of clothing as those being displayed.

On one of the coat racks hung a men's gray athletic T-shirt and matching gray shorts. Attached to the clothing was a quote that read, "I was wearing gray workout shorts, a shirt, and sneakers. I was at practice for a big game. He was my coach."

On another one of the coat racks hung a navy blue polo and khaki pants. Attached to the polo was a quote that read, "My school uniform. A khaki pant and navy blue polo. They were wearing the same thing, they were my classmate."

Nahar was moved by this display after seeing clothing that was similar to what she owns and wears.

"I own some of these dresses, which is what's more shocking," she says. "Someone who had the same dress. I literally have that. Someone was wearing the same [dress] as me."

Nahar was not the only individual who was moved by this display. Sexual Violence Coordinator Nanja Ray-

mond was similarly moved and acknowl-

edged the importance of such a display.

the misconception of what a sexual vic-

tim looks like or how they should dress

and present themselves," Raymond said.

"It's really important to break

what they were wearing, for me it's like 'Oh, I wear things like that' ... [it] could happen to me," she said.

Another display within

the exhibit was "The Unfinished Marigold" project, which recreated "The Unfinished Lives" project. This project, which CFJ recreated, encompassed shadow boxes created by Anna McGee that represent individuals who have lost their lives to domestic violence. CFJ's recreation of the project encompasses both those who have passed, as well as those who have survived not only from domestic violence, but from other forms of crime as well.

Each shadow box was filled with objects that represented the victim or survivor. One of the shadow boxes displayed included a pink flower crown, movie ticket stubs and a pearl hair clip.

On this shadow box read, "My little girl always shined bright like a star.

Sexual Violence Coordinator

Loved playing dress up and putting on big

hair clips to hold back her short bangs. She

loved watching Disney or any animation

movie on the big screen, so going to the

theaters was a treat and adventure for her.

She was full of life. I just wish I had more

- Nanja Raymond

Other displays showcased in the exhibit were the "My Red Lips" campaign, "Through Your Lens: A Survi-

time with her, if only time would rewind."

It is shocking. You would never think that a girl... her coach would do something like this to her. [These are] people that they trusted."

- Kiran Malik '23

vors' Gallery" and Project J.U.S.T.I.C.E."

Paintings on canvases ranging of different sizes stood at the far back of the exhibit. They were individually or collectively created by survivors and allies, varying in art mediums but all working towards the same goal of empowerment.

Many visitors of the exhibit ended their walk through at the "Bystander Intervention Pledge Wall." At this display, a table was set up with cut out squares that read "I pledge to be an active bystander," followed by a signature line. There was a bucket of pens for visitors to use to sign, and tape to plaster it on a large white poster board.

Pamela Paulmann, program coordinator for violence against women act grant, spoke of this end to the exhibit.

"Then finally...a call to action, which is to take a pledge," Paulmann said.

thing small or large, even if you don't have skills," she said, "anyone can make a pledge and learn something, if they're willing to learn and listen."

Overall, those who attended the exhibit were moved by what they saw.

"It was sad and shocking to see these depictions of sexual assault," said Carina Kortick '24 when reflecting on her overall experience, "but also important in spreading awareness of just how severe this issue is."

Kiran Malik '23 expressed similar feelings when she said, "It is shocking, you would never think that a girl... her coach would do something like this to

her. [These are] people that they trusted." The "Art for Advocacy" exhibit sought to impact those who attended and cultivate a sense of allyship and support for victims and survivors of crime,

as reported by The Mirror last week.

This project was supported by a National Crime Victims' Rights Week Community Awareness Project subgrant awarded by the National Association of VOCA Assistance Administrators under cooperative agreement with the Office for Victims of Crime, Office of Justice Programs, and U.S. Department of Justice.

"If people come here and they see the clothing and hear the stories... they can empathize," said Raymond.



Outfits presented in the "What Were You Wearing?" display showcased in the "Art for Advocacy" exhibit. The display focused on breaking victim-blaming myths

Pride Marks Largest GSA Event Since Pandemic

CONTINUED FROM PAGE 1

It's really important to break the misconception

of what a sexual victim looks like or how they

should dress and present themselves."



(From left: Eddie Nicholas '22, Mikaela Pratt '24, Lindsey Gallagher '23, Majot Singh '23, Valentina Montalvo '23, Ruby Francis '22, Stephanie Prado '22, Julia Talamini '22, Renee Babin '21) Coordinators and attendees stand together at 2021 Pride.

This year marks the third year of eral LGBTQ+ students and faculty spoke at the event, sharing their personal experiences within the LGBTO+ community and explaining what Pride means to them.

It is extremely important for us to plan this event and now host it because we are the students that the event is for. Without queer students at the table, there is no real pride — it's just performative."

> - Ruby Francis '22, President of **Gender and Sexuality Alliance**

Last year's event also featured tie-dying t-shirts that featured the FUSA logo atop a Pride flag, bracelet making and allowed students to pick up pride flags, stickers and pins.

As reported in the Mirror on April 14, 2021, there was some controversy surrounding last year's spring Pride

celebration since there was also one held an annual Pride event at the University. Last in the fall, however, the fall event was year's event was restricted due to COVID thrown solely by FUSA, and GSA was not policies as well as weather restrictions. Sev- included in the planning of the event. GSA was involved with the planning and execution of the spring Pride event, though, and Francis was one of the featured speakers.

President of GSA Ruby Francis '22 shared, "It is extremely important for us to plan this event and now host it because we are the students that the event is for. Without queer students at the table, there is no real pride — it's just performative."

Secretary of GSA, Ray Hinds '23 was not involved in previous Pride events, but stated that "this one will be significantly better!"

"FUSA is now involved in a way that is beneficial to the expansion of queer visibility, especially since Eden at the [D&I] Board has been working and assisting us through the process," Hinds said. "FUSA being involved allows for representation of queer students in leadership roles, which may very well mean that other queer students may look into having those positions and working with them."

Hinds continued to commend FUSA for being "on the path to becoming more receptive to queer identity and that is important."

Marchese hopes students who attend the event, of course celebrate Pride, but also come to grow an appreciation for the LGBTQ+ students on-campus. "I hope that students will come to

appreciate the LGBTQ+ students on campus more from this event," they said. "Fairfield University has a large 'underground' LGBTQ+ population that sadly does not feel comfortable enough to 'come out' and I hope that events like Pride will help push the campus culture to be more accepting of anyone who may be in the LGBTQ+ community." Francis noted the impor-

tance of allies attending pride. "It is important for allies to attend Pride because you can see queer joy rather than having to stand up for the community," she said. "Just remember that it's our space, not yours."

Fairfield University has a large 'underground' LGBTQ+ population that sadly does not feel comfortable enough to 'come out' and I hope that events like Pride will help push the campus culture to be more accepting of anyone who may be in the LGBTQ+ community."

> - Eden Marchese '23, Director of **Diversity & Inclusion**

Hinds reiterated Francis' statements. "Allies are the first line of the defense and also show non-allies what it means to be a decent and respectful human being," Hinds said. "Allies are friends, families and more and are necessary to making queer individuals seen."

They added that "the more allies that are present, the better." Continuing, Hinds said, "This includes students, family, faculty and staff! You are all invited! I also believe allies may make the space more comfortable for queer students as it shows queer students there are individuals who care and love them for who they are."

Pride this year will be one of the

Queer students attending Fairfield University deserve representation on their campus and this day could be one day for these students to feel extra welcomed and supported in their community."

> - Julia Talamini '22, Social Media Coordinator, Gender and Sexuality Alliance

largest events GSA has hosted since the start of the pandemic, Hinds mentioned. Francis added that this year's event is particularly exciting since "every year we've had an event, the weather has been cold and rainy, so I can't wait for literal sunshine and rainbows."

GSA Social Media Coordinator Julia Talamini '22 shared sentiments ahead of the event.

"Queer students attending Fairfield University deserve representation on their campus and this day could be one day for these students to feel extra welcomed and supported in their community," Talamini said. "We encourage everyone of all genders and sexualities to attend, especially to show their support."

Hinds similarly hopes that this event sends the message to students at Fairfield "that your queerness is something that is welcomed and cherished, and you should not have to feel the need to hide yourself here."

Francis added her take to what she hopes students who attend Pride will get from the event.

"I hope that this shows students on campus that queer students are here even if it doesn't always seem like it," she said. "I want them to see that we deserve a space to celebrate and live openly and I also want queer students to see that there is a big community at Fairfield waiting to accept them with open arms."

If students have any questions about the upcoming events, they can reach out to FUSA using their email fusa47@gmail.com.

Students interested in learning more about GSA can follow them on their Instagram @fairfieldu.gsa or by emailing them at fairfieldualliance@gmail.com.

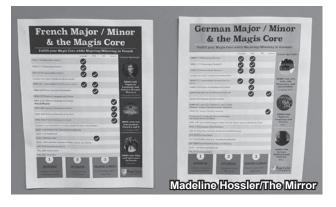
Opinion How the Magis Core Can Work in Your Favor

By Madeline Hossler Opinion Editor

It's that time of year again. When we all pull up our degree evaluations, and devote a significant amount of brain-space to trying to figure out what we're going to take in the fall. I've over-thought it more than most. I'm guessing at this point I've set some kind of record for the number of "what if" scenarios processed in a single registration season. And now, I've got some wisdom to share. I'm going to let you in on a little secret. You can get a new minor, and you

Now that might sound a little far-fetched, but stick with me here.

I've heard plenty of students complain about the Magis Core requirements in my time at Fairfield. And I understand the frustration. I'm going into my senior year and I



These posters advertise the ways that the French and German majors and minors overlap with the Magis Core. Students should consider adding new minors based on core elements.

can't find a single course with a Social Justice 2 attribute that overlaps with any of my three majors or two minors. We've all had our moments of picking one class over another we would have preferred just to get an attribute over with. The core curriculum can have its challenges.

But that doesn't mean you can't make it work for you.

If you take a scroll through the Fairfield University course catalog it will quickly become apparent that we have a massive volume of minors offered here. Some of them are going to require you to commit to 15 credits of coursework in the same department. But many have course offerings that span the majority of the College of Arts and Sciences, and some even go beyond that into courses offered in the Egan School Of Health Studies or the Dolan School of Business. With just a little bit of strategy these interdisciplinary minors are going to become your best friends.

The Magis Core requirements are meant to produce students with a well-rounded liberal arts background. As such, they span a variety of disciplines. On the surface, they may not seem easily connectable, but many of them are. The 1000-level Religious Studies and History requirements, as well as the 2000-level History, Religious Studies, Philosophy, Literature, and Visual and Performing Arts courses provide more than enough credits to put together a minor. All that's required is a little bit of strategy.

The world language minors, such as German, French and Italian all have electives that span the History, Philosophy and English departments. They also allow you to count your second level language course (a possible tier one core element) towards these minors. As long as you make sure to take classes that come with these attributes you could finish nearly the entire major doing only things that also count towards the core.

The American Studies Minor only requires one course that you can't also count for an attribute. Other than that it is simply four courses from a variety of departments that carry the American Studies attribute. The only extra thing you would have to do is take Roots of American Culture, a single 1000-level course. American Studies is one of the most common attributes for classes in CAS to have, all the humanities and social sciences departments have American Studies course offerings. The chances are good that if you have a major or another minor in CAS you've already taken an American Studies course without even realizing it.

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

Women's, Gender and Sexuality Studies is another simple interdisciplinary major that spans a variety of departments. The only required course that you can't make overlap with the core is the Capstone Seminar, and even that also has a Peace and Justice Studies attribute so you can easily overlap it with another minor. There are also a variety of courses that double-dip as both Women's, Gender and Sexuality Studies and American Studies courses, or that overlap with other programs as well.

The Health Studies minor requires both an introductory course and a capstone project. However, it manages to span STEM, social science, and humanities disciplines in its scrollable list of acceptable electives. If you have a major in CAS or any of the Health Studies fields something in your required coursework will likely already overlap. And it will

absolutely overlap with courses you can take for the core.

The Magis Core curriculum is not your enemy here at Fairfield University, it's an excuse to broaden your horizon. We need to rethink the narrative that the core is just a bunch of stand alone courses that have nothing to do with the pursuit of our degrees, and start thinking of the core as a way to find a new minor to complement your main program of study. All of these minors have great faculty and a lot to offer you as a student. Not to mention they will make you a more well-rounded candidate when you go to apply

It's time for us all to stop resenting the Magis Core, stop thinking of it as a waste of your time here, and start making it work for you.

Prioritize Yourself With RADical Health

By Liz Lafrance Contributing Writer

This semester I took part in a program called RADical Health which was run through the Student Life office in the Lower Level of the Barone Campus Center. I found out about the program through Fairfield's weekly updates emails during the first se-

It was advertised as a fourweek program that was specifically designed for college students, which consisted of weekly meetings to discuss mental health, selfcare, stress, and a couple other

As a first-year, this program seemed really interesting to me and decided to look more into it. I followed the email to a website where I answered a couple quick questions on why I wanted to take part in RADical Health and then input the times and days that worked best for me. I found out I was accepted into the program after I got back for winter break. My group met every Tuesday for four weeks. We would spend roughly an hour going over this week's topic and watch the videos RADical Health provided us. Although it may seem like a class, it was actually a guided group discussion with other students who were as interested in the program as I was.

A main theme discussed throughout the program was different forms of mindfulness. Being mindful of what's going on in the world, being mindful of relationships in our lives and being mindful of how we feel and what we're going through. This program offered another outlook on how to handle my mental health, stress, my interactions with others and overall looking at situations in another light.

The videos RADical Health provided often starred famous entrepreneurs, singers and songwriters, authors and many other people who have a story to share with others.

Taking those mental breaks to focus on my breathing and try to alleviate all the thoughts from my brain actualyl made a difference in my stress levels and how I dealt with situations."

- Liz Lafrance '25

It is inspiring to hear others' stories and experiences. In a lot of ways it reminds us how truly similar we all are. The guided group discussion after the videos really helped to talk about what my group just wanted in a confidential manner. The proctors created an accepting and respectful environment where my group and I could discuss the topics in depth without the fear of judgment.

Self-care was a big topic that was touched upon. When I thought of self-care the first thing that came to mind was doing a spa night. I would go through my entire skin care routine, do my nails, my hair, have a hot tea and do whatever else I thought was necessary to 'relax.' However, I was missing two key parts to my self care regimen: consistency and being in touch with my mind. Before getting involved with the program I didn't understand how much meditation could really affect my health and wellbeing. Taking those mental breaks to focus on my breathing and try to alleviate all the thoughts from my brain actually made a difference in my stress levels and how I dealt with situations.

Another change I implemented was a healthy diet and regular exercise. Now I'm sure

most of you have heard that before but it's true! I really did start to see a difference in my mental health and focus. I started going to bed earlier and really getting good sleep. During my first semester I barely got five hours a night. I woke up exhausted and completely relied on caffeine to get me through my day. I was not eating enough to really sustain me throughout the long hours I was working through and it only started hurting me in the long run. Lately my personal goal is to be asleep by midnight and wake up between 8 to 8:30 a.m. to get my day started. I found that my time management was horrible. I used to stay up for hours on end doing nothing but now I've been taking steps towards staying on track better.

Making these changes is difficult to say the least. I started using my google calendar and mapping out my week, like when I'm going to eat, how long I am going to spend in the library and most importantly when I'm going to have time for myself. Another thing I've been working on is actually sticking to that schedule, waking up early and finishing what needs to be done. Of course I still have my nights where I'm up till 3 a.m. writing a paper or doing my excels only running on ramen and having a secret relationship with my roommates keurig.

RADical health's message and purpose is extremely beneficial and informative. They share positive vibes and want everyone to understand the importance of mental health, creating connections, self-care and so many other important topics that need to be addressed more fre-

Five Tips for First Year Success

By Christian Mannino Contributing Writer

For any college freshman, taking that first step into university living can be incredibly daunting. Between learning the lay of the land, making friends and figuring out course schedules, vast waves of new information can make any new student feel lost at sea. If university has taught me one thing, it's that no matter how prepared you think you are, there's always room for surprises. By following the following list of short tips and tricks, any incoming Stags can begin their college career on solid

Keep your doors open. One of the quickest and easiest ways to make friends during your first year is to simply keep your dorm room open. To put it simply, if your room's door is closed, the chances of seeing any new faces is zero—by leaving your door open, the opportunity to meet a possible new friend is open as well. In my own experience, this small change made a massive difference would introduce themselves in passing, previously recognizable faces became more friendly, and sometimes someone would even pop their head in for a quick favor. Though I was a

bit hesitant to try at first, this little experiment during my freshman year showed me that a large part of making new connections is simply

Don't feel pressured to immediately declare a major. First-year students have been taught to enter college with a plan for academic success, and, for some of these students, this plan includes a declaration of a major. In these cases, many will choose a major for the sake of doing so, only to change their major again because of uninteresting or less challenging classes. Though there is much pressure and uncertainty in the decisions ahead, not declaring a major at first should be instead reframed as an opportunity to find what you're really passionate about.

Get to know your professors and academic advisor. Getting to know your professor further than the classroom setting or speaking often with your advisor can be incredibly helpful. As individuals who are knowledgeable and have real life experiences of their own, your professor can help you succeed academically and prepare for the next steps after college. It took me a few years to really learn that college is just about making connections, so building strong relations with someone like your professor or academic advisor could serve as invaluable mentorship.

Organize your files. Though it sounds like a boring task, taking a bit of time to properly organize your files will pay off in the long run. I used to waste a lot of time digging through a pile of oddly named files, but streamlining my work with folders helped cut out the guesswork. Taking the time to get organized ultimately helped with keeping track of my classwork while also making it easier

Get involved, but don't go overboard. Putting in the effort to be active in Fairfield's student life can have an incredible impact on the quality of your college experience — it's an opportunity to make friends, build your resume, discover and cultivate interests, or it could simply be a way to reduce stress. First-year Stags who get involved can find a herd of their own, finding their own sense of belonging while adjusting to life at Fairfield.

There you have it, my top five suggestions for making your freshman year at Fairfield the best it can be. Everyone's first year at university comes with its own challenges, just keep in mind that you're ready for this!



It's Time To End The Faber Slander

By Brooke Lathe Head Vine Editor

Last year, around this time, was our campuswide lottery—the process in which all students choose their housing location for the upcoming school year. Like any college student on any campus, you have a good understanding of which halls are the more desirable versus the ones you should run away screaming from.

With my group's lottery time, we knew it was a long shot from getting our top pick, the village (Kostka Hall or Claver Hall), since the rest of the freshman class was hoping to live there as well. And as we predicted, we were placed in Faber Hall, our absolute last choice and the most poorly rated building (by word of mouth).

We had heard it all—it's far away, it's "haunted," it's old. Although I tried to approach the fall semester with an open mind, it was hard to build up excitement after hearing everyone's ill-minded opinions.

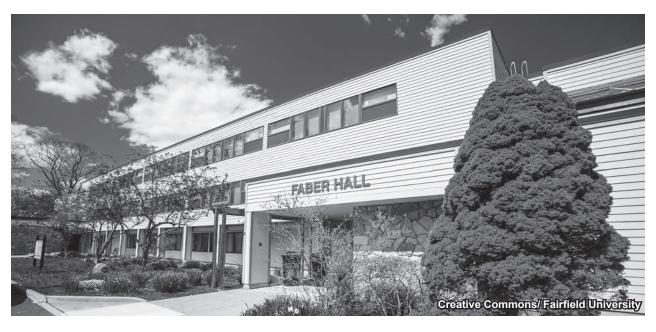
However, after almost a year of living in Faber Hall, I felt as though it was a necessity to write how incredibly happy I am with where I was placed, as it is undoubtedly the best choice. I'm not sure how Faber got such a bad reputation or why it continues.

Every time someone asks me which hall I live in and I confidently share "Faber," they always cringe! Following this remark, I always fight back and say "no, I love Faber, it's the best!" and then list all of the reasons why. Since the lottery is approaching once again, and I'm sure the entire freshman class this year holds the same negative views of my amazing home, you all need to know that this is top choice material, and here's why.

It's literally not even that far! I get super annoyed when people who don't live there complain and say that it's "such a long walk," because really, it's only an extra two minutes (at the most) away from the rest of the village. There is only a parking lot that separates the two.

With that being said, the extra space is actually a bonus. Since you're the most secluded residence, there is rarely any outside noise. I remember when I lived in the campus quad and I would hear yelling all of the time, which I'm sure those living in Langguth can agree with (and those in the village as well). However, in Faber, nothing has ever woken me up. You're near the more wooded area, where you can also see more wildlife. Lots of deer are always peeking in my window early in the morning which is a beautiful way to start the day. And, if you want to get even more technical, you're a little bit closer to the gate leaving campus.

Lastly, being a film minor, it's the closest hall to the Media Center where two of my classes are. It's very close to the Dolan School of Business as well, which is an extreme plus compared to the distance Langguth offers when walking to your classes. Nevertheless, when the weather is nice, it's super lovely to



Students should take Faber Hall into consideration when deciding on where to live for their sophomore year - the slander must end!

get your extra steps in too.

Faber is also one of the smallest halls resident-wise. There are not that many rooms, which leaves the rest of the space absolutely full of lounges. The entire first floor is a study space with couches, a television and a fake fireplace where I spend most of my time doing homework. An unused dining hall also takes up most of the floor plan, so most people study there. But, it is a place where a lot of events are thrown as well.

So, it's just a quick walk downstairs to partake in a bingo or trivia night. There is also a mediation lounge with a piano and other common rooms that anyone can use at any time. Therefore, not only do you have fewer neighbors that decrease the chance of noise, but you don't have a lot of competition for lounge spaces or laundry.

Laundry — one of the more important topics of discussion! In the village, only Kostka has a laundry room, which means not only do Claver residents have to walk over their dirty underwear out in the open to another building, but those who live in Kostka have to share one laundry room between two halls. Faber has its own laundry room that no other hall uses (because it's "so far"), and it's right in the middle of the building, so it's a perfect medium for all rooms to easily get to. Although, I have the room that is right beside it, so I am even more partial to the all-too-easy access.

In addition to having all of the previous benefits and a communal kitchen where my roommates and I have baked cookies numerous times, residents in Faber have their own bathrooms that are actually separated from the living spaces. This means, the door actually locks! Yup, that's right. In Claver and Kostka you can only lock the bathroom door from the

outside, not from inside of the bathroom. So, when you're using the toilet, showering or changing, you have to trust that people knock before entering and you also have to hope that no one locks you in. Faber also has a shower-tub rather than a standing shower which I find to be much cozier and cleaner than standing showers, which can easily overflow onto the floor. The sinks in Faber are also inside of the bathroom beside the toilet and shower, unlike Langguth where you have to leave the restroom to wash your hands which I am not in favor of. Overall, Faber bathrooms are private and large; there's really nothing else to ask for.

Except, that our room is also gigantic compared to any other sophomore housing option! If you're unfamiliar with the setup, the Faber suites are one room that doubles as a living space and then there's a smaller room that two other students live in. The living area is so huge that it fits a large futon and there's still so much empty space for your friends to hang out in. As someone who lives in the smaller room, I love it. Some people think it's tiny, but it's super cozy, unlike the sterile feeling Langguth brings. My closet also takes up the entire back wall which certainly makes up for any lack of space. I never feel unsatisfied with my room and I am actually a firm believer that the Faber suite sections should be chosen over the other village options first.

As for the four people in one room Faber options, that has to be a no from me.

Even so, any choice can honestly be made a home very quickly and there are pros (and cons, of course) to any place you live in. But, I urge you all to stop the Faber slander–there is no reason for it. It's amazing!

Editorial Board

WHY I WISH THE SPRING CONCERT WAS ON CAMPUS

TOMMY COPPOLA
Managing Editor

As excited as I am about the recent news that the Spring Concert hosted by the Fairfield University Student Association will be featuring none other than Flo Rida, I just cannot shake the fact that the event is being held off campus.

Flo Rida is great — I basically grew up listening to him as a kid. On April 22, 2022, at 8 p.m., he will be performing at the brand new Hartford Healthcare Amphitheater in Bridgeport, Conn., just a few-minute drive on I-95 for Fairfield University students.

But, why? Why off-campus? What is the purpose of that?

We haven't had a concert in over two years. In my time here at Fairfield, I have seen nothing but COVID-19 restrictions and cancellations of major events.

Some of the major selling points that brought me to Fairfield were pulled out from under me and my grade in just our first year; President's Ball, Red Sea Madness, and even a Fall Orientation were merely pipe dreams for us.

And I get that. COVID was fresh, and no one knew how colleges would handle things. I get the safety part of it, I really do.

But take away my titles for a second and hear me as a student.

I really just want a glimpse of what the normal Fairfield experience is like over the course of a year. We had President's Ball, which was an amazing experience, and we had a normal Alumni and Family Weekend which was great

It seemed like everything was going strong, and we even removed masks.

At a certain point, every single thing pointed to having a spring concert on campus.

And the spring concert is, in fact, not on campus.

Maybe I'm being spoiled and whiny. Beggars can't be choosers; we all asked for a spring concert and the Fairfield University Student Association came through...not with an event on campus, but buying pit tickets for the Flo Rida concert, which is a stop on his tour.

I have to preface the fact that I am still unbelievably excited for this event, and I know that FUSA will do a great job of hosting it.

I understand that the hand they were dealt may not be ideal with COV-ID-19 restrictions, space, and especially the lack of a closed-in stadium, and I have full confidence that they will make the best out of this situation.

But the whole reason I would want to have an event hosted on campus like the spring concert is so that I can enjoy an artist that I love, right there on campus with all of my peers that I attend this amazing school with.

I don't want to be shoulder to shoul-

der in the pit of a concert with a bunch of random people I'll never see again.

Also, convenience is a huge factor. Having massive amounts of students flock to the amphitheater is not going to be easy.

On Friday, April 1, FUSA sent out an email to students with details of the event; in this email, it stated that FUSA will be "covering the cost for 18 buses and a limited number of Uber codes to get students to and from the venue."

Although this is a great way to combat the problem, it's a problem I wish wouldn't be happening in the first place.

If students of the appropriate age are drinking alcohol that night, they are going to have to additionally find a safe way home.

There are so many added steps to this, now that the spring concert is off-campus.

I do very much appreciate FU-SA's efforts to supply a spring concert.

I'm very glad they were able to make this happen, because although there may be some headaches involved, it will still be an amazing experience, as it has been ages since I've been to a normal concert and I'm sure since many Fairfield students have been to one.

I just wish they were able to get an artist to come to campus, and maybe host the event somewhere like Rafferty Stadium with the proper clearance.





A TRIP TO THE 1800S: FAIRFIELD UNIVERSITY THEATRE STYLE



After stepping through the grandeur glass doors of Fairfield University's Regina A. Quick Center for the Arts and into the Black Box Theatre, you are quickly transported to Jane Austen's characterization of the 1800s. Or in this case, Kate Hamill's.

Fairfield University's theater department presents the scandalous reimaginings of "Pride and Prejudice" under Hamill's 21st-century adaptation to the stage. However, not to worry, the plotline still follows the same heart-wrenching story that we all know and love. We follow the life of Elizabeth Bennet, played by Tracy Ferguson '22, and her three sisters Jane (Lillie Kortrey '23), Lizzy (Nora Jacobi '25), and Mary (Dima Alibali '25). Mrs. Bennet, Margaret Fishman '25, painstakingly attempts at finding a husband for all four of her daughters but is met with obstacles when

amiable suitors fall out of line and Elizabeth is uninterested in marriage. However, Mr. Darcy, played

Carlin Fournier '22, might just be newfound description of the older

While the lively script is well known for its feminist perspective (which acts as a reminder of how constricted women's lives were) and is successfully portrayed in the production, the central focus additionally surrounds dance and its

As written in the program's director's note, Martha S. LoMonaco, Ph.D., the theater's program director, "Dance was the way [the] community came together: to socialize with neighbors, friends, and family, trading gossip and the latest news; to meet potential romantic partners and have an opportunity to talk somewhat privately and to actually touch each other in public; to display yourself to your best advantage with beauty, grace, and elegance."

Every character is physically realized with their unique movements, as it acts as an extension of their personality. Even further, it highlights their precise decorum while also balancing their misbehavior - a perfect counterpart to the strict etiquette of the nineteenth century.

In order to successfully portray these concepts, Brad Roth, the show's choreographer and movement coach, worked alongside the cast to instill specific choices to emphasize formality, individuality and graciousness. While Roth has both a performing and teaching background in ballet, modern dance, folk dance, and dance improvisation, he was unknowledgeable about Boulanger dance prior to working on set. Although now, his

the man to change her adamant style can be stated as "an extension of a renaissance court dancing, which consists of partner work."

> "I took basic vocabulary such as 'the waltz step' and 'linked arms' and incorporated them into my own choreography to create a unique dance that audience members have never seen before," Roth explained.

Throughout the show, numerous dances are performed to the beautiful melody of flutes and violins from Johann Sebastian Bach's orchestral suites - more specifically, all seven sections of the second movement. But the true star of the play is the two large balls that consist of the same movements which both open and close the show (excluding the fact that the last performance leads to the bows). The dances strongly match the tone of the music and accurately reflect the song, which proves Roth's true and good sense of musicality.

"It's a happy marriage when the music and dance blend well, it's a lost opportunity when not," Roth

Although the routines and soundtrack are more than enough to immerse you into the earlier century feel, the costumes and dialects are additional aspects that pull you deeper into the story world that unfolds on stage.

Another distinctive feature that Fairfield's theater incorporates into their version of "Pride and Prejudice" is the fact that they play around with gender, for Mary Bennet is played by a male student, Dima Alibali.

"We're playing character, not gender. Dima is becoming Mary with amazing sensibility and intelligence to the character. Mary is the odd person out and that's okay," Lo-Monaco stated.

As audience members watch this exclusive show that seems to run flawlessly, it is often easy to amazing. The forget about the struggles and difficulties that the cast endured during rehearsal. What is described as "delightful challenges" in LoMonaco's perspective, the play has proven to be a "very intricate show to direct and perform" since numerous characters are cast in multiple roles such as Nora Jacobi, Margaret Fishman, Angelo Corsini '25, and Emily Sheridan '24.

that the most challenging aspect of this show is "all the moving parts that go into the storytelling."

"The story is constantly in motion, keeping the audience engaged through all of the events that transpire. Because of this, Lizzy Bennet rarely leaves the stage. This was both exciting and daunting, as it meant I would rarely get a break during the performance (and this is by no means a short play). However, with practice (and strategically placed water bottles) I have learned how to keep my energy and engagement up throughout each act."

Additionally, Fournier shares how this has been "one of the most challenging rehearsals I've been a

"Austen's characters are complex, and Kate Hamill does not pull back in any way. Each line could be read three different ways and finding the perfect way to say it at the moment was tough. Once you do get that right line though, it's

reward is all worth the challenge."

Despite these hurdles, the show comes out on top, revealing a breathtaking cast of hardworking actors who are also all full-time students. "Each person is so uniquely talented, bringing their own perspective and spark to the story," Ferguson adds.

"Theater for me has always In Ferguson's take, she shares been about building community and telling stories together, and I could not have asked for a better community with which to tell this iconic story."

All audience members who plan to attend are asked to wear a mask and show their updated vaccination cards (must be double vaccinated with a booster shot) to ensure the safety of all actors and attendees. Those who are unable to oblige to the production's regulations are able to watch the performance online as it will be live-streamed. Show dates are April 6-9 at 7:30 p.m. and 2:00 p.m. on April 9 and 10. Tickets can be purchased online or



By Olivia Conkling Contributing Writer

Waking up to a candy-filled basket and decorated eggs are just two of the many things I look forward to each Easter morning.

The exciting traditions, family time and religious celebrations make this holiday something to look forward to each year.

Easter, which falls on a different date every year, either in March or April, surprisingly relies on the yearly moon schedule.

If you've ever felt like Easter came way too soon or took forever to arrive, you're not alone.

Since Easter always occurs on the first Sunday after the Paschal Full Moon (or next full moon after the vernal equinox) for Catholics, it can come around any Sunday from March 22 to April 25.

Despite being close to Passover, a Jewish holiday when Easter used to be celebrated, Emperor Constantine decided for Easter to occur on a Sunday.

It is also notable that dates may vary for some variations of Christianity, notably for the Orthodox Church.

three days after his crucifixion.

It also marks the end of the forty-day Lenten season, the day when Christians can go back to eating meat on Fridays and whatever else they gave up.

Lent begins on Ash Wednesday, the day when participants receive Palm Sunday ashes on their heads in the form of a cross, which occurs 46 days before Easter, including the six Sundays that don't count as a part of Lent.

However, beyond the religious aspects, Peeps marshmallows and chocolate bunnies indicate that there are traditions that were born with the commercialization of Easter.

As a kid participating in Lent, I always found myself giving up chocolate or candies, a common trend amongst many.

Easter baskets originated when early Christians requested that their celebratory meals get blessed in the Church, carried in baskets. Found in these baskets nowadays are candies, post-Lenten goodies that people can

The Easter Bunny, typically appearing

In the Christian faith, Easter represents in a large fuzzy costume, surprisingly stems the day when Jesus Christ rose from the dead, from a pagan spring festival story about Eostre, "the pagan goddess of fertility and spring."

The fable consists of this goddess turning a freezing bird into an egg-laying bunny. To honor Eostre, the bunny decorated its eggs, explaining another common tradition of egg dyeing.

So why do we hunt Easter eggs? Eggs hold symbolic significance during Lent as they represent resurrection were often given as gifts in medieval Lenten times.

Rabbits have been "associated with fertility" relating to the Virgin

Martin Luther also reportedly held Easter egg hunts in which women and children searched for hidden eggs since women found Jesus' empty tomb, importantly, while Mary

April 17, and I can't wait to spend the time surrounded by family, munching on chocolate Hopefully, this Easter break will remind us that spring is in the air, just as much as finals season is around the corner!

Magdalene was holding an egg.

This year Easter will occur

Test But Josh

YOUR NEW FAVORITE ICE CREAM SPOT

By Brooke Lathe Head Vine Editor Madison Gallo **Executive Editor**

Just off of King's Highway Cutoff in Fairfield, Conn., you can find your favorite new spot for a frozen dessert: Tabitha's Ice Cream.

Fairfield is home to a lot of ice cream shops in its downtown area, but Tabitha's reveals a unique take on this commonly enjoyed treat with its arrival.

While this shop is new to Fairfield, it is not new in the Fairfield County area as its original location is in Bridgeport, Conn. near the Sailaway Sailing School, which has been in business for over 40 years.

The Bridgeport location is not open year-round, and many of the dedicated customers convinced owners Susan Hickey and Jack Van Sant to find a location to be able to accommodate the desired workday in all days of the seasons.

Even further, as an ode to one of their regular customers who walked his dog by the Saliaway School, the owners named their recent establishment after the pup Tabitha.

Tabitha's shakes things up in everything from the flavors offered to the decorations inside.

Each nook and cranny of the ice cream shop is home to a different theme that corresponds to one of the signature sundaes offered.

You'll find a New York City corner when you first walk in where you can sit and sip (or take spoonfuls full of!) their specialty Cosmopolitan sundae inspired by "Sex and the City" character Carrie Bradshaw's favorite drink.

Some signature sweet treats feature lime Italian ice, a Jaws icee and The Godfather sundae, just to name a few.

Continually, when ordering these mouth-watering desserts, you're greeted with a unique check-out experience, as a song will play in correspondence to your meal.

When Hickey hands you your "brown eyed girl sundae" (which consists of brownie chip ice cream over a brownie, topped with hot fudge, whipped cream and chocolate sprinkles), "Brown Eyed Girl" by Van Morrison will likely follow.

This shop truly focuses on the experience of each customer and is guided by Hickey and Sant.

I have no doubt that each patron will enjoy themselves here, for I have never met more personable and animated

One of the special aspects that Tabitha's offers is its variety of ice cream flavors, offering over 40 different

This establishment pays incredibly close attention to ensuring there is no cross-contamination between nuts and nut-free flavors and toppings by securing a small section just for nuts equipped with its own sink.

On top of this, there is a wide selection of sugar-free, fat-free and even dog-friendly ice cream.

Luckily, they also offer non-dairy and vegan flavors for dietary restricted customers, as they substitute regular milk for cashew, coconut, almond or oat milk. We had the opportunity to try the dairy-free hazelnut chocolate crunch and it was absolutely delicious!

It left me satisfied and light, even after indulging in such a sweet treat. Some other vegan flavors include cannoli, vanilla and toasted almond - which I'll be sure to try once I visit the store again.

The traditional ice cream flavors don't disappoint either.

We also had the chance to try the mint chocolate chip flavor, a crowd favorite according to Sant - I can see exactly why.

This mint chip was incredibly smooth and tasty, not overpoweringly minty with the perfectly sized chocolate chunks.

Beyond flavors and dietary restrictions, there are a plethora of toppings you can choose such as sprinkles, sauces and even syrups.

After trying the pistachio syrup, I'd have to recommend you to do the same as well!

Tabitha's Ice Cream is located at 665 Commerce Drive

and is officially open from noon to 8 p.m. for business. some tasty frozen treats, a nice chat Swing by for

> with the owners and some post-worthy Instagram flics!



Photo Courtesy of @tabithasicecream Instagram

The "Summer Breeze Sundae" is Coconut and Orange Pineapple ice cream!

FAIRFIELD U DANCE ENSEMBLE FIRES UP THE QUICK CENTER STAGE

By Madison Gallo **Executive Editor**

The Fairfield University Dance Ensemble hosted its annual dance recital in person for the first time in three years on Sunday, April 4 at the Regina A. Quick Center for the Arts. This year, the title of this year's show was "Dance Again," an homage to this being the first time these dancers have taken the stage since the start of the COVID-19 pandemic, and it featured 40 different dances. The event was hosted by Peter Neumann '22 and Chris Adams '22.

Even though they weren't able to host an in-person recital last year, FUDE was able to successfully host a virtual show that was exciting to watch. This year though, the entertainment was brought to the next level since it was entirely in-person.

Over 500 tickets were sold for this event, and, after attending, I see

Hosts Neumann and Adams stated that FUDE is Fairfield University's largest student-run organization, and the crowd was filled with friends and family of the 71 dancers in the show.

The entire production is entirely

student-run from the choreography, to the planning, to the costumes. For the entire duration of the show, you could see the dedication and energy that each dancer brought with them to the stage.

Eight different genres were showcased at the recital including Tap, Ballet, Broadway Jazz, Contemporary, Hip Hop, Irish, Lyrical and Jazz. On top of this, Fairfield's only student-run competition

> dance team, Fairfield Dance Fusion, also performed their competition routines.

performances included "Zulu Mix," "Warriors" and "Like a River Runs," but above all, I think the ladies performing "thank u, next" really stuck out to

"Thank u, next" was choreographed by Hadley Waterbury '23 and Annie Bonnini '23, and was a ballet piece set to an instrumental version of the Ariana Grande song "thank u, next." Ballet is so beautiful to watch and these girls really did a great job at conveying the song through dance.

All of the dancers in every number were incredibly synchro-

Some of my fa-Senior FUDE memoirs were presented with flowers on their last recital.

nous and really engaged the audience

with great facial expressions. It was so

great to see so many of my peers show

talents many people might not have

known they had!

You could hear the excitement run rampant through the crowd during each performance when the dancers had a long run of turns, if the Hip Hop girls got really into it and when the Irish Step girls did their impressive The atmosphere in the Quick

Center was contagious and would have you thinking you were at a Final Four basketball game and not a dance recital. It was honestly amazing

to witness such support be shown for this club after the performers involved spent countless hours rehearsing and preparing for this one moment.

For many of the seniors involved in FUDE, this was their last time performing in front of an audience and you could clearly see how much dance meant to each of them during their senior solos and their other numbers.

Overall, the FUDE showcase was an incredible show and I can't wait to see what they have in store for next year's performance.

Stay up to date on all things FUDE by following their Instagram page @fudanceensemble.



FUDE stretches on stage before "Dance Again" begins.

BAKE WITH THE MIRROR

By Abigail White Asisstant Vine Editor

Who can resist the sweet smell of warm cookies as they are taken out of the oven? I know I can't!

I find myself following the delicious aroma, reaching to try a bite before they have even cooled enough to eat.

Though I, myself, am not skilled in the kitchen, I have many family members who love to bake and have created a variety of desserts that I have been fortunate enough to taste test.

My sister, for example, can be found baking at all hours of the day, making cookies, cakes, brownies and more. It is because of her love of baking that I have been able to try and enjoy so many sweet treats!

One desert that has become a favorite in my household is oatmeal cookies. We first stumbled upon the recipe for these cookies after simply turning over a bag of Toll House butterscotch chips.

The recipe for "Oatmeal Scotchies" as the package called them. After seeing it, we knew this was a recipe that we had to try for ourselves.

These Oatmeal Scotchies are cookies that my mom first started baking during quarantine just about two years ago. Ever since then, I have not been able to get enough of them!

To the right are all of the ingredients so you can make this delicious dessert on your own.

All of the ingredients and further baking instructions for these cookies can be found online. Or, maybe you have stumbled upon this recipe after turning over a bag of butterscotch morsels as well.

Though this is a specific recipe that comes from Nestle Toll House, it is a recipe that can be experimented with.

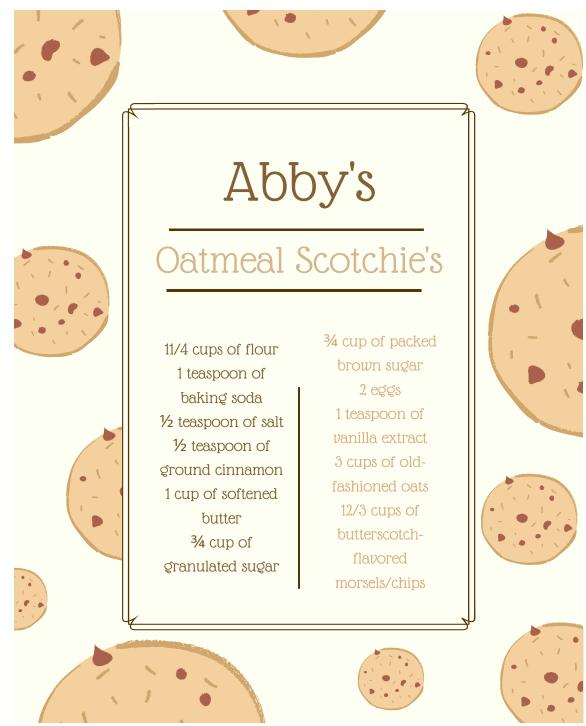
It has taken my family some trial and error to perfect these cookies and we have even experimented with substituting the flour and the oats to make them gluten free!

No matter how you make them, the final product comes out of the oven warm and ready to be eaten. You may even find yourself finishing the whole batch in one day or fighting over the last cookie, just as my family does.

The mixture of the sweet butterscotch with the warm oats is one that cannot be compared to anything else.

This is, by far, my favorite dessert recipe. It is a recipe I would highly recommend trying out so you can taste the delicious results for yourself.

I can guarantee that you will not be disappointed!



song.

words

By Julie White Contributing Writer

Alright, I'll admit that Flor Rida is rarely, if ever, an artist I listen to, but that wasn't always the case. Growing up, I loved hearing Flo Rida songs on the radio, and I'm sure a lot of my peers feel the same. Flo Rida has so many songs, and every time I go out I'm sure to hear one of his songs being played whether or not I recognize that it's a Flo Rida song.

On March 22, Fairfield University Student Association announced the return of our spring concert. The event will be held at Hartford Healthcare Amphitheater in Bridgeport, Conn. The performer? Flo Rida. Here's a rundown of what I think are his best songs, songs that aren't my favorite, and ones you definitely want to know the lyrics to!

Starting with his best ones:

LOW (FT. T-PAIN)

popular and arguably recognizable Hopefully, you already know all the to this classic!

RIGHT ROUND

This 2009 number-one single off Flo Rida's sophomore album features vocals from Kesha. Its catchy chorus draws heavy inspiration from Dead or Alive's "You Spin Me Round (Like A Record)."

CLUB CAN'T HANDLE ME (FEAT. DAVID GUETTA)

I think I heard this song last weekend, and I was reminded of how much I love it. Flo's fun lyrics coupled with David Guetta's energetic beat make this song an instant party hit.

It's arguable that Flo Rida's best songs appear on his 2012 album

featuring fan favorites "Whistle," "Wild Ones (ft. Sia)", "Good Feeling," and "I Cry."

WILD ONES (FEAT. SIA)

Considering this hit was written by Sia, it's no surprise this song earned her and Flo a Grammy nomination. I'll be honest, I think I would like this song a lot more if it wasn't extremely overplayed!

I CRY

I think this is one of my favorite Flo Rida songs; I vividly remember loving hearing this song play on the radio. This hit is based on the

2011 hit "Crv (Just A Little)" by Bingo Players, which sampled Brenda Russell's "Piano in the Dark" (1988).

MY HOUSE

release, an EP ti-

tled "My House," is home to some of his most streamed songs.

Since its release in 2015, "My House" has racked up over 800 million streams, though unsurprisingly since it's a catchy tune. Again, I think I would love this song a lot more if it had not been overplayed!

GDFR (FEAT. SAGE THE GEMINI & LOO-

GDFR, an acronym for the song's lyrics "Going Down For Real," is among Flo's most popular songs. I think the song is such an exciting listen because of its anticipatory buildup to the beat drop, making it a great party hit!

Although most of Flo's hits were released before 2016, Flo Rida is still a noteworthy artist! Songs of his that were released over ten years ago are still being played and are quickly recognized. He is still making music and released a single, "Wait," in 2021.

Additionally, he's still collaborating with



A Regal Review Of "Bridgerton" Season Two

By Erica Salisbury Contributing Writer

One of the most lookedforward-to seasons from a Netflix original just came out: the second season of "Bridgerton!" After the claim to fame the first season took across the globe, fans waited not so patiently for the second season, which just recently aired on March 25.

The second season, like the book series, focuses on the love storyline of the eldest brother and Viscount, Anthony Bridgerton. After having to grow up too young with the death of his father, causing him to take over all of the familial roles and responsibilities, Anthony declared at the end of season one that he would be looking for marriage.

As someone who read the book series, I was actively excited to watch the second season and to see how Netflix portrayed Anthony's story, considering how accurately the show followed Daphne and Simon's story. I was drawn

in immediately, and while I overall liked season two, as someone who read the books, I was quite upset with a lot that happened.

Many of the plotlines in this season were not ac-

curate to the book whatsoever. I loved the direction Netflix took with the inclusion of diversity in both season one and season two with the Duke of Hastings, as well as the Sharma sisters. In the books, the Sharmas are the Sheffields, which in the show, is the mother's maiden name. There many subtle hints of different cultures in season

I did not like; however, many of the other plot lines. In the book, the entire battle between

two as well, which

was a really nice

Edwina and Kate simply does not happen. Anthony and Kate end up together a lot earlier in the book, which bothered me while watching the show. The plotlines of Benedict and

Colin are also different this season, as they each had intricate scenes regarding aspects of their hobbies or lives, and I hope that they end up continuing to play out the way

they do in the book.

The biggest twist of the season, with Penelope being discovered by Eloise to be Lady Whistledown, really threw me off. In the books, Penelope and Lady Whistledown's

> to the town, and Eloise finds out then as well and is happy for Penelope. In the show, however, Eloise finds out in the last episode of season two and it blows up into a huge fight between the best friends. While it was dramatic

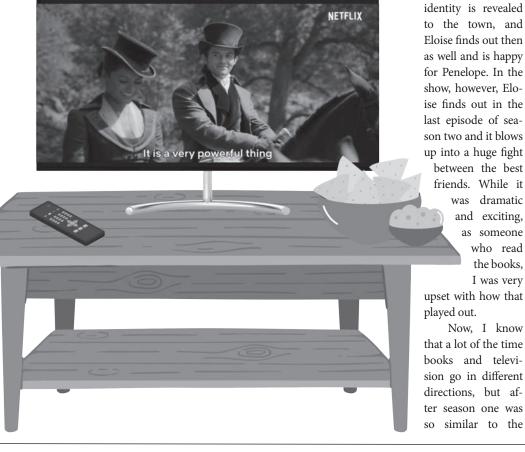
and exciting, as someone who read the books, I was very upset with how that played out.

Now, I know that a lot of the time books and television go in different directions, but after season one was so similar to the books (besides the storyline of Miss Marina Thompson), I was expecting season two to follow suit and be extremely close to the books as well. I am a little nervous for the rest of the show's execution, as books three and four, which are Benedict and Colin's stories, were two of my favorites. Some plots have already shifted and as a reader and a fan of the novels that the show is based on, I am certain that many of the readers around the world will be upset as well.

The costumes this season were just as excellent as in season one, as well as the hairstyles and the sets. They stepped up the game in those departments this season, which was just as fun to see.

Overall, the show is great. While I was upset with some of the plot lines and the execution of some of my favorite characters, season two still was extremely well done for what directions they went in.

If you haven't had a chance to watch the show yet and want to, definitely give it a



Five Encouraging Steps For Aspiring Young Writers

By Brooke Lathe Head Vine Editor

I recently saw that April 10 is "National Encourage a Young Writer Day," a holiday I was unaware of, but now am incredibly fond of. I always knew since I was a child that I had a passion for writing, but it seems like other people don't usually acknowledge their love for this particular hobby until later in life.

However, what most people fail to recognize is that all humans are inherently natural storytellers. Every day we recount something that happened during our day or recall favorite memories in intri-

This makes our instinctive vivid imagination an easy head start in becoming an amazing young writer. However, there are additional steps that can aid you in pinpointing a hidden talent you may have never given a second

Try a journal

When I was little, I always wanted to be one of those girls that could keep up with a diary, but I would get mad at myself for forgetting to log an entry every day. But over time, I've learned that it doesn't necessarily have to be that strict. Merely having a designated writing place, like a journal, in

general, provides the opportunity for daily writing in any way possible, and that's what matters the

This way, you have the option to jot down a short poem, lyrics that are stuck in your head, a line that you thought in your head was profound, or any other piece of work that comes to your mind. This is what makes you a creative artist! As long as you have a place to do so, you have the power to put your thoughts into writing at any

Find writing prompts

In a number of my writing courses, we begin class with a writing prompt, in hopes that they will invoke inspiration for a larger project or just get our "creative juices" flowing. I've found that it generally puts me in an artistic mood, which is why I follow an account on TikTok that posts one journal prompt every day (@ pcy905) as well.

I highly suggest searching for prompts that are available all over the internet, social media or buy an actual prompt journal as seen by Ink+Volt.

Read

Another incredibly important factor in becoming a stronger writer is actually reading. This is because the more books, articles, essays or poems you read, your experience and knowledge about writing will increase. My vocabulary always grows exponentially after I finish a book binge, where I buy ten different stories and read them in a few days.

While you can find a bunch of unique plots and styles in bookstores, you can also rent them from your local library, have a book swap with your friends or download tales on any electronic device such as a Kindle (although I am partial to paper page turns).

Expand your style

Not only should you attempt to read different genres and authors to gauge which style you enjoy most, but you should try writing multiple styles to find your own voice. As you change your perspective, you will also grow as a writer overall because you can mix and match different techniques!

I usually always wrote fictional stories when I was younger, but I found my love of journalism by reading magazines and in return, writing for our campus newspaper.

Additionally, I took a Creative Writing Non-Fiction course which turns out to be my favorite genre of writing - a realization I would have never found without attempting to try it!

Join different groups Similar to trying different

styles, you should join varying

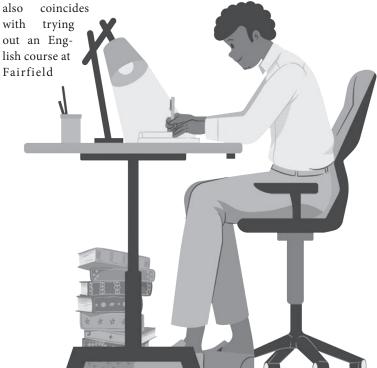
clubs to possibly uncover a passion you may not know yet. When I was a first-year, I scoured every writing club we had on campus: Stagnation, Spoons, Inkwell, Dogwood, Her Campus and The Mirror. And while I ended up only sticking with two of them, that's totally okay!

In any of these groups, you are able to read a bunch of your peer's work and critique them while also receiving feedback from them about your work too. This

you hadn't necessarily thought about too much. Make use of those elective opportunities and branch out, because who knows, you might reveal a new path in your future!

Writing is an important skill to have for everyday life, as it is a part of almost any communication process we have.

However, being a writer is a very different title; which hopefully, these steps will help you understand.





COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE

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



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April Fools Brings May Flowers, Right?

Nick Silvia, Contributing Writer

Well, it's officially April, though you wouldn't know it if you saw my apartment because — and this is not a joke — there's still a Christmas tree up in the corner of our living room. Aside from the warm weather giving you ample opportunity to harass your tour guide friends while showing a group around campus, one of the most classic parts of April is the first day of the month: April Fools' Day. Unfortunately, my writing is about as timely as my ability to take down a Christmas tree, and since I didn't have the foresight to write about the holiday last week (you know, BEFORE it actually happened), I'm going to do it now.

To celebrate the one day a year nursing majors can talk about how much work they have and actually hear someone say "I care," (if you're a nursing major and you're offended by that joke, remember that I'm an English major, so you can have a good laugh at that), FUSA arranged for a comedian to come to campus. Unfortunately timed, the theme of the event was "slapstick," and the comedian was Emmy-winning comic Chris Rock. Even more unfortunate was Will Smith being in attendance, coming fresh off of arm day at the university gym and taking the theme far too literally.

"You should write an article about how you sit here and laugh at your own jokes as you're writing them," said my roommate after hearing that joke, not realizing that I actually included what he said in the article.

Happy April Fools' everyone, and for anyone getting ready for next year. "It was April Fools" will not hold up in court.

SPORTS

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Ryan Marquardt >>ryan.marquardt@student.fairfield.edu

April 6	April 7	April 8	April 9	April 10	April 11	April 12
Softball vs. Columbia University Fairfield, Conn. 4:00 p.m. Women's lacrosse at Quinnipiac University Hamden, Conn. 3:00 p.m. Baseball vs. Yale University Fairfield, Conn. 3:00 p.m.	Men's Tennis at Marist College Pughkeepsie, N.Y. 3:00 p.m.	Baseball at Rider University Lawrenceville, N.J. 3:30 p.m.	Women's Rowing vs. Sacred Heart University and trinity College Shelton, Conn. All Day Men's Rowing Exhibition Races Shelton, Conn. All Day Men's Lacrosse at Drexel University Philadelphia, Pa. 1:00 p.m. Women's Lacrosse at Siena College Loudonville, N.Y. 3:00 p.m. Baseball at Rider University Lawrenceville, N.J. 1:00 p.m.	Baseball at Rider University Lawrenceville, N.J. 12:00 p.m. Softball at Marist College Poughkeepsie, N.Y. 12:00 p.m. Women's Golf SHU Spring Invitational Milford, Conn. All Day Men's Golf Abarta Coca-Cola Collegiate Invitational Hellertown, Pa. All Day	Women's Golf SHU Spring Invitational Milford, Conn. All Day Men's Golf Abarta Coca-Cola Collegiate Invitational Hellertown, Pa. All Day	Women's Golf SHU Spring Invitational Milford, Conn. All Day Baseball vs. Sacred heart University Fairfield, Conn. (Home) 3:00 p.m.

Arena 100: April Progress Report

The new arena being built on Fairfield University's campus is rounding the corner of completion. The entire building is almost completely closed off with either brick or glass, with a few sections of walls still needing to be placed in.

The roof is nearing completion as well, with the entire building covered. Like last month, there are still lights inside of the building, and the whole project can be seen mostly lit up at night. There are still cranes and trucks scattered around the site.

Following this link (online only) you can find the Convocation Center Earthcam on fairfieldstags.com, which will allow the user to zoom in and see the progress from each day of construction. The earthcam is updated each day, and viewers can use the slider to turn back time and find an interactive picture form each day.



Brick and glass are already being installed into the brand new arena on campus, which is projected to be completed in the "late fall" of 2022.

In this week's issue...

- Opinion: Jayhawks, Gamecocks Reclaim March Madness Thrones (Page 14)
- Stags Place on Podium at Rum Pointe (Page 15)
- Baseball Cruises By Connecticut Competition (Page 15)
- Stags Beat Bulldogs, Bested by Broncs (Page 16)

Opinion: Jayhawks, Gamecocks Reclaim March Madness Thrones

years, while

the Hus-

By Billy McGuire Assistant Sports Editor

Women's **Bracket**

This past weekend was any basketball fan's dream, as both the men's and women's national championship games were played to see who would be crowned the winners of March Madness in

The women's championship game featured two of the biggest powerhouses this season, the University of Connecticut (UConn) Huskies and the University of South Carolina Gamecocks.

The game was held at the Target Center in Minneapolis, Minn., a place that is very passionate about their basketball and created a great atmosphere for these student-athletes

UConn, under head coach Geno Auriemma, has created one of the greatest dynasties in sports history, going 11-0 in national championship games and for the last three decades as head coach of the Huskies has been nothing short of dominant.

On the other side of the spectrum, Dawn Staley, the fiery Gamecocks coach has cemented herself as a fantastic coach in women's basketball and coaches a very physical style of play.

South Carolina locked down the number one ranked spot in the country the whole year, and have already beaten the Huskies once this year. As a result of this, they were extremely confident heading into the Championship

This confidence was quickly translated onto the second title in the five court, where the Gamecocks started extremely hot and aggresdefense, sive on controlling the game from the start. When the first quarter was over, the Huskies were already facing a fourteen-point deficit. South Carolina established

an early presence with star forward Aliyah Boston in the post, where she was able to use her size and length to her advantage. The Huskies simply could not battle down low with the Gamecocks, meaning UConn turned all their defensive attention to the inside.

This allowed guard Destanni Henderson to explode for one of the greatest games of her young career, leading the Gamecocks when they needed crucial buckets and finishing with twenty-six points, the most out of all scorers.

The combination of size, speed and physicality of the Gamecocks was ultimately too much for the Huskies to handle. UConn never took the lead in this game and the closest they reached South Carolina after their poor first quarter start was seven points.

A dominant and comfortable win for the better team and the one who was consistently at the top the whole kies have not won one since the year, South Carolina 2016 season defeated UConn 64-49. Is there a new ruler over This is the Gamecocks

women's college basketball? Will the reign of Geno Auriemma and his winning ways finally be over? While I might not have the answer, I am excited to see what is in store next year for women's college hoops!

Men's Bracket

The men's national championship game, hosted at the Caesars Superdome in New Orleans, La. hosted two of the premiere programs in college basketball

> In one corner there is the top-seeded University of Kansas Jayhawks, led by experienced and three-time national championshipwinning head coach Bill

In the other corner, there is an unexpected eight seed in the University

of North Carolina Tar Heels. Led by first-year head coach Hubert Davis, he is a former assistant to hall of fame coach Roy Williams, who retired prior to this season. Williams won himself three national titles during his time in baby blue.

Photo Courtesy of @marchmadnessybb Instagram

undoubtedly the favorites in this matchup, anyone who had been watching the prior games leading up to this contest knew how dangerous a team UNC can be when they are clicking on all cylinders.

The game did not start in favor of the Tar Heels though, as they quickly fell behind to the Jayhawks and only scored five points in the opening five minutes of the game. I knew the game was going to be close, so I was not too worried. However, I will not lie and say I was not a little nervous for the Tar Heels.

They certainly calmed my nerves and their own down, immediately bringing the game back to a level score and even taking a twoto-three-point lead throughout the middle of the first half.

It was a back-and-forth contest, with neither team looking to budge or give up their lead. Kansas, who established themselves early inside, started to get into foul trouble, which led UNC forwards Armando Bacot and Brady Manek to dominate the paint and exploit that weakness of the Jayhawks.

Along with immense defensive pressure, the Tar Heels began suffocating the Jayhawks on defense, which led to easy buckets in transition for them. Next thing viewers know, the Tar Heels were on a 10-0 run, in complete control at half with a fifteen-point lead going into the second half.

Read full article at www.fairfieldmirror.com.



Your 2022-23 4x5 Columnists: Tommy Coppola, Maddy West, Madison Gallo, and Tristan Cruz

Because we have witty things to say ... What is your favorite song?

Where is your favorite place to go on vacation?

Courtesy of @kuhoops Instagram

Kansas and South Carolina won the men's

and women's tournaments, respectively.

What is your favorite fast-food restaurant?

Who is your favorite pro sports team?

What is your favorite ice cream flavor?



Tommy Coppola Managing Editor, **Head Sports** Editor

"Remote Control" by Kanye West featuring Young Thug. I know almost no one will agree Bar Harbor, Maine holds a special place in my

Maybe the recency bias is talking here but Popeyes.

Go Rangers!! Also the Mets, but hockey is more fun to watch.

Cookies and cream any day of the week.



Maddy West Editor-In-Chief Strawberry Swing by Frank Ocean.

Truro, Cape Cod.

Long John Silvers

Patriots!

Coffee ice cream.



Madison Gallo **Executive Editor** I can't have favorite songs because I just overplay every song I like until I hate it. Probably "Somebody Else" by The 1975 though.

Long Beach Island in New Jersey.

Does Dairy Queen count?

Any team my dad likes — especially the Boston Mint chocolate chip beats out every other flavor.



Tristan Cruz Coffee Break Editor

Probably Guwop by Young Thug. Anything he makes is a masterpiece (Plus he's on Tommy's favorite song too).

Portugal for the fam or anything tropical.

If Chipotle counts, sign me up. If not, Wendy's.

Real Madrid! Hala!!!

I'm constantly hated for this. Not a huge fan of ice cream. But it's cookie dough.

will compete again on April 10 at

the Abarta Coca-Cola Collegiate

Invitational in Hellertown, Pa.,

hoping to show another strong

performance.

Stags Place on Podium at Rum Pointe

By Ryan Marquardt Assistant Sports Editor

On the weekend of March 26, the Fairfield Stags golf team placed 3rd out of 22 teams at the Battle at Rum Pointe hosted by Iona College. The team shot +17 over the two days in the cold and windy weather.

When asked about his expectations going into the tournament, Coach Doug Holub said that he had "zero expectations, we knew that we were playing against a lot of MAAC teams and a lot of teams that we were rivals with. Finishing the highest of any MAAC team at a tournament that big was very satisfying." He adds, "we hadn't played in a couple weeks so we didn't have too many expectations and the weather was gonna be cold and windy, but I was pleasantly surprised."

He attributed the Stags stellar finish to the fact that "our van broke down the day before the event and it created some adversity. So when we eventually got to the golf course we were happy to be there, they really wanted to be there, they worked really hard qualifying so I think that they were excited to play".

He then says, "I think our best attribute is that we just continue to reinforce the word 'battle' and realize that the conditions are tough, the competition is tough,

and the course is tough and you have gotta keep battling."

The Stags did in fact battle as they played a great first round trailing by six shots after the first day. Their second round was not as strong but they fought hard and finished just four shots short of second place.

According to Holub the Stags were led by Jason Salamino '22, who after his first day said to Holub, "that was the best round of golf I have played in my entire life." He shot two under par and was only three shots off the lead after the first round.

With difficult weather to fight through, Salamino stepped up. Holub commented that Salamino "has continued to impress us, he has gotten better as he has been a senior, he blossomed last year and has continued to be arguably one of our top three players."

Salamino finished just five strokes short of the lead in the end in a tie for eighth place overall out of the 120 players.

Along with Salamino the Stags had two other top 25 finishers, Patrick Ryan '22 and Colin Summers '25, who placed 17th and 23rd respectively. Ryan shot +4 and Summers +5 in the tournament. Both players had strong performances that helped the Stags show that they can compete

When asked about the size of the tournament and how the experience helped him, Holub explains that "it was great, you see so many different coaching styles. You see a lot of hands on and hands off, and you try to figure out where you can be and where vou don't need to be."

He followed up by saying "that's the biggest thing with golf, you're not always right on top of your players and you are never with all of them because they are in different groups. I watch a lot of how they practice and how we can pick up some tips from

The Stags have a relatively young squad with four of the ten players on the team being first-years. When asked about what this is like for the team, Holub says "it's great because they are really pushing the seniors, two of the four freshmen were at the last event and they pushed one of the seniors and one junior out."

He continues by stating that "they all love each other and they all care about each other but they all want to beat the heck out of each other to get back in the lineup so it's great."

Along with commenting on the competition that the team has with each other, Holub also states that the team's biggest strength was the fact that they are

"We don't have a legitimate number one or a legitimate number ten. It changes every week based on how hard they work and their mindset." Holub's takeaway

from last week's great finish was that he felt it "was a good barometer to show that we can compete for the MAAC title in April. I think that proved that we're not the best but we are one of a couple teams," he stated. "You could have four teams vying for the title in a month down in Florida. In a nutshell it really made us confident."

On Saturday, April 2, and Sunday, April 3, the Stags placed first in both days of the Hartford/ Wintonbury Hills Invitational.

The Stags golf team



Junior Killian McGinley eyes down the fairway as he lines up his shot.

Baseball Cruises by Connecticut Competition

By Alexander Vulcano Contributing Writer

FAIRFIELD, Conn.— The Fairfield University baseball team started

their 2022 home campaign with a resounding 8-2 win over the University of Hartford on March 29, 2022.

The Stags cruised to victory in near frigid temperatures off the back

of their 17 baserunners and scored all eight of their runs in the first four innings.

The Stags were propelled by graduate student shortstop Colin

> forced in a run with a bases-loaded walk in the second. The Stags would go on to score two more runs in the second frame on a passed ball and wild The Stags' biggest inning came in the fourth as both Griffin Watson '22 and Evan Berta '24 got on base with back-to-back walks and were brought home by Kelly's homer. Junior Ryan Strollo would add a double in the frame and would score on Matt Zaffino's '22 RBI single. First-year pitcher Grant

Kelley's three-run homer in the fourth

inning, his second of the season. Junior

Mike Becchetti also drove in two runs

with his clutch hitting as the Stags had

with an RBI single in the first and then

the bases loaded in each of his first

two at-bats. He started the scoring

Smelzter got the start and impressed throughout his four innings of work, surrendering just one run on three hits. Junior pitcher Jack Erbek picked up his first win of the season as he threw three shutout innings.

"I thought we had a good selection at the plate and didn't chase balls out of the zone," head coach Bill Currier said after the game. "It was a tough day to hit with some inconsistent strikes, but I thought it was good to get a lot of guys into the game."

The Stags look to keep momentum rolling when they host Central Connecticut State University at 3 p.m. on Wednesday.

FAIRFIELD, Conn.—The Fairfield University baseball team kept the momentum rolling after capturing a walk-off 4-3 win over Central

Connecticut State on March 30,

The Stags won the heart-pounding affair after the graduate transfer shortstop crushed a walk-off solo shot in the bottom of the 10th. This was Kelly's second home run in as many days helping the Stags keep the winning streak alive at three.

"We're a gritty team, and after Central Connecticut came back, we've been in that spot many times," Kelly said after his walk-off homer. "I just thought it was meant to be

The 4-3 win was a whole team affair as the Fairfield pitching staff was also a strong point for the team as they combined to strike out ten Blue Devils while surrendering just three walks. Fairfield was also disciplined at the plate as seven different Stags picked up a hit while six drew at least

This weekend, the Stags were back in action at Alumni Diamond for a three-game series against Niagara University, starting on Friday at 2

After the postponement of Friday's game due to inclement weather conditions, Fairfield faced off against Niagara twice on Saturday, April 2 and once on Sunday, April 3. The Stags bested the Purple Eagles by scores of 5-2, 11-5, and 4-2, completing the series sweep.

The next week for the Stags will be full of action, taking on St. John's University away on Tuesday, April 5 at 3 p.m. and then hosting the Yale Bulldogs for a 4 p.m. game on Wednesday,



Sophomore Colin McVeigh was named the Collegiate Baseball News National Player of the Week this past week.

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SPORTS 16

Stags Beat Bulldogs, Bested by Broncs

By Billy McGuire Assistant Sports Editor

The Fairfield University softball team finished their non-conference regular season on a high note, defeating the Yale Bulldogs on Wednesday at Alumni Softball Field, 9-1.

After this, the Stags entered conference regular season play with a record of 6-14, kicking off their MAAC regular season on Saturday, April 2 against the Rider University Broncs in Lawrenceville, N.J.

Despite the struggles, the Stags put up a stellar performance against the Bulldogs, with designated hitter Meghan Forbes '23 and pitcher Bailey Taylor '24 leading the way to victory.

Forbes finished the game with one run, two hits, and two RBIs. Even though her batting average entering Wednesday's contest was .140, she was able to get it up thirty-four points to .174.

Forbes was pleased to finally breakthrough after going through a rough stretch in the batter's box this season. She explains that the hard work and determination she has put into practices has finally paid off and is now showing in games.

"After having such a strong hitting season last year, I was not expecting this season to begin as it has," Forbes explains. "I feel like I have been taking the right approach at the plate, but I have not been getting the results. However, it only takes one game or hit to finally change things around. Yale was that game for me. I have been put-

ting in the work and it feels good to see it pay off."

Also contributing to the win was Taylor, who started the contest with three-innings that saw one earned run, four hits, and a strikeout.

Although she pitched well, Taylor is challenging herself to take big steps forward to improve her performance and help the team win some games.

"I think there is always room for improvement when it comes to my pitching performance," Taylor says. "I have had my ups and downs this season, and I am hard on myself because I want to throw my best for this team. I feel comfortable in the circle and my focus is to step up for my team and continue to improve each time I take the mound."

Both players agree that this win is a step in the right direction as the Stags begin their conference regular season play.

"It has been noticeable that so far this year we have not been playing as well as we envisioned," junior hitter Forbes states. "However, finishing our non-conference games on a high note is just what we need going into conference. It shows that if we put all three elements together, hitting, pitching and defense, we will win games and we are good enough. This little high is just a taste of what we can accomplish and hope to prove that we are better."

"Our team connected well with the ball and our hitting was on fire against Yale, scoring 8 runs in one inning," the sophomore pitcher explains. "Hitting is contagious, and we used that to our advantage to beat Yale 9-1. I was pumped to see us stringing together clutch hits and keeping our foot on the gas."

As Fairfield begins conference regular season play, the players see it as an opportunity to reset and control

"...it only takes one game or hit to finally change things around. Yale was that game for me. I have been putting in the work and it feels good to see it pay off."

- Megan Forbes '23

what is in their destiny. Forbes sees this as an opportunity to showcase their talents and to stand out from the rest of the teams in the conference.

"Our approach to the start of our conference games is to come out with a bang and leave it all out on the field," she says. "We have only 20 games to prove that we are one of the best in the

MAAC. The results of the games before conference play do not matter. We have a fresh slate and hope to use this to our advantage and only continue to grow and improve as a team."

Taylor further explains that consistency and living by head coach Julie Brzezinski's values of attitude, effort and intensity are the keys to staying determined and focused the rest of the way.

"Consistency is something that we are working on improving as the season continues," Taylor proclaims. "We have the pitching, hitting and defense skills, it's just a matter of piecing them together. Another thing we have talked about as a team is controlling the controllables. You are going to get stuck with bad weather, field conditions, umpires, and more, but it is our job to control what we can control. As our coach says: Attitude, Effort, Intensity. Lastly, we have focused on having fun because, at the end of the day, it's just a game. We are all extremely competitive, and it's a good reminder that this game should be fun and played with a smile."

Off the field, both teammates know that they will have each other to support as they enter a pivotal part of the season. Both players agree that strong team chemistry and the so-called "prankster-duo" of sophomores Evie Wright and Kasey Sekula will help the team stay loose and have a strong, positive attitude going forward.

"Our team chemistry is very strong which is something we take pride in," says Forbes. "We know that we always have each other's backs and believe in one another on and off the field. Our leadership is strong. We are an older, more experienced team which comes with many advantages. Our familiarity makes our team feel like a family."

"We have had our ups and downs this season, but this team has a lot of fight and it's only a matter of time till we get in a rhythm," says Taylor. "Our team chemistry is strong and continues to grow. Personally, I have made many friendships on this team, and those bonds translate to trust and support on the field. Evie and Kasey are quite the prankster duo on the team. Their fun energy boosts team morale and always puts me in a good mood."

However, on Saturday, April 2, the Stags could not come up with wins against Rider University, falling 0-1 in their first game of the day and 0-8 in the second according to the official softball schedule.

Sunday saw an additional two games on the schedule versus Monmouth University, but both contests were postponed. They will next face off against Columbia University on Wednesday, April 6 at 4 p.m.

As the Stags meander their way through the season, they are continuing to work hard and put their best foot forward. They are looking for ways to stand out from the rest of the MAAC, and they know that the core fundamentals and strong team culture they possess will help them as they start to make some noise.



Sophomore third baseman Kasey Sekula posted a hit and an RBI in the Stags' victory over the Yale Bulldgos on March 30. Unfortunately, the Stags came up short twice against Rider University on April 2.