

THE MIRROR



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Independent student newspaper

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Fairfield University plans to release the repopulation testing numbers on Feb. 4. From that point on, the dashboard will be updated every Friday. Students raised concerns about the lack of clarity around cases.

150 COVID Cases Since Start of Semester Pushes Need for Transparency

By Madison Gallo
 Head News Editor

Across the country, the Omicron variant of COVID-19 still spreading with many colleges and universities seeing the direct impact of returning to class in person.

“150 positive cases is not worthy of a positive remark, hence something needs to systematically change for a proper semester.”

- Vinny Rotondo '23

Fairfield University has yet to publish results from their COVID-19 testing process, but the University's COVID Dashboard is set to resume weekly updates on Feb. 4, over two weeks after students returned to campus.

Junior and senator for the Fairfield University Student Association, Vincent Rotondo, stated that in the General Senate Meeting last Wednesday, Jan. 26, it was announced that at that time there were 150 positive cases from the start of the semester.

“When I was first informed of the positive cases, I instantly felt angered that I was not made aware,” Rotondo said.

“Likewise, messages that have been communicated to the student body pertaining to COVID have all been positive.”

He continued saying, “150 positives is not worthy of a

positive remark, hence something needs to systematically change for a proper semester.”

As of Jan. 31, no students are currently utilizing the emergency quarantine housing located in the Conference Center, but Director of Conference Event & Management Christina Hill said “we've had 15 students spend at least one night in isolation at the Conference Center. We've also had a number of students utilize the isolation waiting room which is a space at the Conference Center where positive students can stay while waiting for a ride.”

Hill continued that they don't keep track of the students utilizing the isolation waiting room, but “it has been used fairly regularly.”

Jenn Anderson, Vice President of Marketing & Communication for Fairfield University stated that the repopulation testing resulted in a 9% positivity rate “which was below the local average at that time and was successful in identifying positive individuals prior to move-in.”

As of Feb. 1, the overall positivity rate on campus is less than 1% Anderson shared.

However, Anderson failed to clarify who was calculated in the total percentage.

If Anderson meant 1% of all students, then 53 students would be positive out of the 5,826.

If she meant staff and students, that number would be around 69 according to Fairfield's reported community size of 6,910, not the 150 previously reported at the General Senate Meeting.

Many students believe that the University should release COVID-19 numbers earlier than Feb. 4.

Senior Jean Johnson stated, “I was surprised to see that the

University is waiting until Feb. 4 to update the COVID Testing Dashboard considering repopulation testing began over two weeks prior.”

Senior Olivia Burke agrees and states that “I think the University should be more transparent with the students about the number of covid cases on campus, I don't see why they would wait to release the covid numbers if not to avoid causing concern.”

When asked if Burke thinks COVID cases are increasing across campus she said, “Yes based on what I've heard from the people around me, two of my roommates tested positive last week, and other people I've talked to have mostly all either contracted

“I think the University should be more transparent with the students about the number of covid cases on campus, I don't see why they would wait to release the covid numbers if not to avoid causing concern.”

- Olivia Burke '22

covid or have been contact traced.”

Sophomore Connor Padover added that he didn't know where to find the current number of positive cases since the

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Minority Voices at Fairfield Want to be Heard

By Peyton Perry
 Opinion Editor

It was just like any other warm August day when Aliyah Seenauth found herself walking across Fairfield University's campus to sit down with Pejay Lucky, the director of student diversity and multicultural affairs. Seenauth was excited to hear more about her 28 students, before starting her position as a teaching assistant for Academic Immersion.

The Academic Immersion program is promoted through Lucky's office and works to both engage and acclimate incoming underrepresented students to Fairfield through two free course offerings in the summer. A sophomore student from a Caribbean household in Queens, New York, Seenauth held high anticipation for helping these incoming first-year students. Her elation, however, did not last long.

Sitting across from Lucky, Seenauth's heart began to sink as the unnerving words left his lips; only 13 Black or African American students were enrolled in the 2021-2022 first-year class of nearly 1,300 students- less than 1%.

According to Fairfield University's Fact Book, there were only 12 Black or African American, non-Hispanic students enrolled in the 2021-2022 first-year class, but Seenauth maintains that there were 13.

As she walked out of his office, she still found herself struggling to grasp the news. Her mind raced back to the previous June of 2020 when she had read Fairfield University President Mark Nemeč's letter for the first time in response to the death of

George Floyd and Black Lives Matter.

“You would have thought that they would have done better, this year,” Seenauth thought.

She took out her phone and dialed her father's phone number to share with him the disappointing news.

Fairfield University is a Jesuit, Catholic university, which is widely known as a predominantly white institution, or a “PWI.” Following their motto of Per Fidem ad Plenam Veritatem, which translates to “Through faith to full Truth,” Vice President of Marketing and Communications Jennifer Anderson says, Fairfield is “dedicated to diversity and inclusion; to radical hospitality in service of racial, social, and economic justice.”

There have been several initiatives enacted by the University to address the lack of racial diversity on campus, as well as to ease the experience of underrepresented groups of students. Some of these initiatives include the creation of Academic Immersion, the Office of Diversity and Multicultural Affairs, and Nemeč's chartered “Working Group on Inclusive Excellence.”

Further, the Company Scholars program, which offers “up to 12 four-year, full tuition grants to low-income students attending Jesuit and Cristo Rey high schools,” has recently been established, as well as the Bellarmine College initiative, which proposes the building of an academic unit to offer an associate degree program to low-income families in the Bridgeport, Conn. area.

However, questions are still

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Molly Lamendola/TheMirror

As of Feb. 1 the gates have been reopened to enter and leave campus. The Townhouse Gate, Barlow Gate, Faber Entrance and Main Entrance will be open for use. Stag Cards will not be required to be scanned to enter campus except during the hours from 11 p.m. until 6 a.m.

Between those hours, the only gate that will be open is the North Benson gate with DPS present as well. The officer at the gate will look for Stag Cards and Fairfield parking decals, as students have been used to doing in the past. On Friday, Saturday and Sunday the Townhouse and Jogues gate closes at 6 p.m.

Last year, Fairfield University closed all gates only allowing entrance from the main North Benson gate, as well as the gate near Faber Hall. This was to ensure only Fairfield students were allowed on campus and to monitor their in and out activity. Additionally, Faber Hall only had specific times in which it was open this past year and semester.

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Underrepresented Students Share Their Experiences



Photo contributed by Aliyah Seenauth

Pictured above from left to right are Nohea Breedan, Justin Sabogal, Anthony Graham Campbell, Celia Huber, Phuc Nguyen '25. Taken on the last day of FYE, the group is wearing academic immersion shirts.

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being raised by instructional faculty and students as to how much true progress is being made.

Looking at faculty alone, as of fall of 2021 only 17.4% were faculty of color, 4.8% of whom were Black, with white faculty constituting 77.33%. When looking at full-time undergraduate students, the percentage of students of color decreases to 12.5% in comparison to faculty, while 1.45% of whom were Black, with white full-time undergraduate students constituting 78.76% of the student population.

Enrollment trends have further shown a decrease within the number of full-time undergraduate students of color. Looking from the fall of 2016 to 2020 alone, the percentage of full-time undergraduate students of color dropped from 14.1% to 13.2%, and the percentage of students that identify as "Black or African American," decreased from 2.5% to 1.6%.

Vice President of Admissions Cory Unis was asked to be interviewed for his own insight into this matter, but questions were transferred to Anderson, who did not provide details specific to the Office of Undergraduate Admissions' work.

The lack of increase in racial diversity causes some faculty and students to wonder whether or not the University is taking the right approach. Seenauth believes that although certain departments on campus such as Admissions and Marketing are trying their best, the University as a whole needs to change their approach by listening to and incorporating minority students in their thinking. She is not alone in feeling this way.

Seenauth is the Associate Director of Diversity and Inclusion under the Fairfield Undergraduate Student Association, which is a board that has existed for roughly four years. She works hard with her peers on the board, as well as in other areas, to increase inclusivity for underrepresented students, as well as to attain her personal goal of helping future students of color feel more comfortable at Fairfield compared to what she has endured.

Her beliefs boil down to three main changes that ultimately have to be made.

First, listening to students of color and giving them the opportunity to express their experiences. Second, actively reaching out to more local high schools and engaging more with prospective non-white students. And third, putting in these efforts from the heart, with a desire to embrace the culture and individuality of each student, rather than solely for the number and to upkeep a good modern image.

"People don't like the term minority, but taking that term away diminishes the problem."

- Aaliyah Seenauth '24

"People don't like the term minority, but taking that term away diminishes the problem," says Seenauth. "I always have to work 10 times harder than the next person to make it somewhere, because I will not succeed otherwise. A white person's bare minimum is something I put my all into."

First-year Makeyia Ingram shares her discomfort, as she is the only Black student in her nursing lectures this fall.

Ingram attended Harding High School in Bridgeport, Conn., and Fairfield was her top choice out of the twenty-one schools she applied to. Fairfield professors who had visited her high school to talk with her and her peers, as well as the home-like atmosphere of the Egan School of Nursing and Health Studies, caused her to instantly fall in love with the University.

Ingram knew coming to Fairfield, however, that she would stand out.

"When I came here, I always told myself you're going to be different, and that's okay," said Ingram.

When learning at Academic Immersion that she is one of only thirteen Black or African American students in her class, she couldn't help but feel shocked.

"Sometimes you don't need an incident. Sometimes it's just living your life here," says Seenauth. "Unfortunately, it's not always about something happening to impact you. Sometimes it's the energy and the feelings of being in class and you're the only non white person."

Junior Eden Marchese is Director of Diversity and Inclusion for FUSA, who identifies as a white, non-binary queer student. Marchese's reaction to the admittance of only 13 Black students expresses similar disappointment.

"It's very disheartening and I think it just shows the campus [is] taking a step backward," said Marchese.

As underrepresented students, Seenauth and Ingram also share how their experiences differ from one another.

Seenauth often struggles with trusting her white peers and professors, questioning whether negative actions or attitudes towards her are a direct result of her race.

"I realized when I came here to Fairfield, anytime someone just brushed me off or gave me the slightest tone, even professors, I took it as 'wow, that was a racist' because you just don't know who you can really trust," says Seenauth. "Of course, it's not going to be that way for everyone but it's just kind of how I noticed I started to perceive things once I got here at Fairfield."

Ingram's perception of the interactions she has with others at Fairfield differs but still leads to discomfort.

"I'm not automatically thinking that someone's racist, they're probably just as uncomfortable as I am because they probably think that I think that they're racist," Ingram says.

With the low level of diversity on campus impacting minority students' experiences at Fairfield, some feel it is crucial that the University begins to take a step back and listen.

Seenauth feels strongly that much of this falls on NemeC, who has never reached out to her or her peers who face similar struggles. Many of the initiatives pushed by her board are disrupted, she says, and she believes that much of this is due to the influence of the more conservative parents on NemeC.

"Some may say that you can't shut out parents because they're paying you but if NemeC is a man for the students," Seenauth says, "then he should be considering all the students and not just the ones whose parents are giving him the most money."

Although positive initiatives are being enacted and charted by NemeC as stated previously, he has not directly reached out to current minority students at Fairfield for their insight and opinion. Further, many individuals feel that there are still apologies to be made regarding the absence of the statement "Black Lives Matter" in the letter he sent out in the summer of 2020. Marchese is one of these individuals.

Marchese, as well as many others, such as the Fairfield University Alumni Response Team, express disappointment in NemeC's insufficiency to address the Black Lives Matter movement.

"It shows how the University only cares so much as it's good for an image, but they don't care about it being good for the students' lives and student happiness," says Marchese.

Seenauth believes that further apologies need to be addressed better

as well. For example, in response to the off-campus "Ghetto Party" of 2016, Anderson stated on behalf of the University that "We will learn from this," according to the New York Times. To some students, this was not sufficient. The controversial party was included in the script of "Project X" by Judy Tate and performed in December of 2021 by Fairfield theatre.

Ingram, as a first year student, was also taken away by the performance and believes it should have been mandatory for every Fairfield student to see.

"There are uncomfortable conversations that happen within the play," Ingram says, "but even I was uncomfortable because seeing and hearing these things, I felt seen." She continued saying, "It was uncomfortable to feel seen even though that's what you want because you're not used to it."

Ingram also appreciates how

"It shows how the University only cares so much as it's good for an image, but they don't care about it being good for the students' lives and student happiness."

- Eden Marchese '23

the performance displays how every individual is different; whether white or Black, you are not the same as those who share in your race. Each person holds different perspectives, has different upbringings and has a unique personality that reflects who they truly are.

Although many departments at Fairfield are working hard to address and raise awareness of this ongoing issue, many individuals feel some

are still not listening to the voices of minority students, and subsequently that efforts being made are not always coming from the right place.

"The biggest thing that white students, faculty members and administrators could do is to listen and not react immediately in terms of wanting to defend themselves," says Marchese.

Seenauth shares her frustrations with one individual specifically who has neglected to listen to the voices of minority students on campus, NemeC. A lot of initiatives pushed by Diversity and Inclusion are halted once reaching him and those he works closely with.

"It's NemeC's people that are not letting them put their best foot forward," she says. "I wish that he could sit in a room with every single student of color that goes to this school and let us all speak; I would be shocked if he had something to say that went against us. I don't think that he would be able to handle all of our emotions; I don't think that he's ready for that. And that's why something like that hasn't happened either."

There seems to be potential for Fairfield to shift from being a PWI to become a more diverse and multicultural institution, gradually. Many faculty and students feel as though different approaches and priorities must be taken, such as listening to minority students and reaching out to more non-white prospective students.

Seenauth and Ingram both express that throughout their journey at Fairfield, a choice they both have made and sticking to, they hope to help increase diversity and influence prospective students of color to come to Fairfield and feel at home.

"I feel as though my purpose at this University is to get through whatever struggles I face in order for future generations to feel comfortable enough to be here," says Seenauth. "I am willing to sacrifice my own sanity, as a student of color, to help those in the future."



Photo contributed by Aliyah Seenauth

Pictured above from left to right are Justin Sabogal '25, Nahush Seecharan '25, Brian Satrohan '25, Angus Chen '25, Christian Sanders '25, Aliyah Seenauth '24, Samantha Flores '25, Nohea Breedan '25 during fall welcome. All the first years were moving into to Fairfield this weekend for the first time but Seenauth's students had been here since the start of August for academic immersion.



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

1/18
10:57 p.m.
Disorderly conduct was issued stemming from a motor vehicle stop. Those involved were referred to student conduct.

1/19
1:00 p.m.
There was a motor vehicle accident on Mahan Road. No injuries were reported.

1/21
9:26 a.m.
A threatening case involving a student and a nonstudent was reported. No contact orders were issued to both individuals involved and a criminal trespassing notice was sent to the non-student banning him from campus.

1/22
1:25 a.m.
There was an assault involving students up at the townhouses that was reported. Students involved were referred to student conduct.

1/22
3:45 p.m.
A student reported being harassed by another student. A no-contact form was issued. Students were referred to student conduct.

1/23
3:15 p.m.
There was a motor vehicle accident on Loyola Drive. No injuries were sustained.

1/24
2:51 p.m.
There was disorderly conduct involving a Fairfield Prep Student.

1/25
There was a threatening case reported involving two students. No contact orders were issued and those involved were referred to student conduct.

1/28
There were hazardous road conditions reported from Blizzard Kenan. 10.8 inches of snow was the official snow amount for Fairfield.

1/29
4:01 a.m.
Vandalism was reported in Regis Hall on the second floor female bathroom. Facilities were notified for clean up.

1/31
12:38 p.m.
There was a hit and run reported on Lynch Road. Currently it is still under investigation.

University Holds Fourth COVID-19 Vaccination Clinic

By Madison Gallo
Head News Editor

Fairfield University held its fourth vaccination clinic in partnership with Griffin Health on Jan. 27 in the Leslie C. Quick Jr. Recreation Complex from 9 a.m. until 3 p.m.

Students were able to receive their first, second or booster vaccination at the clinic. Pfizer Bio-N-Tech, Moderna and Johnson & Johnson vaccinations were offered.

There will be a second clinic this semester planned for Feb. 17 in the Rec Plex from 9:00 a.m. to 3:00 p.m. Students can sign up for this clinic online.

This clinic comes after the Omicron variant has run rampant throughout the country. Julia Duffy MS, APRN, BC, director of the Student Health Center offered insight into the importance of increasing vaccinations amidst the Omicron surge.

“The more transmissible omicron variant is making all of our current mitigation measures even more important,” Duffy said. “We are primarily focused on vaccinations, masking and testing as measures to keep our community safe.”

As of Jan. 31, the campus community is over 93.5% vaccinated. However, Duffy emphasized a need to receive a booster dose, though the University

remains without a vaccination mandate.

The COVID-19 Dashboard will be updated on Feb. 4.

“There is evidence that the primary COVID-19 vaccinations are providing reduced protection over time against mild and moderate disease,” Duffy said. “Receiving a booster vaccination when one is eligible offers optimal protection and helps to protect our entire community.”

“Receiving a booster vaccination when one is eligible offers optimal protection and helps to protect our entire community.”

- Julia Duffy MS, APRN, BC

This semester, the University altered the guidelines for its COVID-19 weekly surveillance testing.

Last semester, those who were considered fully vaccinated after receiving their one or two-dose vaccine were not required to be a part of the weekly surveillance testing.

However, this semester, any community member without a booster dose will need to test weekly.

The “weekly testing requirement only applies to individuals that are eligible for the booster vaccination, but are not yet boosted” Duffy clarified.

On Jan. 16, the CDC updated its vaccination guidelines to now recommend booster shots for eligible people in order to qualify as “up to date” on COVID-19 vaccinations.

Duffy further states that this “particular subgroup is considered more at risk for COVID-19 infection than individuals with an ‘up to date’ vaccination status. Testing this subgroup with a higher risk profile will help us to identify and contain infection in a timely way.”

The Mirror reached out to Fairfield University Vice President of Marketing & Communication Jenn Anderson regarding the number of doses offered at the clinic, whether the University foresees a need for a vaccination mandate and whether or not there has been any pushback to the change in weekly testing guidelines without response.

Students should upload updated vaccination cards to the University student health portal available at www.fairfield.edu/immunization.

Counseling & Psychological Services Moves to Telehealth

By Thomas Coppola
Sports Editor

This semester, the Fairfield University Counseling and Psychological Services department has switched to a “telehealth” model. This will be the operation in place for the near future, and was implemented in response to rising COVID-19 cases.

With many services available completely free-of-charge to all students, the office is able to help students through whatever struggle they may be facing at the current moment; a few of their offerings include “confidential individual and group therapy services” according to an official news release by the office, as well as on-call work when necessary.

These offerings will stay the same at this present moment, but all operations will continue online. Jeff Daily, a postdoctoral psychology fellow who works with Counseling and Psychological Services, stated “In times of COVID, I guess we’ve had to rapidly adapt in terms of using telehealth and Zoom to have counseling sessions.”

Although the idea of telehealth and counseling over Zoom may worry some regular users of the office’s

services, Daily assures that there is no need to worry; with a list of reservable private spaces around campus, the office can assure that students who would like privacy from roommates, friends, or people who live around them can have that to ensure the most productivity through counseling sessions.

Additionally, Counseling and Psychological Services has created a new system of online scheduling for meetings and counseling which is sure to assist in the ways that students are able to receive help.

The same press release reads: “To welcome students back in the new year, C&PS is excited to begin offering an online scheduling system! Our mission is to make it even easier for Stags to connect with one of our caring, professional and inclusive counselors.” With this addition, students are now able to schedule a meeting online.

The telehealth system will continue to be an option for those who would rather speak to a counselor or therapist online, but in just a short amount of time, the office will be welcoming students back to their services in person.

“We’re going to take the month of January to kind of start with telehealth only,” Daily explained. “So in February, in

just a few days, it sounds like we are going to be offering in-person and telehealth again, and we’ll hopefully be able to meet student preferences, what they would like.”

There are many different options and offerings through Counseling and Psychological Services for both individuals and groups. Some group therapy options include sessions for nursing students, grief, self-care for sexual assault survivors and even a stress and anxiety management group; Daily hopes that people use and get involved with these resources if they need the assistance at any point.

As of this academic year, Counseling and Psychological Services has moved from Dolan Commons closer to the center of campus in the Wellness Center attached to Jogues Hall.

Here, the office is closer to the student body and can easily offer help on short notice.

If you are looking for therapy or counseling, you can call (203) 254-4000 ext. 2146 to schedule a meeting with a therapist in the office of Counseling and Psychological Services, or you can email counseling@fairfield.edu to do the same. Fairfield University’s life@fairfield.edu website has a link to the new online scheduling system for all students to use.

THE MIRROR

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Wellness Center
◀ Student Health Center
Counseling & Psychological Services ▶
Resource & Prevention Office ▶

Kyler Erezuma/TheMirror

Due to the ongoing pandemic, Counseling & Psychological Services has moved to a telehealth format.

Career Center Supports Students with Professional Development

By Madeline West
Assistant News Editor

The career centers at Fairfield University aim to provide support for students with comprehensive support services, programming and resources for the personal and professional development of Fairfield University students.

Deirdre Bennett, associate director of the Career Center and Employer Engagement emphasizes that the mission of the career center is consistent with Fairfield's Jesuit values.

Bennett states "the mission of the Career Center is to empower, educate and serve as a lifelong resource for students and alumni...through supporting students' individual journeys of self-discovery, leadership and career development."

The Career Center is geared towards alumni and students of all classes and majors. They host events from job shadow programs, Stags4Hire and have also arranged counselors for both the Marion Peckham Egan School of Nursing and Health Studies and School of Engineering.

When asked for the best advice to students when they come to the career center, Bennett states that "students are encouraged to stop by their school's career center as early as their first year at Fairfield."

By making an appointment with the Career Counselor at a student's designated school they can speak about goals and aspirations and the upcoming four years.

There are many members of the different career centers who share the most rewarding part of working in the career center.

Cathleen Borgman, director, counselor for nursing and health studies and alumna says the most rewarding aspect

of her job is "developing relationships with students and seeing them develop personally and professionally over the years."

Borgman continues, "nothing beats seeing a student land a job they wanted or hearing from alumni years later that you made a significant, positive impact in their career."

Stephanie Gallo, director of career planning for the College of Arts and Science shares a similar love for her job.

"The most rewarding part of my job is meeting with students in their first and second year, watching them grow/take risks - succeed (sometimes fail) and more importantly learn," Gallo noted. "The positive outcomes are obviously wonderful, but the personal growth throughout the years is by far the most fulfilling part."

John Hottinger, associate director of the Charles F. Dolan School of Business Career Center states that the most rewarding part of working in a career center is "meeting one-on-one with students, getting to know them over the course of their time at Fairfield University, helping them discern their career paths/potential and seeing them compete for and achieve results for internships/full-time jobs."

Similarly, Kim Nickolenko, director of career engagement for the College of Arts and Science expresses her experiences working in the career center.

"It offers students the opportunity to really reflect on their liberal arts background and how they can best use the skills they gain in the College in their career path after Fairfield," she said.

Sue Quinlivan, associate director and counselor for the School of Engineering and Graduate School of Education & Human Development emphasizes that what she enjoys most is to "hear student

stories about their plans and the contributions they hope to achieve here at Fairfield and beyond. Every day I am learning."

Students from all different schools of study at Fairfield have had experiences with the Career Center that have allowed them to look further to life after graduation.

Junior Theresa Morrisey, a College of Arts and Science student states that "the sophomore success program was so helpful in kick starting my networking process and they were so eager to help that it made the process so much easier."

Senior Ashley Lampros is a nursing student at Fairfield. She states that the "career center has proven to be as helpful as ever in helping me prepare for the job application process."

Lampros continues to mention "Cath at the career center is always happy to help which is definitely a relief on my end, and she even helped me shape up my resume to prepare for an interview."

The University Career Center will be hosting a virtual fair on Wed. Feb. 23 from 1:00 p.m. - 4:00 p.m. Registration opens on Thursday, Feb. 3 in Handshake. It is open to students of all class years and majors. Employers coming are interested in speaking with students about internships and full-time jobs.

Bennett advises students to register and set up schedules with employers that are interested in as well as employers they have not heard about before. Bennett states "most employers are hiring students from a wide variety of majors so there are opportunities students may not expect."

More so, students should show up with an open mind and "not just meet with employers who have a well-known name," and instead be

open to the mid-size companies as well.

Bennett also advises that students who attend "should make every attempt to show up for their appointments on time" to not only be a positive reflection of the student but the University as well. Students should also be prepared by "doing some research about the employer

and the opportunities that are available." Students should be prepared with a list of questions, dress professionally and be set up in a quiet space. There are also interview rooms through the career center in the Kelley Center students can reserve for their respective job appointments on the day of the fair.

HOW TO SCHEDULE AN APPOINTMENT WITH THE CAREER CENTER



College of Arts and Sciences Career & Professional Development Office
Canisius Hall first floor
Schedule an appointment via e-mail at
cascareers@fairfield.edu.

School of Business Career Development Center
Dolan Center 205
Schedule an appointment via e-mail at dolancareer@fairfield.edu.

University Career Center
Nursing & Health Studies, Engineering, and Education & Human Development
Kelley Center
Schedule an appointment with a Career Counselor via email at
careers@fairfield.edu.

Students can also drop in the University Career Center to meet with CareerPeer Advisors (CPAs) Monday-Thursday from 1-4 p.m.

Students Call for Clearer COVID Communications

CONTINUED FROM PAGE 1

dashboard has not been updated.

"I think the University could definitely improve their communication with the number of positive cases as I know in the past they have been pretty slow with the releasing of information and I would want to know as recent of information as possible," Padover said.

He continued, "I do have friends who currently have COVID, and while I have heard good reviews of interactions with the health center to notify them of when they test positive, the health center could do better on communication with students after they test positive so that the students know when they can return to campus and/or what actions need to be taken."

Senior and FUSA Senator Jakob Matala adds that he wishes Fairfield was publishing the results as frequently as they were given last year. Especially due to the lack of weekly testing, "...it would be helpful for students to be updated on university Covid cases in order to

"It would be helpful for students to be updated on University Covid cases in order to understand the direction the school is going on in terms of Covid policies"

- Jakob Matala '22



Pictured above is an in-person class held at Fairfield University. Due to surges in COVID cases, some professors have switched to teaching over Zoom.

understand the direction the school is going on in terms of Covid policies."

One of the concerns felt by students is the confusion surrounding the usage of Zoom during the semester.

Junior Alyssa O'Keefe stated that she is worried that "since the Omicron variant is so contagious, testing positive for COVID could set her back in her classes."

When asked about the no-Zoom policy that was in place last semester, Anderson said, "throughout the past two years, Fairfield has prioritized the academic continuity of our students and the health and safety of our campus community and will continue to do so throughout the Spring semester."

However, she failed to address what this means should a student or professor test positive this semester.

Many professors have opted to hold class over Zoom until repopulation testing results were posted.

This means that for more than two weeks some professors have utilized Zoom to meet with their students.

Senior Vincent Gadioma had two classes start online this semester.

"The professors both cited reasons related to COVID," Gadioma said. "I think going into it I respected their decisions knowing cases were bad and repopulation testing hadn't started, but I am hoping to get back in person as soon as possible so I can get the full in-classroom experience."

The Mirror will continue to update on the matter as more information is made available and the results are released Feb. 4.

STAGS Hospitality

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Deadline is February 4th

Opinion

Editor Peyton Perry » peyton.perry@student.fairfield.edu

Virtual Learning Should Be A Last Resort for Professors

By Peyton Perry
Opinion Editor



Kyler Erezuma/The Mirror

Throughout the entirety of the Covid-19 pandemic, I've always been a firm believer that education should not be confined to the virtual realms of platforms such as Zoom. That being said, it has gradually become a growing fear of mine that what was once raised as a bandage solution to an unprecedented time, will never truly fade away with the consequences surely being felt.

Vice Provost for Undergraduate Excellence Mark Ligas shares the University's efforts to ensure in-person learning for all students this Spring 2022 semester, with an email that was sent out to all faculty from the Office of the Provost on Jan. 11, and later shared with the Mirror by Ligas.

The email states, "Given the current environment, however, there may be times when faculty members have to alter the format and delivery of instruction during the semester if the impact of the virus is significantly affecting the classroom experience, or the instructor

contracts Covid-19 and must isolate."

The email goes on to state, "We expect these alterations to be temporary, and trust in each faculty member's ability to make the best decision to ensure academic continuity while meeting the needs of their students and the curriculum."

Is every single professor honestly putting their best foot forward in "meeting the needs of their students" at this point in time? Truthfully, I'm not sure as the choices by few to indefinitely hold class over Zoom seems rather unfair to the students and other faculty members.

When first hearing the news of all in-person learning for this spring semester, me and my peers were thrilled. Similar to the past fall semester, the classes we pay thousands of dollars for, as well as the professors we pay to bestow their intelligence upon us and educate, would actually engage us in the physical classroom.

Let's think back to February of

2020 before our world was flipped upside down. What was the purpose of going to school as an elementary, middle, high school or college student? Some may say right off the bat that the purpose was to gain a good education, learn important social skills, and take part in activities offered by the school, which bring joy.

Let's delve further, though. What is the purpose of going to school in-person versus online? We have all been told and led to believe that students can learn fully online, school theatre productions have gone as far as becoming virtual over Zoom and students can seemingly interact socially with breakout rooms and such.

As once a high school and now college student who was thrust into online learning myself, I thoroughly disagree with the notion that students can gain a great educational experience over Zoom, but for the sake of the argument let's assume they can. What are some of the underlying purposes for in-person

learning that are not met by online learning?

Setting an alarm and having a morning routine leading up to the moment you step onto the school bus or into your parent's car may be a good one. Finding the motivation to dress nicely, do your hair, put on deodorant and care for your physical appearance, which enhances your mental health, maybe another. How about even the simple aspect of physically stepping out of bed to attend class and not being able to merely roll over and press the power button on your computer?

We as humans need to feel a purpose to be fulfilled. It's hard to feel as though you have a purpose as a student when you can be lying in bed and scrolling through social media without your educator being able to notice. This is not to say that all students did or do this. I suppose you could make the argument that students choose to disengage and educators are forced to rely heavily on trust.

As a mental health advocate, however, when one is robbed of human connection and isolated from their peers, mental health justifiably suffers and lends towards disinterest.

All this being said, I was extremely proud of Fairfield for allowing us students to move in on time this spring semester and attend in-person classes. It's safe to say that we students have worked incredibly hard to ensure we stay on campus, whether it be by following safety protocols such as mask wearing and social distancing, or receiving our vaccines and booster doses to build up a high vaccination rate on campus in an effort to slow transmission.

No professor should make the decision to hold class solely over Zoom for an indefinite amount of time lightly. In instances of course where the professor has contracted Covid-19 and must isolate, or a significant outbreak has been detected in a particular class, it

then makes sense to fall back on online learning for a temporary and short period.

It seems unfair, however, that certain professors have yet to hold a class in person, conducting classes via Zoom until they see fit. The majority of professors are doing as the email sent by the Office of the Provost implies, working with students in the classroom and putting their best interests at heart. There are some, however, who have been confined in their homes unjustifiably.

As of December 21, 2021, 93.8 percent of the Fairfield University community had been fully vaccinated. Although data has not yet been released that includes booster shots for Covid-19, from my own experience with peers a large majority of us students are boosted as well.

Besides Fairfield's high vaccination rate and cooperation of students with important safety protocols, it is also crucial to recognize the lessened severity of the Omicron variant.

When viewing different forms of media, it can certainly be scary to learn how Omicron is twice as transmissible as Delta and four times as transmissible as the first strand, and that the weekly average for Covid-related deaths in the United States is the highest its been since February of 2021.

Omicron accounts for 99.5 percent of new infections in the United States, as estimated by the Centers for Disease Control and Prevention.

I am not denying that at first glance, it's scary and that every individual's comfort levels differ, as well as of course one's health status.

There comes a point, however, where we must weigh all the risks and make the best decision for the present, especially when it comes to a profession that is behind building our youth's intelligence.

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

\$200/Night Quarantine Housing is Too Expensive

By Catherine Zarrella
Contributing Writer

Over the past two years or so, all I've been able to think about is how I can avoid getting COVID-19 while still being able to live out the "best years of my life." Since mid-December, COVID cases have been on the rise, especially with the current prominence of the highly contagious Omicron variant. The symptoms of the new variant often resemble that of the common cold for those that are vaccinated and boosted. I want to first recognize that I am not denying that getting diagnosed with COVID-19 is still scary as people are still dying. Many of the people who I know that tested positive after re-population testing for this Spring 2022 semester, however, did not suffer many major symptoms. These students were merely moved into on-campus isolation housing, which after the first twenty-four hours costs \$200 dollars a day. These students were then denied access to attend classes over Zoom or other virtual meeting platforms.

I, like other students who have heard about the isolation housing, do not disagree that the University has the right to charge for this housing, but \$200 dollars a night is an exorbitant amount of money to request from

COVID-19 positive students and their families. Fairfield University students are already paying tens of thousands of dollars to attend a private university, which is a high risk setting for contracting the virus seeing as students are living in close quarters. Fairfield should be responsible for taking the brunt of the cost for housing students with COVID-19.

Luiza Sperling, a sophomore who recently tested positive states, "I believe that the school is charging a ridiculous amount of money because they know that the students aren't going to want to stay on campus for that cost."

While providing the option of on-campus isolation housing for COVID-19 positive students shows Fairfield does seemingly care about the students, requesting roughly \$1,000 dollars for a full isolation stay on-campus, on top of tuition, seems like a money grab.

I understand that the booster clinics, as well as biweekly oncampus testing, is an expense for Fairfield and they need to make the money back, but those who test positive and elect to stay on-campus do not even have the opportunity to Zoom into classes. Many professors rightfully have strict attendance policies, which are made

even more difficult for students as University officials have allegedly stated to professors that Zooming in sick students is discouraged.

After charging students \$200 a night for the 'luxury' to stay on campus during isolation, students are not afforded the option to attend the classes that they spend thousands of dollars to enroll in. Again, it is completely unreasonable to charge so much for isolation housing so COVID-19 positive students do not wander freely around campus.

Fairfield neglects to realize that besides the fee of housing, families are still paying the cost for their student losing five days of classes, five days of fulfilling meals, five days of comfortable housing that are included in our tuition. Currently, students are cleared to come back to campus after five days from the positive test, so long as they do not have any symptoms.

This being said, students who remain symptomatic run the risk of missing up to ten days total, creating a large burden on them. Having to weigh the isolation price tag of up to \$1,800 versus the possibility of bringing the virus home to our families is not something Fairfield should be making their students do.

Sophomore student Joseph

Westhoff states, "I wouldn't want to put my family at risk of getting it especially since my dad works for the New York City Fire Department- it would be putting his whole firehouse at risk." By choosing to keep his father safe, Westhoff would be losing \$1,000

Many news articles have stated that typical college age students are not at risk for hospitalization and symptoms are similar to that of the common cold, so the losses sustained by isolating are much worse than the losses by not testing.



Kyler Erezuma/The Mirror

on top of five days of classes if he contracted COVID-19.

I, like other students, believe that Fairfield University is accidentally incentivizing students to not test for COVID-19, even if mild symptoms are present, or to report a positive test from fellow peers.

As of the fall semester, 93.8 percent of students on campus are vaccinated, meaning we are less likely to suffer severe symptoms, on top of the fact that being college students we are less likely to be at high risk.

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

A Reflection on Spring 2022 Reopening

By Anne Tomosivitch
Contributing Writer

The Stags are back at Fairfield University! Happy (and mostly healthy) students are finally back into the swing of on-campus life after winter break, this Spring 2022 semester.

Having learned from our post-Thanksgiving panic, pre-emptive testing before returning to campus was a great strategy. Screened for COVID-19 before their arrival, students have much more freedom, with dining services fully operating, the RecPlex open and classes set to be held in person. This has been so refresh-

ing! Spending time with friends at meals, going to the gym and staying active in the community is so needed after such a long time away from campus life. Students are surely enjoying the fruit of this smart return-to-campus initiative.

New this semester, G-Force Security has stationed guards around campus to enforce COVID-19 protocol. Acting as a force to be reckoned with, officers ensure students are properly wearing masks indoors. If I'm going to be honest, I think this effort is childish. While maintaining low rates of transmission is essential in making sure the semester runs smoothly, enforcing mask policies by calling people out as they walk into buildings is not the best way to go about this.

Undergraduate students are adults. Treating students like children on the rare occasion that they lower their mask for seconds with a Dunkin' breakfast sandwich in hand is quite simply ridiculous.

It is so over the top that students are losing respect for protocol enforcement altogether. To be quite honest, being treated like a child is degrading, and it en-

courages child-like behavior.

Regardless of this push, I truly appreciate Fairfield's continued efforts of maintaining in-person classes. Getting up and physically going to class every day does a lot to help mental health. There is something about coming back from a long day of classes, in-person meetings or maybe a library trip that makes me feel a lot more confident and productive on campus. I think students need that, and I am so glad that the University has gone above and beyond to grant students that opportunity.

As a sophomore biology and chemistry double major, sophomore student Will Spak appreciates the in-person experience in classes, saying, "having taken classes online and in-person I can confidently say, and I think that the majority will agree with me, that being in person for classes is absolutely necessary in order to learn properly."

Being physically present in class helps me pay attention. The looming temptation to scroll through Instagram is too tempting online. Spending time with peers in the classroom, coordinating meals or coffee plans before or after class and even just having somewhere to be is so much more conducive to learning. Staring at a screen fries my motivation, and limits my relationship with professors.

I will say, however, that the



Kyler Erezuma/The Mirror

no "Zoom-in" option for students with Covid, and the University's lack of quarantine housing is definitely difficult to manage. With a variant as contagious as Omicron, people will get Covid. At this point, it is a fact of life. Expecting students who get Covid and have to quarantine, by no fault of their own, to make up a week's worth of class lecture material and assignments after the fact is difficult.

With that said, the lack of University-provided quarantine housing is somewhat unfair, and it often targets students not from the Northeast.

Making students who cannot realistically travel home for quarantine is a big ask. Especially as the University pushes for

regional diversity, punishing these students for situations out of their control is not very inclusive.

Though this situation seems harsh, however, I recognize that it is all part of Fairfield's broader plan to incentivize students to stay safe, without having quarantine housing as a crutch. With that said, the University has also been understanding, reimbursing students for housing in certain scenarios.

As campus life goes on amid this never ending pandemic, regardless of the specifics, Fairfield University is a great place to be. Masked or not, we are together, the campus is busy and students are happy to be back! Welcome home, Stags!



Kyler Erezuma/The Mirror

Valentine's Day is for More than Just Happy Couples

By Madeline West
Assistant News Editor

Valentine's Day is a day that stirs up many mixed feelings. For some, the thought of celebrating love can be hard when in times of loneliness and being single. The merchandise that is sold, as well as the way society perceives the holiday in general, is directed towards happy couples in love. When all the boxes of chocolates and stuffed animals are stacked on the shelves starting Dec. 26, a feeling of missing out and yearning for a relationship can cause feelings of dissent towards the holiday.

For many single people, the idea of love and romance is rejected on this specific holiday. It is almost like there is a love for hating the holiday instead! I believe, however, that if the idea of love is shifted

to a more general meaning versus solely that of romantic and passionate love between a couple, the holiday can and should be inclusive towards those who are single.

Some aspects of the media have been swaying towards emphasizing the importance of self-love. I believe self-love should be the main focus on Feb. 14. It is very easy on this day to compare what you may not have to what someone else does. Yet, this comparison is a thief of joy and I believe that the narrative surrounding Valentine's Day should be changed.

Love can be felt and expressed in so many different ways—not just romantically.

Self-love should be employed the most on Valentine's Day. Doing something that makes you feel good, happy or peaceful is always

so important. Using Valentine's Day to be extra kind to yourself is perhaps the easiest way to express love, and is arguably the most important way to do so.

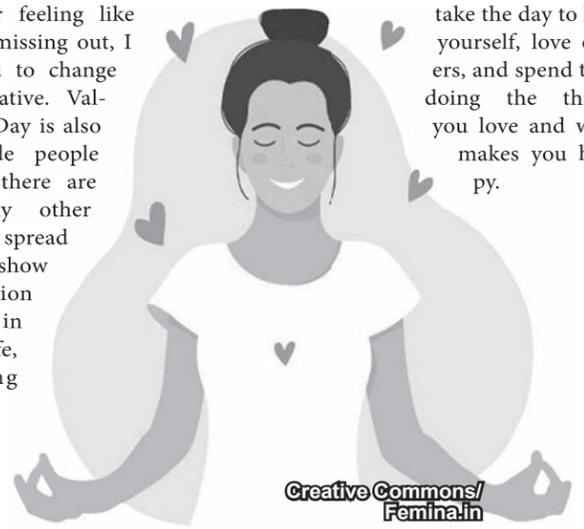
This is because before you are able to really love someone else, you should wholeheartedly embrace and appreciate your own self. Loving yourself means you understand your worth and are not going to settle for someone that fails to do the same, and Valentine's Day is the perfect day to work on this.

Showing love to a friend is another way to celebrate Valentine's Day. The love for a friend can be just as equal as a romantic relationship. Celebrating those you love around you - even platonically is something that should not be overlooked on Valentine's Day. Going out on a date with friends can

be just as, if not more, fun than a romantic date.

Therefore this Valentine's Day if you find yourself single or feeling like you are missing out, I urge you to change the narrative. Valentine's Day is also for single people because there are so many other ways to spread love and show appreciation for those in your life, including yourself.

Especially in today's world, any chance given to celebrate love is important to hold onto and take part in. This Feb. 14, take the day to love yourself, love others, and spend time doing the things you love and what makes you happy.



EDITORIAL BOARD

"IT'S OKAY TO SLOW DOWN AND ENJOY THE PRESENT"

MOLLY LAMENDOLA
EDITOR-IN-CHIEF

I woke up at 11:00 a.m. yesterday. To the average college student, this is not a big deal. But, to those who know me, they know that my college experience can be summed up in one word: "Overwhelming." I distinctly remember in the days leading up to the first day of my freshman year telling myself, "You are going to say yes to every opportunity. You are going to do it all." After all my posters were hung up, my egg carton mattress topper was placed just so and awkward hellos were said to my roommate, I hopped on to do just that.

The next three and a half years were just positively overfilled with experiences. I had an internship every semester, I conducted research and served as a teaching assistant for the Art History department, wrote and edited for The Mirror, studied abroad Sophomore year, worked on two campaigns and more, all while maintaining a social life and my grades. It's an exhausting way to live and was funded only by

my lack of sleep and caffeine addiction.

This semester, my last semester of college, I was set to do it all over again. I had an internship, five classes and a pack of sugar-free energy drinks to start the semester off with. But, in the days before the semester started, my internship was canceled due to COVID. Now, this is a disappointing situation, but what I as well as all of my friends were most worried about was, what I was going to do with my free time? I now had three full days completely empty of any activities. Twelve whole hours full of just nothing. Yikes!

But, two weeks into the semester, I'll tell you I'm loving all this free time. I wake up when I want, make a coffee, go to the gym, read a book, watch a show and it doesn't matter what I do, I just have the free time to do it. It's completely and utterly glorious. I feel like a wealthy stay-at-home mom in my patterned pajama pants and slippers, just hanging out all day at home.

I still have things to keep me somewhat occupied, but I'm not overwhelmed and this newfound feeling has me rethinking the past few years. I did too much. That's the takeaway here. As a senior now, I've realized that there's only so much room on a resume, only so many things you can add to LinkedIn, and it's truly the memories where you're "doing nothing" that matter the most.

I'm not going to be 65 years old and remember that I did question and answer sessions for parent engagement twice, but I will remember the days I went to Dunkin Donuts at 2 a.m. with my roommates. I'll remember trips to watch the sunset or the sunrise. I'll remember the Thursday nights with cheap bottles of wine and the painful Friday mornings struggling through an egg sandwich in the Tully. I'll remember the late nights in the library fooling around with friends instead of studying and the snow days with my roommate where we watched "Perks

of Being a Wallflower."

The hardest thing about college is finding balance. You're probably alone for the first time in your life. You're able to make all your own decisions and thus sometimes it's tricky to know which decision is the right one. I don't regret the things I've done at Fairfield, or what I've chosen to do with my time, but I do urge any of the younger students reading this to find a better balance than I did.

Pick one activity, maybe two, but spend most of your time with the people you care about. When I graduate, I'll miss the time in my life I was walking distance from my friends and more free time than I'll ever have again.

I can't pressure you enough to make the most of your time here. Ask friends to dinner, go to clubs you wanted to go to Freshman year, take a Friday night and go out to dinner. I'm telling you now, four years fly by in just a blink of an eye, so make the most of it.

The Vine

Editor: Brooke Lathe
Arts, Entertainment, Features





A Magical Stag Snow Day

By Abigail White
Contributing Writer

“Snow day!” These are quite possibly the two most exciting words that any student can hear. Just imagine: no classes, no homework, no responsibilities. There is

only the beautiful white landscape created by the falling snow and the endless possibilities of fun awaiting you on your day off.

After this past weekend's snowstorm, Fairfield University students got a taste of what a snow day looks like on campus.

Just this past Saturday, I awoke to the beautiful sight of falling snow and watched as it transformed the campus into a winter wonderland. When I finally put on my snow boots and ventured outside, I found that many other students had done the same.

I witnessed snowball fights, heard the laughter of those who were sledding and saw the imprints of snow angels left in the freshly fallen snow. Experiencing this first snow day of the year has definitely left me excited for more to come. I am sure that many other Fairfield students would say the same.

In anticipation of more snowy weather, here are a few fun and practical tips to guide you through your future snow day:

Pull Out Your Winter Gear:

The first and most important step to a successful snow day is to bundle up. If you plan on venturing out into the snow, it is crucial that you stay warm. Grab your winter boots, your coat, your hat, your gloves and whatever else you may need to keep yourself warm. Once you are completely bundled up, you are ready to brave the storm.

Stock Up on Snacks:

After the snowstorm this past weekend, I think many would agree with me when I say that the walk to the Tully in the snow can be a tough one. When it is cold, windy and snowy, the walk across campus to get food can feel extremely long.

Personally, my motivation to leave the room and grab food in the midst of the storm was severely lacking. That is why it is essential to stock up on snacks ahead of time. There is nothing worse than being snowed in without any food so make sure you head to the nearest grocery store and prepare ahead of time.

Go Sledding:

What better way to spend a snow day than to spend it sledding with your friends? I know that when I hear the words “snow day,” the first thing that comes to my mind is sledding and I am sure that many others would make this same association. Fortunately for Fairfield students, the library lawn provides a perfect hill for sledding!

Don't have a sled? There is no need to worry! Just get creative and grab whatever you can find in your room. Cardboard, storage bags or plastic bins. Anything will work! You are never too old to enjoy a

fun-filled day of sledding and, despite the cold, this activity is guaranteed to put a smile on your face.

Have a Movie Night:

If you don't feel like venturing out in the middle of a blizzard, why not stay in and enjoy a good movie from the comfort of your own room? Gather your roommates or invite some of your friends over from down the hall. Pop some popcorn, grab some blankets and settle into your favorite movie or TV show.

Drink Some Hot Chocolate:

I can think of no better way to end a fun day in the snow than with a warm cup of hot chocolate. Grab some from the hot chocolate station at the Tully or make some for yourself in your room. Add some marshmallows and settle in to warm up with your friends after your fun adventures in the snow.

Fairfield's campus already looks like a winter wonderland and it is only the beginning of the snowy season.

We can anticipate and hope for even more snow days in the near future so it is important that we are both prepared and ready to have fun!

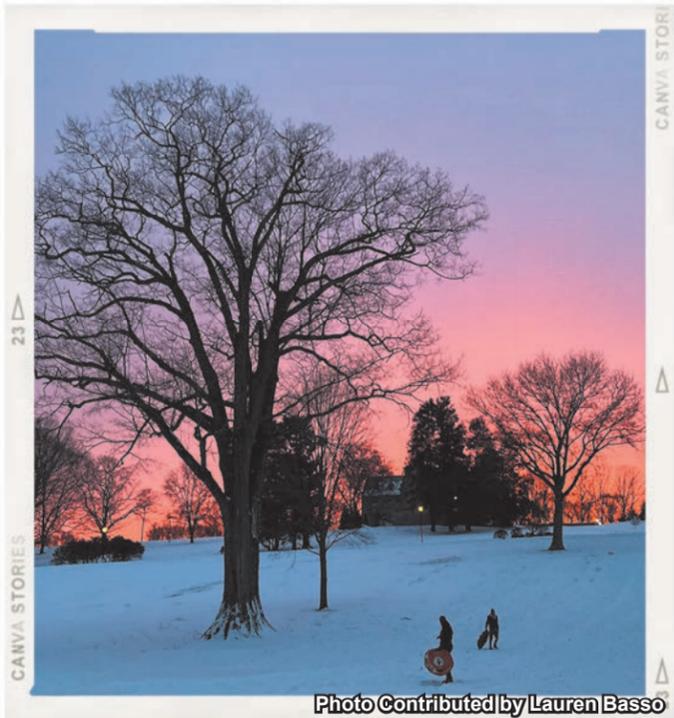


Photo Contributed by Lauren Basso

Two Fairfield stags sled down Bellarmine hill at sunset.

The Proper Celebration of Groundhog's Day

By Molly Lamendola
Editor-In-Chief

Groundhog's Day is the most American holiday. It's just a fact. There is nothing more American than a group of old men in top hats removing a rodent from a hole and claiming it can tell the weather.

It's celebrated every year on Feb. 2 when the Inner Circle (the proper name for those men in top hats), get together to remove the groundhog from his burrow.

Now, I've been celebrating this magnificent holiday for my entire 21 years on earth. So I know a thing or two about how to properly commemorate this magnificent occasion. Therefore, out of the kindness of my own heart, I am going to give you a few quick

tips on how to make this Groundhog's Day the best one yet.

Step One: Preparation

The Groundhog emerges at around 7:30 a.m. each year. I don't know about you, but that is incredibly early for me. I have to set about ten alarms to really shake me awake in time for his debut. Because it's this early, it's important to do some nightly preparation beforehand.

I typically prepare by laying out a mug and pancake mix on the counter, just to remind me of my morning tasks post-Groundhog emergence. I also do some research to see which news outlets are broadcasting this slightly niche event. Then, the morning of, all I have to do is wake up, throw slippers on, stumble into my living room and click the television on.

Step Two: Watch the Event

Before the actual emergence of the rodent at 7:30, the Inner Circle does not disappoint in keeping the crowd going. They throw a “Party All Night” event, that starts at around 3:00 a.m., to keep those that attended in person entertained. Further, they also have a “Gobbler's Knob Got Talent” event where the crowd votes on which contestant is the most talented. This event is from 2:00 a.m. to 4:00 a.m., so if you click on the broadcast a little bit early, you might catch some amazing performances.

Then, with much fanfare, the Groundhog pops out of his burrow and his weather prediction is read aloud by the circle. If it's early Spring, the crowd typically breaks out in celebration, and finally, our celebrations can begin.

Step Three: Celebration

Now that the Groundhog has stated its prediction, we can go on with our celebration. I usually start with a big breakfast for me and my roommates. Last year I bought a disgusting-looking funfetti pancake mix just because it felt like it strongly celebrated the Groundhog.

I cook some pancakes, eggs, bacon and make some coffee or hot chocolate. We sit around my table to eat and just chat about the day ahead of us. If the topic of the Groundhog comes up, it was meant to be and we just let it happen.

Step Four: Pot Roast

Now, this is just a family tradition in my house, but I always cook a pot roast for Groundhog's Day. There are jokes to be made about this I'm sure, yet after years of doing it, I just have to continue the tradition.

If I don't have class, I cook it in the af-

ternoon. If I have class I use the best modern technology ever bestowed upon man: the crockpot. It cooks all day and then by the evening we have one of the most healing, delicious meals to eat in early February.

Step Five: Adjust the Groundhog

Now another needed preparation to properly celebrate Groundhog's Day is decorations. In my house, I have a Groundhog statue that gets placed in the middle of the kitchen table. The Groundhog has a pair of sunglasses and thus if the prediction is early spring, the sunglasses get placed on the Groundhog to indicate the prediction.

If the prediction is six more weeks of winter, then the Groundhog stays naked. It's a fun tradition that my roommates have slowly warmed up to over the years.

Step 6: Have fun!

I am fully aware that this is a ridiculous holiday and a ridiculous premise. A meteorologist groundhog? Crazy!

But, I don't know about you, but life in your early twenties is tough for me. It's constantly internships, jobs and post-graduation pressure. It's the stress of roommate drama, significant other spectacles, classes, work and just lots of different pressures.

So, if I want to take a day off to make pancakes and pot roast to celebrate a rodent emerging from a hole, that's just what I'm going to do.



THE FUTURE OF FASHION IN 2022

By Liana Giacobbe
Contributing Writer

Fashion, by nature, is an ever-changing cycle of styles that allows our world to remain creative and imaginative. Though general fashion trends tend to follow a bidecade pendulum, meaning looks become revamped and restyled about every 20 years, there is always the question of how this will be done and what new styles will be brought to the table.

After extensive research into what was popular in 2021 and which of these fads will die out or improve upon themselves, I have curated a list of five of the trends that I predict we will see at some point in the new year.

Though this can be a difficult task, as each segment of the market must be considered, these pieces are likely to come back in some form, worn by at least one category of fashion admirers and connoisseurs. 2022 is upon us, and like many others, I have just completed a major closet cleanout, meaning now is the time more than ever to find new pieces to spend my money on! (Sincerest apologies, bank account.)

1. Neutral tones

This trend first emerged in 2021 through the widespread use of sage green and chocolate brown, two tones that elicit feelings of nostalgia and safety. During a time in which people are indoors more than ever before, natural colors and textures become exponentially more intrinsic to living a balanced life.

Though these colors are certainly not new to the fashion industry, they will likely start to become increasingly popular, especially in athleisure garments such as yoga pants. Neutrals, though loved by many, are often widely overlooked: with the chaos that life during a pandemic has flung upon our world, finding small ways to make life seem calmer and more approachable is incredibly necessary.

2. Blanket scarves

Again, these are certainly not new to the world of fashion: just about everyone has owned at least one scarf in their lifetime, especially those living in colder climates (New England college alert!). However, the blanket scarf serves as the artful intersection between practicality and trendiness.

The lively patterns, textures and color schemes that these scarves are so often created with add a bit of spice to the drabness of winter, all while serving a very real purpose. I mean honestly, who would be opposed to the idea of wearing their favorite blanket out in public, all while making a very valid fashion statement?

3. Anything Western

We have certainly seen the revival of this trend through flannel prints, decorative cowboy hats and cowboy boots, but I predict this trend to hit its peak in the new year. Western-style garments, including all the patterned leather and fringe you could possibly imagine, are entirely necessary to a truly unique outfit.

Who cares if you have never stepped foot outside of the Northeast? The rich textures and quality materials used to construct these Western-esque pieces, ranging from jackets to pants to skirts, are the only concern when deciding what to purchase! Grab your trusty steed and add some Western influence to your closet, no matter how full it already is!

4. Pearls

This fourth trend is certainly a bit of a throwback. I wouldn't necessarily say that this gem has gone out of style over the years, but its popularity crests and troughs with each generation. They make any outfit feel a bit more elegant, and can be adorned with almost any article of clothing. What is this mysterious gem, you may ask? The pearl, worn for generations by your older relatives, and now, potentially, you!

I truly can not count the number of pearl

necklaces and bracelets I have, as they have been a staple in my life in different forms for years. Pearls are the perfect accent to any garment or even any set of existing jewelry. They have a way of adding maturity and sophistication to virtually any look, even when paired with an otherwise casual outfit. No matter what you decide to wear them with, pearls will find a way to make you stand out. The time for the pearl revival has just begun with the start of the new year! Let's make 2022 the year of the pearl!

5. Platform Shoes

One final trend that I can not keep out of my mind is less a garment or piece of jewelry, but rather a look that helps all of these pieces come together in a beautiful, organized and fulfilling way. Accentuating your existing silhouette, or altering it slightly to achieve the desired look, is far from a new, ingenious idea.

This feat has been achieved for years using various forms of shapewear that alter the body, but only now is this shifting of the silhouette being achieved through individual acces-

sories. Platform shoes allow the body to appear leaner, while smaller tops and larger pants help to accentuate the waist and make legs appear longer... the list truly goes on. Though this is a concept that is not easily achieved without practice and careful attention to detail, it is one surefire way to increase one's style and confidence exponentially.

Though a new year signals the beginning of many things, arguably one of the most exciting is the beginning of a new year of trends. Obviously, these trends do not necessarily need to be strictly abided by, but they serve merely as an exciting way of thinking about what the future holds and what the fashion industry might have in store for this year.

The most important rule of fashion is to have fun and wear what makes you feel comfortable and confident, so if that means rocking a look some may consider "outdated", go for it! Do not let the world stop you from expressing yourself, even if it means standing out from the crowd.

That being said, enjoy this look into what is to come for 2022, and use it as a guide for making more conscious and economical purchasing decisions. Trust me, your closet will thank me!



SIX SNOW DAY TREATS TO KEEP YOU SATISFIED AND SNUG

By Brooke Lathe
Vine Editor

Watching the soft, blue, glistening snowflakes fall outside of your window has to be one of the most breathtaking views in the wintertime.

Not only is it a symbol of beauty, but it's also a sign that a cozy snow day filled with movies, blankets and warm treats are in store for all!

If you're having trouble picking out which goodies are best to pair with the cold, lazy day, here are six comfort desserts that will be sure to toast you from the inside out as well as put a smile on your face.

Sticky Buns

Warm, gooey dough topped with brown sugar-covered pecans: what could be better than that?

Sticky buns are the updated, 2.0 version of cinnamon rolls.

This is easy for me to say since I am someone who is obsessed with pecans and will put them in every dessert, even if they don't call for them.

The nutty crunch is the perfect addition for flavor and texture, making this treat an absolute must on any brutal afternoon.

Molten Chocolate Cake

Molten chocolate cakes might be a popular dessert consumed in any season, but I personally feel that the heated, chocolate avalanche should be reserved for when it's needed the most: the wintertime.

The rich, oozing molten center acts almost analogous to the rolling snow on the hillsides not too far away.

As long as you don't pair it with any chilly, vanilla ice cream, a lava cake should do just the trick.

Warm Hot Cocoa Chocolate Chip Muffins

If you aren't starting your snowy morning with a cup of steaming hot chocolate, the least you could do is incorporate the staple flavor someway into your brisk day.

A moist, yet dense muffin is the perfect taste and amount you need to satisfy any cozy craving you bare that day.

And who knows, maybe you can pair these mini cakes with a mug of cocoa too, as they probably are the best duo!

Lemon Pudding Cake

Lemons are one of the few fruits we are fortunate to still have access to during a "barren" harvest season.

This is why, taking advantage of its citrus, tang should be included in at least one dish amongst the cooler months.

Lemon pudding cake is the model treat, as it combines a mixture of palates and textures that compliment every ingredient in perfect harmony.

The sharp zest, sweet powdered sugar, smooth pudding and soft cake will undoubtedly push you into a long nap beside the crackling warmth of the fireplace.

Orange Crush Pound Cake



Oranges are another perfect choice to base your treat around if you own more of a light, fruity palate over a thick chocolate one and they can also be purchased in stores during this time.

What's even cooler about this recipe is that it includes orange soda, enhancing the tanginess!

But personally, I think the orange cream cheese frosting is the addition that is bound to put this goody at number one for most people.

Gingerbread Bread Pudding

Gingerbread is definitely strictly a winter taste, and no one can tell me otherwise.

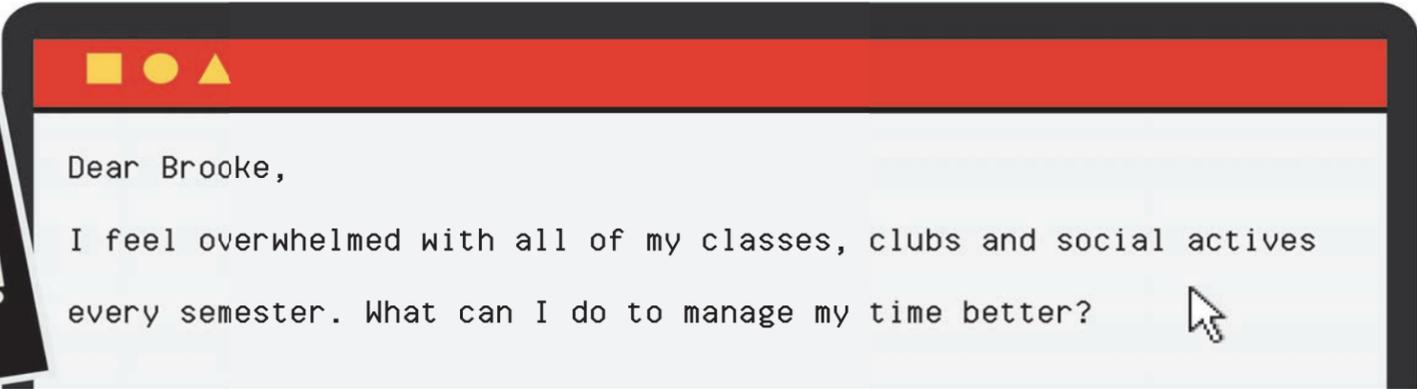
The comforting hug that is the flavor of molasses and cinnamon is the reason why everyone should try gingerbread bread pudding during at least one snow day in their life.

Except, I would leave the ice cream for another time and just enjoy the warm spices it has to offer.

After all, we're making these treats for the purpose of keeping us snug!

As you find yourself wrapped in your cozy sweatpants and fuzzy socks admiring the pile of snowflakes that have guaranteed you a day off of work, you might as well continue to treat yourself to a full-fledged day of fun, that being, a day that includes something absolutely delicious.

Whether it be one of the dishes I've chosen above, a long-time family secret recipe or something completely different you've found from Google, a warm baked good is a necessity for any and every snow day.



By Brooke Lathe
Vine Editor

Time management is not only one of the most important skills to have in the world of academics, but it's a necessity for everyday life. And once you've mastered this grand balancing act, I can assure you that your daily journey will be a much smoother, stress-free ride.

Luckily enough, I have been named the queen of time management (okay, maybe I just named myself that), but it's true nonetheless. I have been balancing classes, sports, a social life, me time and more since my freshman year of high school - and I can assuredly say I've mastered it once I started college.

It might be overwhelming at first to adjust yourself to a brand new, extensive routine, but it is crucial to stick to your updated schedule to ensure your success.

Do assignments the day they're assigned.

I know - this sounds crazy. But hear me out. I have been doing this life-saving trick for over a

year now and it is my golden rule. Of course, this may be tricky for those who have multiple classes in one day, but here is what I've learned to do and you can adjust this to however your schedule looks this semester.

As an example, you start the week off with no lingering assignments because you completed them all on Friday afternoon or Sunday night. On Monday, if you have enough time in between your classes, try and do your homework immediately after your class. You have a fresh memory of what you just learned, making it easy to remember the material and complete the work with ease. And boom, you already don't have to stress about it.

If you have classes back to back, try and carve out time later in the night for every class assignment you were given that day. Depending on the workload, you can adjust the amount of time you give yourself to do each paper and get them all done with one sweep. Being a procrastinator is no longer an option.

For bigger assignments, like essays and presentations, this method is obviously not the way to go about them. So instead, give yourself your own due date for your project (I put mine a week before the actual due date). This way, you will have time to reread your work with fresh eyes, catch errors or things you might have forgotten to include or pass them along to peer editors to check.

Additionally, it's now out of the way and you're not rushing the night before. A big way to go about this is dedicating 30 minutes a day to this particular assignment and soon enough you'll have it finished without burning yourself out.

By doing both of these methods, not only will your grades reflect your hard work, but you aren't feeling as overwhelmed.

Go to the store and buy a planner.

To-do lists are my best friend. I am a bit extreme with my day-to-day schedule as I type on my notes app-specific hours I designate to class, eating, homework and showering - so do whatever you

find works for you! But I find this helps me to be more organized, and if I overshoot the amount of time I originally give myself to do something, I can use the leftover time to hang out with my friends or watch Netflix.

Create a routine and stick to it.

This is probably the hardest part to do, but once you've forced yourself to keep up with a schedule for two weeks or so, you should be locked in and have the ultimate time management skills like me.

Designate certain activities to specific times like going to the gym or doing chores like laundry on assigned days when you have your least amount of classes.

If you find yourself falling out of your routine, you must fix it right away and readapt, whether that means waking up an hour earlier or going to bed an hour later to mark off anything you didn't get done.

In the moment, it may seem super exhausting and you'd much rather lay on your phone (I've

definitely been there). But when you push yourself to check off all of your bullet points for the day, most of the time you will still have about 20 minutes to scroll through social media or television stations before you fall asleep. And most importantly, your weekend should almost always be free to do anything you want - which is what every student should have the opportunity to do.

Changing your usual habits is incredibly difficult. It takes a lot of willpower and motivation to be able to keep pushing yourself every hour of the day to get something done. But, hopefully you will fail into a pattern like me, and develop a hunger for being productive.

Only you have the power to put yourself in the best position you can be in, and once you've done just that, there's no stopping you from accomplishing anything you want to do.

Are you seeking any advice? Email Brooke at brooke.lathe@student.fairfield.edu or direct message our Instagram @fairfield-mirror to be featured!



By Madison Gallo
Head News Editor

As we ease into the Spring semester, it is the optimal time to figure out how to start your semester strong.

Keep reading for a complete how-to guide on how to get off on the right foot!

Step 1: Get organized!

In order to be the best student possible, I recommend getting a planner or using an online one.

Planners are great to write down your homework, take note of when you have classes and when important assignments are due.

I organize all my classes using a spreadsheet that I actually got inspired to make from a Tik Tok.

I make columns for due dates, class name, assignment type, assignment name and a box to mark whether the assignment is completed or not.

From there, I use all my syllabi to fill the spreadsheet in and color code it all based on the assignment type. After that, I make sure the spreadsheet is sorted by the due date column.

This makes it really easy to stay on track of all due dates and upcoming deadlines. Definitely take advantage of Google Calendar too so that you can mark all the times you have class and note the dates with the biggest assignments like exams, essays and presentations.

Step 2: Get a fresh pair of sheets

Nothing helps me feel more at ease

about starting a new semester than when I start with a fresh pair of clean sheets on my bed. It just feels so much better to go to bed when your sheets are freshly cleaned. No sleep compares to the first sleep in a fresh set of sheets.

Step 3: Make sure you get all of your textbooks

Check if you need any textbooks or other required materials for your classes. If you do, make sure to order them soon! You don't want to order them too late and not have them when you need them for class.

You can also check using Fairfield's bookstore website. Once you figure out what materials you need, look on Amazon, Chegg, Textbooks.com or other websites to try to find them for cheaper.

Step 4: Create a good study playlist

One of my favorite ways to throw myself back into doing work is to have a really good playlist to listen to while studying.

Spotify also has really good study playlists too if you want something easy that's already made for you.

Finding a good playlist can really propel you into the semester and can give you that extra push and motivation to do your work.

Step 5: Make a friend in each of your classes

I don't know about you, but I rarely take classes with my friends. Because of this, I try to make friends in each of my classes.

It's so helpful to have someone to talk to in your classes because then you will have someone to study and do work with and ask

if you have any questions about an assignment. It's also really nice to just be friendly to the people you sit around.

Following these steps will provide you with the tools to build a strong foundation for the semester ahead.



Navigating Fairfield Fun

By Erica Salisbury
Contributing Writer

Fairfield University is an extremely unique school with many different activities for all class years.

There are many different things a Fairfield student can look forward to, being just ten minutes from the beach, as well as in the middle of a suburb.

The Stag Bus is a form of free transportation that any student can use.

It runs throughout the week and takes students from campus to many stops throughout the town of Fairfield.

"I remember freshman year my friends and I would take the stag bus every so often into town to go shopping, go out to dinner and run to CVS if we needed," said Emma Wagner '22.

"It was so easy to do and nice to get off of campus for a little bit!"

The Stag bus runs directly on a path from the traffic circle of Fairfield's campus and has multiple stops in town, ranging from the bookstore, CVS and Marshall's, the grocery store and the train station.

With Fairfield being located in a larger town, there are many restaurants students can access directly from the Stag

bus line and explore the town while waiting for the bus to return an hour later.

There are also more places the bus takes students to on the weekends.

"A really nice part of the Stag bus was that on the weekends it would go to the Trumbull Mall," said Annie Reilly '22. "Having access to a mall was a lot of fun and a nice way to get out of town for a little and shop in-person compared to online."

The Stag bus is a great option for students to use to get to where they want or need to go without having to pay the hassles of an uber to get things they need.

Besides off-campus activities, there are some fun clubs to be a part of that host many activities as well. It's especially great for freshmen to make new friends.

"I would recommend Fairfield@Night for fun weekend activities," said Sam Secora '21.

"They host late-night events on the weekends that vary from crafts, bingo, trivia and even movies! It's an enjoyable way to participate in activities with some friends and even meet new people."

Fairfield has many clubs besides Fairfield@Night that host events on the weekends, and every Thursday an email is sent out about what events will be held on specific days.

Utilizing those emails and the activities listed are a great way to get involved, meet new people and add to a Fairfield University college experience.

There are many things to do on and off-campus, so utilize all of the resources you can!



DAWNFM IS A NO SKIP ALBUM



By Thomas Coppola
Sports Editor

With little album rollout, Abel Tesfaye, better known as The Weeknd, released his fifth studio album "Dawn FM." It is a creative piece of work that finds itself at the center of a new trilogy and seems to mimic the divine comedy theory.

Although it was released in the first week of January, the year seems to be off to an incredibly strong start due to this musical masterpiece. If his last album "After Hours" presented The Weeknd in Hell, then this album is characterized perfectly as purgatory. The whole album flows together nicely and is framed as if you were actually listening to an old radio channel from the 1980s or '90s.

Additionally, with actor Jim Carrey's staccato voice coming through a radio, reassuring the listener that where they are is merely a waiting room to something much greater; it is anyone's guess at what is next for the Canadian artist. Following this pattern, we can assume his next album will center around motifs of Heaven. And while Carrey's narration is just the icing on the cake; The Weeknd's work on this album, however, truly shines through.

"DAWN FM"

This intro track sets a very airy and peaceful mood to the album, but also establishes a synth standard for what the album will actually "sound" like. Jim Carrey seems to be right there next to you as he holds your hand and guides you into the first official track, which is "Gasoline".

"GASOLINE"

"Gasoline" sounds like something straight out of the credit roll in 1985's "The Breakfast Club." Tesfaye pitches down his voice a few octaves to really give it this feel; however, the theme is a bit darker than the fun and poppy sound may portray. This song mainly focuses on drug addiction and how he relies on other people; and similar to the love interest described in the song, he makes sure that he is being safe and responsible.

"HOW DO I MAKE YOU LOVE ME?"

This song feels like the opposite side of the same coin that was "Gasoline," with a bit more hyped-up synth instrumentation than before. This track follows the main idea of love throughout the whole three minutes, a topic Tesfaye has never shied away from. It seems as though he is almost bargaining for love with someone, and may seem a bit desperate for real love.

"TAKE MY BREATH"

A few weeks ago, in preparation for this album's release, The Weeknd released "Take My Breath" as the lead single to the album; however, this version of the song clocks in at just 3 minutes and 40 seconds, whereas the album version received a two-minute addition that gives the whole song a new makeover.

With clear influence from the earlier work of artists like Daft Punk, it is clear that The Weeknd is beginning to experiment further with beats similar to the ones you can hear in this song. The lyrics explain the hardship and struggle of being in a relationship, which has coincidentally been received with the most critical acclaim, being one of the main fan-favorites of this project.

"-SACRIFICE"

Following a very similar sound as the four previous songs, "Sacrifice" could easily pass as an eighties-era pop song. Tesfaye sings melodically about all of the sacrifices he must make in order to maximize the happiness in his life.

"A TALE BY QUINCY"

"A Tale By Quincy" is best described as a water break in the middle of a race. This interlude, narrated by legendary producer Quincy Jones, allows the listener to catch their breath while also

thinking about family and the relationships they have around them. It is best to mentally prepare yourself after this one because from here on out, the quality of the album really shows.

"OUT OF TIME"

The Weeknd laments about past relationships on his R&B-inspired "Out of Time." This song has been my personal favorite on this album since its release, with one of (if not) the catchiest hook on the entire album that is impossible not to sing along with. Jim Carrey steps back into the scene in the closing minute of this track, where he reminds the listener that there is still some time before they are "completely engulfed in the blissful embrace of that little light you see in the distance," and assures "you may even forget your own name" before bringing the listener into track eight.

"HERE WE GO... AGAIN (FEATURING TYLER, THE CREATOR)"

My second favorite on this album comes right after the first; Tesfaye and Tyler, The Creator share the spotlight this time, where they mellowly sing about stepping into a new relationship and the steps they must take to work everything out. The pace is slowed down a bit on this song, but the quality only improves.

"BEST FRIENDS"

This song has been met with some very mixed reviews by fans of the artist. Personally, I think the song is great, and it shows how once you remove yourself from a relationship with a significant other, it becomes difficult to maintain a friendship later on; he is able to create this feeling over a heavy-hitting 808 drum.

"IS THERE SOMEONE ELSE?"

This song, with its creative chipmunk-sounding sample, sounds like one of the most futuristic beats on the whole album. Abel seems to be questioning himself before he gets into a relationship, making sure that the person he is talking to will remain loyal no matter what, and confirming he "doesn't lose his spot" in line.

"-STARRY EYES"

If you weren't paying attention to the timing of the last track, you wouldn't notice the transition from "Is There Someone Else?" to "Starry Eyes," which serves sonically as a part two of sorts to the former. This time, he is telling this hypothetical love interest that he will put in the work to love them.

"EVERY ANGEL IS TERRIFYING"

This song isn't really a song at all and instead

is almost like an advertisement for Heaven from purgatory. Abel himself serves as the broadcasting voice, marketing to listeners below what "angels" are, and talks about the raving reviews that critics have given the afterlife. He hilariously creates the 80s-infomercial feel to this track, which is sure to give you a good laugh before the last leg of the Dawn FM experience.

"DON'T BREAK MY HEART"

This song sounds most like The Weeknd that we know from past albums. The sound is very ambient and soft like his work in his first album "Trilogy," and in this song, he really hopes that he doesn't get his heart broken again. It feels like an ode to his actual life and experiences, where he has gone through heartbreak in the public eye multiple times.

"I HEARD YOU'RE MARRIED (FEATURING LIL WAYNE)"

If you told me Lil Wayne would hop on a song with The Weeknd last year, I would say you're crazy. Much to my surprise, this song works really well, and the sound of the song fits both the gritty rap style of Lil Wayne and the high-pitched singing of The Weeknd. This song is catchy and is a great collaboration of two titans in the music industry.

"LESS THAN ZERO"

This song has been dubbed the favorite by many internet-goers, and feels very autumnal in its sound, if that makes any sense. It is such a happy and uplifting song and Tesfaye's vocals about moving on from negative relationships make you feel like you helped him through this journey.

"PHANTOM REGRET BY JIM"

This final interlude serves as the conclusion of the whole album, which includes three full minutes of Jim Carrey wrapping up what you just heard and what is next for you as the listener. The whole "phantom regret" part makes you think deeply; would you go to your grave unhappy and full of broken relationships? Or would you try to fix all these hardships so you can rest peacefully with no phantom regret? Carrey claims "You gotta be heaven to see heaven" in the dying seconds of the album, which, if I had to guess, will be the main idea for the next album that is being cooked up by The Weeknd himself.

If you haven't listened to this album, do yourself the favor and give it a whole spin, front to back, without skipping into any songs.

If you just let it play, you'll be transported into a whole different world that will really make you reflect.

Photo Courtesy of @theweeknd



COFFEE BREAK



SATIRE, GAMES, PUZZLES AND MORE

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

The Mirror's Takes

We are back this semester with another segment of the Mirror's Takes! To start the semester off, we gathered some input regarding everyone's "Favorite TV Show to binge-watch". Here are some of the top answers!



Creative Commons / Pixabay

Dance Moms
The Office
Keeping Up With the Kardashians
Entourage
Grey's Anatomy
Parks and Recreation

Do you agree or disagree? Let us know what you think, because this infamous topic can be debated on for hours!

If you have any interesting things you would like to hear The Mirror's take on, DM us on Twitter @FairfieldMirror to let us know, and look for your poll in the Coffee Break section!

Welcome Back!

Nick Silvia, Contributing Writer

Welcome back to campus, Stags. While I'm sure most of us are hoping for an extended four month blizzard that cancels class forever, the odds of that happening are disappointingly low, and if we're being honest, we'd probably just get moved to Zoom University anyway.

The start of the second semester is a big deal for a lot of reasons; if you're a freshman or sophomore, it spells hope for the future, with a promising academic career ahead of you and coming of age into a wiser and better person. If you're a junior or senior, it spells time for an existential crisis and wondering if you can survive another semester on only Hot Pockets and Gatorade.

"I literally have no idea what's happening anymore," said a junior we found sleeping in a pile of textbooks and dirty laundry in the back of a '96 Corolla. "I lost my Stag Card three months ago, and I'm not even fully sure I go here."

The good news is that the start of any new semester is ushered in by syllabus week, when the odds of any given class being canceled or moved online are almost as high as the chances that you won't see half of the class again after the first week.

Stay strong, Stags. The first week back can always be tough, but if everyone concentrates their energy on praying and with a little bit of luck, I'm sure we can beat the odds and get that blizzard.

SPORTS

Sports Editor: Tommy Coppola
>>thomas.coppola@student.fairfield.edu



WE ARE
STAGS



Feb. 2	Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7	Feb. 8
FAIRFIELD	Women's Basketball at vs. Niagara University Bridgeport, Conn. 7:00 p.m.	Men's Basketball at Monmouth University West Long Branch, N.J. 7:00 p.m.	Women's Basketball vs. Canisius College Bridgeport, Conn. 2:00 p.m. Women's Tennis at Seton Hall University New Providence, N.J. 6:00 p.m.	Men's Tennis vs. Bryant University West Point, N.Y. 10:00 a.m. Men's Basketball vs. Siena College Bridgeport, Conn. 2:00 p.m. Men's Tennis at Army West Point, N.Y. 4:00 p.m.	FAIRFIELD	FAIRFIELD

Lacrosse Players Secure Preseason Accolades

By Thomas Coppola
Sports Editor

Senior Taylor Strough of the men's lacrosse team and Kelly Horning '22 of the women's lacrosse team have both pocketed preseason honors.

Strough earned himself the title of Preseason All-CAA by the Colonial Athletic Association; this is not the first time he has been selected for the honor, however, earning himself the title of "All-CAA"

two times before, according to the official press release from FairfieldStags.com.

On the other hand, "Inside Lacrosse" named Horning the Metro Atlantic Athletic Conference Preseason Offensive Player of the Year. Horning recently crossed the threshold of 100 career goals just last season, which ended in a MAAC championship for the team. She is currently at 107 career goals ahead of this season.

Both players will look to take back the MAAC in the upcoming season, which begins on Feb. 12, 2022, for both organizations.



Photo Contributed by the Sports Information Desk



Photo Contributed by the Sports Information Desk

Senior Taylor Strough of the men's lacrosse team and senior Kelly Horning of the women's lacrosse team have earned themselves their own honors ahead of their new season, which starts this month.

In this week's issue...

- Fairfield Rugby Represented In NCR All Star Game (Page 14)
- Swimming & Diving Stride Past Gales in Final Home Meet (Page 15)
- Opinion: Who Will Win Super Bowl LVI? (Page 15)
- Stags Roll Past Rider In Road Victory (Page 16)
- Women's Basketball Wins All But One Over Winter Break (Page 16)

Fairfield Rugby Represented In NCR All Star Game

By MK Kalenak
Contributing Writer

First-year athletes Rob Betsais and Chris Giunta of Fairfield University men's club rugby have shed light on the Division I-A classified team through U.S. Rugby, and their recent experience being chosen for the National Collegiate Rugby All Star team roster.

The men's club rugby fall season ended with a 5-2 record in divisional play and a 6-2 overall record, according to the club's official Instagram page. Betsais came out of Xavier High School's nationally ranked rugby program. Giunta played at St. Augustine Preparatory School, as well as stretching his abilities at the club athletics level.

The fall 2021 season served as the pair's first collegiate season. With a big adjustment at hand, the key for the two players was realizing that "it's a mental thing" per Giunta. "It's bigger guys, more experience, faster pace, and you just have to adjust real quick," he continued.

Betsais and Giunta accomplished just that during their first season with the Red Ruggers. Their strategic on-field play and ability to adjust impressed many, one of them being David Chatman, the rugby coach at Colgate University. In November, Chatman approached them and delivered the honorable news that they were chosen to represent the Tri-State area in the National Shield Challenge, a tournament that features the best NCR rugby players across the nation.

As first-years, Betsais and Giunta were extremely appreciative of the chance at an amazing opportunity. Originally, the athletes did not plan to attend due to a team trip to Rome, but

due to the limitations brought upon by COVID-19, it ended up getting postponed, and the opportunity to attend became a reality. Over Martin Luther King Jr. Day Weekend, Betsais and Giunta represented Fairfield University at the National Shield Challenge, in Houston, TX, playing for the Tri-State Vikings.

"It was an honor and a very humbling experience, being there as a first-year meant a lot," Betsais gratefully stated. "I'm proud that I got to represent Fairfield and show out for the team."

Betsais and Giunta adjusted quickly to their new team and gave insight to the competition. "We saw firsthand the levels of experience different players had," Giunta stated. "It was a huge realization how much chemistry matters within a team," Betsais added.

Aside from competition, the experience and players in Houston aided in the increase of Betsais's and Giunta's skills by pushing them to the next level. "I was able to follow in the forward of the year's footsteps during the week and practices," Betsais said. "I learned a lot."

All in all, the pair noted how exciting the opportunity was for them. "It was a great learning experience," Giunta said. "There were so many older guys [and] everyone tried their best to teach us what they knew about the game."

As a team, the goal for the 2022 spring season is "getting in better shape, perfecting ball skills, and open-field tackling," per Betsais. "We're a really

strong team for the spring," Giunta added.

Under the guidance of head coach and recently appointed director of rugby Austin Ryan, there are high hopes for the team in seasons to come.

"Get ready, especially going into the spring, and next fall... we have all the tools to take this program up a notch. Expect big things for the future," Betsais explained. "I think you'll be hearing a lot about Fairfield Rugby,"

Giunta added.

To stay up to date on Fairfield Men's Rugby, visit their official Instagram page, @fairfieldrugby and NCR profile.



Photo Contributed by Chris Giunta

First-year rugby players Rob Betsais (left) and Chris Giunta (right) played in the NCR All Star Game.

Weekly 5x4

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

Because we have witty things to say ...

What was the highlight of your winter break?

If you could pick one treat to eat off of Brooke's "warm treats" article in the Vine section this week, which would you choose?

Settle the debate: what color is each subject? (Math, Science, English)

What are your thoughts on the supposed new first-year residence hall rumor?



Tommy Coppola
Sports Editor

I think getting to relax and sleep in a lot was really the highlight, besides spending Christmas with some family I haven't seen in a while.

Gonna have to agree with Molly on this one.

Science is green obviously, English is red, and then Math is blue. Duh.

Might be a tight squeeze, but I'd love to see what they can pull off with the area.



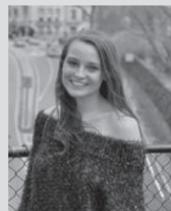
Molly Lamendola
Editor-in-Chief

Baths.

Lava cake.

All white folders.

They should be given tents instead. Bonding



Julia Lanzillotta
Executive Editor

It was nice spending time at home with my family. What I loved most was not having many responsibilities, and I was really able to unwind.

I'd go with the lava cake too. Can't go wrong with chocolate.

What Tommy said. No exceptions.

I'm fine with expansion to keep up with over-admittance, but MAKE MORE PARKING. Toby: Immediately no!



Tobenna Ugwu
Managing Editor

Going to Nigeria!! I got to spend time with my family, especially my nephew, and the fact that it was warm was an added bonus.

Definitely the molten lava cake.

Tommy is simply wrong about Math and English. Science is green, but Math is red and English is blue.

Immediately no!



Sheila McCombs
Managing Editor

Having the time to catch up on all the books and TV shows I put off during the semester!

100% the Gingerbread bread pudding.

I'm with Toby. Math is red and Science is green, but English is yellow.

I couldn't agree with Lanz more, especially after seeing the new Townhouses going up.

Swimming & Diving Stride Past Gaels in Final Home Meet

By Thomas Coppola
Sports Editor

Athletics at Fairfield are back in full swing after the winter recess with the Swim and Dive team being no exception, returning to the RecPlex Pool after a couple months.

The Stags' January slate was an impressive one for both the men's and the women's teams; even among a postponed match against Seton Hall University and a cancellation of their Rider University showdown, the men's team has still been able to go undefeated since returning, going 3-0 over their last three.

The women's team has seen some similar successes. After unfortunately falling short to La Salle University and the University of Richmond, they bounced back with two consecutive Metro Atlantic Athletic Conference wins versus Manhattan College and Iona College.

Most recently, against Iona College at home, the men's team was able to walk away with a 158-136 victory, whereas the women's team was able to route their competition by 172-122.

As the last home meet of the season according to the official recap on Fairfieldstags.com, the teams both held a ceremony that honored each

individual senior on the team. In their final home event of the 2022 campaign, both teams shined with spectacular performances from their swimmers.

Senior Peter Gori was able to complete the 50 free event with the fastest time. Alongside Gori, many

with, players all echoing a similar sentiment. "Before facing Iona I knew it was going to be a close meet and also our last meet before the MAAC championships but I never doubted our team's ability to beat them," Christopher Ford '23 said. "We all were super pumped up to

accountable during training, we all work extremely hard, [and] we love racing and of course winning," Gori stated.

This year, both the men's and women's swimming team is the one to beat among the MAAC competition due to their historic season; this

take home three of her own wins over Iona which contributed to the 172 points scored by her team.

According to the recap page, both teams were able to combine for 11 total wins against Iona, with an impressive six of them coming from the women's matchups. "Iona is a great team and it seems that since I've been here it is a meet that always has fast swimming on both sides," Gori stated. "So with it being senior day and a great rivalry meet, there were so many thoughts and emotions going through my head, but to sum it all up 'excited' is the best way to put it."

Gori and Pappas was not the only players on their teams to excel in the pool last weekend. Senior Shannon Feeley and first-year Alison Sposili both had themselves a day as well, with the former winning both the 800 free and the 400 free, while the latter confirming the top spot in the 200 breast. "A lot of the work has already been done and we are about to start resting for MAACs," Feeley stated. "The women really want to add another ring to the collection. I think the biggest thing to focus on at this point is all in our mentality."

Going into the new side of the season, the Stags look poised to take the MAAC by storm.



Photo Contributed by the Sports Information Desk

First-year Erini Pappas secured three wins for the women's swimming and diving team against Iona College.

of his teammates were able to secure wins of their own. With Joseph Stewart '25 and Ed Hunt '25 picking up wins of their own in the 100 Free and 200 IM respectively, the Stags were propelled over the Gaels.

The team was working hard to prepare for their meet against Iona,

swim and see where we are before we head to the MAAC championships."

Clearly, with the team, it seems as though multiple things are falling into place. "We have a great coaching staff around us to keep us focused and prepared, guys hold each other

year's squads have not shied away from shattering previous school records, especially in their Terrier Invitational in November of 2021.

Speaking of the women's team, they were able to find plenty of success through star first-year student-athlete Erini Pappas, who was able to

Opinion: Who Will Win Super Bowl LVI?

By Sheila McCombs
Managing Editor

Playoff season in the National Football League has shocked me this last month. If you have been following any of the games recently you know that the level of drama has been incredibly high, with a lot of very close games and shocking eliminations. If you had asked me a month

Rams quarterback Matthew Stafford and receiver Cooper Kupp is looking too good to pass up on. Stafford is consistent in finding a variety of receivers including Van Jefferson, and their offensive game is looking impressive. Throughout the playoffs, this team

has shown that they have the versatility to find cre-

They have continued to surprise and delight me, especially in their most recent game against the San Francisco 49ers. The Rams are bringing a massive level of offensive power to the game, with a huge pass-rush advantage over the Bengals. The defense is not looking bad either. The Bengals have given up 51 QB sacks this season, so I think that whether or not the Rams' defense looked good, Burrow has something to worry about.

To me, both of these teams have such great stories and teams, that

**Score Prediction:
30-23,
Rams**

if either of them were to win, I would be so happy. Again, as much as I want Joe Burrow to have everything he has ever dreamed of, my mind is telling me that The Los Angeles Rams are taking home the trophy.

By Thomas Coppola
Sports Editor

Wow. Wow. Wow. That's the only word that comes to mind during this season's iteration of the NFL playoffs. We've found ourselves at the last stop of the journey, which sees the LA Rams facing off against the Cincinnati Bengals. Both teams have fought so hard to get where they are now and I can't wait to spend my entire Feb. 13 with my eyes glued to the TV watching them duke it out.

To start, both teams for me are absolutely lovable organizations. Matthew Stafford, the

**Score Prediction:
45-14,
Bengals**

Rams quarterback, has been one of my favorite players to watch growing up, and Odell Beckham Jr. at receiver makes me realize he now has the chance to get a ring that he never had with the Cleveland Browns.

However, I really think (and really hope, as well) that the Bengals win the Super Bowl. I feel like everyone in the country has become a massive fan of Joe Burrow, the Bengals' young and charismatic quarterback out of Louisiana State University... myself included.

Growing up, the Bengals were really never anything special, but it seems like, with the youthful fire this Bengals team has with Jamar Chase, Joe Burrow and even Tee Higgins, there is no doubt in my mind that this is the year for them to take it home.

Granted, the youthful nature of the Bengals

could also be seen as a lack of experience, but since they have been absolutely steamrolling through some amazing teams in this playoff, I think they have already gained enough experience that they need to topple Stafford and his Rams.

I'm now going to go ahead and make a prediction about the game: I think it will be a blowout. I don't think it's going to be close at all. Each of the last six playoff games has been stressfully close, with some even going into overtime to settle the score. Both teams, I believe, have been storing up their offensive star power until now, and both will attempt to unleash their best. Both quarterbacks have at least two really solid weapons at the receiver position, and knowing this, it will vastly outweigh any defensive battle in my eyes.

Although the game could go in favor of either team, it's probably going to be quite the high-scoring contest.

I suppose we will see what happens next Sunday. This is probably the most excited I've ever been to watch a Super Bowl since it features a real underdog story in the Bengals versus a solid franchise in the Rams who have just so many ring-

hungry players who will stop at nothing to get it done.



Photo Courtesy of @Rams Instagram

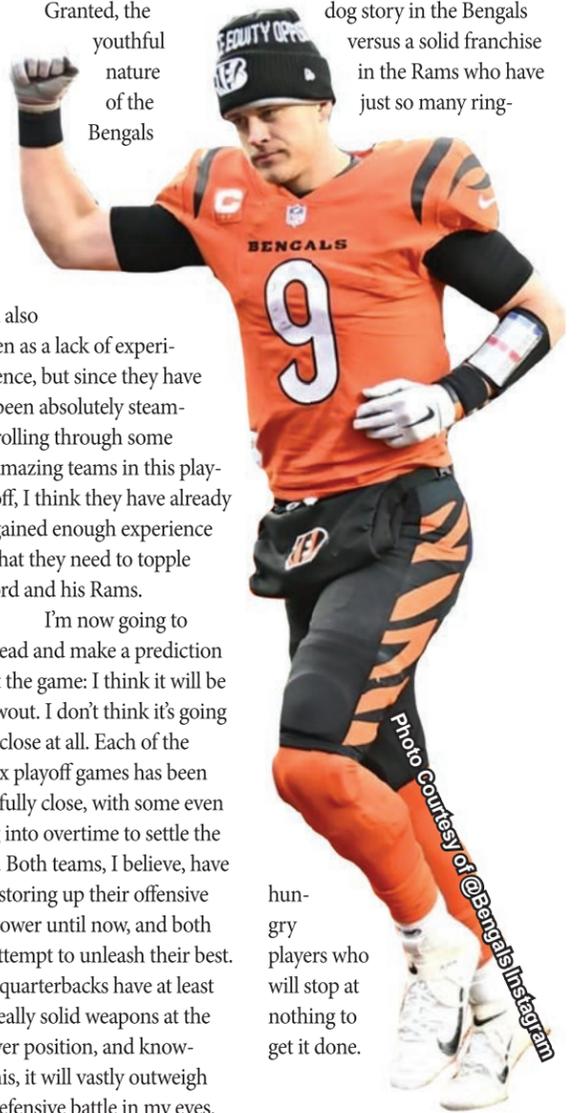


Photo Courtesy of @Bengals Instagram

Super Bowl LVI, which takes place on Feb. 13, 2022, will feature a head-to-head matchup against the Los Angeles Rams and Cincinnati Bengals, led by their quarterbacks shown above.

Stags Roll Past Rider In Road Victory

By Zachary Stevens
Contributing Writer

The Fairfield University men's basketball team traveled to New Jersey to face the Rider University Broncs, where the Stags grabbed a big road win by a score of 76-65 on Friday Jan. 28, 2022.

The Stags were led by top scorers graduate student Taj Benning and Jake Wojcik '22, who both were extremely hot, scoring 20 or more points each.

"You saw when Taj and Jake were connecting for 40 plus points out of our backcourt, I think we're gonna be tough to beat on those types of nights," said head coach Jay Young. "Our defense was good for most of the game, in the end it was a good team performance."

Benning, who tallied 24 points, tied his career high while Wojcik cashed in his third 20-point game of the season. If the Stags want to end up in a MAAC Championship game again in March, they will need these two upperclassmen playing at the level we saw in this road win.

The matchup began with an early 2-0 lead for the Broncs, but thanks to a 8-0 Wojcik scoring run, the Stags took control of the game and kept the momentum going throughout the

contest.

Fairfield continued applying pressure to keep the Broncs uncomfortable, closing the half with a lead of ten points. Graduate student Jesus Cruz was also on point in the first half, scoring all of his eight points to help the Stags command the early part of the game.

Rider came out punching in the second, closing the gap to within three and swinging the momentum back in their favor.

The Stags did not get rattled, however, firing back with punches of their own and going on a 22-8 run, creating the largest lead of the game at 17 points.

The lead would remain in double digits the rest of the way as Fairfield closed out the 76-65 triumph.

Along with leading scorers Benning and Wojcik, Supreme Cook '24 finished in double figures with 11 points, Chris Maidoh '23 scored six points, and first-year TJ Long '25 netted four to contribute to this impressive road win.

This victory would mark the second away win for the Stags and an overall record of 10-10 with a 4-5 record in the Metro Atlantic Athletic Conference.

The Stags will travel next to West Long Branch, N.J. where they will face the Monmouth

Hawks on Friday, Feb. 4. The last contest between these two teams ended in a 61-58 defeat for the Stags, which left a bitter taste in the mouth of coach Young and his players.

"We're going to be facing a very good team. We just played them a couple weeks ago. They're familiar with us, we're familiar with them," said Young. "It'll be a war down there and I have a

lot of respect for their program and coach King Rice, so we are going to have to play very well to win."

Show your support by viewing the game on ESPN3 or the Stag Sports Network, where the match can be streamed mobily.

Fairfield will return to Webster Bank Arena in Bridgeport, Conn. on Sunday, Feb. 6.

	
76	65



Graduate Student Jesus Cruz (pictured above) scored eight points in a 76-65 routing of Rider University on January 28, 2022; the Stags will face off against the Monmouth Hawks on February 4.

Women's Basketball Wins All But One Over Winter Break

By Thomas Coppola
Sports Editor

The Fairfield University women's basketball team has remained dominant in the Metro Atlantic Athletic Conference throughout their last few games which took place over winter break.

Their official schedule shows that once they beat Marist College on Dec. 18, 2021, they did not stop heating up. They went on to beat Quinnipiac University, Iona College, Rider University, Niagara University, Canisius College and Manhattan College in the span of just over a month, with no losses until they faced Siena College on Jan. 22, 2022.

However, they were able to bounce back with another victory, this time over Monmouth University just two days later on Jan. 24, 2022. Most recently, they faced off against Marist for a second time, on Jan. 27, 2022, where they

romped the Red Foxes by a score of 59-39.

The Stags currently sit atop the MAAC throne with the best in-conference record of 9-1. The next best team in conference play is Monmouth University which is only 5-2.

Four players shared the spotlight for most of the entire game, with Lou Lopez-Senechal '22, Andrea Hernangomez '22, redshirt senior Callie Cavanaugh, and Rachel Hakes '22 all playing over 35 minutes, according to the official box score. Also putting in work on the court was graduate student Sydney Lowery, Janelle Brown '24, and graduate student Sam Lewis.

Throughout the entire contest the Stags did not cede the lead to Marist once. The Red Foxes found themselves struggling to put up points in both the second and the fourth quarters. Across the court, Lopez-Senechal

and Hernangomez did most of the point production for their fellow Stags.

Although Marist seemed to be a force to be reckoned with in their previous meeting with Fairfield, the Stags did not let that stop them from overcoming them. "We knew Marist would make a run in the second half and I was very happy with the composure we showed and our response," head coach Joe Frager stated in the game's official recap.

The department of athletics reports that Lopez-Senechal is currently boasting a historic statline for herself; the senior posted her ninth straight 20-point game in the team's win over Marist, six of those points coming from three-point attempts.

Their next game will take place at Webster Bank Arena on Tuesday, Feb. 1, 2022, where they will take on Saint Peter's University.

WOMEN'S BASKETBALL WINTER BREAK RECAP



DATE	OPPONENT	SCORE
12.18.21	MARIST	57-52 W
12.20.21	QUINNIPIAC	66-62 W
12.30.21	IONA	69-52 W
1.1.22	MONMOUTH	POSTPONED
1.6.22	SAINT PETER'S	POSTPONED
1.8.22	RIDER	62-44 W
1.13.22	NIAGARA	81-64 W
1.15.22	CANISIUS	73-37 W
1.20.22	MANHATTAN	70-55 W
1.22.22	SIENA	56-69 L
1.24.22	MONMOUTH	61-54 W