



## Controversial App Fizz Takes Over Fairfield University

By Max Limric  
Managing Editor

Fizz is the social media app that has seemed to take over college campuses all across the United States, with Fairfield University being no exception as Fizz stormed into campus on Thursday, Feb. 2. The app prides itself on its anonymity, in which students can post about campus life: the athletics, social scene, academics and everything in between.

Fizz has its roots in Stanford University, as an article written in Aug. 2021 from The Stanford Daily details. The beginnings of Fizz stem from Ashton Cofer '24 and Teddy Solomon '24, both Stanford University students.

The article writes, "the app, which launched at Stanford on July 29, [2021] has been embraced by both students living on campus and those away for the summer." Launching under the name Buzz, the creators claimed that "[they were] hoping Buzz can be the glue that holds the student body together."

In an article from The Rice Thresher at Rice University in Nov. 2022, author Bonnie Zhao quotes co-founder Teddy Solomon and his description of Fizz's mission: "to provide people with a

With another post which writes, "Day 1 at Fairfield."

Fizz continued to promote their arrival to campus that Thursday, as a table was set up at the bottom of the Tully stairs and donuts were given out to students who downloaded the app. Additionally, students were promised \$15 dollars if they posted Fizz on their Instagram story.

First-Year Fiona Kileen posted an Instagram story advertising Fizz and she shared that "I found them on GroupMe and they paid through Venmo the same day."

Recently, @fairfieldbarstool, the Instagram account that claims they are the "Official @barstoolsports affiliate for Fairfield University," posted Fizz on their Instagram in a paid promotion, in which they claim that "Fizz has completely taken over!" They urge users to "Download Fizz."

However, Fizz is not a revolutionary idea, as social media app Yik-Yak, which was popular last year at the beginning of first semester, has the same principles as Fizz. Like Yik-Yak, Fizz is anonymous as user identities are not disclosed and cannot be viewed.

One difference between the apps is that Fizz is also only available to college students, as those who register for Fizz must have a valid student email—an email address ending in ".edu"—whereas Yik Yak did not. Also similar to Yik Yak, Fizz's privacy policy states that "Fizz is not affiliated with any school or institution."

In her article, Zhao writes that Solomon claims that anonymity is central to the app's mission. But if the app requires your email, is Fizz truly anonymous?

Fizz's Security Practices document states that, "We've ensured that at no point can Fizz users, moderators or our launch teams see another user's Personal Identifiable Information (PII). PII on Fizz is stored in a separate secure database, which is only accessible by Fizz administrators."

Although moderators, users and launch teams can never see anyone's personal information, Fizz administrators are able to.

Their privacy policy also states that they "collect information in [their] log files when you use the Services. This includes, among other things, your browser and device type, language, access times, pages viewed, your IP address and the URL you visited before navigating to our websites."



Kyler Erezuma/The Mirror

The application was created by Stanford University students as a mechanism to "provide students with a more safer, more private and engaging space online."

An article by TechCrunch written in Nov. 2022 describes a security breach at Fizz that led to users' identities being revealed.

As reported by The Stanford Daily, Fizz's platform was compromised in Nov. 2021, in which TechCrunch details that "Three Stanford students discovered that anyone could easily query the app's Google Firestone-hosted database to identify the author of any post on the platform, where all posts are billed as anonymous. They also found users' personal information like phone numbers and email addresses—plus, the database was editable, which made it possible to

edit posts and give any user moderator status."

It is unknown how many Fairfield students are on Fizz, as The Mirror reached out to Fizz for comment, but they did not respond in time for publication. However, according to a poll posted on Fizz by an anonymous user on Feb. 7, there are at least 2,446 users. The poll states, "Let's see which [class] year uses this app the most," and garnered results that state that 1,401 are first-year students, 662 are sophomores, 243 are juniors and 140 are seniors.

With its exponential growth on Fairfield

CONTINUED ON PAGE 4

## Karsonya Wise Whitehead, Ph.D. Enlightens Fairfield Campus on the Power of Pushing Towards Racial Equality

By Samantha Russell  
Assistant News Editor

Karsonya Wise Whitehead, Ph.D. revealed the power of "moving forward while looking backward" as she honored Dr. Martin Luther King Jr. at the Quick Center for the Arts on Feb. 9, 2023, as part of Fairfield's Annual MLK Convocation.

Much of Whitehead's work looks at race, gender and class unity in America, and surrounds the idea of moving toward improvement while looking back at our origins and ancestry. Throughout her lecture, she urged her audience to simply do more in the name of social justice.

"We are supposed to move forward, but pull those who are behind us, and reach towards those who are in front of us," she declared.

Whitehead is an Associate Professor of Communication and African and African American Studies at Loyola University Maryland, the host of the award-winning radio show "Today With Dr. K," and the recipient of the Vernon Jarrett Medal for Journalistic Excellence. She is also the founding director of The Karson Institute for Race, Peace & Social Justice, an organization

dedicated to sharing the narratives of the racially oppressed.

In her point of acknowledging one's beginning before moving towards one's end, she further relayed a quote from her father—a token of authentic support and hope throughout her life. He said that when you stand before people, you are standing on the shoulders of those who are trailblazers and have dug the path before you.

For Whitehead, those trailblazers are people like Harriet Tubman and Mary Church Terrell, which

"That's the Dr. King that I lean into, not just the Dr. King of 'I have a dream,' but the Dr. King who said 'we have to tear down the system if we want to move forward.'"

**Karsonya Wise Whitehead, MLK Convocation Speaker**

she announced with great pride and a moving aspiration.

Whitehead began her talk with a prominent recognition of Dr. King. While she highlighted the significance of his efforts, she also explained the vitality of their relevance today.

Whitehead scolds society for quoting Dr. King when it is popular or convenient for them, without properly studying and appreciating his work. In order to achieve this change demanded of us, his work must not only be studied but replicated as well.

"That's the Dr. King that I lean into, not just the Dr. King of 'I have a dream,' but the Dr. King who said 'we have to tear down the system if we want to move forward.'"

Fairfield University's Annual Convocation is part of the annual Martin Luther King Jr. Celebration. The theme of this year's celebration was "Social Justice Now," invoking Dr. King's concept of acting "now."

Whitehead was awarded the Lafarge Award, which "recognizes an individual who establishes coalitions to advance positive change, initiates difficult dialogues, and embodies activism in support of the long, blessed freedom struggle,"

CONTINUED ON PAGE 3



# The Murphy Center: An Invitation to Discover Ignatian Spirituality

By Kathleen Morris  
Assistant News Editor

A stroll beyond Rafferty Stadium will lead you to a hidden gem within Fairfield University’s campus. The Dolan House, which is tucked beside Dolan Hall, is home to the Murphy Center for Ignatian Spirituality. Its architecture is distinct: walls of granite, carved arches, lacquered wooden doors and a fairytale-esque turret topped with an elephant weathervane. The building appears to have been plucked from a storybook, exuding an essence of magic. Yet, the true power of the Murphy Center lies within its programs, providing a sacred space for community members to unlock their spirituality and deepen their relationship with a higher power. The Dolan House, originally named the Estate House, was shipped from France and rebuilt on the property to occupy the Sisters of Notre Dame de Namur. Founded in 1804 by Saint Julie Billiart and Marie-Louise-Francoise Blin de Bourdon, the Sisters of Notre Dame de Namur were a religious order dedicated to providing assistance and education to underprivileged communities.

According to the Fairfield University Archives and Special Collections, the order lived and worked in what is now Dolan Campus until 1989, when Fairfield University purchased the 13-acre property with a generous gift from Charles and Helen Dolan. The Murphy Center for Ignatian Spirituality was founded in 2015, serving as a location for personal discernment and discussion of the Jesuit values that Fairfield University was founded on.

Marcy Dolan Haley, the Associate Director of the Murphy Center, believes it is necessary to carry on the charisma of Ignatian spirituality on campus. The Murphy Center offers a wide variety of outlets for students to align themselves with the apostolic preferences of the Jesuits.

Haley and her team, which is composed of over 50 spiritual directors, uphold Jesuit ideals through spiritual exploration. She noted, “We do that particularly on campus by sitting with students, faculty and staff, and really anyone from the outside community who is seeking a deeper relationship with God, whatever that looks like, whatever your faith background. And even if you have no background in faith or religion at all.”

“It’s an opportunity to recognize the value that each person on this campus has. Not because of what you do, but just because you’re here. And you matter.”

- Marcy Dolan Haley,  
Associate Director of the Murphy Center

The work of the Murphy Centers extends beyond the student body. Haley recognizes that the spiritual direction is beneficial to both students and faculty. She reiterated that the integration and understanding of Jesuit charisms are vital to the community as a whole. The Murphy Center hosts office hours from 8:30 a.m. to 4:30 p.m. from Monday through Friday. Individuals are welcome to drop in from 10 a.m. to 12 p.m. or call (203) 254-4000, ext. 2373 to schedule an appointment.

Haley presented a broad invitation, stating, “Any time, any day our doors are open wide to anyone on campus and even the outside community. There is never any charge. We never turn anyone away. There’s always an opportunity to sit with someone.” Haley described the diversity of her team, expressing that the spiritual directors “are from different backgrounds and different faiths. They’re not all Catholic. There’s a variety.”

When creating an appointment, individuals have the option to dictate their preferences in regard to the identity of the director with whom they will meet. Haley believes it is important for individuals to have autonomy in their selection to ensure comfortability.

“You can decide...I’d like to sit with a man. I’d like to sit with a woman. I’d like to sit with someone who’s Catholic or non-Catholic. I’d like a Jesuit. I’d like someone in a religious order,” Haley said. “The person that you’re sitting with will always respect your freedom to decide that this is not a good fit or a good match.”

Respect is a defining characteristic of spiritual direction. The Murphy Center’s website outlines what individuals should expect for their meetings. The list includes, “reverence and respect for the spiritual movements in your life, in the context of your religious background or belief system” and “no judgment or agenda—just a welcoming presence who is there to help you discover the ‘life in your life.’”

Haley understands the deep stress felt by students and the internalized pressure to live up to high standards. She contemplated, “I think there are very few occasions where [students] have the opportunity to sit with someone who’s not judging them, where they don’t need to do anything to earn that sense of attention or value.”

The spiritual direction sessions are designed to uplift and inspire, reminding individuals to embrace the fullness of their humanity. Haley conveyed, “It’s an opportunity to recognize the value that each person on this campus has. Not because of what you do, but just because you’re here. And you matter. And your worth is not contingent upon any achievement that you rack up. It



The Murphy Center drop-in hours from Monday to Wednesday are 10 a.m. to 12 p.m.

is just a place of being a beautiful gift of God.” The Murphy Center hosts annual retreats with the athletic teams of Fairfield University, a population who must cope with the rigor of an academic course load and a demanding schedule of games and practices.

Arden MacNeil, a sophomore on the Fairfield Women’s Soccer team, reflected on her spiritual journey as a student and an athlete. “As a college athlete, you handle a lot all the time,” MacNeil said. “Marcy’s retreats helped me find peace with emotions I had been suppressing. Along with helping me manage the stressors that come along with the job, [the Murphy Center] also allowed me to understand myself from a deeper level.”

MacNeil articulated her immense gratitude, posing the question, “Without this program, who knows where I’d be today?” She urges her peers to take advantage of the Murphy Center’s offerings.

“The advice that I would give to anyone remotely considering beginning their own spiritual journey, [is] do it,” Macneil said. “I was hesitant at first. But, once you allow yourself to be vulnerable to the idea, it will truly change your life for the better. It’s never too late or too early to learn more about yourself.”

Haley concurred with MacNeil’s statement, highlighting the unique focus on personal development within the institution. “The reason why you come to a Jesuit school is to find out who you are, who you’re being called to be, and then how you bring that out into the world no matter what you’re doing.”

“So whether you’re an accountant, or whether you’re a doctor or a lawyer, or whether you are a chef or a dancer, there’s this sense of you that is essential to how you live your life and that’s grounded in this trust that the fact that you’re here in this world is a miracle and you don’t have to do anything to earn that,” Haley illustrated.

Individuals wishing to commit to their spiritual transformation may register for the “Encountering the Living God,” a ten-week program of prayer and reflection. The

program is open to Fairfield students, faculty staff and members of the larger community. Participants will engage with a trained spiritual director on a weekly basis, emulating the Spiritual Exercises of St. Ignatius of Loyola.

The Religious Studies Department holds a number of courses that enable students to explore their spirituality within the academic environment, including “Finding God in All Things” and “Christian Spirituality.” Fairfield’s course catalog reads, “students are invited to study in an open yet critical fashion: the founding and development of the Society of Jesus... [and] its relevance to contemporary spiritual needs, especially in the context of university life.”

Haley examined the modern applications of this development. “When Ignatius first founded the Jesuits, he really encouraged those that were his friends to get out from behind the monastery walls to find people where they are,” Haley said. “When we’re looking for God, we often find ourselves and that’s really what the work is that we do here, and we try to go out and make it happen.”

The Murphy Center activates this sentiment through their outreach programs. Rev. John Murray, S.J. hosts virtual meetings with retirees of all faiths, called “Aging with Grace.” Additionally, Rev. John D. Savard, S.J., ‘78 leads a Men’s Spirituality Group.

Women celebrate Advent and Lent through biannual meetings with MCIS Women’s Initiative. The center also partners with the parishes of the Diocese of Bridgeport through a multi-month program that introduces Ignatian Spirituality in theory and practice.

Campus Ministry regularly associates with the Murphy Center. Katie Byrnes, the Campus Minister for Community Engagement, commented on their key collaboration.

“As part of the division of Mission and Ministry here at Fairfield, we work closely with the Murphy Center to care for the spiritual life of students.

CONTINUED ON  
WWW.FAIRFIELDMIRROR.COM

# Fairfield Students Team Up To Develop The ‘Youth Equality Forum’

By Brooke Lathe  
Executive Editor

In hopes of creating a platform where students can unapologetically share their voices, a group of undergraduates from Fairfield University and the University of the District of Columbia came together to build a cross-school partnership: The Youth Equality Forum.

This online blog serves as a site where students can write about topics ranging from experiences with discrimination to openly sharing their views on social or global issues that affect our current generation.

Some examples of publications might surround topics such as racial or sexual prejudice, experiences with college drinking, climate change, gun violence and more.

Upon reconnecting with a former colleague, Peter Baron ‘23 was offered an untouched domain name in which he could do whatever he pleased. His first idea: giving students a vocal platform that was easy to access.

“Knowing that Fairfield is a predominantly white institution that has a history of racist scandals in the past, we thought this would be really good for our campus community to have a platform for minority students to share their stories,” Baron stated. “We also felt that in general, it would advance the mission for equality.”

The platform first launched on Jan. 15, allowing anyone of interest to submit their opinionated blogs. “All last semester was just us creating the website, rules and social media,” Baron explained. Their Instagram account can be found @Youth\_equality.

There are currently four articles posted on the blog which are all written by advisory board members. This group of editors is made up of six Fairfield students and two students from the University of the District of Columbia, where they pride themselves on making sure that there is “no hierarchy,” shared advisory board member Renée Levesque ‘23, as they “want to model the change we want to see.”

The forum is hoping for more than

four blog posts, however, and is currently seeking outside submissions. “It’s a simple process to publish,” Levesque continued. “Basically anything you want to voice or express is a good point to start and be a part of the conversation and build this sense of community.”

Their submission guidelines consist of the following regulations: you must be a member of Generation Z (born from 1997 to 2012), submissions should be between 500 and 750 words and mixed media is allowed. The forum is most notably open to writers outside of Fairfield University, also as The Youth Equality Forum advisory board is hoping to provide blogs from students well beyond our campus.

The age requirement is one of the more important factors for The Youth Equality Forum. “Gen Z has a unique perspective that needs to be heard because we’ve grown up in the era of social media, technology and COVID and the internet,” Baron explained.

He continued, “Our goal is

generating a dialogue among our generation because we feel that our generation should be at the forefront with these movements for equality.”

For those who are anxious to publish under their name, it is not necessary to include their identity. The editors understand that people may be uncomfortable outing themselves for personal anecdotes, and therefore ask to only verify their names in private to ensure accuracy.

Furthermore, since the forum is on a rolling publication basis, most submissions will be posted within that day or the next. The editors make it a fact to only edit spelling and grammar to ensure that the writer’s words are true to their viewpoint. The one exception, of course, is if they feel they identify any hate speech, which then will be asked to be revised.

“I think it’s important to give students everywhere a platform to amplify their voices and share their experiences of discrimination so that we can raise awareness and be able to address those social justice issues adequately,” shared Levesque.





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

2/8/23  
3:15 p.m.  
A student reported that her vehicle was damaged while parked in the Jogues Hall parking lot. The suspect is unknown and the incident is under investigation.

2/11/23  
12:50 p.m.  
A staff member reported that a tar-like substance was spilled in the area near a storm drain outside of Bannow. The Fire Department and an environmental clean-up company responded. The substance and suspect remain unknown.

2/12/23  
1:30 a.m.  
Three non-students were arrested for trespassing in Jogues Hall. The Department of Public Safety reported that the arrested individuals were non-compliant with Residential Life staff.

# At MLK Convocation, Whitehead Emphazises The Importance of “Having More Leaders”



Photo Contributed by The Quick Center for the Arts

Dr. Karsonya Wise Whitehead visited the Quick Center for the Arts for the Martin Luther King Jr. Convocation on Feb. 9.

### CONTINUED FROM PAGE 1

delivered by Provost Christine Siegel, Ph.D.

An extensive takeaway from Whitehead’s lecture reminded us that the term “stay woke” is not new. In fact, Dr. King utilized its meaning throughout his own period of social and racial activism. Whitehead believes that being woke in the moment, or having knowledge about the things happening around you, is one of the most important steps towards change.

She asked her audience, “Who are we called to be in this moment? How do we go about the business of doing the work that we have been called to do?”

The aspect of fighting an issue larger than ourselves, and using the stories of yesterday and today to do so, remained another key element throughout her discussion and for actions of the future.

Undeniable passion spilled out of the night’s speaker. She deeply cared about the issues she spoke about, and her goal of extending that passion to her audience could not have been more clear. Furthermore, she managed to bring her audience to a state of critical thought, which introduced issues otherwise undiscussed, or not cared about.

Sophomore student Jacqueline Pozzulo expressed how she personally was inspired by the convocation.

“I think it was a good choice to have [Whitehead] present, especially since we are mostly an all-white campus. It reminds us that there is still so much to do and that it all starts with us.”

Whitehead smoothly shifted her lecture to the Black Lives Matter movement, specifically in contrast to the notion of Black values. She brought to attention the period of slavery, in which Black bodies were traded for resources and currency, yet still not respected as human beings.

“Black lives have always been valued, even if they do not matter,” she said. America spends more money on jails to hold them in than on schools to educate them. Black folks are continuously being neglected, and the time has arrived when a decision to push back must be made.

Whitehead wrapped up her speech by examining the three simple reparations that Black people have historically requested. These three things were proposed by the freed slaves in 1865,

then again in 1998 and again in 2018.

Educational opportunities for their children, a remedied wage gap and fixed-up neighborhood conditions compose these three desires. Each time they have been requested, however, they have also been rejected.

How can we erase this gap, this disparity, this double consciousness that is unfortunately all too common? What are we called to be?

Whitehead underscored persistence, courage, and the belief that “the end is something bigger than ourselves,” to establish meaningful change.

“Are you willing to push until change happens? Are you willing to look around at what is happening right where you are and be the change?” she asked. “I argue that we don’t need any more Dr. Kings, we don’t need any more Ghandis ...we need to have leaders in every community.”

The courage to stand up for something when nobody else will is crucial. The desire to take the next step even if you cannot see the light at the end of the tunnel is also crucial. Whitehead pleaded

“ I argue that we don’t need any more Dr. Kings, we don’t need any more Ghandis ...we need to have leaders in every community.”

**-Karsonya Wise Whitehead, Ph.D.**

with her audience to see themselves beyond this moment, a moment not only where change is possible but exists.

After her lecture, the event transitioned into a question-and-answer session which encouraged live questions from the audience. Topics of racial conversation and reparations were touched upon in-depth, particularly those regarding the aspect of “how”.

When asked how to encourage enough conversations outside of a college campus, Whitehead

emphasized the need for facilitation.

“It’s about taking students out beyond the campus, into the deep, ethnographic world, connecting with the community,” she said. She urged campuses to pull their students out from within the borders of what they know, and into the communities of what they do not.

Another question concerned the facets and layers of reparations, in which Whitehead declared that we must look at the specific places where we can begin to help, such as educational opportunities, picking up trash or developing after-school programs for Black students. Through these small steps, we can bridge a long-term transformation.

This issue is no longer about a “quick fix.” Whitehead pushed the vitality of systemic change.

A particular question, however, sparked a discussion on white responsibility. How can a white person make true, honest work in closing these apparent disparities?

For Whitehead, the answer is simple: “Bend your privilege!”

She prompts white folks to open spaces for the oppressed, and then “get out of the way.”

“It means giving up the power so that other people can step into the light,” she said. Essentially, those with white privilege are called to take the power and attention they command but use it to call attention to more deep-rooted problems.

Whitehead is the type of leader in which she discussed. In the path carved by Dr. King, she bends herself toward justice.

Fairfield University’s President Mark Nemec Ph.D. initially welcomed the night’s audience via video, and Associate Professor of History Sunil Purushotham followed him, both with words about the campus’ duty to “infinite hope and truth,” as well as to challenge power.

“We are committed to greater good,” conveyed Nemec.

And, Whitehead is confident that our society can someday reach that change. Through looking towards her past counterparts of Dr. King, Harriet Tubman, or Frederick Douglass, justice can be found.

“I believe that that place exists,” she said. “Even if we don’t get there, somebody is coming after us as we lift and climb—are you ready to step into that tomorrow with me?”

## THE MIRROR

Incorporated 1977

Tommy Coppola, *Editor-in-Chief*  
Brooke Lathe, *Executive Editor*  
Max Limric, *Managing Editor*  
Julian Nazario, *Copy Editor*

### Editors

Julian Nazario, *Head News*  
Samantha Russell, *Assistant News*  
Kathleen Morris, *Assistant News*  
Liz Morin, *Opinion*  
Abigail White, *Head Vine*  
Jacqui Rigazio, *Assistant Vine*  
Ryan Marquardt, *Head Sports*  
William McGuire, *Assistant Sports*  
Elizabeth McLaughlin, *Coffee Break*

### Staff Photographer

Kyler Erezuma

### Business Department

Email: info@fairfieldmirror.com  
William McGuire, *Chief Financial Officer*

### Advisor

Tommy Xie

### Contact Information

Fairfield University  
1073 North Benson Road, BCC 104  
Box AA, Fairfield, CT 06824  
General email: info@fairfieldmirror.com

The Mirror is the recognized student newspaper of Fairfield University. Opinions and ideas expressed herein are those of the individual student authors, and not those of Fairfield University or its Board of Trustees



*The Mirror Radio Show is back on the air!*

**TUNE IN WEDNESDAY NIGHTS  
6-7PM ON WVOF.ORG EVERY WEEK  
OR ON 88.5FM!**



# Students Divided On The Usage Of Fizz At Fairfield

CONTINUED FROM PAGE 1

campus, concerns of cyberbullying, racist, homophobic, transphobic and other hateful content have arisen amongst students, as well as the administration.

First-year Emme Haddadi states that “ [she] gets worried that it can get offensive towards people since it’s anonymous and people aren’t scared to say anything—even if it’s a hurtful or a straight up mean thing to say.”

On Wednesday, Feb. 8, Dean of Students, William Johnson, Ph.D. responded to Fizz’s introduction to campus and students’ concerns about Fizz. In an email, he addressed concerns regarding the platform. He stated that “a number of individuals have voiced concern to me regarding the use of the social media application.”

He describes Fizz and endorses its ideals: “For those unfamiliar with the application, which has drawn comparisons to Reddit. The application was designed as a way to promote community and aid students in making connections with each other on their campus—both ideas which we fully support here at Fairfield.”

The Dean of Students encourages students to use Fizz in accordance with the University’s values and expectations. He writes, “Please do not use Fizz to demean or disparage other individuals” and ends by urging students to “Please, be kind to each other.”

Fairfield students on Fizz have continued to note the tendency for users to post hateful content, one user posting: “why are some of you so mean.”

Reviews from the Apple App Store echo those same sentiments. A review posted on Sept. 29, 2022 describes Fizz as an “unmoderated mess [with] fake engagement.”

The review states that “Fizz is an unmoderated mess. In my school’s Fizz, I constantly see transphobic, homophobic and sexist content. I’ve also had a friend bullied multiple times on the app. Anonymity brings out the worst in everyone.”

Additionally, the review claims that Fizz “Also pay[s] their moderation team to make fake posts in the app, which seems like what they spend their time doing rather than actually moderating.” The review ends with, “[I] would not recommend bringing this app to your school, it’s bad for the culture.”

The Mirror has not independently verified the claim made by this user.

Sophomore Bianca Pineiro comments, “I think Fizz is cool until it’s taken to another level.”

She continues, “For example, when photographs are taken of people who are just trying to work and make a living at Fairfield, and then posted to Fizz without their knowledge, it’s been taken too far. Especially, when they’re not only posted but are also commented on.”

On Feb. 3, Fizz’s Instagram account posted a Fizz with an obscene comment under the picture of three Daniel and Grace Tully Dining Common employees.

Fizz assures users that the platform is safe, as they have moderators in place who flag hateful and harmful content.

In Zhao’s article, Solomon states that having moderators was Fizz’s top priority, and that Fizz’s staff “trained moderators to identify and delete bullying, doxxing, hate speech and other offensive content.”

Additionally, moderators on Fizz

are university-specific and consist of students that attend that university, with a goal to ensure that Fizz is an uplifting, safe space.

The Mirror reached out to student moderators at Fairfield University for comment, but they were unable to comment due to the confidentiality section of their contracts and their need to maintain discretion about their work at Fizz.

A second review on the app store touches upon concerns of cyberbullying. On Mar. 7, 2022 a user wrote, “I’m new to this app but even just the first few posts on my feed verbally abused college students and made fun of kids, classes and professors.”

The review continues, “In light of rising mental health issues on my campus, apps with anonymous content and active bullying are dangerous. I don’t understand why the issue of bullying on this app isn’t taken more seriously—we need to do better to protect communities of college students.”

However, reviews are not only negative, as one review details the positives of the app’s anonymity: “This app has been transformative for my campus. [Our campus has] truly done a 360, as this app lets us spread our thoughts freely without fear of being targeted personally!”

Students at Fairfield share their feelings about Fizz, in which many students agree with the review above and see the benefits of the anonymous

platform, while others point out its dangers.

Sophomore Erica Adams says, “I think that Fizz has allowed the Fairfield University students to find relatability with their peers within a small college campus.”

“ For example, when photographs are taken of people who are just trying to work and make a living at Fairfield, and then posted to Fizz without their knowledge, it’s been taken too far. Especially, when they’re not only posted but are also commented on.”

- Bianca Pineiro ‘19

First-Year Giovanni Darden is in agreement and thinks “that the app offers a great way for the community to express their feelings, interest and concerns openly.” He states, “Everyone can be heard and supported on Fizz.”

Sophomore Elliot Enriquez has mixed reviews. She first shares, “It’s my Bible, my morning newspaper.”

But she adds that “[Fizz is] funny, I just hope it doesn’t go too far—it’s only one step away from bullying.”

# Team Woofgang & Co: The Story Behind The Famous ‘Fairfield Beach’ Hoodies

By Amy Magagnoli  
Contributing Writer

Anyone who spends the day on the Fairfield University campus is likely to see students wearing bright and bold hoodies with “Fairfield Beach” printed on them. So, what’s the story behind this casual wear?

This clothing is made by Team Woofgang & Co., a local nonprofit organization founded in 2017 by three mothers of young adults with disabilities to help adults with disabilities in the community gain employment experience.

These dedicated mothers were looking for meaningful work for their children to do after they graduated high school and their public school program ended.

Team Woofgang ties together a love for dogs and a love for young adults with disabilities, to create benefits for both.

Assistant Program Manager Brooke Ogilvy gives information on how she feels working for Team Woofgang.

“I love working at Woofgang because I can see the impact we are having on the lives of the young adults, customers, volunteers and staff members every day. I see increases in confidence of our team members as they learn new work tasks or life skills. I also see how working at Team Woofgang can help everyone be lifelong learners,” Oglivy said.

She also states that “from the outside, it may look like we are simply selling hoodies and dog treats but inside our store and in our bakery, we have created lifelong learning opportunities for our team members.”

This powerful trio came up with the name “Team Woofgang” from having a “play on words” for helping dogs, as their company name is catchy and easy to remember. They added the word “team” to distinguish themselves from a similarly named for-profit company.

The word “team” in their name does not only distinguish them, but it represents their motto—“Together Everyone Achieves More,” which spells out “TEAM”. Team Woofgang loves to emphasize that they work together as a team to succeed, which would not be possible without all members of the Woofgang “family”.

Their success started with their popular event, “Parade Your Paws for a Cause,” which raised a significant amount of money and had a large turnout of supporters.

After this successful event, members of the community offered to pay rent at 1300 Post Road in Fairfield.

Ten percent of the funds for Team Woofgang come from retail stores. The rest of the money for programming comes from fundraisers and donations. Their expenses include rent payment for the bakery space, salaries for staff and learning services the organization provides for their team.

Packed with Woofgang logoed hoodies, dog treats, blankets, pajamas and more, Woofgang’s retail store is

incredibly popular, especially with Fairfield University students.

Gina Fiacco, a junior Marketing major at Fairfield University, explained that she was “amazed” to find out what Woofgang does for members of the community.

“The first time I went to Woofgang I was simply just going to purchase a sweatshirt. When I was there, I spoke with staff and learned a lot about their story, and I was amazed and so happy to be able to support a non-profit organization that does such great things for members of the community,” Fiacco said.

Emily Regan, a junior at Fairfield University, recounts one of her first experiences shopping in the store which echoes Fiacco’s.

“After shopping at Woofgang it made me realize how amazing and important of an organization it is. I bought dog treats for my aunt’s dog and she completely loved them. Not only are the dog treats a recipe from a local Connecticut woman, but they are made by the young adults that the nonprofit supports,” Regan said.

“ From the outside, it may look like we are simply selling hoodies and dog treats but inside our store and in our bakery, we have created lifelong learning opportunities for our team members.”

- Brooke Ogilvy,  
Assistant Program Manager

Executive Director Aimee Turner provided information from a census data report that shows there are at least 20,000 young adults with disabilities in Connecticut that could benefit from the services Woofgang provides.

Not only does Woofgang provide employment for young adults with disabilities, but the organization also aims to improve their future work opportunities by teaching them a distinct set of skills.

Team members use their reading, math and fine and gross motor skills to package and sell products while learning customer service and retail skills.

Moreover, Woofgang offers training in a retail curriculum and production curriculum.

They also give young adults with disabilities the chance to work on, for example, their communication skills—through interacting

with customers and coworkers. They are also able to learn how to work on “shopkeeping,” by tracking inventory and keeping revenue.

Participants also develop skills in marketing, office and e-commerce, and are able to work on social media content, promotions, phone etiquette, packaging and mailing.

The production curriculum helps students learn food safety, including the proper ways to handle, store and prepare food. They learn kitchen safety and cleanliness, baking skills and most importantly, general life skills. Including time management, task analysis, personal hygiene and professional expectations.

Not only does Woofgang teach their team members lifelong skills, but they create a “family” for their workers.

According to an individual with disabilities who works at Woofgang, he loves working for this organization as he gets to work with his friends and family.

“Woofgang is like family to me,” he said. “I’ve been working here since 2017 and I’ve made so many friends here.”

He also loves the skills he’s developing.

“I love making posters and marketing for Woofgang,” he said.

Staff members like Brooke Ogilvy are passionate about helping these young adults and enjoy teaching and practicing these skills with team members, while also building friendships.

“I love working for Woofgang. I was a special education teacher previously. It’s so nice to be able to work with so many different people and do so many different things that I never thought I would do ... working in a store, working in a bakery, it’s a very unique experience to be a part of something that’s doing good for so many people,” Ogilvy said.

“It feels good to help so many families, and help adults that work for us engage socially”

Even during the COVID-19 pandemic when all in-person operations were shut down, Team Woofgang members and staff were able to participate in routine Zoom calls, allowing personnel to work together to keep their business successful.

The team was able to easily adjust to the “at-home curriculum” and produced and sold over 850 boxes of dog treats.

Fairfield University students can help Woofgang team members by participating in Best Buddies, a program that helps prevent social and physical isolation among students with intellectual and developmental disabilities by pairing college students with disabled peers.

According to junior Caroline Sweeney, vice president of Best Buddies, about 50 Fairfield students attend the meetings and about 20 buddies are registered for the chapter.

Fairfield University students also volunteer at the store and help with checking customers out, and stocking and organizing items.

From purchasing apparel from Woofgang’s store in Fairfield to attending Best Buddies meetings, there are many ways Fairfield University students can support this local business with a mission.



# Opinion

## Women's Sports Deserve More Attention at Fairfield

Editor: Liz Morin  
Email: elizabeth.morin1@student.fairfield.edu

By Kaitlyn Conroy  
Contributing Writer

With the opening of the new Leo D. Mahoney Arena on campus back in November, more Fairfield students have begun to attend more basketball games than before. The new arena was seen as an opportunity to raise school spirit all over campus, and create a stronger fanbase behind our athletic teams. At a recent men's basketball game, \$10,000 was offered for anyone who could make a half-court shot. The catch was that anyone who had played basketball previously in high school was not allowed to enter the contest. There was a foul shot contest at a women's game this past year, where the winner won a gift card. At another recent men's game, a \$50,000 shot contest was held. The game also happened to be the most attended game of the year at the new arena. It was just this past Saturday that a \$10,000 full-court golf putt took place at a women's game. According to a press release on the official athletics website, the promotional schedule was announced at the beginning of the season; but still, I was intrigued, was this all really a biased decision, or was it something else?

I emailed representatives who worked in the athletics department for some clarification on the situation. I was interested in whether or not this was a consciously biased decision based on gender or whether it was just a random decision for the game. I was told by Deputy Athletics Director Zachary Dayton "that the decisions are unique for every game," and that there was truly no decision based on

which team was playing. Dayton told me that their goal "is to create a variety of contests that fans can enjoy at both men's and women's games."

However, I still question some of this. I think that there has to be a conscious decision on what the contests and the promotions are going to be for the game. This is all just a big business, and their goal is to make money. It makes sense for them to hold these contests at the men's games because they are getting a larger turnout. At a recent men's game against Rider University, the arena was almost 70% full, according to Fairfield Athletics. At a recent women's game against Canisius College, the arena was only 28% full. Both of these games were on the same weekend, just one day apart. The numbers follow almost the same pattern with each game. No matter the date, the men's team is still getting the larger turnout. It is no surprise that this is happening though. Historically, men's sports teams have always had a larger turnout at games compared to women's teams. Is this because of some deep-rooted misogyny? Most likely. It unfortunately will probably stay this way for years to come. This is quite sad because women's sports are just as equally exciting as men's sports.

I believe it is important to acknowledge that there is a gender inequality issue in sports. In recent years the issue of gender inequality in sports has been brought to light by athletes all over the world.

I recently saw a campaign video for women in sports. It featured a little girl in a large soccer stadium asking the internet, "who has scored the most goals in international soc-

cer?" to which the internet replied by stating that the correct answer was Cristiano Ronaldo with 118 goals. However, the young girl retorts with, "what about Christine Sinclair?" For those who do not know who Christine Sinclair is, she is a Canadian soccer player who has scored 190 goals in international soccer.

So, if we were not to include gender in the question "who has scored the most goals in international soccer," the list would go: Christine Sinclair, Abby Wambach, Mia Hamm, Carli Lloyd, Kristine Lilly, Birgit Prinz and then Christiano Rinaldo with his 118 goals. Why do we as a society automatically assume that when we ask questions like this, we only mean men? Why are women not included in this? Why are men the default?

This issue is obviously not just in soccer; I only mention it because growing up I was a huge follower of the U.S. Women's National Soccer Team, and I feel like all of these situations intertwine with each other because this is a constant issue in all women's sports, not just basketball or soccer. However, bringing it back to Fairfield, I wanted to see what students thought of this. Sophomore Tim Furey expressed that "even though the men's team does not have the same amazing record as the women's team, more people are still going to go to their games because they are more mainstream." Another student I spoke to told me that she believes "that since the students are not showing up to the women's games these promotions are not going to take place."

I would also like to make a final note that the women's team won the Metro Atlantic Athletic Conference last year.

Have we forgotten that? They are an amazing team and deserve the same amount of support the men's team receives. My opinion on this matter is torn. On one hand, I think that the athletic department does not have a gender bias on the promotions and that they are unique. On the other hand, it seems like that because student turnout at women's games is so low, they have no other choice but to not have these promotions. Which raises the question, what would raise the turnout at these games? Would a \$10,000 shot contest bring in fans? Well over the weekend, it seems that \$10,000 did not change much. The attendance was still significantly lower than in previous men's games.

I think we as a student body should make a larger effort to show support for our fellow Stags, and start attending more women's basketball games. Why not just attend both the women's and men's games, instead of just men's games? The best way to help the problem is to show support for the athletes.



# On-Campus Sporting Events Should Be Allergy Friendly

By Abigail White  
Head Vine Editor

There is so much to love about a Fairfield University basketball game at the Leo D. Mahoney Arena.

The sounds of the crowd cheering. The sea of red in the student section. The lively music accompanying the game played by the Fairfield University Pep Band.

What makes the experience even better is a win from the team! There is, however, one aspect of the new arena that I find to be lacking: the food.

This is not to say that the food at the arena is not good. In fact, I have heard many students rave about the wraps sold at the arena.

The food is reasonably priced and if you show up early enough to some games, you can even receive a free food voucher which is a bonus.

However, as someone with a dietary restriction and someone who has friends with allergies or other dietary restrictions, I find that the Leo D. Mahoney Arena does not offer adequate allergy-free options.

Accommodating allergies and dietary restrictions is something that I believe Fairfield has always done a great job with.

In the Daniel and Grace Tully Dining Commons, the True Balance station delivers delicious food that is prepared completely free of all allergens: nuts, dairy, gluten, the list goes on.

When eating from this food station, students can be sure they are not taking a



The concessions menu inside Leo D. Mahoney Arena lacks a large variety of allergy friendly options.

risk with their allergies.

The same cannot be said for the food served at the arena.

Some of you might say "So what? It's not a dining hall, why does the arena need to provide allergy-free food options?"

To this, I would argue that Fairfield

has always provided allergy-free options outside of the Tully.

Take Pres Ball, for example. When walking along the line of food, I was able to find gluten-free options, clearly labeled, alongside the rest of the food.

The same has gone for other events I

have attended.

There is always an allergy-friendly food option.

So why can't the Leo D. Mahoney Arena do the same?

The arena menu does offer gluten free buns for hot dogs and hamburgers upon request, which I think is great.

The gluten free option is signaled by an asterisk next to the menu items that can be accommodated, but it is in small print and can easily be missed on the menu.

I missed this detail myself and ended up eating a hot dog without the bun.

While this gluten free option is great, one issue for dairy-free students is that there is no option to purchase a plain hamburger, without the cheese, as they are pre-made and wrapped before sold.

There are more people on this campus with dietary restrictions than one may think, and it is important that they are accommodated at our dining facilities.

Even restaurants are more allergy-conscious and accommodating today than they ever were before.

I think Fairfield should be as well, even at the Leo D. Mahoney concession stand.

If there are just a few more quality allergy-free options added to the arena's current menu, I can assure that a lot of students with dietary restrictions, including myself, would be a lot happier and a lot less hungry at the basketball games.



# AI In Schools Could Be A Game Changer If Used Ethically

By Brooke Lathe  
Executive Editor

On Nov. 30, a new and more developed version of artificial intelligence entered the educational sphere. ChatGPT, a software that is capable of endless tasks such as emails, poetry, interview questions and more was created by the startup company OpenAI.

The technology is more known for troubling reasons recently, however, as the



AI has been caught creating essays and other reports in students' names.

Since the device is proposed as a free tool for any and everyone with access to a computer or phone screen, those in academia are taking advantage of its writing properties.

Multiple publications including the New York Post, Indiatimes and others have released articles reporting that an increasing number of professors have unveiled the system's writing pattern and can note when a student has submitted AI-created work. My question is: why?

I never quite understood why students resorted to cheating on schoolwork when the cost severely outweighs the reward. Of course, you are striving for that "A" to boost your grade point average and look favorable to your future employer.

But how desirable will you look to your dream company when you are expelled? I'd personally rather take a zero for an assignment because I failed to study correctly than get a zero from trying to play off someone else's work for my own.

ChatGPT has the potential to aid students who genuinely are only using the device with good intentions. Maybe someone is struggling with structuring a paper or finding talking points.

Those are totally valid concerns that many students who aren't proficient in writing struggle with.

But when you simply put in your paper topic, let the system run and submit the essay entirely written by coding, I think it's ridiculous. I often question why people pay thousands of dollars for a course (or courses) just to have a computer do their work for them.

Furthermore, it seems that the system has its own kinks anyway. Due to the fact that ChatGPT compiles information found across the internet, it cannot understand if it is producing factual works.

According to The New York Times, "ChatGPT [can] write an essay about a classic book [...]. But if others published a faulty analysis of the book on the web, that may also show up in your essay," and therefore would contribute to spreading misinforma-

tion if that work were to be published once more.

So, why run the risk? ChatGPT even makes an attempt to steer students away from making this poor decision as well.

As written in Fortune Magazine, when a user asks if it's okay to use the system to write academic papers, ChatGPT responds with the message: "As a general rule, it is not appropriate to use ChatGPT or any other automated writing tool for school papers, as it is considered cheating and does not benefit the student in the long run."

If you use it ethically, I think AI could prove to be a good contribution to academia.

You can use the resource to spell-check your own work, ask questions when studying harder topics, create an exam outline or just use it as a good example of how to set up an essay.

If it is taken advantage of, however, (ie. copying and pasting work that is not your own into BlackBoard) then that is where I feel that universities and professors should draw the line.

# Fizz Encourages Cyberbullying Amongst Students

By Liz Morin  
Opinion Editor

I've had my experiences with anonymous messaging apps since I was in the fifth grade.

There have been apps like Yik Yak, which are geared toward college students, but I have distinct memories of an app that was going around my middle school, which was solely being used for gossip. There weren't even any memes or jokes going around, just friends trash-talking each other.

My name was brought up on this app, and I was absolutely distraught; I thought it was the end of the world.

I lost friends over this app and I had to watch my friends bully each other. It was like a war broke out in my middle school. I know firsthand the effects of anonymous

communication apps.

When I heard an app called Fizz was going around campus, I knew it would be used to make mean and offensive comments. It was being broadcasted as a way for Fairfield students to communicate with each other, but I had a feeling that things would spiral within a week, a few days even.

I was debating whether or not I should get the app because I was curious to see what people were doing with it. I had a glimpse of hope that maybe ... just maybe, now that we're adults, we won't bully each other.

I eventually got it and for the first five minutes of scrolling through Fizz, I was surprised. It was funny. Sure, some of it was out-of-pocket remarks that provoked more of a gasp than others, but I didn't hate it.

This excitement was short-lived once a comment was made about the clothes

a person on campus wears. It started as a single comment but invited more people to make hurtful comments because everyone now thought it was okay.

There were comments about how people dressed and their physical appearances, along with insults to sports teams on campus and even obscene comments about Daniel and Grace Tully Dining Commons employees.

There were comments made about my friends, so not only did I know the feeling from my name being brought up years ago, I had to watch my friend's reactions to seeing themselves spoken about cruelly on the app.

It's easy to ignore a post and believe it's only a joke when comments are made about other people, but once a comment is made about you, it's a different story. That's the value of putting yourself in someone

else's shoes.

I've since deleted the app, but I've now heard that the original entertainment has died down. People now use it to see where parties are or if anyone is selling club tickets. Apparently, there is less bullying, and it's turned more into a Yik Yak style of app.

I think any anonymous conversation app is extremely dangerous unless it has enough preventative measures coded into it, but I'm not entirely sure if that's a possibility. In a room full of people, there's always one person who's willing to mean.

And when one person is willing to be mean, that opens up a can of worms that is hard to close.

While there are parts of Fizz that I think are funny, there is an underlying issue of bullying and cruelty that I think should be addressed.

## WHY PODCASTS ARE MORE POWERFUL THAN MUSIC

TOMMY COPPOLA  
EDITOR-IN-CHIEF

In my longer walks to class and other places around campus, I have always popped my AirPods in to listen to a song or two before I enter the classroom. That is, until this year, when I noticed that I am gravitating toward podcasts in order to keep my mind busy while I walk.

That is not to say that I hate music now, but I have found it increasingly difficult to actually focus on the moment with music in my ears. It's good for its select moments, like a run or workout, but even then, I find that my brain is simply more stimulated with a podcast on.

I have found it easy to turn my brain on before class if I listen to a podcast as opposed to a song or album. With the content of a podcast, it gets me thinking; even if it's a conversation between two people, I'm still interpreting this conversation, possibly forming my own opinions and agreeing or disagreeing.

One podcast that I have found a lot of enjoyment in is "Ear Biscuits," a show where two internet stars talk candidly about their family lives, their upbringings and even take time to deconstruct their own personalities. They rarely have guests on their show, but their episode that features actor Matthew McConaughey really resonated with me. It actually inspired me to buy his book and read it, but that's an editorial board for another day.

In shows like this, I appreciate their efforts to make the show introspective, while also maintaining a fun, lighthearted atmosphere. I also find that some sports personalities, like Colin Cowherd, are able to capture and keep my interest easily.

The thing about his podcast, titled "The Herd," is that multiple new episodes come out every single day of the week. His show airs on Fox Sports, so he takes the audio from his actual show and puts it wherever you can find podcasts. Since his show is three hours long, on every walk I take, I have three (or more) hours worth of podcast content to listen to and come back to.

Music from my favorite artists, however, does not stay fresh for long. My attention span with a certain song or album only lasts so long, because, at a certain point, music can become overplayed.

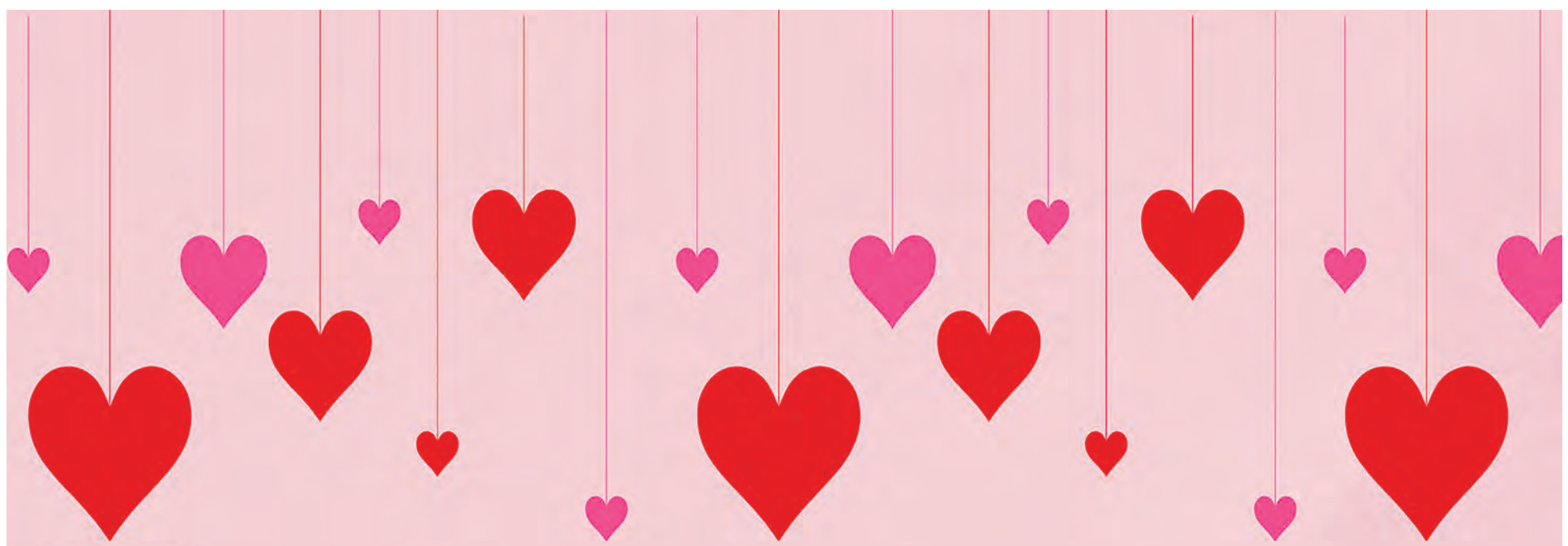
So, new and unique content daily or weekly always helps me stay focused and in the moment. I don't remember exactly how I started in my pursuit of the best podcasts, but all I know is that I can't stop because they are all so captivating.

There is an entire world of podcasts out there that cover a wide base of topics and interests. If you're a music person, there's easily something for you. If you're a sports person, there's plenty to choose from. There exists anything as broad or specific as you can possibly imagine.

I think people are quick to look away from podcasts because they have a preconceived notion that they will be boring, uninspiring and lame. But, my message to you, reader, is to urge you to give that podcast you've been eyeing a try.

If you haven't looked to make the switch yet, then you should look to find one that inspires you and makes you think. I promise you, it will be worth your time.





# The Vine





# Fairfield's Favorites: Rom Coms, Love Songs and Poems

By Jacqui Rigazio  
Assistant Vine Editor

Love is in the air at Fairfield! No matter if you're booted up or flying solo this Valentine's Day, everyone who loves love has been getting in the sentimental spirit. Our Stags shared some of their favorite romantic movies and love songs to give everyone the feels during this Valentine's Day.

Senior Kenzie Nasta loves the movie "The Longest Ride," and sophomore Kate Enriquez echoes this, noting that "it's one of my favorite movies of all time!"

First-year Kallie Ouellette recommends "How to Lose a Guy in 10 Days," and says that one of her favorite love songs is "Until I Found You" by Stephen Sanchez.

Sophomore Sam Healey says that his favorite love song at the moment is "On & On & On" by the band Caamp.

First-year Hadley Boguniecki and Owen McConaghy both commented that although it's a classic, "The Notebook" takes their number one spot for the best romantic movie.

Sophomore Roisin McCarthy noted the song "Everywhere, Everything" from artist Noah Kahan's latest album "Stick Season" as one of her favorite love songs.

She says that this is one of the most "beautifully written love songs," and that

when she listens to it, she feels like her heart stops because "it's the type of love that everyone deserves." Beautifully said, Ro!

Emily Orlando, Ph.D., Professor of English and E. Gerald Corrigan Chair of Humanities and Social Sciences at Fairfield University, shared some of her favorite romantic poems to set the mood for Valentine's Day.

She recommends Elizabeth Baron Browning's poems "Sonnets From the Portuguese," and said that they are "the most beautiful, happy, gorgeous love poems of the whole nineteenth century!"

She was also sure to note Lord Byron's iconic "She Walks in Beauty" as an exemplary love poem as well.

Dr. Orlando commented that these poems make you believe that such a love exists.

How beautiful! Definitely check these out if you're trying to woo your future Stag-mate with some 19th-

century "rizz".

Senior John Rainis had a tough time deciding on just one romantic song to share.

He recommends that everyone should listen to "Jump" by Lonr, saying that "it gets me in my bag e v e r y

time." When asked about his favorite romantic movie, he answered with "'10 Things I Hate About You' ... that one's goated."

Sophomore Emilie Drolet says that her favorite romantic movie has got to be "The Proposal," because "it's really funny and cute!"

Junior Maddy Kitlas shared that "this is super cliché, but I love 'The Notebook' or the movie 'Valentine's Day.'" S

sophomore Julia Braatz mentioned "Pretty Woman" and "The Princess Bride" as two of her favorite romantic comedies.

The spirit of love is clearly abundant here at Fairfield!

Whether you're looking for a romcom, love song or eloquent romantic poem, our Fairfield community has got you covered!

And if love songs and rom-coms aren't your things, you're not alone.

When asked if he has a favorite rom-com, sophomore Zach Shields said that "I can't say I do. I don't know if I've ever watched a rom-com in my life."

No matter what your Valentine's Day is looking like this year, there are plenty of ways to get in the lovey-dovey spirit!



# WHY STAGS SHOULD STUDY ABROAD IN FLORENCE, ITALY

By Lily Leonard  
Contributing Writer

Seven countries, over 15 cities and countless memories and laughs. It's hard to put a numerical value on what my time studying abroad has meant to me. It's even harder to fairly articulate how I quite literally cannot recommend it enough.

When applying to study abroad, Global Fairfield did a really good job at laying out all of the requirements we needed to complete—the work, applications, appointments, requirements ... the list goes on, all in hopes that we would be and feel prepared upon our arrival at our destination. What they didn't (or rather couldn't) prepare us

for was the internal shift you feel once the fact that you're living in a foreign country for the next four months actually sets in.

When applying to study abroad, they ask you to reflect on several questions, one of which is, "What do you hope to learn by studying abroad that you can't learn by staying at Fairfield?" At first, this seemed rather obvious, given that I'd be on the other side of the world, so there was clearly a lot that I would experience in Florence, Italy, that was out of reach from Fairfield, Conn.

My response to this question stumped me for a fair while, as I wanted to respond outside the obvious answer. After a few days of thinking about it, I wound

up responding with, "It's not what Fairfield cannot give me; it's what Florence can." At Fairfield, I am comfortable. I've grown to love the familiarity of the environment I am in. I know which way to go to find the Tully and which to the library. I know which seat I like best and the name of my favorite on-campus Dunkin' worker. The point is, I knew I could thrive here. I desired an experience where I was forced to find that feeling again—to prove to myself that I could thrive somewhere I wasn't comfortable.

When I arrived in Florence, to say I was exhausted would be a gross understatement. After landing, I was met with someone who took me to my new apartment, had

about 40 minutes to move in and was quickly rushed to the first of many orientation events. The first few days were almost like a high—we slept when we could, and tried to take in as much as our bodies would allow as walking zombies. After those

first few days, reality set in. I was prepared for homesickness—or so I thought. I expected to miss my family and friends and pets and bed. What I didn't expect to miss was the comfort of knowing my surroundings. I had to relearn what it meant to be independent. The first weekend my friends and I quickly dove head first into travel opportunities. We wound up on a 13-hour bus ride to Croatia. The weekend after, the Amalfi Coast, and the weekend after that, Munich, Germany for Oktoberfest. Following each of these incredible trips, I found myself looking forward to heading back to Florence. I had been so grateful for each trip, yet also grew excited to be back home.

Home. Somewhere along the way, Florence became home. I'm not exactly sure how it happened, or when it happened, but I found myself growing familiar with the place around me. I had a favorite coffee spot, a favorite panna cotta place. And while these were places that I loved, they weren't what made me fall in love with Florence. It was the connections I made. The connections to the barista behind the register. To the Irish bartender that all of the Fair-



Photo Contributed by Lily Leonard

Studying abroad allows students to travel outside their host location

field kids became like family too. To the students I was sharing this time with who I hadn't known prior to studying abroad. And to myself, for feeling at home thousands of miles from it.

I've seen more places than I could have dreamed of, had more fun than I thought possible and learned more about the world in those four months than I think I ever will again in my life. I also have never laughed harder. I spent every single day of those four months laughing until I cried and felt gratitude that words will never do justice. I also

made friends that I am quite literally bonded to for life. I have never learned so much from being so reckless and carefree. It's an experience I'm eternally grateful for.

Anyone can travel, see new places and learn something about the places they've visited. Studying abroad is something entirely different, an experience that I won't try to articulate because I simply can't.

Who I was when boarding my flight to Florence on Aug. 30, 2022, is not the person that I am today—and for the better.



Photo Contributed by Lily Leonard

Studying abroad allows students to travel outside their host location.







# Valentine's Day Candy Ranked

By Christina Silvestri  
Contributing Writer

With Valentine’s Day around the corner, loved ones are going to the shops to find the perfect gift that says “I love you”. Flowers, jewelry and teddy bears are all popular go-to’s, but a sweet treat from your valentine is truly unmatched. In hopes to help the boyfriend, girlfriend or partner that lost track of the days in the frenzy that is the spring semester, I am ranking a girl’s favorite valentine’s day candies.

**10. BOX OF CHOCOLATES**  
Of course, any person who receives a box of chocolates is sure to be over the moon in love with you. However, it could not be more overdone. You want your partner to feel like you put at least a little bit of thought behind your gift to them. A box of chocolates says: “I walked into the nearest convenience store and grabbed the first thing I saw.” Be more creative and get your valentine something that they love.

**9. FUN DIP VALENTINE S**  
I know what you are thinking: Fun Dip for Valentine’s Day? For me at least, this sour treat was a staple in my childhood valentine’s card exchange. It is cute, portable and yummy, but most notably super nostalgic. Fun Dip is guaranteed to bring a smile to the face of your loved one.

**8. CONVERSATION HEARTS**  
These tiny treats are notoriously the most iconic Valentine’s

Day candy. They are adorable with their various compliments and pastel colors but they lack in one area: their taste. I have never encountered someone who has ever confessed that they enjoy eating conversation hearts.

I would recommend these as an extra surprise to go along with another little something. Every girl would love to pick out their favorite hearts from the package and take their perfect Valentine’s Day picture for their Instagram story, but afterward, they will go in the trash instead of someone eating them.

**7. HEART SHAPED LOLLIPOPS**  
A classic heart-shaped lollipop is sure to please everyone and anyone. My favorite kind is the Tiger Pop brand Strawberry & Cream flavor. These red and white swirled pops are another nostalgic pick, yet they might dazzle your valentine this season.

**6. PERSONALIZED M AND MS**  
M&Ms are a major candy for just about every holiday. In recent years, personalized ones have been becoming more and more popular for weddings, birthdays and you guessed it, Valentine’s Day.

They are one-of-a-kind goodies that only you could give to your loved one. The only downside is that they are really expensive for just a small bag of mediocre chocolate. I recommend getting your valentine something just as heart-felt, but more flavorful.

**5. THEIR FAVORITE CANDY BUT HEART SHAPED**  
This pick might seem simple,

but that is the reason it is overlooked. Going back to the box of chocolate idea, your valentine should feel like you put thought into your gift.

I know that if you presented them with their favorite candy, your partner would be overjoyed. All you have to do is spice it up by taking advantage of the delightful heart-shaped variations available this time of year. Some great heart-shaped options include Reese’s Peanut Butter Cups, Sour Patch Kids and Junior Mints.

**4. ALL THE REDS**  
For the valentine that does not like chocolate, get them gummies. As a non-chocolate lover myself (trust me, I see the irony here), this would be my choice. Do not stop at getting a sleeve of Starbursts or Fruit Snacks. What every gummy-lover wants is a pack of all of the red and pink flavors and around Valentine’s Day, what can be more perfect? In my experience, the strawberry, cherry and even red apple flavors are always the first to be eaten no matter the brand of candy. Some great options are Starbursts, Fruit Snacks and Swedish Fish.

**3. DOVE CHOCOLATE**  
This can go for really any

chocolate that is higher quality than your typical Hershey’s. Among my friends, Dove Dark Chocolate is our favorite. Yes, I said our favorite. I am not a complete monster! These decadent bites are available in heart shapes; again, making them a perfect fit for this holiday. You can even go one step further for the “chocoloholic” in your life by gifting them elevated flavors like chili or lavender.

**2. COFFEE SHOP TREAT**  
If candy really is not your valentine’s vibe, treat them to a coffee date. Take them to a local aesthetically pleasing coffee shop

shaped cake pop would be a lovely surprise. This idea also serves as a date spot where you can spend the 14th with your loved one. I am positive that your valentine will love nothing more than to chat in a quaint coffee house with you until the sun goes down.

**1. CHOCOLATE COVERED ANYTHING**  
My research tells me (and by research I mean asking my friends), that the most favored Valentine’s Day candy is a chocolate-covered pretzel, espresso bean, strawberry, etc. These again are notorious V-Day treats but it is for a reason—they are so dang good. Even if they are overdone, their flavor makes up for it. The perfect crunch of a pretzel or juiciness of a strawberry paired with

rich and creamy chocolate makes for a happy valentine.

There you have it! A perfect guide to buying your loved one’s Valentine’s Day treat.

Now, who is going to find me a valentine to send this article to?

# The Grammys: Hip-Hop, Harry And The Hive

By Elliot Enriquez  
Contributing Writer

The 65th Grammy Awards came and went on Sunday, Feb. 5; one of my personal favorite nights of the year. Whether you tuned into the four-hour spectacle or were caught up through your Instagram or Tik Tok feed, this year’s show celebrated music, the artists and the harmony of humanity.

As a big hip-hop fan, the 50-year celebration of hip-hop was the best part of the evening. This piece was a never-ending Russian doll of influential artists representing their style and era of hip-hop. Genre pioneers like Grandmaster Flash, L.L. Cool J. and Missy Elliot started us off with their classical hip-hop styles, which were then juxtaposed with Lil Uzi Vert and his song “Just Wanna Rock”. Needless to say, I was vibing from my bed and hollering as each artist popped on stage. Bringing together hip-hop’s legends and modern creators was a powerful nod to the roots and growth that the genre has experienced.

Now, let’s talk about Sam Smith. A

figure who has escaped controversy his entire career ... until this year. At the Grammys, he was nominated with Kim Petras for Best Pop Duo/Group Performance for their song “Unholy,” ... and they won?! Crickets. “Unholy” was popular on my Tik Tok feed, but not for positive reasons. “Unholy” is lyrically and conceptually very different from Sam Smith’s previous iconic songs. Due to this visionary style change, I was caught incredibly off guard by this weird, weak and strange song from the usual powerful ballads he creates. Regardless of your opinion on “Unholy,” Kim Petras’s acceptance speech after their win was hugely impactful. She celebrated her growth in confidence and emphasized influential transgender individuals who inspired her in the industry. Kim Petras and Sam Smith proved to be class acts and slayed their performance with

the utmost confidence, so I’ll give it to ‘em!  
Lizzo spoke for me when referring to Beyoncé as “the artist of our lives!” Unless you are living under a rock, you’ve heard that Beyoncé has officially won the most Grammys in the history of the event. After James Corden announced ‘Queen B’ as the recipient of the Best Dance/Electronic Album of the Year, the audience broke into a standing ovation, as did I, in my room, alone. While Beyoncé’s work is nothing short of monumental, her “Hive” tends to embarrass themselves when displaying their support. During Harry Styles’s acceptance speech for album of the year, fans in the audience were heard shouting, “Beyoncé should’ve won!” This delinquency is something that ‘Swifties’ (a.k.a Taylor Swift fans) recognize all too well.  
When winning Best Female Video back in 2009, Taylor Swift was upstaged by Kanye West as he ranted about how

Beyoncé should’ve won in front of the entire audience and on live TV. Taylor displayed her solidarity towards Harry this year by standing in the middle of the seated audience to provide him with support. I sobbed.  
Controversial opinion incoming: “Harry’s House” was absolutely deserving of Album of the Year. From “As It Was” to “Matilda,” this collection of upbeat and sentimental songs had 2022 in a chokehold. Competing with artists like Adele, Beyoncé and Lizzo will result in some close competition, but Harry’s album stood the test of time and remained on the charts (and our Tik Tok feeds) throughout the year.  
No wonder he won! Most adorable moment of the 65th Grammy Awards? The sweet lady who announced Album of the Year, do yourself a favor and go watch it, it is precious!  
In short: Beyoncé is queen, but the Hive needs to chill, I miss the old Sam Smith, hip-hop is a constant slay, Taylor is so classy (and so was her dress), Harry deserved that win and Adele’s reactions to awards and commentary were priceless.





# A Look Into Fairfield Art Museum's New Exhibits



By Mary Bevans  
Contributing Writer

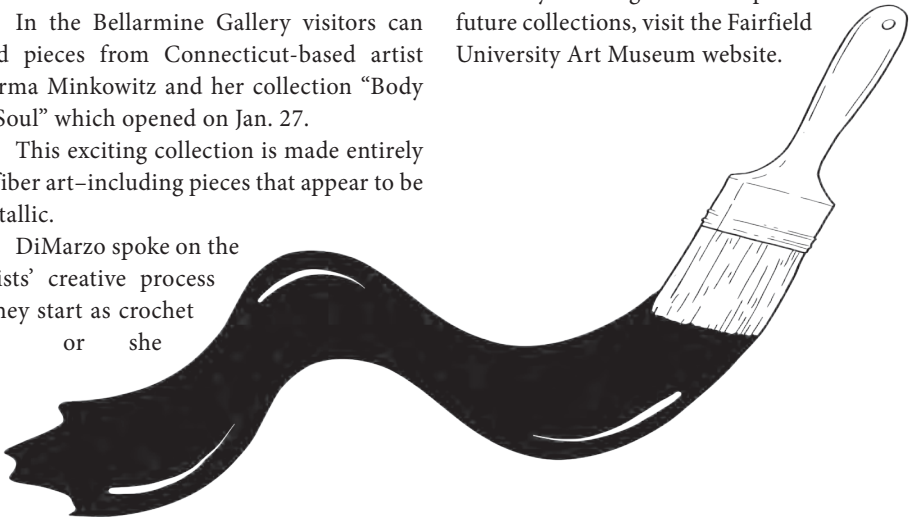
Regular visitors of the Fairfield University Art Museum are already aware of the wide variety of art displayed in temporary exhibitions over



the years. Previous collections range from Renaissance pieces to contemporary photography. “We try to strike a balance in terms of what we’re doing,” Michelle DiMarzo, Curator of Education and Academic Engagement spoke on how the museum plans their exhibitions. With the knowledge that students are particularly interested in more modern art, the museum tries to accommodate this by having an even mix of both contemporary and more traditional art showcased. Now, for the first time, enthusiastic art lovers can take in fiber art and graphic design by local and international artists. On Jan. 20, “Women’s Rights are Human Rights” opened in the Walsh Gallery show-

casing posters from around the world that both advocate women’s rights and raise awareness for violence against women. “For the first time we’re doing graphic design,” DiMarzo said regarding the exciting new chapter for the museum. As this is a unique traveling exhibition, the museum staff were able to select exactly which pieces would be showcased from a collection of 120. “This is an exhibition that has not been anywhere else.” In the Bellarmine Gallery visitors can find pieces from Connecticut-based artist Norma Minkowitz and her collection “Body to Soul” which opened on Jan. 27. This exciting collection is made entirely of fiber art—including pieces that appear to be metallic. DiMarzo spoke on the artists’ creative process “They start as crochet or she

winds fabric around in different ways, then covers it with sculpting paste. It’s very cool.” The exhibition includes sculptures and murals as well as standalone pieces that showcase the artist’s decades-long study of the uses of thread as a medium and symbolism but also contain plenty of little details throughout their pieces—such as tiny skulls. Both exhibitions will be showing until Apr. 6, 2023. For more information on the exhibitions currently showing as well as past and future collections, visit the Fairfield University Art Museum website.



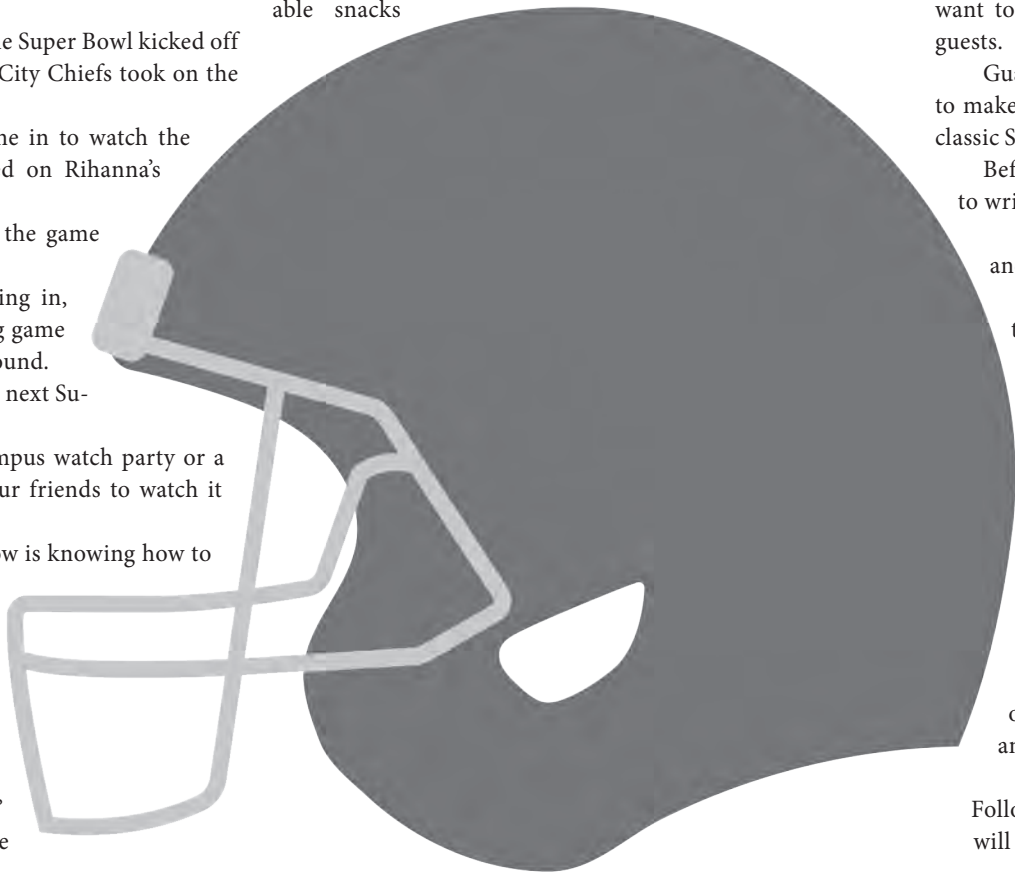
# How To Host The Best Super Bowl Bash



By Erica Schindler  
Contributing Writer

This past Sunday, Feb. 12, the Super Bowl kicked off in Glendale, Ariz. where the Kansas City Chiefs took on the Philadelphia Eagles. While many Americans tune in to watch the game itself, others are more focused on Rihanna’s halftime show. The commercials airing during the game are also a big hit for many viewers. No matter your reason for tuning in, there’s no doubt that watching the big game is more fun with friends or family around. Here are some tips to make your next Super Bowl party a success. If you’re not going to an on-campus watch party or a restaurant for the big game, host your friends to watch it right in your dorm. The first step you’ll need to follow is knowing how to watch the game. This year’s Super Bowl was available to watch on Fox channels, NFL+ and YouTube TV. No Super Bowl party is complete without lots of food. After eating at the Daniel and Grace Tully Dining Common’s “Big Game” event, you might want some more

snacks to share with your friends throughout the game. There are plenty of microwavable snacks



available in the freezers at the Stags On The Run store. If you live in a townhouse or apartment with a kitchen, you may want to consider some make-ahead snacks to serve your guests. Guacamole is always a crowd-pleaser and is super easy to make. There are also tons of recipes available online for classic Super Bowl foods like Buffalo wings and potato skins. Before the party even starts, you can invite your friends to write down their score predictions for the game. Everyone can predict who will be ahead at halftime and who the big winner will be. This is a fun way to keep everyone engaged as they root for their team to score. Also in the spirit of cheering on your favorite team, decorations are a great way to bring something different to your Super Bowl party. Make a banner to welcome your guests or hang other decorations to go with each team’s colors. You can also encourage some friendly rivalry at your watch party with color-coded cups and plates. At the Superbowl, Eagles fans could have drank from green cups, while Chiefs fans used red ones. Most importantly, be sure to have fun, relax and watch the game. Don’t get too caught up in your hosting duties. Follow these tips and your next Super Bowl watch party will be a winner, even if your team isn’t.





# COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE

Editor: Elizabeth McLaughlin  
elizabeth.mclaughlin@student.fairfield.edu



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

## Mirror Staff's Favorite Valentine's Day Candy



## Valentine’s Day - the Happiest Day of the Year

Nick Silvia, Contributing Writer

After the final issue of last semester, the editors held a party to celebrate the fact that they’d never have to read this column again, and when I didn’t appear in the first issue, I bet they thought they were safe. But, alas, like a phoenix I have risen from the ashes. And this time, I’m back with a vengeance. So welcome to a new semester, Stags, and I hope you’re ready for a long four months of poorly written jokes and subpar at best humor in general.

Valentine’s Day is fast approaching (or maybe it passed depending on when you’re reading this, I really haven’t improved at all with timing since last semester), which means that love is in the air. Then again, that might also be the smell of 80% off candy slowly rotting in the dumpsters of every grocery store in the tri-state area.

Anyway, it’s time to celebrate my favorite holiday, and I don’t mean that sarcastically or bitterly at all! There’s plenty of excellent options for your significant other this year, with classics like candy or roses being among the best. However, in an interesting move, Sweethearts has put out a line of “Sadhearts” for all those eligible bachelors and bachelorettes. For example, after a long day of scrolling through Instagram and seeing all of the posts about significant others I’ve never met and don’t care about at all, I got exclusive firsthand access, with my candy heart reading, “You will never find love :)”

“That’s not true,” said me, scarfing down a fistfull of hearts while sobbing uncontrollably. As a special feature for this issue, I also wanted to write a meaningful “roses are red” poem for all you readers, so here goes:

Roses are red  
Violets are blue  
This doesn’t rhyme  
I’m so alone

Happy Valentine’s Day, everyone!





# SPORTS

Head Sports Editor: Ryan Marquardt  
>> ryan.marquardt@student.fairfield.edu

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



Feb. 15	Feb. 16	Feb. 17	Feb. 18	Feb. 19	Feb. 20	Feb. 21
Women's Lacrosse at University of Connecticut Storrs, Conn. 2 p.m.	No games scheduled.	Softball vs Monmouth University 9:30 a.m. & at Stetson University 3 p.m. Stetson Invitational Deland, Fla.	Baseball vs Virginia Commonwealth University Conway, S.C. 11 a.m.  Women's Lacrosse vs Wagner College Fairfield, Conn. 1 p.m.	Softball vs Mercer University Stetson Invitational DeLand, Fla. 10 a.m.  Baseball vs Middle Tennessee University Baseball at the Beach Conway, S.C. 10 a.m.  Women's Basketball at Niagara University Niagara Falls, N.Y. 2 p.m.  Men's Basketball vs Manhattan College Fairfield, Conn. 2 p.m.	No games scheduled.	No games scheduled.
 <p>Women's basketball has multiple crucial games this week when looking towards the MAAC tournament.</p>		Baseball at Coastal Carolina Baseball at the Beach Conway, S.C 4 p.m.  Men's Basketball at Marist Poughkeepsie, N.Y. 7 p.m.	Men's Lacrosse at Wagner College Staten Island, N.Y. 1 p.m.  Women's Tennis vs Drexel University Trumbull, Conn. 6:30 p.m.	 <p>Softball starts out their season this upcoming week at the Stetson Invitational.</p>		

## Stags In The Stands Seeks to Bolster School Spirit

By Brooke Lathe  
Executive Editor

At any given Fairfield sporting event, you can easily spot a mass of students beaming in red and aggressively cheering for their peers. One might call it an influx of school spirit, but its formal name is actually “Stags In The Stands”.

Stags In The Stands is a student organization that is in charge of rallying up as many Fairfield students as possible for every sporting event. Throughout the year, they hold multiple pop-up events to get students engaged in different activities, give out Fairfield apparel and more.

The more recent and popular promotions Stags In The Stands has been working to advertise were the \$10k and \$50k basketball shots, an opportunity given to a raffle winner at the participating games. Club members work in collaboration with the Athletics Department to advertise these opportunities through email blasts and social media posts, and are the ones to hand

out the colorful raffle tickets.

According to Club President, Emma Falkowski '24, everyone at Fairfield University is a part of this group as she stated, “Once you enroll in Fairfield, you enroll in Stags In The Stands.”

There are certain members of the group, however, who serve as executive board members with roles ranging from social media to programming. At bi-weekly meetings, they brainstorm ideas to get the student body involved and plan which games they should host certain events at or what type of social graphics they want to film.

Right now, Falkowski shared that their biggest goal is getting kids into the new arena. “It's beautiful,” shared Falkowski. “We really want to get students excited about it. But, of course, the goal every year is just to get kids excited about athletics on campus and get them to come together as a group.”

Some upcoming events include a Best Buddies collaboration on Feb. 19 as

Stags In The Stands helped the organization get in contact with the ticketing workers to secure an entire section of the Leo D. Mahoney Arena for members of the Best Buddies club.

“Having these club members come to the game is very important because it builds up the Fairfield community,” Falkowski explained. Stags In The Stands is continuing to work with athletics to ensure they have a fun event with a donation table in the Mahoney Arena.

Throughout the rest of the school year, Stags In The Stands is planning other exciting events such as their annual Military Appreciation Day, which takes place during the lacrosse season. Once the sponsors pick a game day, the club will attempt to raise money for Wounded Warriors by offering raffles and selling the military apparel “Stags In Stripes”. They are also hoping to promote another \$1k raffle in the upcoming months, but instead, it will be with a lacrosse ball this time around.

“Students really like to get

involved at Fairfield, but they don't necessarily know how to or they really love sports, but they don't know if anyone else wants to go to the game with them,” Falkowski shared. “So, [Stags In The Stands] is a great way to build up the community, get the spirit going and it also helps our athletes too”

To remain updated on games and events, keep an eye on your email

inbox, Life@Fairfield or @stagsinthesstands on Instagram.

“If anyone wants to get involved and doesn't know how to start, sending an email to emma.falkowski@student.fairfield.edu or direct messaging us on Instagram is a great way to start,” Falkowski advised. “We always respond, and the sooner you start, the better.”



Photo Courtesy of @fairfieldstags Instagram  
Stags In The Stands helps to orchestrate the "Red Sea" at the Mahoney Arena.

### In this week's issue...

- Men's Basketball Splits Crucial MAAC Contests (Page 14)
- Chiefs Prevail As Champions Closing Out Wild NFL Year (Page 15)
- Men's and Women's Swim & Dive Take On MAAC Championships (Page 15)
- Men's and Women's Lacrosse Kick Off Season (Page 16)



# Men's Basketball Splits Crucial MAAC Contests

By Trevor Russell  
Contributing Writer

The Fairfield University men's basketball team had two games this past week in which they posted a 1-1 record. The week started with an away loss at Rider University on Friday before the team brought home a win on Sunday against Mount St. Mary's University at the Leo D. Mahoney Arena. The Stags now stand at 11-14 on the season heading into this week's contests.

Fairfield headed to Lawrenceville, N.J., on Friday to take on a red-hot Rider team that was on a seven-game winning streak. The streak included a big win over Rick Pitino's Iona University, as well as a close overtime win against Fairfield two weeks prior. The Stags were unable to come away victorious yet again with another extremely close loss. Fairfield came into the game missing two key players with Redshirt Senior Jake Wojcik and Chris Maidoh '23 both being sidelined due to injuries. The injury to Wojcik saw forward Makai Willis '25 get the start in which he played a season high 24 minutes. The game was a closely contested affair, with neither team leading by more than six points during the entire game. Fairfield started the game off in a positive manner, going on a 6-0 run, before the Broncs answered with a 12-5 run of their own. The half was a low-scoring defensive affair that ended with a score of 28-27 in favor of the home team. The start of the second half saw

another hard fought battle with neither team managing to create a large lead. After a couple of back and forth possessions, Rider found themselves at the free-throw line down 57-55 with a chance to tie the game with under a minute to go. The Broncs Dwight Murray Jr. sank the first attempt and missed the second, which led to a scramble to grab the rebound, which in turn saw the ball end up in Rider's Alan Powell's hands. He drove to the right towards the baseline before pulling up for a mid-range jumper, which he nailed with 7.3 seconds to go. Fairfield then missed a desperation three pointer at the buzzer, sealing their fate.

Forward Supreme Cook '24 led the Stags with 16 points in 24 minutes in which he also pulled down three rebounds according to the game's official box score. Rider's Allen Powell was once again a thorn in the side of the Stags, scoring 18 points including the game winner. With the victory, Rider was able to maintain a small margin on their first place lead in the MAAC.

Fairfield played well against the number one-ranked MAAC team, but just fell short after looking like they might steal a victory on the road. "I'm proud of our effort. We went on the road to play the best team in the league, and we fought hard," said head coach Jay Young in the game's official recap. "But to win this type of game, it comes down to details, and we didn't execute a sideline out-of-bounds and we didn't box out on a free throw. Plays like that are the

difference. So we'll continue to work hard to correct those types of mistakes and put ourselves in a position to turn these close games into wins." At that point in the season, Fairfield had been in ten games decided by six points or less this season, in which they had a record of 4-6. Sunday's victory changes that record to 5-6.

On Sunday, the team faced off against Mount St. Mary's in a 2 p.m. Sunday matinee home game. The Stags came into the game needing to break a four-game losing streak and they did, coming away victorious with a 76-72 overtime win over The Mount. It was a tightly contested game throughout, with Mount St. Mary's holding the lead for much of the second half. The Fairfield team managed to claw themselves back into the game in the final minutes however, putting themselves in a position to win the game where they had the ball in a tie game for the final possession. The Stags received multiple chances at a game winner as they grabbed the first miss and then a deflection out of bounds to give them a chance to win with only two seconds remaining. However, after back-to-back missed threes from guard Jalen Leach '24 and Graduate Student guard Caleb Fields, Cook had a chance to win the game with a fadeaway jumper, but was unable to connect on the shot. This pushed the game into overtime where the team took the lead early and managed to fend off The Mount for the remainder of the game, emerging

victorious with a slim four-point margin.

Guard TJ Long '25 had a team-best 21 points for the Stags, including a clutch steal and bucket down the stretch that helped force overtime. Supreme Cook had a monster game in the paint, finishing with a double double of 14 points and 14 rebounds. Mount St. Mary's had some stellar performances of their own, with starting guards Dakota Leffew and

Jalen Benjamin scoring 21 and 22 points, respectively. However, their performances were not enough to overcome the Stags on the road. Mount St. Mary's now sits at 8-18 on the year with a 4-11 record in the MAAC.

The Fairfield team now looks ahead to a game this Friday night at Marist College before returning home to Connecticut on Sunday to square off with Manhattan College at 2 p.m.




The Stags will look to improve their current MAAC standing in their two games this week.

Weekly 5x4

Your 2023-24 5x4 Columnists: Tommy Coppola, Brooke Lathe, Max Limric, Julian Nazario, Ryan Marquardt

Because we have witty things to say ...

- What was your favorite part about the Super Bowl?
- What is your favorite class so far this semester?
- What national park do you want to visit the most?
- What are your plans for President's Day weekend?




Tommy Coppola  
Editor-in-Chief

That half-field touchdown from Jalen Hurts to A.J. Brown. Such a great play.

I find my Biological Anthropology class really fascinating.

I visited Acadia a couple years ago and I would go back without hesitation.

I'm visiting my girlfriend's house and we're going to study for our upcoming exams.




Brooke Lathe  
Executive Editor

The Mama Kelce jokes.

I always look forward to my Advanced Portfolio Capstone. Probably because I love Prof. Sonya Huber.

I'd have to agree with Max. Should we go together sometime? ;)

Attend the Sunday basketball game per usual and grab lunch with my mom.




Max Limric  
Managing Editor

The U2 concert announcement. I didn't watch it live though—my mom sent it to me afterwards.

Yikes ... But like Brooke, Sonya Huber's great and I get to have her for the first time this semester in a Creative Writing class.

Yosemite. And we should girl <3.

Vibe.




Julian Nazario  
Copy Editor, Head News Editor

That Tubi commercial, don't ever play with my emotions again!

It was Intro to International Relations until my professor took a medical leave.

Anywhere that has waterfalls and long trails.

Get on a train and visit Washington D.C. and some friends.



Ryan Marquardt  
Head Sports Editor

Watching the Eagles and especially Nick Siriani lose.

My Intro to Management Class with Richard Ceronne is good.

Yellowstone probably.

Going home.



# Chiefs Prevail As Champions To Close Out Wild NFL Year

By Danny McElroy  
Contributing Writer

The 2022-23 National Football League season has come to a close, and after one of the wildest years of football in recent memory, the Kansas City Chiefs have emerged as Super Bowl Champions after a 38-35 win over the Philadelphia Eagles.

It's almost ironic that after all the chaos of the past few months, it was the clear two best teams throughout the season that made it through the smoke to battle in Glendale, Arizona on Sunday night to capture the Lombardi Trophy.

Both teams' high-powered offenses were as advertised throughout the contest, trading touchdowns back-and-forth with little to no defensive resistance, save for a fumble recovery returned for a touchdown in the first half courtesy of Chiefs linebacker Nick Bolton. Kansas City quarterback and newly crowned league MVP Patrick Mahomes turned in yet another dazzling performance, delivering three passing touchdowns and gutting out a clutch 26-yard scramble late in the game, despite playing through a high ankle sprain he suffered just three weeks ago against the Jacksonville Jaguars and reaggravated Sunday night. Mahomes's play was enough to net him the second Super Bowl MVP award of his young career, further cementing him as the best the league has to offer at this current moment.

Mahomes was not the only one who showed out on the big stage,



Photos Courtesy of @chiefs Instagram

Patrick Mahomes won Super Bowl MVP while Travis Kelce and Nick Bolton also contributed to the Chiefs win with one touchdwn each.

however. His adversary on the opposite sideline, up-and-coming Eagles quarterback Jalen Hurts, finished off his tremendous season with an all-time great display in a Super Bowl loss, accounting for 374 total yards

of offense and four touchdowns. Ultimately though, the heroics of Hurts could not overcome the collapse of the Eagles' typically stout defense, which yielded a score on every Chiefs possession of the second half before a

controversial defensive holding penalty sealed their fate in the final two minutes.

Still, it's hard to call the season a disappointment for Philadelphia, who managed to exceed preseason expectations despite already being picked by many to be a playoff team back in August.

Elsewhere in the league, even more surprising success stories headline the year in review. Both the New York Giants, led by Coach of the Year winner Brian Daboll, and the Jacksonville Jaguars were able to break playoff droughts and reach the divisional round after being forecasted to be among the league's worst teams.

Even the Detroit Lions, perpetually one of the league's worst teams since the turn of the century, posted a respectable 9-8 record and have a significant reason for optimism going forward.

Not everyone was so fortunate, however. Teams like the Denver Broncos and the defending Super Bowl champion Los Angeles Rams massively underperformed, not even coming close to the playoffs after an offseason of hype surrounding new acquisitions like quarterback Russell Wilson for Denver and wide receiver Allen Robinson for Los Angeles.

The 2022-23 season was unprecedented for the NFL off the field as well. Just two weeks ago, legendary New England Patriots and Tampa Bay Buccaneers quarterback Tom Brady announced his retirement after 23 seasons of dominance and seven Super Bowl titles. The league also continued its efforts in promoting the international growth of football, as Munich, Germany hosted their first ever NFL game between the Seattle Seahawks and the Tampa Bay Buccaneers. In addition, over the past month, we watched the football world come together in

support of Buffalo Bills safety Damar Hamlin, who was honored pregame on Sunday night after overcoming a cardiac arrest he suffered on the field on Jan. 2.

All in all, it was yet another unpredictable and exciting year for the NFL, and as the Chiefs ride off into the sunset with another trophy, who knows where the league will go next.

# Men's and Women's Swim & Dive Take On MAAC Championships

By Ryan Marquardt  
Head Sports Editor

The men's and women's swimming and diving teams both trekked out to Buffalo, N.Y. on Wednesday, Feb. 8th to compete in the four-day Metro Atlantic Athletic Conference Championships.

The women's team took first place after the first day and held on through the tournament to take home the MAAC championship. The Stags put up 609 total points throughout the 40-event meet, which placed them in first by just four points over Niagara University.

Erini Pappas '25 earned the Women's Most Outstanding Swimmer of the meet after breaking the school record in the 200-meter backstroke with a time of 1:59.55 according to the official recap.

Three Stags won their races on the final day, one of which was Pappas, along with Alison Sposili '25, who finished the 200-meter breaststroke in 2:19.59 and Erin Hoyland '25, who won the 1650-meter freestyle clocking in at 17:14.09.

Fairfield also had two divers hit two of the top five spots in the one-meter event with Alexis Gaulin '24 scoring 213.05 points and Lia Openheim '25 scoring 181.20 points through their six dives to take fourth and fifth place in the event.



Fairfield's women's swim and dive team captured the MAAC championship this weekend.

The women's 400-meter freestyle relay team also set a school record with a time of 3:26.84 which got them to second place in the final event of the meet and secured Fairfield's MAAC championship. The freestyle team was composed of Pappas, Viola, Lily Barker and Syndey Scalise. Lastly, Fairfield coach Jaci Dyer won the Women's Swimming Coach of the Year after she led Fairfield to the championship.

The men's team did not fare as well, although they still finished fourth and held the po-

sition from day two on. The team was 19.5 points behind third-place finisher Niagara University and was 90 points behind first-place finisher Rider University according to the official standings of the event.

Alexey Belfer '24 set a school record in the 100-meter freestyle with a time of 44.43, which garnered second place in the event. Fairfield also had a strong showing in the 1650-meter freestyle, holding the second and third place spots with Joseph Stewart '25 finishing in 15:42.23 for the

silver and Joey Nizzardo '25 collecting the bronze with a time of 15:51.51 according to the event's official recap.

The Stags also had some more points contributors with top-eight finishes in their respective races through Oliver McLaughlin '26, who finished in eighth in the 200-meter backstroke, completing the race in 1:52.14.

Tim Regan '26 placed seventh in the 100-meter freestyle with a time of 46.06. The Stags had a pair of top eight finishes in the 200-meter backstroke with Chris Ford '23 taking fifth with a time of 2:01.13, and Jeff Vlass '25 taking seventh with a time of 2:05.18.

Another pair of top eight finishers were graduate student Evan Fair and Hans Tristan Lim '24, who also took fifth and seventh respectively. Fair clocked in at 1:50.85 and Lim at 1:54.71. In the final event, which was the 400-meter freestyle relay, the team took a school record with Stewart, Regan, graduate student Peter Gori and Belfer taking fourth place with a time of 3:02.34.

Both teams had some success throughout the season with the women's team able to close on a higher note. However, both teams still set multiple school records and will continue to prepare for their next season. For more information, go to fairfieldstags.com.



# Men's And Women's Lacrosse Kick Off Season

By Billy McGuire  
Assistant Sports Editor

The Fairfield University men's and women's lacrosse teams kicked off their respective seasons on Saturday, with the men's squad facing off against Lehigh University in Bethlehem, P.A., and the women's team facing off against the College of Holy Cross on Conway Field at Rafferty Stadium.

The men's team suffered a rough loss, falling to the Mountain Hawks 20-10. Despite the loss, the Stags put out a strong effort and fight against a program that has had a lot of success. The Stags made their presence known by playing a competitive first half before running out of gas.

They responded quickly after the Mountain Hawks added their name to the scoresheet 1:09 into the game with a shot from attackman Jake Gilbert '26, who tied the game just over a minute later at one apiece with his first collegiate goal. Shortly thereafter, at the 10:43 minute mark, the Stags took possession of the driver's seat for the first time in the contest as another first-year, midfielder Will Consoli '26, scored his first collegiate goal off a pass from attackman Max Paparozzi '23 that helped build some much-needed confidence for the Stags.

Lehigh responded quickly with two goals of their own in the ensuing minutes, putting themselves back in possession of the game with a 3-2 lead. The Stags weren't going to let the game get out of reach this quickly, as Paparozzi buried one in the back of the net on a man-up advantage off of a feed from midfielder Josh Demko '25 to tie the game with 2:40 left in the quarter. The Stags were given another man-up opportunity, and hybrid attackman and midfielder Jack McKenna '25 took full advantage of this chance by scoring his first goal of the season to put the Stags in the driver's seat for the second time with a 4-3 lead with 1:33 remaining.

The Stags lost their lead quickly, as Lehigh rebounded to go back in front 5-4 at the end of the first quarter. They proceeded to come out of the gate hot in the second quarter by expanding their lead by four goals to a 9-4 margin. Fairfield finally got a shot through at the 7:25 minute mark, as McKenna secured his second goal of the game with some assurance from defender Christopher DeBellis '25 to cut the lead to four. After another Lehigh goal, the Stags worked to close the gap before the half, as midfielder Luke Okupski '24 netted one through off

a pass from Paparozzi to cut the lead back down to four with 2:45 remaining. The Stags received another man-up opportunity, and McKenna, just like he did earlier, took full advantage by scoring his first hat-trick of the season, narrowing the margin to three with 1:57 to go in the half.

Carrying much-renewed momentum out of halftime, Lehigh proved to have other plans rolled up their sleeves, as they stormed out of the gate with three goals of their own to expand their lead to six. McKenna slowed their speed with his fourth goal of the game to trim the Mountain Hawks' lead to 13-8 with 7:44 remaining in the third. Shortly thereafter, another man-up opportunity was awarded to the Stags, and redshirt attackman Bryce Ford '24 fired one through to make it a 13-9 lead for Lehigh with 6:14 to go.

The Stags soon saw the game fall out of reach as they failed to put anything in the back of the net for over a quarter, and during this span, Lehigh scored five more times to extend their lead to 18-9. Fairfield finally snapped their goalless drought with 5:58 remaining in the contest, as McKenna sniped one through to make it an 18-10 ball game. McKenna's goal, however, would be the final time Fairfield would light the lamp, as the Mountain Hawks went on to win, 20-10, as the Stags took the loss in their first game of the season.

"We learned a lot from this game," Ford said. "When we get back out there on Saturday, versus Wagner, we'll have another opportunity to learn and grow from this. We're gonna have a lot of games, a lot of learning opportunities. So we're definitely excited to stack up some wins."

"It wasn't much of effort and not trying as hard," Paparozzi added. "It was more about lacrosse IQ and those little things that we need to clean up. We have a lot of guys returning, but we have a lot of young guys playing out there for the first time. It was a learning experience and there were just little things that happened in the game that you just got to be aware of, and we went over that in practice and that should help us grow in the future."

Meanwhile, back on campus, the women's team hosted the College of Holy Cross in their first matchup of the season at Rafferty Stadium. After a quick Holy Cross goal in the opening minute, the Stags turned the next two quarters into an offensive rampage, as graduate midfielder Ellie Grefen-



Photo Contributed by The Sports Information Desk

The women's lacrosse team started their year 1-0 after winning a close game against Holy Cross.

stette got the party started early by putting in her first goal of the season off a feed from attacker Libby Rowe '23 at the 12:47 mark, followed by two more respective scores at the 11:53 and 7:39 minute marks from the hybrid attacker/midfielder Olivia Doody '23 and fellow hybrid attacker/midfielder Elizabeth Taulluto '23 to put the Stags in front, 3-1.

Holy Cross responded soon thereafter with a goal of their own, but the Stags had other plans. Doody found the back of the net a second time at the 4:32 minute mark, and midfielder Rylee Harrell '24 added her name to the scoresheet with a goal of her own just 47 seconds later to expand the lead to 5-2. Grefenstette then closed out the quarter with six seconds left to net her second of the game off a feed from Doody to head into the second quarter up 6-2.

After Holy Cross kicked things off to cut the lead in half, the Stags later responded with three goals of their own in a 1:20 span. Midfielder Maggie Fort '23 snuck one through off a Grefenstette pass at the 9:09

mark for her first of the season to make it 7-3, followed by midfielder Haley Burns '24 and attacker Amanda Kozak '24 each burying one of their own to expand the lead to 9-3 with attacker Libby Rowe '23 helping both of them out in the process. The Stags later put one more in before halftime as Rowe snuck one through with 26 seconds left to give the home team a 10-4 with her first of the season.

After a dominating offensive performance in the first half, the Stags slowed down as they only netted one in the third quarter. Taulluto scored her second goal of the game to give the Stags a seven-goal lead at the 10:36 mark, their largest of the game. The Stags did not score again for over a quarter, as Holy Cross put four goals in the back of the net to trim the lead to three. Rowe later found Kozak for her second goal of the contest with 7:18 to go in the fourth to put the Stags up by four.

After Holy Cross cut the lead back down to three, Grefenstette scored her first hat trick of the season with 3:16 remaining to once again put the Stags in front by four. Holy Cross refused to back down, as they once again closed the gap by three with 1:33 remaining and that was all they could do before time expired. The Stags improved to 1-0 on the season in a contest that was a tale of two halves.

"To be perfectly honest, that was our scout for Holy Cross and our execution was a reflection of our preparation in practice," said Coach Laura Field, according to fairfieldstags.com. "A win is a win, that's true, but going forward if we want to put ourselves on the map, we've got to actually show up at every single game, to our level and not anyone else's level."

The men's lacrosse team will travel to Staten Island, N.Y., on Saturday, Feb. 18 at 1 p.m. against Wagner College. The women's lacrosse team will travel to Storrs, Conn., on Wednesday, Feb. 15 for their first road contest of the season, which will take place at 2 p.m. They will return home on Saturday, Feb. 18 in a tilt against Wagner College at Rafferty Stadium at 2 p.m. For more information on Fairfield lacrosse and athletics as a whole, please visit [www.fairfieldstags.com](http://www.fairfieldstags.com) for more information.



Photo Contributed by The Sports Information Desk

Head coach Andrew Baxter is entering his fourth season as the Stags head coach and has nearly two decades of college coaching experience under his belt.