THE MIRROR

Week of April 3, 2024 | Vol. 51 Issue 8

Independent student newspaper

fairfieldmirror.com









Dylan Gordon pictured in his office on the fourth floor of the Barone Campus Center. He assumed the role of Senior Director, Equity at Fairfield University after the role had been vacant for several years.

Fairfield University Hires New Equity Director, Dylan Gordon

BY ERICA SCHINDLER Assistant News Editor

After several years without a permanent Senior Director of Equity at Fairfield University, Dylan Gordon was hired for the position this past January. In this role, Gordon will also serve as the university's Title IX Coordinator and handle reports of discrimination and misconduct.

Title IX of the Education Amendments of 1972, commonly referred to as simply Title IX, is a federal law banning sex-based discrimination in any educational institution that receives federal

According to the U.S. Department of Education, Title IX states the following: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Title IX areas of obligation for recipient schools include admissions, financial assistance, athletics, employment, treatment of LGBT+ students and sex-based harassment. Sex-based harassment "encompasses sexual assault and other forms of sexual violence." This means that sexual assault and harassment are outlawed by Title IX. When an instance of this is reported, Gordon takes a step-by-step approach to handle the situation.

"When a report is made to me of a potential Title IX violation, the first step is reaching out to the involved individual and making them aware of their rights under the law, the University's policy and procedures and of the resources that are

available to them," Gordon states. "Then I work with that person to explore their options and guide them through the choices they have, whether to pursue a formal Title IX process, engage in an informal resolution, discover a restorative solution, seek a no-contact order and/or receive supportive measures from the University."

Students may also turn to Fairfield University's online sexual misconduct page for resources. The page includes a section - at the bottom - labeled "Title IX Training Materials." This section

When a report is made to me of a potential Title IX violation, the first step is reaching out to the involved individual and making them aware of their rights under the law, the University's policy and procedures and of the resources that are available to them."

-Dylan Gordon Senior Director, Equity at Fairfield University

contains links to the student handbook, training materials and other Title IX resources. Within the training materials

page are resources for both students and

Here, the university defines sexual violence and sexual harassment. "What constitutes sexual misconduct at Fairfield University encompasses a wide range of behaviors, including, but not limited to, harassment of a sexual nature, stalking, intimate partner violence, intimidation and sexual exploitation," the website says. "The University prohibits all forms of sexual violence, sexual harassment and sexual misconduct."

Going into more detail about what guidelines are in place at Fairfield, the page explains that students who have experienced sexual harassment or other Title IX violations can self-report by emailing equity@fairfield.edu or by calling Public Safety. A victim's peer can also report on their behalf.

While Title IX was designed to protect students, some students choose not to report for a variety of reasons. According to the National Sexual Violence Resource Center (NSVRC), one in five women and one in 16 men experience sexual assault in college. Yet, more than 90 percent of sexual assaults go unreported. Whether or not a Fairifled student chooses to file a report, Gordon says the Office of Equity is here for them.

"Students who may have experienced a sexual assault, dating violence, stalking or other harassment may have just had one of the worst experiences in their life," Gordon states. "To these students, I say, explore your support and resources, there is help available, whether you need someone to hear your story, or CONTINUED ON PAGE 4

RecPlex Kicks Off 4th Annual Stags **Go Move Challenge**

BY BRIDGET KEOHANE Assistant News Editor

On April 1, the Leslie C. Quick, Jr. Recreation Complex (RecPlex) kicked off their fourth annual Stags Go Move Challenge, in an attempt to encourage physical activity amongst college students. The challenge will be taking place until April 30 and gives undergraduates the opportunity to log their minutes of activity to be entered into raffles for weekly

This comes at a time when studies have found that university students, specifically first-years, are at risk for developing an unhealthy lifestyle. While the "Freshman 15" - the belief that college students frequently gain 15 pounds during their first year - has largely been deemed a myth, students are given more autonomy in college compared to high school, and for some, physical activity may not be a priority.

A study done by Western Kentucky University cites some of the benefits college students can find in working out. These benefits include improved memory retention, a boosted mood and an outlet to relieve stress.

The Stags Go Move Challenge gives students an opportunity to reap the benefits of working out while also offering prizes. Students are encouraged to create an account on the Stags Go Move website with their university email and participate in the challenge as an individual or with their friends as a team. Students have a higher chance of winning Stag Bucks when they create or join a team.

Other prizes offered to challenge participants this year include Oculus VR Headsets, spikeball nets, gift cards, t-shirts, hoodies, and more! Prizes are not based on the total number of minutes spent work-

As someone who is participating in the challenge for the first time, Junior Alexander White expressed excitement over the opportunity to win prizes while staying active: "The Stags Go Move challenge is a great way for Fairfield students to get up and active. The inclusion of prizes and the friendly competition really drives the challenge and allows it to be a main staple of the RecPlex and something for members of the gym to look forward to year around. While I have worked at the RecPlex for a few years now, this will be my first time fully participating, and I plan on being in the gym everyday. It's a fun challenge which I think everyone should participate in; and this year hopefully you'll see my name on the leaderboards!"

Participants in the challenge are instructed to track their minutes of movement directly on the website. The FAQ section of the website states that "movement is defined as any intentional exercise that causes at least a small increase in breathing or heart rate. This includes cardio, strength/ resistance, mind/body, and sports/ fitness."

When participants log their workout, they are prompted to indicate the type of exercise performed and its duration. There is no limit to the amount of movement or daily number of minutes a participant can log.

The workouts that are logged can only be seen by the individual logging them and Fairfield's challenge administrator. To encourage some friendly competition, the website also divides the participants by class year, displaying the number of minutes logged from each grade level, as well as graduate students. As of April 2, the Class of 2024 was leading the challenge with a total of 926 minutes logged.

In addition to hosting the Stags Go Move Challenge, the RecPlex is also offering a number of other fun activities throughout the month of April. These include a trip to the Yankee Game on April 7, a Student Smash Away as a stress reliever before finals on April 30 and a number of workout classes - including Yoga on the Library Lawn on May 1.



April 1 marks the start of the RecPlex's Stags Go Move Challenge. Students can utilize machines like those pictured above to stay active.

News

Fairfield@Night Celebrates 10 Years!

Page 3

Opinion

College Courses Should Opt For No-Technology Policies

Page 5

The Vine

Read Ahead for the Ultimate Quad Playlist!

Page 9

Sports

One-on-One Interview with Fairfield WBB Coach Carly!

Page 16

Fairfield University

SAIL INTO SUMMER

Choose from over 100 online and in-person graduate and undergraduate **summer** courses. From science to management, writing to religion, we've got what you need on deck.

NEW SUMMER SESSION I

UNDERGRADUATE COURSES

BIOL 1015 Fundamentals of Biology I

CHEM 1073 Culinary Chemistry

DATA 3335 Sports Analytics

ECON 3237 Fair Trade and Microfinance

ENGL 1230 Ethnic American Literature

ENGL 1832 Business Writing

FNCE 3215 Financial Management

FTMA 1120 Beginning Screenwriting

for Film and Television

INTL 1050 People, Places, and Global

Issues

RLST 2900 Special Topics: Religious

Ethics and Speculative

Fiction

NEW SUMMER SESSION II

UNDERGRADUATE COURSES

ANTH 1210 Biomedical Anthropology

CHEM 1085 Chemistry, Energy &

the Environment

ENGL 1110 International Short Fiction

ENGL 1832 Business Writing

FTMA 2201 Filmmaker Studies:

Alfred Hitchcock

INTL 1050 People, Places and

Global Issues

POLI 2109 American Public Policy

RLST 2331 The Problem of God

fairfield.edu/summer

Questions?

Contact

summerstudies@fairfield.edu





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

4/27 10 a.m.

A female student found the rear passenger side window of her vehicle broken while parked in the Jogues lot. DPS suspects the damage may have been caused by a foul softball.

4/27

11:35 a.m

An employee of the Egan Chapel reported that a television in the lobby had been disconnected and vandalized. Currently, DPS is reviewing camera footage. There are no suspects at this time.

4/29

5 p.m.

A car was damaged at Raffety Stafim due to a foul baseball. The vehicle's owner was identified and has been contacted.

4/29

5:30 p.m.

There was a full building fire alarm in the Barone Campus Center, which was caused by a heat detector in the loading dock. The Fairfield Fire Department and alarm company rectified the issue.

4/1

11:30 p.m.

An ABM employee was rescued from an elevator in Bannow Science Center. DPS arrived at the scene and contacted the elevator company for repairs.

THE MIRROR

Incorporated 1977

Max Limric, Editor-in-Chief Samantha Russell, Executive Editor Kathleen Morris, Managing Editor Claire DeMarco, Copy Editor

Editors

Ashley Devlin, Head News
Erica Schindler, Assistant News
Bridget Keohane, Assistant News
Roisin McCarthy, Opinion
Natalie Dripchak, Assistant Opinion
Caitlin Shea, Head Vine
Fiona Wagner, Assistant Vine
Ryan Marquardt, Head Sports
Crystal Arbelo, Assistant Sports
Daniel McElroy, Assistant Sports

Staff Photographer Shea Burns

Business Department Email: info@fairfieldmirror.com Natalia Adamski, *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



From left to right: Kate Kerr '25, Brianna DiMaggio '26 and Grace Karangekis '26 are student-employees for Fairfield at Night. Fairfield at Night is lead by students focused on promoting positivity and creating options for substance free activities on the weekend.

Fairfield at Night Celebrates a Decade of Student Engagement

BY SAMANTHA RUSSELL

Excutive Editor

For the past 10 years, Fairfield@Night (F@N) has offered university students the opportunity to partake in student-led, substance free activities on Thursday, Friday and Saturday nights. Those numbers equal three nights a week, 12 nights a month, 24 nights a year and 240 total activities designed to increase students' social engagement on campus. To celebrate this feat, the organization held a tenth birthday party for the organization on Saturday, March 23.

"F@N has accomplished so many amazing things, and we took this birthday bash as an opportunity to celebrate the great ten years, say thank you to any and all of the students who attended our events, and give a special thanks to our staff," said F@N Supervisor Danielle Parisi.

The birthday bash, located in the lower level of the Barone Campus Center, featured lawn games as well as Double Axe Throwing and Mini Golf, an Open-Air Photo Booth, custom street sign making, a raffle and grub from one of campus' most popular food trucks, Fork in the Road. Food vouchers were available at a F@N table and all students were invited to join the festivities from 6 p.m. to 10 p.m.

By encouraging students once again to connect with old and new friends, the organization's mission to provide fun, diverse and upbeat social events proved successful. Parisi noted the overarching enjoyment felt by F@N while planning and hosting this event, which required weekly meetings with Parisi and Creative Directors.

From 2012 to 2014, a number of incidents involving drug and alcohol use were reported on Fairfield University's campus. In light of these situations, the Office of Student Engagement conducted research around substance-free programming on college campuses and, thus, F@N was born. Parisi acknowledges the evident success of the substance-free implementation and its popularity among students.

"

F@N has accomplished so many amazing things, and we took this birthday bash as an opportunity to celebrate the great ten years, say thank you to any and all of the students who attended our events, and give a special thanks to our staff."

-Danielle Parisi, F@N Supervisor

"Since F@N has been added to the campus there has been a significant decrease in incident reports, making our campus safer for everybody. These events give students a fun activity to take part in if they do not feel comfortable with other options."

In its early years, Parisi conveyed that the nature of F@N "felt very limiting." She continued that students would plan specific events such as bingo, trivia, late night at the RecPlex nights and DIY nights. As it has evolved, however, and a schedule has been adapted to "stick with

students and create a sort of routine."

"We now have DIY nights on Thursdays, game nights on Fridays and general events on Saturdays," Parisi explained. "We try to offer something for everyone and are always taking suggestions for new events!"

Other F@N events include crafts and game shows, with prizes often included. As the program continues into the future, Parisi conveyed their purpose to provide students something to look forward to at the end of the week. Furthermore, she assured the pleasure that student members feel while providing these events for their peers and watching friendships form.

"Executing fun activities that I have enjoyed during my time here makes me happy that other students enjoy them too," stated Creative Director Maddy Donohue '26. "It is a great option and provided every weekend which is not something you see on every campus."

Nohea Breedan '25, another Creative Director, shares similar feelings towards F@N activities:

"These are great events, all of them being student run and student driven. It is awesome to see students come and check it out. I have been a part of F@N since my freshman year and I am so grateful for all the adventures F@N has brought me on."

F@N often works with co-sponsors to ensure the seamless flow of activities along with executing their key initiative to "support the development and funding of approved events, while also providing guidance in the planning process and increased student engagement opportunities," as provided by their Life@Fairfield page.

As it continues to grow, F@N certainly does not plan to halt its efforts of creating campus impact. Parisi informed that, to meet the shifting interests of students, the program constantly works on new events and brainstorms new ideas during their January and August training sessions, closely preceding the start of each new semester. This preparation comes with the goal of establishing a fun, welcoming environment as well as a place where students can hang out and make friends.

The impact it holds for its student leaders, however, is just as valued. While it issues an important social resource for students, it also builds a certain skill set for its staff.

Creative Director Olivia Murphy '25 confides that the organization has given her and "so many students who work for the organization opportunities to learn and grow in leadership." She added that, "It has also been a great experience being able to provide an environment for students where they feel comfortable and welcomed."

On April 12, F@N will be hosting a game of pictionary and, on April 18, the opportunity to create Earth Daythemed tote bags. Summer Bingo is also offered on April 27 in anticipation of the approaching summer break.

Positive student feedback and excitement drives F@N staff to continue what they do. To keep up with upcoming events, Parisi encourages students to follow their Instagram page, @fairfieldatnight.

"We are so grateful for all of the love and support Fair-field@Night has gotten over the last 10 years," Parisi declared, "and we can't wait to put on more fun events for our campus community."

Title IX Coordinator Gordon Emphasizes Student Resources, Anti-Harassment Policy

CONTINUED FROM PAGE 1

experienced a sexual assault, dating violence, stalking or other harassment may have just had one of the worst experiences in their life," Gordon states. "To these students, I say, explore your support and resources, there is help available, whether you need someone to hear your story, or whether you want to hold someone accountable for their actions."

"

Students who may have experienced a sexual assault, dating violence, stalking or other harassment may have just had one of the worst experiences in their life...to these students, I say, explore your support and resources, there is help available, whether you need someone to hear your story, or whether you want to hold someone accountable for their actions."

-Dylan Gordon Senior Director, Equity at Fairfield University

Gordon emphasized that support is there for any students who need it, even those who choose not to file a formal report. He explained that there are benefits to making a report with the Office of Equity, even without going through the official Title IX legal process.

"Even if you are a person who doesn't want to pursue

a formal process, which is OK, making a report lets me see where there might be opportunities for training, or corrective measures as Fairfield University pursues our commitment to providing a community free of sexual misconduct," he said.

Gordon also noted that there are a variety of resources available on campus to assist students going through this experience. Confidential resources like the Wellness Center, located in Jogues Hall, and various faith leaders are available to students. Off-campus, Gordon points to The Center for Family Justice as "a great confidential resource for students to use."

Equity at Fairfield itself can assist a student in pursuing a no-contact order, getting accommodations and with other supportive measures. Resources and support are also available to students accused of misconduct, as the Equity Office is a neutral entity.

When a student does file a complaint about an instance of sex-based harassment to Fairfield Equity via email, the report reaches the Director of Equity, the role now held by Gordon. Prior to being assumed by Gordon this past January, the Equity Director role was vacant. During this time, an Interim Title IX Coordinator handled student reports.

Prior to being hired at Fairfield, Gordon worked at New York University as a Title IX Investigator and later as Deputy Title IX Coordinator. Before that, he worked for the New York City Department of Education as Title IX Liaison among other positions. Gordon explained that each of these experiences helped prepare him to help the students and community here at Fairfield.

As Senior Director, Equity, Gordon's major responsibilities include reviewing reports of Title IX violations. But outside of the role of Title IX Coordinator and his duty to oversee the university's Sexual Misconduct Policy and



Gordon's office is located in BCC 408. He expresses his desire to educate the Fairfield community on Title IX and equity.

Anti-Discrimination policy, Gordon also handles other campus-wide initiatives.

"I also address bias complaints as well as complaints of disparate treatment based on protected classes, e.g. disability, national origin, gender, gender identity, religion, race and many others." Gordon explains. "I train students, staff and faculty on Title IX and Fairfield's policies. I partner with the Dean of Students on the bi-annual Sexual Misconduct Campus Climate survey; we are analyzing the results of the most recent survey currently."

Overall, Gordon admits "the Title IX process can seem intimidating and daunting." Despite the emotional and logistical challenges associated with the process, the new Director of Equity hopes to use his new position to make students feel empowered and supported.



Editor: Roisin McCarthy

Assistant Editor: Natalie Dripchak

Opinion

Navigating Adulthood: Should It Begin Before College?

By **Sophia Cossitt-Levy**Contributing Writer

Ever since I can remember, I've wanted to be a writer. Even when I thought I wanted to be a fashion designer or a dermatologist, I knew I still wanted to write. Obviously, this kind of surety is rare.

Most people arrive at college unsure of what they want to study, and that's totally fine. College is a time for people to figure out what they're passionate about.

While it's not entirely necessary that people arrive at college knowing exactly what they want to do, high school should be more about narrowing down your interests and preparing you for adulthood.



College graduation is a sign that the adventure of adulthood is starting. Young people should feel prepared for this moment. Does college prepare students in navigating the real world?

I've found that once people reach high school, they know their likes and dislikes and have classes they prefer. I, for example, cried my way through math starting in elementary school.

On the other hand, I had friends who were so sick of taking humanities classes by the time we were picking our courses for junior and senior year, they stopped taking them once they hit the minimum credit requirements.

Every class is important in some way, but eventually, once students reach harder classes, they begin to lose their significance.

A student who wants to be a scientist won't benefit from challenging literature classes the way I would. On the flip side, I didn't get anything from Algebra 2 besides frustration and bad grades.

So, maybe after sophomore year of high school, students should be choosing general areas of study, focusing in either the humanities or STEM.

It makes sense – by high school, many know which area they're more interested in, and it prevents people from taking unnecessary classes.

Still, it would be difficult to change entire curriculums and school systems to fit this model.

So, I think the answer lies in magnet schools, which are public schools with specialized courses and curricula.

I was fortunate enough to be able to attend one for high school. My magnet school was funded by public school districts, meaning that my regular high school paid for me to attend and provided transportation to the magnet school for afternoon classes.

At my magnet school, I studied creative writing and gained experience writing in nearly every genre.

This was easily one of the best things that has ever happened to me.

Generally speaking, I cared about all my classes in high school, even if I didn't like them, but I poured my entire being into those creative writing classes.

Everything I learned was so interesting and so relevant to me. Everyone wanted to be there because they cared and they loved the classes.

My public school couldn't compare. There, people regularly hated their classes, and I can't help but wonder if people would have had a more positive attitude toward their education if they'd had more control over it, the way I did.

If we had more magnet schools for different subjects and supported and nurtured students' interests that way, I believe it would help people pinpoint their passions and make the decision of what to study in college easier.

That being said, we would have to reevaluate students' workloads at their public schools, because speaking from experience, the workload was a lot. Still, I wouldn't change my experience.

I walked out of it better prepared for college. I learned how to manage my time, understood myself and my likes and dislikes better, and strengthened my writing abilities, something that helped me a lot, especially as an English major.

Further, I was exposed to screenwriting, something I probably would not have explored on my own, and something that led me to declare a second major in Film.

And, for students who are still searching for their majors,

I suggest taking some classes in the subjects that have interested you the most.

It might lead you to your major and your future career. All this is to say that it might be time to reevaluate our education system. Students are somewhat prepared for college and to be adults, but we could be doing more.

Think about it: Why aren't we making students' transitions to adulthood easier? What's stopping us?

Fairfield's Lower Acceptance Rate Reflects Rigorous Academics

By **NATALIE DRIPCHAK**Assistant Opinion Editor

It's that time of year again when seniors in high school will be deciding where they will attend college! We are so excited to welcome our new stags in this all time record low acceptance rate!

Fairfield University's acceptance rate for the class of 2028 is a whopping 33% which is the lowest it's been in years.

This newly lower acceptance rate means a lot to the Fairfield community. Many staff members and students are thrilled about this news and think it is definitely a testament to how rigorous the university is and how talented the students are.

I think this decrease in the acceptance rate is a good look for Fairfield and will draw a lot of attention to it in the next few years.

This change in acceptance rate highlights how rigorous of a school Fairfield has grown to be and how competitive it can be to get into.



This year's incoming Class of 2028 had remarkable stats. There will be a huge influx of students which may cause some controversy with the students already at Fairfield University.

Aside from the competitiveness of getting into Fair-field I would say that there is a competitive culture to Fairifled once you go here—which I believe to be a good thing.

Competitiveness allows for people to do better and gives a nice incentive to get better grades and to be active in school organizations.

Healthy competition with academics and extracurriculars paired with the strong professors and programs at Fairfield, students are destined for greatness.

However, the decrease in acceptance rate will mean that eventually over time the school will become more populated and we already seem to have housing troubles on campus so how will Fairfield be able to deal with this issue?

Personally I think having more students on campus is a good thing because it allows for more people with different backgrounds and identities to immerse themselves in the Fairfield community. More people means more ideas to be shared and more cultures to learn about.

Unfortunately, for that to happen there will need to be a serious addition in housing on campus. Even with the class of 2027 there were not a lot of housing options and many people were placed into forced triples.

With Fairfield becoming increasingly popular it can be hard to accommodate all of these students comfortably.

If Fairfield can make some changes to the campus and arrange for more housing options, the addition of more students will make an even stronger community at Fairfield!

I think that the acceptance rate does a very good job of reflecting the nature amongst Fairfield and its academics.

Not only are the professors so welcoming and thoughtful towards their students they are passionate about what they teach!

Having a teacher who is passionate about their

work allows for the class to be fun and interactive.

The professors at Fairfield truly care about their students and not only their academic abilities but their well being.

It is so easy to build relationships with professors here and it really makes the community at Fairfield stronger when both students and faculty can connect.

The amazing reputation of the professors at Fairfield allow for the academics to be top tier and invite a rigorous atmosphere to the students.

There are so many different disciplines across the many different schools and Fairfield invites students to explore their vast interests.

The lowering of the acceptance rate for Fairfield has brought so much joy amongst the students and faculty and it makes us proud to attend and teach at this school.

The lowering of the acceptance rate sheds a whole new light on Fairfield and will allow for so many more students to explore the greatness of this university!

Current and future students should be thrilled that Fairfield University is becoming a prestigious institution.



Fairfield "swag" is a vital step in becoming a Fairfield Stag. Many admitted students in this year's lowest acceptance rate will be calling Fairfield home.

Where Is The Diversity?

By **Luiza Sperling**Contributing Writer

Fairfield University, founded on the Jesuit beliefs, has a student body primarily composed of white Catholics.

When searching Fairfield University online, the Student Diversity page reads "Members of the Fairfield University community are committed to respecting and valuing one another, finding the common good rooted in us all and working collaboratively to achieve our potential as a modern Jesuit Catholic institution." The words on the page emphasize a welcoming and inclusive community at the university.

Despite the university's stated commitment to inclusivity and respect for diverse backgrounds, this sentiment doesn't always translate into reality.

In a recent interview with a friend from a different background, he responded to the question, "How is race constructed and experienced at Fairfield University?" He said, "Most people who attend Fairfield University come from the same place in the U.S. These kids come from the same background, leading to the fact that they are all the same. I mean that these kids don't know anything else."

While this was very much his opinion, I agree with him in a sense. When people are not open to welcoming others from different backgrounds, it's incredibly difficult to have conversations or make friends.

Born and raised in the heart of Manhattan, I proudly identify as a New Yorker: a city girl, Brazilian-American, and Jewish. When I would share this aspect of my identity with others, I often encountered puzzled expressions.

Many found it hard to believe that I had Brazilian roots or that I was a native of New York City. Moreover, attempting to engage in meaningful conversations with such individuals proved to be challenging, so I don't try anymore. Fairfield University could benefit from enhancing its efforts to promote diversity across various aspects of campus life. Incorporating diverse perspectives and voices into the curriculum across all disciplines to provide students with a more comprehensive understanding of the world.

Emphasizing diversity and supporting students from all backgrounds is crucial at universities. I believe this is a commendable idea, as it fosters a more inclusive and welcoming environment

Cultural events and programs, such as those hosted at The Quick Center, offer enriching experiences for students. The Bennett Center for Judaic Studies at Fairfield University frequently organizes these events, yet student attendance is often lacking.

I believe creating more engaging events would attract a larger audience of students, thereby increasing participation and fostering a more inclusive community.

The United States is a country that was built on diverse cultures and backgrounds, where people bring unique perspectives that shape our society in many different ways.

Our roots define our identities, shaping our beliefs and influencing how we perceive the world around us. That's the beauty of diverse cultures: they offer varying perspectives, enabling us to learn from one another and reflect on our experiences.

We should wholeheartedly embrace diversity and cultivate an environment where we respect and learn from our peers and their diverse perspectives.

By actively engaging with each other's viewpoints, we can foster greater understanding, empathy and appreciation for the richness of our collective experiences.

Fairfield Accomodates Food Allergies

By **ROISIN McCarthy**Opinion Editor

Within all colleges, many students deal with major allergies and dietary restrictions. University dining halls must cater all meal options to these students, as it can be hard to navigate. Fairfield University has many dining options and plans that can help support students who can't eat everything that is provided.

Stags Hospitality has catered special stations to those who deal with all kinds of allergies and different dietary needs; "We are committed to nourishing all guests by providing nutritious options that fit each need, no matter where they dine on campus.

We support students with food allergies and special diets for medical, religious, or personal reasons by providing the knowledge and resources necessary for students to make informed food choices in our dining locations."

One station in the Tully, True Balance, where chefs prepare meals without ingredients like eggs, milk, peanuts, tree nuts, shellfish, soy, wheat, fish, sesame, and gluten. These chefs strive to give students many options for breakfast, lunch, and dinner.

True Balance is an allergen-safe service that has received a Certificate of Achievement from the nation's leading food allergy experts, Menu-Trinfo*, LLC. AllerCheck™. Audrey Youngen '27 who has a high gluten sensitivity agrees that the True Balance station at the Tully provides her with options she enjoys; "At the Tully, the True Balance station which is free of the most common allergies supplies me with a safe place to get my food as I know that everything that they serve is gluten-free.

Additionally, as it is made in small batches, the food at the True Balance station is always changing and they are always making new recipes and it is always very good." Not only does the Tully provide this station but it includes a pantry named Peace of Mind that makes sure there is no cross contamination. It provides students with a safe space to get snacks and meals when they are in the Tully.

Although True Balance is a great option for those who have dietary restrictions and allergies, many other dining options on campus don't provide these same services.

The Stag Diner, although has options, is very limited. The salad station is one of the only places that provide students with allergy-safe meals. The Levee provides limited to no options for students with common allergies and dietary restrictions.

This pushes many students to continue to eat at the Tully, where they know they are getting allergy-free meals. It is important that all students feel like they have options and variety and that their needs are met, and Tully does a great job doing just that. Youngen states, "I have never felt like there is not something I can eat at the Tully, which when I talk to my friends at other schools they often say they can't imagine being glutenfree at their dining hall as there are very limited options."

Fairfield Hospitality does a superb job of catering to students' needs, especially those with major dietary restrictions. Fairfield University students feel safe eating the food provided and enjoy the meals that are prepared.



pes and it is always very good." Not only does the The Tully Dining Commons at Fairfield University has diverse food options for students with allergies.

No-Technology Rules in College Courses Benefit Student Engagement and Academic Retention

By **ABBY WINEY**Contributing Writer

Given that I graduate in a short six weeks, I have been doing a lot of reflecting about my time at Fairfield. The memories I've made with friends, the interesting experiences I've had here, the opportunities that this school has given me, but most importantly, I have taken a lot of time to focus on the education at Fairfield and what I have gained. More specifically, which classes have I been able to learn the most and soak up all the information a professor provides.



There have been many debates over the past years about whether technology should be limited in schools. Studies have shown that using pen and paper is better for retaining information.

All of this thought has centered around one common denominator; the classes I have learned the most in, are the classes that require no technology use. w

It's always the worst while a professor is presenting a syllabus and you feel the entire class sigh when the professor says, "there will be no use of laptops, or phones, of any kind. This is a pen and paper class." But in reality, I truly believe this is a blessing in disguise.

Think to yourself ... when you have access to your computer during a lecture are you really paying attention to class? Or are you texting in your multiple group chats, browsing fashion websites, watching the latest sports highlights, etc ... c'mon, I know what you are thinking because I do the same things.

As college students our lives are absolutely crazy. The balance between five classes, a social life, club sports, maybe a relationship and so much more gets wild. Our minds run at a Usain Bolt speed, swirling with the next thing. But, when a professor really says no technology at all, it forces your brain to actually sit there for an hour and fifteen minutes and truly soak in the information you're learning. Not only is no technology helpful to focus your brain but it also is helpful to your learning process as a whole.

Research done by Princeton and the University of California, Los Angeles has found that writing lecture notes on paper vs typing lecture notes on a computer brings huge shifts in what you remember and how you perform on tests.

"Learning researchers hypothesize that, because students can type faster than they can write, a lecturer's words flow straight from the students' ears through their typing fingers, without stopping in the brain for substantive processing. Students writing by hand, by contrast, have to process and condense the material if their pens are to keep up with the lecture," writes a Brookings article.

Just like the students at Princeton and The University of California, Los Angeles, I find myself exponentially more likely to remember content when writing it down on paper versus aimlessly typing on my laptop.

When I put my technology away and focus on understanding the content, things light up like a lightbulb in my brain.

For example, in my End of Life Communication course with Dr. Pagano (would highly recommend this course to anyone it is truly amazing,) he strongly discourages the use of technology. Surprise surprise, this has become my favorite class this semester.

I have found myself truly able to soak in, process and understand everything we learn about in class. I even found myself talking to my family this Easter break about my class using terms like palliative care, quality of life, the Biopsychosocial model versus the Biomedical model. All terms that if I had my head buried in my laptop, I definitely wouldn't know

With that being said, next time you're rolling your eyes at a no-technology policy, try to appreciate it. Your professor has so much to share and this is the education you are paying thousands of dollars for. Listen up, focus in and see how much your mind will shift.







BY FIONA WAGNER

Assistant Vine Editor

As the sun begins to warm the campus grounds and the flowers begin to bloom, students find themselves spending more time Swede and Bjorn Skifs outside. I have noticed over the past couple of weeks that when we finally get a nice, warm day, The Quad is filled up with fellow stags. I have a perfect view of The Quad from my dorm and there is something so wholesome about seeing students laughing, playing and just hanging outside together. With the abundance of students enjoying the outdoors, I thought it would be a great idea to create the ultimate Quad playlist. The best way to add to those great spring/summer vibes is to match it with some good, upbeat tunes. Here are ten songs I think would make a great Quad playlist.

"Brazil" by Declan McKenna

This song encapsulates the essence of a perfect summer day, with its infectious rhythm and catchy melody. Its upbeat and feel-good lyrics instantly transport me to carefree moments under the warm, summer sun. I think this song would be a great addition to a Quad playlist because it puts everyone in a good mood.

"Love Lost" by Mac Miller

Similar to "Brazil," this song by Mac Miller is a summer classic. Whenever this song comes on, I want to get up and dance. Its laidback melody and melodic beats give off the perfect summer vibe. Its smooth blend of hip-hop and soulful elements creates a relaxing and joyful atmosphere. For me, this song never gets old and I highly recommend giving it a listen if you haven't

"Hooked on a Feeling" by Blue

Let's be real, who doesn't love this song? It is a timeless classic that effortlessly captures the essence of carefree joy and infectious energy. Many, like me, know this song from the hit Marvel movie "Guardians of the Galaxy." The upbeat energy, catchy melody, and the iconic "ooga chaka" will lift your spirits and get you tapping your toes.

"Could You Be Loved" by Bob

Another timeless anthem is the song "Could You Be Loved" by Bob Marley. Bob Marley will always give off the best summer chill vibes and this song is a classic. With its irresistible blend of reggae beats and soulful vocals, the song has a universal appeal that transcends generations, making it the perfect addition to a Quad playlist.

"End of Beginning" by Djo

This song recently grew its popularity from TikTok and for good reason. Some might not know this, but this song is actually by Joe Keery aka Steve Harrington in Stranger Things. It's a magnetic blend of dreamy melodies and infectious rhythms that effortlessly captivates listeners. The best part of the song is the chorus when he sings "And when I'm back in Chicago I feel it." This song has just such a great vibe and would be perfect for any playlist.

"The Thrill" by Wiz Khalifa and Empire Of The Sun

This song combines Wiz Khalifa's infec-

tious rap energy with Empire Of The Sun's Outer Banks! uplifting beat. You can't help but want to dance when this song comes on. The song's pulsating rhythm and catchy hooks transport listeners to a state of euphoria that no one wants to leave.

"Revival" by Zach Bryan

Unlike some of the others, "Revival" by Zach Bryan gives a more chill, relaxed vibe. Zach Bryan does a wonderful job of capturing the essence of raw emotion and lived experiences in all these songs. I would recommend any of these songs for this playlist, but "Revival" is a great one. The song effortlessly evokes a nostalgic longing for simpler times while igniting a spark of hope and resilience. It's a perfect song to blast as the sun begins to fade as the night starts.

"Lost" by Frank Ocean

Who doesn't love a good Frank Ocean song? Frank Ocean captivates listeners with his ethereal blend of smooth R&B melodies and introspective lyrics, creating a magnetic journey that resonates deeply with emotions of longing. "Lost" is a great song to put you in those warm weather feels with its uplifting vibe.

"Sold out of Love" by The Nude Party

"Sold of Love" by The Nude Party is the type of song you listen to on a chill, carefree summer day. There is something about this song that is so nostalgic and heartwarming to listen to. The melody is upbeat, yet chill and it brings out such a positive energy. This song was also featured in season three of

"Amber" by 311

For my last song, I wanted to recommend one that many might not know. "Amber" by 311 is a quintessential feel-good anthem with its laid-back reggae-infused rhythm and soulful melodies. To me, this song screams good weather and sunny days. The vibe is cheerful, yet relaxed and I think it would be a perfect addition to a Quad

With a blend of energetic beats, nostalgic throwbacks, and laid-back tunes, this is my ultimate Quad playlist that perfectly encapsulates the spring/summer vibes. I hope you take this playlist and give some of the songs a listen! So let the music play and let the good times roll as fellow Stags bask in the warmth of the sun in The Quad.





BY BROOKE LATHE

Executive Editor Emerita

Bonkers Cupcakes

One of my favorite Fairfield spots my mother and I run to for any celebration will always be Bonkers Cupcakes. This familyowned business bakes fresh cupcakes daily and you can taste it with every bite. Their flavors vary each day depending on what they have in stock, especially toward the end of the day as they usually sell out of most flavors. Their bases consist of vanilla, chocolate, red velvet, carrot and banana with vanilla, chocolate, salted caramel, coconut, coffee, raspberry or lemon frosting.

What I love about Bonkers is that they have vegan and gluten-free cupcakes that taste no different than "regular" choices! I've only had their vegan chocolate cupcake but you can pre-order any flavor ahead of time as the owners try to accommodate your needs and desires.

Dave's Gourmet Paletas

Pick it, drip it and top it! Dave's Gour-

Luckily, Post Road is the place to roam when two dozen bases. My favorites are blueberry you're craving post-dinner sugar and I have lemonade, coconut and raspberry limeade! become the expert on which spots to seek Afterward, you can choose a drizzle of butterscotch, caramel, chamoy, cookie butter, so homey and smell out-of-this-world. dark chocolate, fluff, hazelnut, Nutella, peanut butter, tajin and white chocolate for 75 cents each. Finally for 50 cents each, there are 20 options to top it with, including sprinkles, coconut flakes, crushed Oreos, fruity pebbles, toffee bits and more.

They also have gluten-free, dairy-free and vegan options every day, which is perfect for a gal like me! Overall, paletas prove not only to be a perfect summer treat but also reasonably affordable (my favorite word

Isabelle et Vincent

Isabelle et Vincent is a French bakery that serves single and large orders of delicious pastries and desserts. They bake fresh and unique types of croissants, turnovers, danishes, scones, beignets, cinnamon rolls, cakes, pies and meringues daily for \$4-\$7. My favorite, however, is their endless selection of macaroons which are sold for two dollars each: lemon, vanilla, blueberry, pista-

chocolate and vanilla coconut.

I always love supporting small busi-

Chip City

Like Crumbl Cookies, Chip City has a rotating weekly choice of four flavors. However, unlike Crumbl, they don't hurt your stomach and they are half the amount of calories. Each cookie is around \$4 but they're so large I often get two treats out of them after splitting one cookie in half so I would say the price is worth it. You can also buy a scoop of ice cream to go with your cookie if you want a makeshift cookie skillet.

Chip City also provides customers with a weekly dairy-free option! There is always a dairy-free chocolate chip flavor in store but they also have a rotating flavor that bounces between horchata, cookie butter, brookie and mocha (my favorite!).

16 Handles

"16 handles" refers to the 16 frozen yogurt flavors they have in store that rotate frequently. For me, this treat will never go out

I always need my daily sweet treat—it's met Paletas are basically fancy popsicles. For chio, apricot, caramel, raspberry, strawberry, of style and I'm forever wishing to go back a blessing I inherited from my grandmother. just under six dollars you have a choice of tiramisu, coffee, oreo, key lime, passionfruit, to 2015 when they monopolized every street

> The handles are always a classic, light ses, especially bakeries! Most stores are go-to for my friends and I especially after they've partnered up with Oatly which gives customers a dairy-free option. When it starts to get warmer outside, I love diving into my cup after driving down the road to the beach—that's what makes every sweet treat

> > Fairfield has so many spots to satisfy your dessert appetite but I would start with these five. Whether you're in need of something filling or light, warm or cold, they've got a treat for every mood.



Create your own personalized fro-yo at FairField's 16 Handles!



BY TJ CRIARES Contributing Writer

As the current semester comes to an end, it is time to begin preparing for the next

Course registration can often be a stress-inducing time for students given the large number of components to consider, including core classes, majors, minors, and attributes tailored to one's undergraduate degree goals.

Fortunately, there are some tips and tricks available to ensure that you're as pre-



pared as possible. Before even considering your course subjects.

Even pursuing a mix as a double major choice, second choice, and so on.

options, it's crucial to understand what your or minor could be the way to go as well. As exact objective is.

This can just specifically apply to the given semester, but it can also apply to your degree objectives as a whole.

This is all dependent on how far along you are in your college experience.

For first and second-year students, it might be advantageous to start setting shortterm goals for each semester.

One reason is that being among the last

students to register, you might find it challenging to enroll in the classes you

Another reason is that your post-graduate aspirations might shift over time as you take more classes and begin to understand your strengths, weaknesses, likes, and dislikes.

With this opportunity comes the chance to have a more open mind. You could consider delving into Psychology, Business, Politics, Public Relations, or other

cliche as it might sound, the possibilities are confusion on registration day. truly endless.

For upperclassmen, taking classes that overstated! align with post-college career goals could prove to be beneficial, while completing any remaining degree requirements.

Once you understand your plan of action, it is time to implement it into the registration process.

Compiling a list of all the possible courses that align with your respective goals looking at your degree as a whole rather than and requirements is a useful task to do beforehand.

The most crucial thing to remember is to avoid selecting classes on the morning of registration without prior planning.

This is a surefire way to miss out on the classes you need or want to take.

list of plans is helpful for two reasons.

First of all, on the day of registration, you can simply select the plan with your primary class choices, and it will submit your request for enrollment in those classes all at once, saving you time instead of having to search for each class individually.

Utilizing the planning feature is also useful in categorizing plans into your first Just remember to label them to avoid

The importance of planning can not be

Is there a class that is not offered every semester that might be beneficial to take

For athletes, will a more demanding course load be difficult to excel in-season compared to out-of-season?

These are all questions to consider when just a plan for one semester.

Additionally, considering teacher reviews and finding beneficial meeting times for you can prove to be game changers in your enjoyment of particular courses.

Although registering for classes may not be the most fun experience for college On the registration database, creating a students, it is important to recognize that it's just a part of the process.

> With repetition and continuing to implement tips and tricks like these, it becomes easier over time.

Broadwa e Best Musicals To

BY ABBY WINEY Contributing Writer

Broadway musicals have always been my guilty pleasure. Whether it's classics like Oklahoma or new musicals like MJ, Broadway has the power to transport you into another dimension during your two hour show. When going to a Broadway musical, you experience every emotion. You laugh, cry, smile, and everything in between.

of going to many Broadway shows, I am here to be your guide. Let this be your ultimate how-to for doing Broadway right.

The musicals I'm about to list are my all time must see favorites. I would go time and time again if I could afford it. If this is your 1st or 100th musical, these classics will always absolutely positively slay. With incredible score's that make your jaw drop, I truly believe that these particular musicals are the best of the best. So get your credit card out because you can buy your ticket, get on the train and go to a show....TONIGHT!

"Hamilton"

Broadway.com Show Description: "A revolutionary story of passion, unstoppable ambition and the dawn of a new nation. Hamilton is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B and

Call me a theater nerd all you want but Broadway, Hamilton has had a profound impact on culture, politics and education."

My Take: Alexander Hamilton ... AMERICA SINGS FOR YOU! I have never been to a show like this before. The way this musical highlights not only extreme voice transported into the emerald talent but also rap talent, which has never city for a few hours. This one been shown in a broadway musical before is is also super special to see at absolutely breathtaking. "Hamilton" is hon- the moment because a live ac-As someone who has had the privilege estly hard to describe to someone because who truly is interested in a rap musical about a founding father? It sounds weird, yes, but it will truly change your life. Trust me on this

"Wicked"

Broadway.com Show Description: "Wicked,' the Broadway sensation, looks at what happened in the Land of Oz ... but from a different angle. Long before Dorothy arrives, there is another girl, born with emerald-green skin-smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships ... until the world decides to call one "good," and the other one "wicked.""

My Take: Have you ever watched something and just cried the whole time because you never wanted it to end? Well this was me at the theater seeing "Wicked" for the first time. The way "Wicked" combines the magic of Oz we all grew up with as children

with the darkness of Elphaba is truly impeccable. The music is amazing, the set is even better. I truly felt like I was defying gravity as I was tion "Wicked" is coming to the big screen in 2024!

"Hadestown"

Broadway.com Show Description: "Hadestown' intertwines two mythic tales-that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone—as it invites you on a hell-raising journey to the underworld and back. Mitchell's beguiling melodies and Chavkin's poetic imagination pit industry against nature, doubt against faith and fear against love. Performed by a vibrant ensemble of actors, dancers and singers, 'Hadestown' is a haunting and hopeful theatrical experience that grabs you and never lets go."

tale is absolutely captivating. It tells the story of Orpheus and Eurydice with an industrial twist. I went to this show with its touring cast when they came to Boston. Right now is a great time to go because Lola Tung (Star of "The Summer I Turned Pretty" and Jordan Fisher (Stars in Disney shows and movies as



well as "To All The Boys I've Loved Before" on Netflix) are currently cast as the leads!

"Sweeney Todd"

Broadway.com Show Description: "Stephen Sondheim and Hugh Wheeler's landmark musical tells the tale of a resourceful pie shop owner and a vengeful barber out for blood. After he's sent away by a corrupt judge, Sweeney returns to London years later seeking his long-lost family, and forms an unlikely partnership with Mrs. Lovett, who serves up pies underneath his former shop. Together, they wreak havoc on Fleet Street and serve up the hottest - and most unsettling - pies in London."

My Take: ATTEND THE TALE OF My Take: I'm comin wait for me!!!! This SWEENEY TODD! At first Sweeney Todd the musical sounded beyond creepy to me. But, two of Broadway's absolute sensations are currently starring in it at Sweeney and Mrs.Lovett (Aaron Tveit and Sutton Foster.) To have the privilege of experiencing this pair together ... it truly is one in a lifetime. Get the tickets!!!



BY FIONA WAGNER Assistant Vine Editor



Olivia Rodrigo performs at her new "GUTS" world tour.

When in Chicago on her GUTS World Tour, Olivia Rodrigo announced that she was releasing a deluxe version of her new album "GUTS." The deluxe version would be called "GUTS (spilled)" and would feature five new songs. These five songs were released on March 22 and I thought I would give you an honest review and ranking of them.

5. "obsessed"

Now don't get me wrong, I absolutely love this song! However, out of the five, I think it's my least favorite. Rodrigo has been teasing "obsessed" her entire tour by adding it to the setlist before it was released.

The song has blown up all over TikTok, and for good reason, it's a great song!

This shows Rodrigo's grungy side and captures the intensity of post-breakup emotions and the struggle to let go of someone who still holds a significant place in one's heart. In addition to this release, Rodrigo came out with a music video for "Obsessed" which has had everyone in a chokehold.

4. "girl i've always been"

This song seems to be everyone's least favorite out of the five, but I really enjoy it. When I first gave it a listen, I was shocked to hear a little country twang out of Rodrigo, but it was a pleasant surprise. Immediately, this song reminded me of Lucy Gray in the new Hunger Games movie - "The Ballad of Songbirds and Snakes." Rodrigo actually wrote a song for that movie called, "Can't Catch Me Now," so I think she took inspiration from the movie to write this new song. I loved this new folk/country genre and think Rodrigo should try it out more.

3. "stranger"

I am a sucker for Olivia Rodrigo's sad ballads and this one is no different. As soon as it started playing, I knew it was a hit. "stranger" is about growing up and learning to move on from past relationships. Rodrigo says, "You're just a stranger I know everything about."

To me, this is a healed version of her song "enough for u" on her first album, "SOUR." The two songs coincide very well together and I think that is what makes the new one so special.

2. "scared of my guitar"

Similar to the last one, "scared of my guitar" is another gut-wrenching song by Rodrigo. This song seems to be about mixed feelings in a relationship and being scared to confront those feelings. Even though I love "stranger," this song is so much better and I wish it was a lead single. It's so extremely real and heartbreaking to listen to. My guess as to why it wasn't a lead single is because it gives more "SOUR" vibes than "GUTS."

1, "so american"

Out of the five songs released, "so amer-

ican" is by far the best one. Finally, we get a true happy love song from Rodrigo! Most people assume this song is about her boyfriend, Louis Partridge, who is British.

This song was written last out of the five- it was written about three weeks before the deluxe album came out. "so american" is the type of song to get you up on your feet dancing and jumping around.

I love the bridge and think overall this is one of Rodrigo's best songs. Ending the album with this one serves as a full circle moment and I have been listening to it non-stop.

There you have it, my official ranking of the five new songs on "GUTS (spilled)." All I can say is that Olivia Rodrigo never misses.



Released on March 22 Olivia Rodrigo's "GUTS (spilled)" surprises fans.

pectacular ing Recipes

BY CAITLIN SHEA Head Vine Editor

With spring officially in bloom, longer days provide more time to try new and exciting recipes! Whether you are cooking for yourself, your family or any loved one, these recipes are the perfect way to create some springtime memories! So dust off your apron, grab a spatula and get to cooking!

Spring Cobb Salad

What says spring more than a delectable salad? Mixing it up a little bit (literally), this Spring Cobb Salad recipe combines some of the season's best, radishes, avocados and snap peas with a creamy lemon-dill dressing that is sure to leave you wanting more! To craft the dressing you'll need:

- ½ cup full-fat Greek yogurt
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ½ teaspoon lemon zest
- 1 tablespoon chopped dill
- 1 garlic clove, grated or minced
- 2 tablespoon water
- Kosher salt
- Freshly ground black pepper
- And for the salad:
- 2 large heads of romaine, cut into bitesized pieces
- 4 hard-boiled eggs, peeled and quartered
 - 2 cups homemade croutons
- 1 cup thinly sliced red and/or watermelon radishes
 - 1 ripe avocado, sliced
- 4 ounces snap peas, trimmed and halved lengthwise

Pasta Primavera

As a pasta lover, I find myself anxiously awaiting until spring when I can get my hands on the eponymous Pasta Primavera. A mouth-watering combination of delicious angel hair pasta (or bowtie - which is my favorite), and some of springtime's most bountiful veggies such as zucchinis, peppers and cherry tomatoes, there is not a more perfect meal to encapsulate the essence of spring! To make this springtime classic, the ingredients to have are:

Kosher salt

- 12 ounces spaghetti
- 1/4 cup (or more) extra-virgin olive oil
- 1 large zucchini, sliced into 1/2" half-
- 1 bunch asparagus, trimmed, quartered crosswise
 - ½ red onion, sliced into 1/4" half-moons
 - 2 small leeks, cut into 1/2" half-moons
- 1 red bell pepper, seeds and ribs removed, chopped
 - 5 cloves garlic, finely chopped 1 cup grape tomatoes

1/3 cup frozen peas, thawed

- 34 cup heavy cream
- 2 ounces Parmesan, finely grated, plus
- more for serving
- Lemon zest and juice from 1 small lemon (optional)

Freshly ground black pepper

Chicken Broccoli Alfredo Pizza

Sometimes, after a long day in the sun, a pizza pick-me-up is in need! This chicken Broccoli Alfredo Pizza is the perfect marriage of two of the best comfort foods, and is sure to add a cheesy twist to your typical pie-eating experience! To indulge in this delicious combo, all you'll need is:

- 1 tablespoon neutral oil
- 8 ounces boneless, skinless chicken breast (about 1 large)
 - ¾ teaspoon kosher salt, divided
- 1/4 teaspoon (or more) freshly ground black pepper
 - 4 ounces broccoli, cut into 1" florets
 - All-purpose flour, for dusting
- 1 pound store-bought or homemade
- ½ cups store-bought or homemade Alfredo sauce
- 2 ounces Parmesan, finely shredded (about 1 c.), divided

6 ounces shredded mozzarella

Lavender Shortbread

Who doesn't love some springtime baking? I know I do! These light and airy short-

bread cookies are sure to add the perfect amount of springy flavor to your day! With a hint of lavender, these cookies are such a fun bake! To make these sweet treats, you will need:

- 2 cups confectioners' sugar
- 2 tablespoons plus 2 teaspoons finely snipped, dried lavender flowers, divided
 - 1 cup butter, softened
 - ⅔ cup sugar
 - 2 cups all-purpose flour
 - ½ cup cornstarch

½ teaspoon salt

Butterfly Sugar Cookies

These festive butterfly-shaped sugar cookies are the perfect way to get in a delicious sweet treat! Decorate them however you please, with fun patterns and colors, or with this marvelous marble design! The choice is yours! For these beautiful baked goods you will need:

- 2 cups confectioners' sugar
- 1 ½ cup granulated sugar
- Grated zest 1 orange
- 2 large eggs
- 1 teaspoon vanilla extract
- 4 cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon of kosher salt 2 tablespoons whole milk

Whether you're craving light and refreshing salads, hearty vegetable mains, or luscious desserts infused with the essence of spring, these recipes are sure to awaken your taste buds and infuse your kitchen with the spirit of the season!





EXPLORING THE BIG APPLE:

THE PERFECT DAY IN NYC

BY ERIN MCGETRICK Contributing Writer

Fairfield University has many great perks. It's located right near the Long Island Sound, the downtown is filled with hundreds of amazing restaurants, and there is a Metro-North train that runs directly into New York City. Being near one of the greatest cities in the world can provide students with incredible benefits, such as an abundance of internships and job opportunities. Additionally, the city can supply enriching experiences and new means of entertainment. If you're looking for a break from campus this April, here are some things you can do in NYC instead!

The first stop on the Stag Bus happens to be the Fairfield train station, conveniently dropping students off on the side of the tracks that run south to New York. After you ride the train for about an hour and a half, you'll find yourself in the beautiful and historic Grand Central Station. This is a perfect starting point because there are countless subways you can take to get to anywhere in the city. However, if the subways seem too complicated, there are always hundreds of taxis or Ubers around that can whisk you away. Walking works too! So, where should you go now?

New York City is home to some of the best art museums in the world. You may know the Metropolitan Museum of Art (MET) as the home to the Met Gala, but it is famous for its historically significant artworks. If you would prefer to go downtown instead, the Whitney Museum of American Art is hosting the Whitney Biennial, which happens every two years. This exhibit showcases new, impressive, and provocative art from 71 different artists, all commenting on the most pressing issues within today's society. "Even Better Than The Real Thing" is available to view until August 11.

If you're feeling touristy, feel free to brave the enigma that is Times Square. Although this is one of my least favorite places in New York, it's where all the Broadway theaters are located. Whether you enjoy musicals/plays or not, a Broadway show is something everyone should experience at least once in their lifetime. Many notable productions are still running and have been for years, such as "Wicked"

or "The Lion King", but there are plenty of new shows that have recently opened. "The Great Gatsby" is, of course, inspired by the famous F. Scott Fitzgerald novel and has received a lot of buzz because it stars two famous Broadway actors: Jeremy Jordan and Eva Noblezada. Another production making its mark is "Suffs", a musical about suffragists fighting for women's right to vote.

Since it's spring and winter coats are a thing of the past, it would be wrong not to mention the great parks NYC has to offer. Central Park is the length of 51 blocks and contains trails, sights, and plenty of grass in an otherwise urban area.

I personally love putting on my headphones and walking aimlessly around to people-watch, noting the dogs running around and the people having picnics. Again, if you're looking to stay downtown, Washington Square Park is another great area to go as the weather warms. I suggest picking up a slice from Joe's Pizza on Carmine St and sitting right near the legendary arch.

Do yourself a favor: Take advantage of our close proximity to New York City before the school year ends and hop on that train! Just make sure to stay safe, be aware of your surroundings, and have an awesome time!



HEALTHY HABITS FOR SPRING

BY NATALIE DRIPCHAK **Assistant Opinion Editor**



It's finally time to wake up from the long and dreadful winter and defrost our positive mindsets! This spring, get ahead of schedule and make sure you make time for you! Allow yourself to create a routine of healthy habits that will last you all the way until next spring!

GET OUTSIDE!

After a long and cold winter, the first thing

aim for 10,000 steps which is a very attainable goal, especially for college students!

Walking around on campus all day to your classes and to meals will definitely help get you to your 10,000 steps. Walking is also a great way to socialize! Invite your friends and go for a "hot girl walk" around campus or the town of Fair-

SLEEP!

One of the most important healthy habits that you should have all year round is sleep! Anywhere from 8-10 hours a night is the goal for sleep. Sleep is so important for your everyday tasks. It helps you focus in class and helps you have more energy during the day! Plus who doesn't love to lay down in their cozy bed after

STAY ORGANIZED!

College life tends to be busy and there are ways to avoid stress and chaos within your everyday schedule. Something that I personally

people want to do is get outside! One of the first love to do is plan out my days. I plan out every very annoying it is very true. Being on our comways to implement a healthy habit for spring is aspect of my day by the hour. To some people, puters all day for our classes and our homework to go for a daily walk outside. A lot of people this may seem over the top but it honestly helps is so draining for our eyes and our attention me stay on top of my work and gives my life routine, which is so important to have in your life.

MEDITATE!

Along with the stress of being in college and having finals coming up in a few short weeks, life can be stressful on its own. One technique that a lot of people recommend to others who are dealing with lots of stress is to take a few minutes to meditate.

Meditating can be done anywhere at any time. Some people use guided meditations through certain apps or on YouTube or some people take this time to just relax and focus on their breathing. The good thing about meditation is that it is free and accessible to anyone! It just takes practice but it can be a very useful habit to reduce stress in your life!

LIMIT YOUR SCREEN TIME!

Everyone has probably been told at least once that they need to limit screen time and that they should be on their phone less. While this is span. On top of that we are constantly on our phones consuming media that is even closer to our eyes. No wonder people want to ban TikTok.

In all seriousness though limiting screen time can be a very beneficial thing to your mental and physical health. Being on social media for hours a day can be harmful to our self-image if we are constantly comparing ourselves to others. Being on our phones also limits our physical activity which can in the long run affect both our mental and physical health. Even if it is just no screen time before bed, every little step will help improve your day-to-day life.

Of course, there are a million healthy habits that you can incorporate in your life for this spring season but these are my personal faves and I try to live by all of these. The spring is a time for happiness, being outdoors, and enjoying life with your friends and family. It is so important that we take care of ourselves so we can enjoy the company of others! Stay healthy and have fun this spring!



COFFEE BREAK

GAMES, PUZZLES AND MORE

Editor: Matthew Robles





Mirror Wordsearch Athletes





Words: Neymar Lebron Pele Kareem Shaq Dirk

DYSENAWBMHASLNTVXVUVNTWIGAKSTC FRSQTUGIKXRJOWTJPOPOQIPUIPBFWG IXXDIFZQNSPELEPOGZDRFF J P R X P A R F P B I K N S V C J O V P Z H C F N E J L Q S S K B N T S R U O P OM I P J K C Q F Ĵ S D K M A P N R M K B O H Y E R X T Y X R O Q S X V J N F U R Q T O N Q U R R C S H T M U U KCQFJ JHAJEZBWHDSD UWGUQGPÚFAÍRDIGPNF ZHOWJTXPNPQJWNEGAKA LHYZUKNCVG IVKRPSZTGHIXNZ UFALRQBEHFBF CVOS V U W F K N T U U R G G B C M E COHBHRXJQIHMOK CWCZNRXZMHVOKJY FEUQERTICSOCMOIL F M H V P B I X U W F U M R L Q N L W E LLMSALGPCCZUKUACDNKDE S M Z Z O U Q V L B A Y P L V W G K O U S Y F U J U N T V L K E Z W Q P X J V J H Z V L M B P X I F P L SLMHWLHMJEGQRKUYFELEUAKAREEM L P Z R W Q T A U R W V L V Z G P A W C B K Q R G Z Z I U J Q G V B Q A T A O Z Q K I V M N I R R I C M B B I K RNGSHFKIPKSXATHWTZFOZBGDBYXB WYEVJHSWUUNGJVNJKLMIZNFYZAASAB G M D T F S R L M Z R K U R D P H W X X E D Y D N M B J V





MIRROR WORD SCRABBLE MENS ATHLETES

CRINAOTIS DORAOLN

TOM BDAYR

EOLINL ISSEM

PKRCATI ESMAOHM

TPSEHEN YRURC

NVIKE ANDUTR



CRISTIANO RONALDO
TOM BRADY
LIONEL MESSI
PATRICK MAHOMES
STEPHEN CURRY
KEVIN DURANT

Anwser Key



SODUKU

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

SPORTS

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



April 3	April 4	April 5	April 6	April 7	April 8	April 9
Women's Lacrosse at Marist College Poughkeepsie, N.Y. 4 p.m.	No games scheduled	Baseball vs Canisius University Fairfield, Conn. 3 p.m.	Men's Golf AC Match Play Ocean View N.J. All Day Women's Rowing Lehigh with	Men's Golf AC Match Play Ocean View N.J. All Day Women's Golf FDU Invitational	Women's Golf FDU Invitational Hamburg, N.J. All Day	Softball vs Manhattan College Fairfield, Conn. 2 p.m.
		- 5	Loyola & Iona Bethlehem, Pa. All Day Men's Rowing	Hamburg, N.J. All Day Women's Tennis vs Stonehill College		Baseball vs Central Connecticut State Fairfield, Conn. 3 p.m. Women's Tennis
			Lehigh with Loyola & Iona Bethlehem, Pa. All Day	Fairfield, Conn. 12 p.m. Softball at Siena College		at Marist College Poughkeepsie, N.Y. 3 p.m.
Sell III			Womne's Lacrosse at Mount St. Mary's Emmitsburg, Md.	Loudonville, N.Y. 12 p.m. Men's Tennis vs Stonehill College		Softball vs Manhattan College Fairfield, Conn. 4 p.m.
	Photo Contributed by th	e Sports Information Desk	Men's Tennis vs Rider University Fairfield, Conn.	Fairfield, Conn. 12 p.m.		
ie of the Week last	adossich was named week and graduate s Offensive Player of th	student Bryce	12 p.m.			

Men's Tennis Extends Win Streak to Five

By **RYAN MARQUARDT** Head Sports Editor

On Friday, March 29 the Stags traveled to Lathan, N.Y. to take on Siena. The Stags barely escaped winning 4-3 extending their win streak to continue their undefeated streak against the Metro Atlantic Athletic Conference. The win moved the Stags to an 8-8 record and are 2-0 in the MAAC.

The overall match came down to graduate student Griffin Schlesinger which clinched the win for Fairfield. Schlesinger won the number six singles coming back from a loss in the first set with the scores being, 2-6, 6-4, 6-1.

The match started with the Stags winning the doubles point, sweeping all three matches with graduate student Thomas Smart and Sam Hodges '25 winning 7-5. In the doubles two graduate student Nick Condos and Will O'Brien '25 won 6-2 and Luca Benaibbouche '27 and Kostas Kollias '26 won doubles three 6-1.

The singles wins for the Stags came from Hodges who won 6-2, 6-2 and Condos winning 6-1, 6-3. Head Coach Jeff Bricker said "I'm so happy for Griffin to get his first clinching match victory! He battled hard to come back and win today. In doubles we were very sharp. We definitely have some things to sharpen up in singles, but road MAAC wins are great any way we can get them."

Next up the Stags will host Quinnipiac on Wednesday, April 3rd at 3 p.m.



Graduate student Nick Condos from Wilton Connecticut has an 8-13 singles record in the '23-'24 season.

In this week's issue...

- Pitchers Shine as Stags Sweep Iona (Page 14)
- Women's Lacrosse Continues to Trample Opponents (Page 15)
- Stags Tie for Fourth in Battle at Rum Pointe (Page 15)
- Coach Carly Reflects on Historic Season (Page 16)

Pitchers Shine as Stags Sweep Iona

By **CRYSTAL ARBELO**Assistant Sports Editor

This past weekend, the Fairfield University baseball team snatched up a series sweep against Metro Atlantic Athletic Conference foes, the Iona University Gaels. In a three-game series that saw the better end of Fairfield's offense and a masterclass of pitching, the Stags boosted their record to 10-15 overall and 3-0 in the MAAC. The games were played at Fairfield University's Don and Chris Cook Field instead of City Park due to poor field conditions in New Rochelle from an earlier storm.

Game One

On the very first pitch of the game, shortstop Luke Nomura '26 singled, setting the tone for the series. Iona starting pitcher Andrelys Payamps '25 struggled at the plate, walking outfielder Paul Catalano '24, reaching a full count against first baseman Matt Bergevin '24 and letting Nomura score on a wild pitch. With two men in scoring position and one out, graduate student catcher Ethan Hibbard stepped up to the plate and worked his way from two strikes to hit an RBI single. Payamps settled in following the two runs and struck out the side to leave one man stranded.

Action continued for the Stags in the top of the 3rd. On the first pitch seen of his appearance for the inning, Hibbard smashed one to left field. Shaken up from the home run, Payamps couldn't throw a strike to right fielder Matt Bucciero '26 and walked him. Taking advantage of this weakness, Bucciero advanced to third following a single from designated hitter Payten Wawruck

'26 and was brought home by graduate student second baseman Zach Selinger who hit a sacrifice fly.

At the top of the 4th, Nomura managed to work his way to a full count and walk. Attempting to steal second base, he was almost picked off but an Iona error kept him alive. This advancement would prove useful, as Bergevin hit an RBI double afterward. Iona's defense kept struggling. A passed ball allowed Bergevin to move to third and score on a subsequent wild pitch. The score was 6-0 going into the bottom of the

Left-handed starting pitcher Blake Helmstetter '24 managed to keep Iona scoreless and with no more than two hits per inning for the first three innings. The Gaels broke out of his hold, singled twice and doubled to get their first run of the game. A second run was scored off a sacrifice fly.

Iona then kept the assault going as Helmstetter slowly lost his command. A batter who was hit by a pitch ended up making his way around the bags and ultimately scored on a sacrifice line-out. Two more runners scored on different RBI singles, one of whom was walked. The score was 6-5 going into the 6th inning, and Helmstetter finished his outing with a final line of 5 IP, 11 H, 5 ER, 2 BB and 4 K.

With the Gaels being too close for comfort, the Stags fought back from two outs and managed to add cushion to the score. Bucciero, who had singled, scored on an RBI double from Wawruck. Selinger kept this leverage and walked, but was ultimately stranded on base alongside Wawruck as the Gaels finally

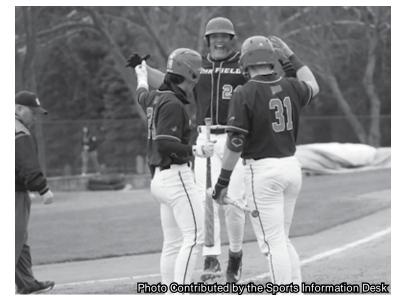
collected the last out.

Bats stayed productive for the Stags, a sequence of three hits resulted in another run. By this point, the Gaels were scared of the lineup. Hibbard was intentionally walked, but another run was scored regardless thanks to Bucciero, making it 9-5.

The Stags' discipline at the plate was unmatched for the game, and this narrative was no different in the 8th inning. The Gaels seemed stunted by the power of the Stags offense. Selinger worked his way up to a full count and ended up getting hit by a pitch. A passed ball moved him to second. Third baseman Nick Sturino '25 saw no strikes in his appearance for the inning and walked, his fourth walk of five that tied the program single-game record. After a fielder's choice that left men on the first two bases, Nomura singled to load the bases. The Gaels switched pitchers, their fifth of the game, and walked another to give up a run. That pitcher was immediately taken out. The next fresh arm facing the Stags, RHP Tyler Lender '26, walked the next batter. After Hibbard flew out, Bucciero picked up an RBI walk as well. Wawruck then collected a 2 RBI single. The score was 14-5.

Iona scored in the bottom of the 8th against graduate student lefthanded reliever Chris Difore, their last run of the game, and was shut out in the bottom of the 9th to end the game. The final score was 14-6.

Whether it be the energy that a last-minute home series brings or just talent alone, the Stags have been heating up and making solid plays that win ball games. Head Coach Bill Currier reflected on the Stags'



Senior infielder Matt Bergevin (middle) is batting .324 on the season with 11 home runs.

performance on the game's official report, saying "On a cold and windy day you have to be able to pitch and make the plays on defense and we did that."

Game Two

Game two was a spectacle for fans of pitching, as starting LHP Bowen Baker '24 went eight innings and only gave up two hits, shutting the Gaels out with nine strikeouts for a final line of 8 IP, 2 H, 0 ER, 2 BB and 9 K. Currier highlighted Baker's performance, saying "Bo Baker was very good in getting us eight innings and throwing strikes with three pitches and did a good job in getting us into a good position."

For the Gaels, the defense was locked in as well until the Stags broke through in the top of the 4th inning and scored after Hibbard walked, advanced to second and third on singles and scored on a fly-out.

The Stags scored their next run on a solo home run from Selinger, the first of his Stag career following a transfer from Fordham for this season. The dugout was all smiles for Selinger, who put the cherry on top of an energetic day of baseball.

The score remained 2-0 until the bottom of the 9th when the Gaels threatened extra innings against graduate student RHP Jack Erbeck who was put in to relieve Baker. Erbeck was slow to start, walking the first batter and giving up a single to the next. An out was collected on a fly-out, but Erbeck was still gaining his footing and threw a wild pitch that led to a run-scoring. The last two batters struck out swinging, and Erbeck ended the night with a final line of 1 IP, 1 H,1 ER, 1 BB and 2 K.

Read full article at www.fairfieldmirror.com

The Weekly 5x4

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



Name on thing at Fairfield you'd take to a deserted island

What's a meme you quote regularly?

Which Spider-Man variant are you?

What Olympic sport do you think you'd be best at?



Max Limric Editor-in-Chief

President Nemec. I feel like he could call someone to get us out of there.

So actually, I am the meme.

The one pig spider... oink. Call me Charlotte's Web.

Cross country or ribbon dancing. When I run, I'm a gazelle (not). When I dance, I'm a butterfly (not).



Samantha Russell Executive Editor

Probably the Tully breakfast sandwiches.

55 burgers, 55 fries, 55 tacos, 55 pies...

Sadly, I don't think I've ever seen Spider-Man.

Since I used to play softball, I'd say softball (is that an Olympic sport??)



Kathleen Morris Managing Editor

The Stag Statue. I'm not sure how travel-friendly it would be, though.

"Apparentlyyyy, I've never been on live television before."

Spider-Woman! Female empowerment!

I think my best bet would be alpine skiing!



Claire DeMarco Copy Editor

FUSA chapstick

They're having a mother-off

I love you Andrew Garfield

Swimming!



Danny McElroy Assistant Sports Editor

A copy of The Mirror. Gotta stay up to date on our riveting campus happenings.

"(insert literally anything here) challenge: impossible."

I'm sure there's an Irish one somewhere in the background of the Spider Society, so I'll say that.

Table tennis, my friends and I have gone to war on basement ping pong tables.

Women's Lacrosse Continues to Trample Opponents

By **Ryan Marquardt** Head Sports Editor

Number 19 ranked Fairfield hosted Iona on Wednesday, March 29th on Conway Field at Rafferty Stadium. The Stags immediately jumped out to a 9-0 lead against their Metro Atlantic Athletic Conference rival. The Stags continued to dominate for the remainder of the game winning 16-6. Graduate student Elizabeth Talluto led the Stags with six points.

This win moved the Stags to 8-1 including a 2-0 in conference record. The loss left Iona with a 6-3 record and handed them their first in-conference loss with a 1-1 record.

"Iona may be one
of the best teams in the
MAAC. They're a good,
physical team. Which is
something that we don't
always match up well
against," Head Coach Laura
Field stated. "We did a great
job of controlling possession
and fighting for draws and
50/50 ground balls. On offense,
we kept the ball moving and
that led to a lot of assisted goals,
which is a focus for us."

Talluto had five goals and one assist on her career day which extended her team high 31 points. In addition to Talluto, graduate student Libby Rowe had a hat-trick, graduate student Maggie Fort and Amanda Kozak '24 also each had two goals and one assist for three point nights. Rylee Harrell '24, Grace Slater '24, Kelly Haggerty '27 and Brooke Marotti '25 each added another tally to the Stags score sheet.

Overall the Stags unsurprisingly dominated the stat sheet totalling 40 shots

to Iona's 21 and having 24 ground balls compared to Ionas 15. The Stags also won 19 of the 26 faceoff draws giving them a distinct advantage in the faceoff circle.

On Saturday the Stags extended their win streak to nine with another

dominant conference win, winning 19-8. The game started off even with Canisius keeping it even after the first quarter. After

Freshman Kelly
Haggerty was named
the Metro Atlantic
Athletic Conference
Rookie of the Week this
past week after she
scored five goals for
the Stags in their wins
over Canisius and
Iona.

the 4-4 start the Stags outscored
Canisius in the second quarter taking the 8-6 lead. The third quarter saw the Stags double their score and hold Canisius scoreless in the third quarter. The fourth quarter was less eventful with the Stags putting up another three and Canisius tallying two.

This win also was Laura Fields 100th as the leader of the Stags. This win put the Stags at 9-1 on the year and at an undefeated 3-0 MAAC record.

Laura Field is already the Stags all-time wins leader with a 100-46 (.685) record in nine seasons with the Stags. This was also her 50th conference win with a 50-12 (.806) record.

Kozak had two points, one goal and one assist to give her 100 career points. Talluto added another five goals to her total on the season which gave her 190 total points which ties her for second place on the all-time points list for the Stags, tying her with Erin

Rigby '10. Haggerty scored a career high four goals and Rowe scored a hat-trick.

"I think the first half was more reflective of the matchup and of how talented Canisius is. But I thought our team made some great adjustments to their approach that helped us pull away in the second half," Said Field. "The draw group was excellent again today. The way we dominated possession helped us pull away and stopped Canisius from getting into a flow where their offense can be at its most dangerous."

Fairfield once again dominated the stat sheet with 33 shots to Canisius' 15 with 22 draw controls of the 29 and 16 ground balls to Canisius' 13. However the Stags did have 19 turnovers compared to Cainsius' 13 and only eight caused turnovers while Canisius had 12.

The Stags will have two road games next week, the first at Marist. For more information visit www.fairfieldstags.com.



Graduate student Elizabeth Talluto has 47 points through the first 10 games of the season.

Stags Tie for Fourth in Battle at Rum Pointe

By **BILLY McGuire**Contributing Writer

The Fairfield University men's golf team paid a visit to Berlin, Md., this past weekend, taking part in the Battle at Rum Pointe.

The two-day run began on Friday, March 29, with the unit finishing in fifth place out of 18 programs participating. Leading the way for the Stags was Colin Summers '25, with the Westfield, N.J. product checking in with a 75. Summers finished in a tie for fourth place in the field of 100 golfers participating.

Following Summers in the ranks was graduate student mainstay Patrick Mc-Carthy, who finished 14th in the field one stroke behind with a score of 76. Coalescing behind the duo were Peter Crowe, Shane DeVincenzo, Chase Millar, and Anthony Naples, who posted corresponding scores of 78, 80, 82, and an 85.

As a unit, Fairfield finished day one in a tie for fifth place overall, tying with Colgate University and Metro Atlantic Athletic Conference foe Siena College with a score of 309.

The Stags looked to improve on their standing on the second and final day of the tournament on Saturday, March 30. The pack managed to capitalize off of their performance Friday with a 20-stroke improvement on Saturday, carding a score of 289 in the process. The Stags ascended into fourth place, tying with another MAAC foe, Mount Saint Mary's University.



Graduate student Patrick McCarthy tied for eleventh at four over par at the battle at Rum Pointe finishing just one stroke outside the top ten.

Leading the way once again was Summers, who carded a final round of 71. He also finished in fourth place in the overall field, as well as being one stroke outside of the top three and three strokes outside of second place

La Salle University's Ben Battye finished first in the overall field with a score of 137, topping the second-place finisher,

Fellow MAAC foe and Iona College product Sahir Balyan, by six strokes. La Salle also finished first overall as a team, with the University of Pennsylvania and Iona accompanying them in the top three.

Following Summers was once again McCarthy, shooting an even-par 72 to secure an 11th-place finish. DeVincenzo became the third Stag this weekend to

finish in the top-20, posting a +7 on the weekend.

The men's golf team resumes action next weekend as they travel to the Jersey Shore, taking part in the AC Match Play event at the Shore Gate Golf Club in Ocean View, N.J. For more information on the Fairfield University golf programs, please visit www.fairfieldstags.com

SPORTS 16

Week of April 3, 2024

Coach Carly Reflects on Historic Season

By Danny McElroy Assistant Sports Editor

When Fairfield women's basketball head coach Carly Thibault-DuDonis first arrived on campus in the spring of 2022, she had big shoes to fill. Recently retired lead man Joe Frager, who had coached the Stags for 15 years prior and accumulated a program best .566 winning percentage during his tenure, set the bar quite high. It would be forgivable for a first time head coach to need a few years to get their feet under them and try to live up to that standard.

Instead, after just two years at the helm, Thibault-DuDonis has not only cleared the bar, but soared above it. The Stags achieved unforeseen success and national attention during the 2023-24 campaign, as she guided them to a program best 31-2 record and their fifth-ever Metro Atlantic Athletic Conference championship.

"This place is really special," Thibault-DuDonis said. "We're building something that can be a powerhouse in women's basketball."

After this year, the Stags are certainly well on their way. Coming off a respectable 15-15 season last year, the team wasted no time in getting out to a hot start this time around, scoring 101 points in their opener against Division III opponent Lehman College and going on the road for an 89-66 win over Lipscomb.

It was the next two games, however, that Thibault-DuDonis believes showed the true potential of the team. The Stags went 1-1 in back-to-back road contests against Power 5 opponents,

losing a nail biter against Vanderbilt but bouncing back for a convincing win against Rutgers.

"It would've been really easy for [the Vanderbilt loss] to be a moral victory, like 'we hung with an SEC team on the road," Thibault-DuDonis said, "but they weren't satisfied, they were disappointed."

"We didn't play well at Vanderbilt, we turned the ball over, we fouled too much, we didn't rebound well," she continued, "and we addressed those, so when we went and played at Rutgers we excelled in all those categories."

That continuous hunger and desire to improve became the hallmark of the team, even as their historic winning streak, kicked off by the victory against Rutgers, began to mount.

With the Stags tearing through conference play and starting to receive more national attention for their efforts, Thibault-DuDonis helped orchestrate a balancing act between relishing the success and maintaining the intensity that got the team to that place to begin with.

"One thing we talked about a lot was enjoying the moment," she said. "This team is fun to be around, they're fun to watch, they play with joy but when it's time to get back to work, we get back to work. So that's kind of been our motto, let's have fun, let's make this fun, it's supposed to be, but when it's time to get back to film and practice, it's go time and we have to refocus."

The commitment to hard work paid off in spades as the competition stiffened down the stretch of the season. Despite

having seven new players on the roster, the Stags quickly developed into a well-oiled machine built to withstand and overcome several close calls against top conference foes like Siena and Niagara, including in the MAAC Championship game just a few weeks ago.

Arguably the greatest improvement came from firstyear stars Meghan Andersen '27 and Kaety L'Amoreaux '27. Although both players started much of the season and saw plenty of immediate success, Thibault-DuDonis believes their work ethic and attention to detail helped the duo become even better players by season's end.

"[Andersen] early on was just an offensive beast but she wasn't satisfied, and she knew she had to get better defensively and in rebounding," Thibault-DuDonis said. "She would pick out time to work on her physicality, and rebounding with Coach Carly Tibault-DuDonis has a .730 win percentage as a Stag. physicality, and defending, and those areas of your game that you don't always see people work on."

The difference showed up on the stat sheet, as Andersen recorded the majority of her 170 rebounds and team-high 46 blocks during conference play.

L'Amoreaux, meanwhile, grew into her role as a point guard throughout the year with the help of Thibault-DuDonis's coaching, increasing her assist rate and lowering her turnover rate as the season progressed.

"If you look at [L'Amoreaux]'s conference stats versus her non-conference stats, you see a huge improvement in her ability to take care of the ball, to make sound and solid decisions, and that was something

we were looking for from her."

The constant improvement of the entire team, even through their constant winning, led the Stags to their aforementioned conference title and a trip to the NCAA Tournament, where they bowed out in the first round in an 89-56 loss to eventual Sweet 16 participant Indiana.

With all of the vast accomplishments and accolades of the squad, it would have been easy to feel satisfied in spite of the disappointing end to the year. But that isn't how Thibault-DuDonis and the Stags are treating the loss.

"We're gonna look back and realize, a little bit removed from the game, how special this season was," she said, "not just for the

people in the room, but for our community and our university. But our goal is to win that game in the tournament, and we're not where we want to be yet."

to Contributed by the Sports Information Des

Regardless, the incredible year was still plenty to earn Thibault-DuDonis a three year contract extension that keeps her with the Stags until the 2029-30 season, and she has her eyes set ever higher in an attempt to make Fairfield a true mainstay on the national stage.

"I feel like we are just scratching the surface of what can be done," she said. "This university clearly values what we do, and we're just gonna continue to try to pour into our environment and our community, and just keep chipping away at something that can be really special."

It helps for a special coach to have a special team like the one the Stags sent onto the court every week this winter. There is a seemingly endless list of on-court accomplishments from this past season, but Thibault-DuDonis was quick to praise her team off the court when highlighting her memories of the year.

"Not once did I have to worry about this team caring about each other and bringing joy to one another," she said. "Every single day we came in to work in practice, or a game, or shootaround, or film, they did it with joy I can't express how amazing that is as a coach or a leader."

Now, Thibault-DuDonis and her team will carry that joy into the summer as they prepare for a sequel performance to their record-breaking season, the bar climbing ever higher.

For more information on Fairfield women's basketball, visit fairfieldstags.com.



Pictured above is Coach Carly Thibault-DuDonis with the net from the MAAC Championship victory game this season.