



United in Activism: FUSA D&I Celebrates Racial Diversity with Rev. Nontombi Naomi Tutu Student Panel



Rev. Nontombi Naomi Tutu was the first guest on the month-long “Celebration of Unity” event series sponsored by FUSA D&I.

By Julian Nazario
Copy Editor, News Editor

As the spring semester is coming to an end, Fairfield University Student Association is launching the Celebration of Unity Series, a compilation of events organized by the organization’s Diversity and Inclusion Committee to highlight Fairfield University’s past, present and future.

As described in the promotional materials distributed to students, the month-long event series aims to make “students come together to promote social justice and DEI initiatives, not just on Fairfield’s campus, but also within the greater community.”

On April 3, FUSA received Rev. Nontombi Naomi Tutu, a black female priest, daughter of Nobel Peace Prize winner Archbishop Desmond Tutu and civil rights activist at the Dogwood Room for a student-led panel under the topic of “United in Activism.”

The panel started with a direct question from panelist Grace Lannigan ‘25, who asked the reverend about how she has received pushback throughout her career because of her diverse identity and her message of love and inclusivity.

“I think it has been a reality all of my life. I grew up in apartheid South Africa, so [I was] already a Black person that was considered maybe a third or fourth-class citizen in a society that was very patriarchal. So, from the very beginning there was pushback for being an out-spoken pain-in-the-butt Black woman,” explained Rev. Tutu as she added more details on her experience exercising her degree in economy and people “not believing I was an economist.”

On her challenges to becoming a priest, Rev. Tutu illustrated how she had to deal with breaking the

“ God called me as I am, a Black woman who loves fashion, and so clearly, God called me to be a priest; God didn’t call me to be a white man in a black shirt.”

- Rev. Nontombi Naomi Tutu

stereotype of a white, male priest; “You know, our churches are not known to be places that are very welcoming of women’s leadership.”

“To hear some of the reasons people would give on to why women shouldn’t be priests; my favorite was that men in the congregation would not be able to concentrate on the service if a woman was in the altar because their mind would be going to other things,” said Tutu, which elicited some laughs from the audience.

She quickly criticized the idea by explaining that the opposite, women distracted by men at the altar, has not been an accurate representation and thus, men being distracted by women at the altar is not a valid excuse for prohibiting women from their spiritual calling.

She also confronted those who are skeptical of Tutu’s work as a Black female priest and even give their unsolicited opinions about the priest’s type of clerical clothing, specifically her asymmetrical clerical top. To that, she responded by establishing that “God called me as I am, a Black woman who loves fashion, and so clearly, God called me to be a priest; God didn’t call me to be a white man in a black shirt.”

In response to a question asked by another panelist, Rev. Tutu described her work of facilitating dialogue through a commitment of truth and reconciliation as a mechanism to work with groups in conflicts.

“I always preface the work I do with, ‘I come out of a place where conflict was the order of the day,’ and the divisions that insisted between Black and white South Africans appeared to be so vast that people said that there was going to be a civil war in South Africa—that there was no way out of apartheid apart from violence,” explained Rev. Tutu while talking to the audience on how coming out from the apartheid experience has shaped how to approach conflict resolution.

She also addressed the issue of recognizing the racial and ethnic differences between people by establishing that there has to be a space to recognize one another from the beginning of the conversation.

In her case, she delineated that her conversations start by stating “I am not saying we are all the same,” which knocks down the idea that people from opposite sides have to check their identities at the door and thus, she tries to promote honest conversations where all parties go to the table with their own stories.

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Opinion: Stags Hospitality Needs to Include Newer and More Diverse Food Options

By Liz Morin
Opinion Editor

I’ll say it. I’m sick of chicken sandwiches. I’m sick of the big three Fairfield foods: chicken sandwiches, chicken tenders and wraps—probably the chicken caesar salad wrap. Potentially pizza depending on the day. When I first came to Fairfield, the amount of food choices was praised, especially with the food trucks that are behind Loyola Hall every day. I was told that there would be seven food options: the Daniel and Grace Dining Tully Commons, the Stag Diner, the Levee, the food trucks, Sushi Do and the Dunkin’ and Starbucks on campus.

The food was something I was nervous about coming into Fairfield, mainly because this would be the first time I was essentially living off of mass-produced food, but hearing the options, I assumed I would be fine. But I got sick of it within a month.

I give the Tully credit for having variety, but

also for having staples like the pasta and grilled chicken that is always in the back by the Main Ingredient station.

First-year Fiona Killeen comments on the lack of variety and rotation of food options. “I would love to see more options and rotating meals, especially at the Tully.” She continued, “I understand why they would have fan favorites such as pasta and chicken fingers every day, but why not substitute those for something different?”

The Stag and the Levee—honestly, the food trucks as well—are where the repetition lies. The Levee offers mainly hamburgers and grilled sandwiches, along with pasta and pizza, which is where it differs from the Stag. But you could also just get pasta or pizza at the Tully, too. A majority of the food trucks are the same form of chicken tenders and sandwiches, which is why I personally love when food trucks like Tasty Yolk or The Plate come in. They offer something that none of the other dining options at Fairfield offer, like Acai bowls and egg sandwiches (yes, I know the Tully has egg sandwiches, but

you don’t see those everywhere like you see chicken tenders).

The Stag offers a salad station, then a station that offers mostly chicken sandwiches and chicken tenders, and finally a wrap station. First-year student Ava Hanley said that “the Stag is probably the best food option Fairfield offers. It does have the same section of chicken sandwiches and fried chicken, but the salad station is a source of variety as well as the wrap station.”

Near the registers at the Stag, there’s more variety of snacks to go with the food you’ve gotten ... but wait. They cost dining dollars, which leads me to my next issue. Any time you look for any diversity in food choices on campus, you have to use the grand old \$100 of dining dollars we get per semester. Now, to someone who isn’t a college student, this seems like a lot. I certainly would have thought so before I came here. But this number dwindles throughout the semester if you choose to seek out anything different than the main menu items.

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“Holy Hour” Offers Students Fulfilling Break from School Stress



Fr. Nick shares a special moment of spiritual reflection with students in the Egan Chapel as part of the “Holy Hour” event that takes place each week.

By Kathleen Morris
Assistant News Editor

Members of the Fairfield community are welcome to participate in Eucharistic Adoration at the Egan Chapel of Saint Ignatius of Loyola. The practice, referred to as “Holy Hour,” takes place from 8 to 9 p.m. on Wednesday evenings.

Father Nicholas Colalella, a Jesuit novice, shared that the concept of Eucharistic Adoration dates back to the fifth century. It was first alluded to by St. Augustine, who stated “no one eats [Christ’s] flesh without first adoring it.”

According to Colalella, St. Augustine is referring to the Catholic belief that “at Mass, the bread and wine become the real body and blood of the Risen Jesus.”

“The consecrated host, though it still looks like bread, has been substantially changed into the body, blood, soul and divinity of Jesus Christ,” Colalella continued.

“At Mass, we consume the host, with the hope that we will become more like Jesus. During Eucharistic Adoration, a consecrated host is placed in an elaborate stand called a ‘monstrance’ and is set on the altar for all to see. This reminds us that Jesus keeps his promise to be with us for all ages (Matthew 28:20).”

Colalella expressed that the tradition has evolved, “as the more elaborate ceremonies that we have now, with the monstrance and incense, took shape sometime during the Middle Ages.”

The mass offers attendees a rare opportunity to spend a prolonged period of time in silence. The tranquil atmosphere, paired with warm lighting and an inviting aroma of incense, is ideal for thoughtful reflection and prayer.

Angelo Corsini, a sophomore at Fairfield, meditated on the essence of serenity he experienced during Eucharistic Adoration. “During the ‘Holy Hour’ we were given the chance to meet with Jesus through Adoration of the Eucharist, engage in prayer and confess our sins,” Corsini illustrated. “It gave me a chance to drop everything else going on in my life, examine my conscience, and spend some time with the Lord.”

Corsini admitted, “I thought an hour of adoration would drag on, but I was so focused on introspection that it ended up flying by [and] I walked out of the chapel feeling as if a burden had been lifted off my shoulders.”

Notably, the ceremony’s silence is broken by a selection of traditional Latin hymns. These hymns, as Colalella explained, were composed in the thirteenth century by St. Thomas Aquinas. The compositions were created at the request of Pope Urban IV and Colalella reiterated that their texts capture “the Catholic belief in Jesus’ real presence in the Eucharist.”

In these moments, the Egan Chapel is filled with the song and instrumentation of Fairfield’s Music Ministry group, The Grace Notes.

First-year Charlotte Lignowski is a member of the choir who recently “gained a new

appreciation for song as a form of prayer.”

Lignowski revealed that her involvement in “Holy Hour” has “truly deepened that appreciation” and she loves “using this time not only as a break from [her] busy schedule but also to come together with friends and worship God through sacred music.”

The Music Ministry is student-driven. The Grace Notes are led by Nicholas Stampone ‘24. Stampone’s responsibilities are multifaceted, as he holds the title of Director and organist.

“All of us in Music Ministry love making music for Sunday masses and guiding others to God,” Stampone voiced.

Stampone observed that “members [of The Grace Notes] wanted to find additional outlets to serve the community, and Adoration is a truly special way to do just that.”

The worship concludes with “Benediction.” Colalella described that the priest, cloaked in golden vestments, “blesses the congregation with the consecrated host.”

Colalella summarized the solemn ritual as “a great way to escape the busyness of the day, recollect, and reconnect with God, self and others.”

The Egan Chapel of Saint Ignatius of Loyola is located on Bellarmine Road, in the heart of Fairfield’s campus. Confessions are available during the hour and students may stay for the duration, or stop by for a short visit. Students are encouraged to volunteer as singers or servers. If interested, please contact Father Nicholas Colalella (ncolalella@fairfield.edu).

Sister Thea Bowman Hall Update: Exterior Brick Walls Now in Place

By Julian Nazario
Copy Editor, News Editor

As seen in the picture to the right, construction workers have been using scaffolding to install the individual pieces of bricks. The process is half-way done and students should expect the building to have the brown and beige bricks in all of the exterior walls in the coming weeks.

In a floor plan shared by the Office of Residence Life to students as part of the Housing Process, it is established that Sister Thea Bowman Hall will have five floors and 32 rooms, with three of them reserved for Residence Assistants (RA).

Students from the Class of 2026 will be living in six-person suites as part of the sophomore housing program they applied to.



Formerly known as Regis West, Sister Thea Bowman Hall is now on track to be open by Summer 2023 to host the Sophomores Give Back program. During the past few weeks, construction workers have been in the process of installing the exterior bricks that will give the new building the traditional residence hall aspect.





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

4/5
3:30 a.m.
Students in the townhouses reported hearing a loud ruckus outside of their building. The students believed that people were arguing. The Department of Public Safety responded and found no one in the area.

4/1
12:18 a.m.
A Resident Assistant found a stolen stop sign in a room in Meditz Hall. The Department of Public Safety recovered the sign.

4/1
1:55 p.m.
An exit sign was vandalized in Meditz Hall. No suspects were found.

4/2
3 p.m.
A student reported a male sleeping in the hallway of Regis Hall. The male was identified as a non-student. The Department of Public Safety responded and it was confirmed that the male was in good conditions. The male was reunited with his host.



Metro Boomin to Headline FUSA’s Spring Concert at Hartford Healthcare Amphitheatre



Photo Courtesy of Spotify

Metro Boomin released his second studio album “Heroes & Villains” last December.

By Samantha Russell
Assistant News Editor

Metro Boomin will take the stage for this year’s Spring Concert, announced by Fairfield University Student Association via an Instagram post on March 20. The event will take place at the Hartford Healthcare Amphitheatre in Bridgeport, Conn. on Friday, April 28—a night of celebration before a daunting finals week.

The artist is categorized as an American music producer and DJ. His recent album, “Heroes & Villains,” was released in Dec. 2022, and a newer edition of his album was released on Feb. 17, titled “Heroes & Villains (Villains Version)”. Metro Boomin is a common rap collaborator, working with artists like 21 Savage, Travis Scott, Future and Drake.

Senior Jordan Gale, current FUSA President, voiced an “overwhelming” request from the student body to host a rap concert this spring.

“After understanding what the student body wanted, we spent the last six months or so working with the team at the Hartford Healthcare Amphitheater to find the best artist that everyone will be excited to see,” he declared.

FUSA Vice President and President-Elect Aliyah Seenauth ‘24 further conveyed the pair’s enthusiasm in choosing Metro Boomin.

“We agreed that Metro had such great hits and that many would know his music,” she reported. “Once we saw how excited students were after the official announcement, it made us even further pumped.”

While some logistics are still in the works, Gale explained that FUSA will provide bus transportation and a limited number of Uber codes to shuttle students to and from the venue.

An email sent out by the association on April 2 stated that these buses will begin boarding at 6 p.m. on April 28, and will conduct loops from Veteran’s Park and Rafferty Stadium, with the

last bus headed for Hartford Healthcare Amphitheater departing at 7:45 p.m.

Tickets were priced at \$55 and sold through the Fairfield Tickets portal, the same mechanism that issues tickets for Pres Ball and athletic events. Senior Early Bird tickets went on sale at 10 a.m. on April 3, and all class year tickets were released the following day, April 4, also at 10 a.m.

Moreover, in terms of student attendance, Seenauth and Gale hope for the best possible turnout.

“ We spent the last six months or so working with the team at the Hartford Healthcare Amphitheater to find the best artist that everyone will be excited to see.”

- Jordan Gale ‘23
FUSA President

“We are glad to have received great feedback from our peers regarding the concert,” Seenauth said. “Seeing an increase in attendance from previous years will only make us that much more excited for the boost in student engagement.”

Previous FUSA concerts have featured artists such as Flo Rida, Fetty Wap and T-Pain, which received great support from its attendees. Some students, however, are worried that Metro Boomin may not live up to those past performances.

Sophomore Marie Fanizza laments the idea that the concert just might not be fun. “I liked the Flo Rida [concert] because you can actually dance to that music,” she confessed. “This one, [Metro Boomin], might

not be dancing, just fist pumping.”

Still, students like Noelle Gori ‘25 and Daria DeSandis ‘25 have high hopes for the show.

The integration of special events like the FUSA Concert is essential towards rewarding students for their hard, academic work. Gale recognizes the exceptional effort that students put into their classes and their extra-curriculars, and stated it is important for students to enjoy time with their peers outside of those commitments.

“One of FUSA’s responsibilities is to provide events that students can make lasting memories at for years to come,” he assured. “We believe that there is no better way to end April than with the FUSA Concert!”

And, the pair is certainly excited for the concert themselves.

“Jordan and I are so thrilled for Metro,” Seenauth exclaimed. “Throughout the entire process of planning the Spring Concert, it felt great to finally have a decision that was set in stone.”

FUSA Programming is the branch of the association that generates these entertaining events. As stated on their website, their mission is “to provide programs that are social, academic and cultural in nature and to foster a sense of ‘Stag Pride’ in each and every student.”

Their activities range from concerts to dances, to engaging speakers and trips to New York City, encouraging student involvement in all aspects of their campus experience.

Among these events, the Spring Concert remains a fan-favorite. Seenauth is eager to witness the progression of the event that FUSA is working so hard to produce.

“We’re really looking forward to the day to come and cannot wait for the energy it’ll bring.”

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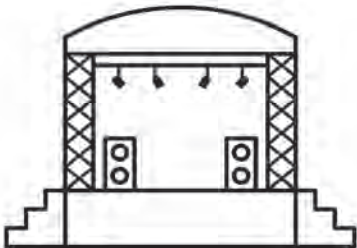
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Rev. Tutu Discussed with Students the Importance of Self-Care in Activism

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When asked how she manages the hardship produced by being an African woman who is also a priest, she brought up the example of how Black women are often targeted with the adjective “angry Black woman.”

“I would often say to people I recognize that one of the ways that society silences us as Black women are to say ‘you are that angry Black woman,’ so you don’t want to be the angry Black woman. So I was like ‘you know what? I’m going to start by introducing myself by saying I am Naomi ‘Angry Black Woman Tutu,’ so that we get that out of the way,” exclaimed Rev. Tutu as the audience erupted in laughter.

However, Tutu also described how there have been times in which she has to examine whether it is worth fighting the stereotypes that are imposed on her and all the women who look like her. She went further by stating that sometimes she engages in political and cultural fights knowing she will not be successful, but does it so “that the person coming after me will have a head start because I fought to a certain point.”

“We also have to recognize that our own mental and spiritual health is not meant to be nailed on the cross. I often tell people ‘Jesus already did that, I’m not about to,’” said Tutu as she encouraged the student audience to create a balance between their activism and their personal health. “So, I say all that because there are times when the pushback is such that I’m not up to fighting it, that I have to give myself the grace, that I need to take care of myself in this space and this particular time, that I don’t need to be the 24/7 warrior.”

During the conversation, one of the student panelists, Nya Jones ‘23, asked the Reverend to use her experience of living and visiting many countries to describe some examples in which systemic inequalities are made universal. She quickly went on to express that the issues of gender bias and sexism are prevalent in all societies. Additionally, she attested that while racism might look different in different countries, the “anti-Black” sentiment of racism is found everywhere; the main difference being who

During the hour-long event, the panelists asked questions ranging from how to deal with the pressure of discrimination, being an African Black female priest and the pressure of following into her parent’s religious path.

To those students who are thinking of serving as a bridge between people, Rev. Tutu shared three important points: make sure you are doing the work of social justice and that whatever you are doing, you do it with passion; find the community who will help you remember who you are, why are you doing what you are doing, and a community that will remind you of self-care; and finally, she encouraged the attendees to be ready for those days where it feels too much.

Rev. Naomi Tutu continued her day at Fairfield University with a visit to the Dolan School of Business Event Hall for a special participation in the Quick Center’s Open Vision Forum with a lecture focused on “Striving for Justice: Searching for Common Ground”.

“ We also have to recognize that our own mental and spiritual health is not meant to be nailed on the cross. I often tell people ‘Jesus already did that, I’m not about to.’”

- Rev. Nontombi Naomi Tutu



Julian Nazario/The Mirror

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With Plans to Close Levee, More Food Options Needed

CONTINUED FROM PAGE 1

Even something that looks to be different such as Sushi-Do, anything that has variety beyond the three main sushi rolls you can get, costs a painful amount of money, about \$12 each. Some people don't have issues with the number of dining dollars we receive.

I have friends who haven't spent a single dining dollar but keep in mind they're also considerably more content with the menu of food we get on campus. However, as someone who is now borderline nauseated by the idea of fried food, I think we deserve more dining dollars.

I spoke to a few friends of mine from different colleges about their meal plans and dining dollars and I was amazed by what they were getting. A friend of mine from Roger Williams in Rhode Island receives \$400 in dining dollars and my sister, who attends Wellesley College in Massachusetts, doesn't even have dining dollars, they have points, but they're only used on coffees.

She doesn't have to worry about

money in order to receive a variety of food on campus, she can have whatever she wants whenever.

A friend of mine at San Diego State receives "debit dollars," which is like dining dollars, but you get a certain amount per day, in their case, \$29.

I think that plan sounds certainly fairer than rationing off \$100 a semester. \$29 a day could get you three meals from anything that's not the traditional meal plan. I know I would prefer that system of dining dollars for sure.

Something new that I didn't know before writing this article is that The Levee is also getting torn down at the end of the year, meaning that we have one less food option for about a year and a half.

I suppose the idea is good, but that leaves even fewer food options for students. I was disappointed to hear this because while I think their menu is repetitive, their food is some of the better quality on campus.

"I like the Levee ... I think it's good food, but I absolutely think their menu should be revamped a bit. I think seeing

a late-night menu with different options would be cool," stated Hanley. This makes me a little nervous for next year, considering that I already find difficulty in getting different food options.

I myself don't have any allergies, but I have heard from friends of mine that do, that the process of getting food on campus is considerably worse.

Despite the Tully having an allergy restriction section, some students find that they are restricted to the small menu that the Tully offers.

First-year Ava Jadul, who is allergic to both dairy and gluten, commented on her experience. "There is a lack of options around campus. I can't eat a single thing from the Levee so it isn't very accommodating."

She further went on to say that she doesn't think it's fair that students with allergies often have to pay more of their dining dollars and money to be able to get the food they can eat.

"In the sushi station, I'm allergic to all of the meal swipe options, so I have to pay real money any time I want sushi. This is the

same when it comes to gluten-free bread."

If the allergies section offers something that doesn't interest the student, sometimes they can't get anything else due to the risk of cross-contamination and not being able to get anything else at the other Fairfield dining locations.

I can speak to the fact that when I came to Fairfield, I was trying to be a Pescatarian for environmental concerns, and I was told by my parents to wait until college when I had more food freedom.

I dropped this plan almost instantly after I couldn't have much within the Tully and at the Stag and Levee.

Ultimately, the lack of food choices has made me resent the idea of getting food on campus, which is a problem because food is a necessity!

Certainly, we are privileged to have dining halls and food trucks that provide us with food, but all I'm saying is that there should be more of a diversity of food choices at places other than the Tully.

I think Fairfield has the right idea of providing different places we can get food ... but the menus certainly need an upgrade.



Counseling and Psychological Services Deserves More Resources

By Mary Bevans
Contributing Writer

Almost every Fairfield student is well aware of the existence of the Counseling and Psychological Services office on campus. It is discussed in every class syllabus, every

Weekender email throughout the semester as well as on posters displayed around campus.

Services offered by this office include individual and group counseling (as well as workshops), crisis intervention, substance misuse and recovery programs.

Undergraduate students are entitled to six to eight individual counseling sessions per academic year before being referred to off-campus counseling and therapy. Graduate students are entitled to one individual session (as triage) and are then referred to outside help.

During my time at Fairfield, I have had a couple of visits to both group and individual counseling. In my experience, I have found that everyone who works in Counseling and Psychological Services is lovely.

The visits I had were very helpful (particularly during the individual sessions), and the staff was exceptionally reassuring and easy to talk to.

There was never a time when I had a visit and didn't feel better afterward. You can tell that the staff cares a lot about you and your well-being and that they are truly professionals at what they do.

What this office offers to students is great; they help with many different mental health issues that students may struggle with and make high-quality care accessible for students that they may not otherwise have access to.

However, the issues lie outside of what the office may

have control over. As Fairfield continues to grow as an institution and the number of students increases, I feel that this office will struggle to keep up with the demand unless they are allowed to expand at the same rate as the school.

Many students have found that there is a disproportionate number of counselors for students. During busy times such as midterms and finals weeks (respectively), it is very difficult for students to get an appointment to talk with a

therapist.

As the number of students increases, it will become even more difficult for students to schedule an appointment.

On the other hand, because students are limited to six individual sessions per year, there is a worry about being able to afford off-campus therapy once they run out. There is a thought of "why should I start something I may not be able to finish?"

While some of these referrals are covered by school insurance, every student is in a different situation. Not everyone has access to the kind of insurance that would cover therapy and mental health help.

Additionally, for some students, it is difficult to return for a counseling session if a specific therapist has left the institution, which could impede recovery or therapeutic efforts.

Recent communications from C&PS show that there is growth happening now and hopefully more so in the future.

New resources such as after-hours mental health crisis support, wellness workshops that help students learn life skills and access tools such as Togetherall—a community support system where students can receive peer support for free.

Additionally, students now have the opportunity to use Kognito (also free!), which upon completion, helps students to identify signs of distress in themselves and those around them.

This is great progress, but it is reactive rather than proactive. Proactivity is what is going to help students the most, especially in a situation where the volume of students overwhelms the high-quality care an office is able to provide at a certain capacity.



Therapy is an essential campus resource for students struggling with their mental health. There needs to be more therapists and available sessions.

The Housing Lottery Doesn't Need To Be This Hard

By Fiona Killeen
Contributing Writer

One of the most influential aspects of your college years is what your experience with housing is like. Fairfield offers a wide array of different types of accommodations, including communal dorms, suite-style, townhouses and apartments.

As a first-year who was given a round one lottery number, Thursday, March 23 was the day my group was to choose our building for next year.

Prior to the day we actually selected our rooms, I was nervous about what the lottery process entailed and what my experience with it was going to be despite upper-classmen resolving my initial fears over the process by recounting their positive experience.

Through my experience with determining housing for sophomore year, however, I found that there are ways to make the housing process less intimidating if you are willing to seek it out.

This past year I was placed in a forced triple, so I was told my group would be given priority housing for next year. For most of the year, I was left uncertain about how this promised priority housing would pan out.

Since it seemed like so many freshmen were placed in forced triples, I was nervous about whether or not the designation would really impact anything. Luckily, for my group, it meant we were given a round-one pick at a relatively early timeslot.

However, I do know other students who were placed in forced triples and given considerably later times. Since two of the girls in my group (myself included), were given priority status, I think our chances were substantially increased which gave us the earlier time slot.

However, it is not realistic to think that most groups would have two members with priority designation.

I would argue that in the future, it would be more beneficial for Residence Life



The Housing Lottery can be a very stressful process for students, but there are resources to make the process easier.

to communicate that priority housing does not equate to priority choice for buildings, and it rather means that you are just given a “bump” in the lottery.

While there are definitely some downsides to housing at Fairfield, such as disproportionate commutes to academic buildings, inconsistencies in air conditioning and unrenovated buildings, I think it's favorable for students to really consider their lifestyle choices when selecting a building.

It is easy to say that all Fairfield housing is flawed. However, there are ways to limit the number of drawbacks you perceive in your housing experience.

I think the best way for students to come out of the housing process feeling confident in their accommodations and looking forward to the next year is to really consider their lifestyle properties.

For people who prefer renovated and more modern buildings, Meditz Hall or Sister Thea Bowman Hall are viable options. Students who are trying to still locate a close-knit and community-oriented residence may find common ground in Lang-

guth Hall. For rising sophomores, Bowman Hall, Meditz and 42 Langguth Road all required applications.

Since the acceptance to these buildings is determined much earlier, fewer students register for the regular lottery which I believe to be a positive.

If everyone was applying for housing at the same time, and there were no separate applications, the lottery would be even more chaotic.

When there is such a wide variety of residence halls that all are considerably different, it is hard not to compare and contrast them. Of course, with the process being managed through a lottery system, sometimes it just comes down to luck.

If I could change anything about the housing selection process, I would choose to alter how timeslots are given out in the first place.

Instead of it being a randomized process, it would be more constructive to weigh into what each specific student prefers for amenities of a building.

In the process that Residence Life has

now, if a student prefers suite-style living and is given a time slot for when all of the suite-style dorms are already taken, their preferences are not being taken into consideration at all.

It would be more advantageous for students first to submit what characteristics of a residence hall they see as most important to their experience and then assign time slots along with buildings that represent those particularities.

While peers may say that Fairfield housing has its caveats, for the students who are willing to commit more time to research their options and strategies, housing can be less daunting of a process.

After going through the process, I would argue that future first-years should spend additional time reviewing the housing guide booklet, even if it may seem inconsequential.

My group also went to our Area Coordinator a few weeks before the housing process started and she was able to really inform us about the entire process while effectively answering our questions.

While I know that some of these factors of housing may appear insignificant to the lottery system, it is always better to exhaust all of your options during a preparatory stage as opposed to regretting not being as committed later on.

Taking extra steps during the housing process, such as camping out in the Lower Level Barone Campus Center close to the Residence Life office or in the Area Coordinators office during the day of choosing, will reduce the number of technical complications that may result in complaints over housing selections.

Of course, no matter how a housing selection process is run, there are always going to be complications and problems.

I think the best way to mediate some of these issues, perhaps on a small scale, is to ensure you take enough time before the actual selection day to consider all your options and organize your choices.

”A MESSAGE TO SHEIN CONSUMERS”

BROOKE LATHE
EXECUTIVE EDITOR



Listen up “fashionistas,” it’s finally time to address something very troubling: SHEIN.

I honestly didn’t think I would need to write about a company that is so blatantly terrible because I thought that it would both fizzle out over time and the thousands of sources that are easily accessible on the internet would warn consumers about the truth. But it turns out that with the increase of “unboxing” and “haul” videos all over social media, SHEIN has become one of the dominant fashion companies in the world.

SHEIN, an online Chinese fast-fashion retailer, is most commonly known for its low-cost and trendy looks. For most of their shirts, the prices remain around \$3.99 to \$11.99 which is a drastic comparison to small businesses or even other popular companies located in any mall that would normally have a price tag that is approximately three times higher. This “cost-effective” choice, however, should not counteract the extreme damage it causes to our environment and innocent workers.

A simple Google search that poses the question “how does SHEIN hurt our environment,” tells you all that you need to know with a three-minute read. According to “Synthetics Anonymous,” the “rapid use of virgin polyester and large consumption of oil churns out the same amount of CO2 as approximately 180 coal-fired power plants.” Due to this, SHEIN produces approximately 6.3 million tons of carbon dioxide per year; heavily contributing to the global carbon emissions that directly cause global warming. And, their harmful production does not even account for the effects of its overconsumption.

Found in a 2016 report from the Ellen MacArthur Foundation, the “equivalent of one garbage truck full of textile waste” is sent to landfills and incinerators every second, worldwide. The most troubling fact is that it doesn’t matter how these materials are discarded—burned or left in a landfill—both options emit toxic greenhouse gases and petrochemicals that can take between 20 and 200 years to completely degrade. With SHEIN’s daily website updates that average around 6,000 new items every day, there is really no shock in how the company plays a large role in destroying our planet.

My biggest problem with regular consumers is that usually, the people that preach support for SHEIN because they “don’t have enough money to shop at nicer stores” are the same people that spend \$300 in total for a large shipment of cheap unethical clothing. And if you can spend upwards of hundreds of dollars, you can certainly choose to spend it somewhere else that will last you until your later adult years. What happened to quality over quantity?

Even so, if you genuinely don’t have a lot of spending money, there are still countless other low-cost fashion companies that are less harmful: Pact, TAMGA, Wear Well, Made Trade . . . just take ten minutes to do your research! Also, let’s not forget about consignment shops. Thrifting is not only inexpensive but the best way to reduce textile waste. The funny part is that in the recent months that I have been to consignment stores, I actually see SHEIN tops hanging on the racks throughout the shop; so if you truly did like their style, I’m sure you can find one that has been tossed after two wears.

In the end, it’s frustrating because a

majority of students that go to Fairfield University can afford clothing that is derived from ethically sourced companies—let’s not play coy—and yet, I always spot an endless flow of girls proudly displaying their SHEIN tops at every social gathering.

Not only is SHEIN horrible to our environment, but they also force their employees to work in unspeakable conditions. I mean this with no exaggeration: it is quite literally a sweatshop. Multiple publications have come forward to reveal that the workers are in the factory for 18 hours a day, for less than 50 cents per hour. Although the labor laws in China are not the same as those implemented in the United States of America, these conditions are completely disregarding the country’s guidelines.

I’ve also seen countless videos revealing the word “help” stitched into the clothing tags and even blood left on the cloth. Even with clear proof, consumers say “how horrible” and immediately purchase their next large bulk of clothing—and I’ve seen this happen firsthand. How do you lack any sense of empathy?

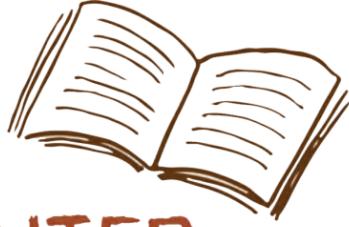
I will be understanding to people who have purchased from SHEIN before learning about their unethical behavior; I know that in high school I certainly was not made aware before I had spent \$10 on three bathing suits. But after thousands of sources have been made public where investigators have revealed true dangers, I cannot understand anyone who continues to support the company. It’s harmful to both the environment and their workers, and you only wear their clothing twice before it falls apart. Please think before you shop.



Editor: Abigail White



FAIRFIELD'S "ONE BOOK,
ONE TOWN" AT THE QUICK CENTER



By Brooke Lathe
Executive Editor

The Regina A. Quick Center for The Arts welcomed author Ivan Maisel on Tuesday, March 28 to speak about his book “I Keep Trying to Catch His Eye: A Memoir of Loss, Grief and Love”.

The heartwrenching and honest story shares Maisel’s experience following the suicide of his son Max, as each chapter reveals the rollercoaster of recovery, grief and love.

The memoir was chosen as the 2023 Fairfield Public Library’s annual “One Book One Town” initia-

tive, a program that hopes to foster conversations within the community. And, Maisel’s story is the first book chosen that was written by a Fairfield resident.

Scott Jarzombek, a Fairfield librarian, introduced the night as the “most anticipated event” of the year and noted that “conversations are an essential part of One Book, One Town.”

Maisel, who is not only the book’s author, also comes with a highly decorated past with writing as he served as Vice President, editorial and senior writer at on3.com, a senior writer for ESPN, an editor at large for ESPN college

football 105 and more.

He was interviewed by Armen Keteyian, who also has a hefty career in print and broadcast, as he was a lead correspondent for 60-minute Sports, CBS News, CBS Sports, ABC News and more.

Maisel and Keteyian met while working at Sports Illustrated, and have been friends since.

Keteyian started the night by asking Maisel the story behind “I Keep Trying to Catch His Eye”. More specially, why he wrote it and how it helped him deal with his grief.

“I best communicate by typing,” Maisel explained. “I’m much better at getting out my feelings than speaking. I would wake up at 4 a.m., pour my heart out and go back to bed. [I] did that for over a year.”

Maisel continued by stating that this routine was what determined how exactly a healing process worked and what it consisted of.

In the end, he hoped that his writing would pinpoint what was helpful and what was not so helpful throughout this period because if people haven’t already gone through a tragedy like this, they will inevitably grieve in the future as death is unavoidable.

On the other hand, Maisel was quick to note that everyone grieves differently. “All grief is personal, all grief is individual. Grief is the purest form of love to someone who is no longer here to express that back.”

Luckily, Maisel was able to find what worked best for him when processing his feelings and doing so unapologetically: honesty.

To pinpoint this, he needed to understand his conflict and avoidance issues first—which he no longer had the choice to ignore. He vividly recalled what his mother once said to him not long after Max’s passing: “This just is.”

“It centered me, and I realized I had to deal with it—it’s going everywhere I go.”

Keteyian asked how Maisel and his wife worked through the death as a couple, noting that a lot of marriages end after the loss of a child.

“You can’t judge one another’s grief,” Maisel warned. “Meg and I have always given each other a lot of space,” while Meg wanted to know everything, Maisel didn’t want any extra information because it wasn’t going to undo Max’s death.

“You have to grieve, however you grieve. Because if not, it will come out for you,” he shared.

As for the book’s title, Maisel explained that Max hated having his photo taken and would much rather be the one behind the camera.

Most notably, Maisel has a picture of the family where Max is looking away—a time that Maisel could easily recall that he “would tell him to look toward the camera to catch his eye,” thus creating the memoir’s unique and personal title.

Max is their middle child, and “from early on, I knew he was different,” Maisel said. “I just assumed I would have a son that was a fanatic about sports as I was and he couldn’t care less—he was only interested in the NBA for a small while because LEGO came out with a set.”

Maisel went on to share Max’s “dry wit” but unfortunate, “lonely existence”.

“He found photography as a way to express himself. He loved Anime. He made his friends through video games and had a whole community of friends across the continent,” Maisel recounted.

Afterward, Keteyian noted how most parents that lost a child to suicide tend to feel guilty in the sense that they constantly think of ways that they could have prevented it.

Maisel, however, explained his thoughtful approach.

“It would be very easy to go down the road of second-guessing myself, but I gave myself grace,” Maisel said. “He was sick. If he died of cancer, you wouldn’t second guess your parenting decisions. Mental illness is an illness. My generation always hears the first word and not the second word, when the second word is most important.”

“He was sick,” he emphasized.

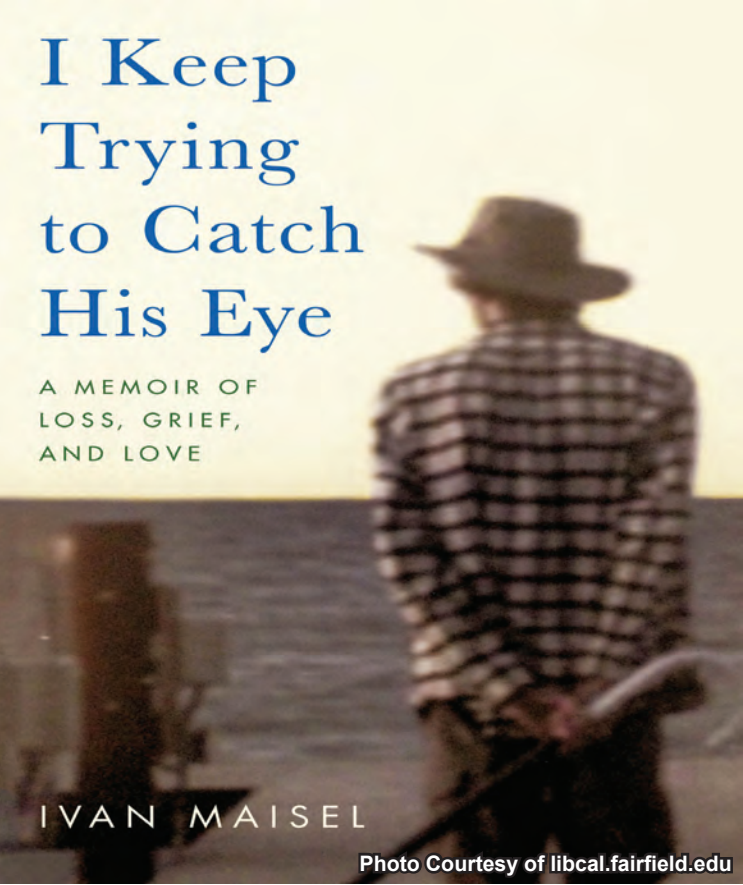
Maisel noted that he is a more empathetic person now.

He’s not as consumed with his career as he used to be and has a better idea of what he believes is important. “I have more gratitude, [I’m] more aware of how I’m guaranteed nothing,” he stated.

In the end, Maisel was comforted to contribute a work that could provide different perspectives to a world that is often miscommunicated.

The memoir’s purpose was to prevent further secrecy and shame toward mental illness.

“I didn’t want to do anything that would seem like we were ashamed of Max. If you refuse to talk about it, you’re contributing to the stigma of suicide,” Maisel explained.



Author Ivan Maisel's memoir, "I Keep Trying to Catch His Eye: A Memoir of Loss, Grief and Love" is chosen as this year's "One Book, One Town"

Egg-Citing Activities To Try This Easter

By Abigail White
Head Vine Editor

Easter weekend is right around the corner and with it comes a much-needed break from school. The Easter holiday provides students with the chance to spend some time with friends and family at home, and I know that I, for one, am very excited about this quality time.

But that doesn’t mean that we can’t celebrate Easter with our friends at school before we leave. Here are a few activities you can do to celebrate this holiday and the start of spring with your friends before you leave for break!

Decorate Your Dorm/Room

No holiday is a holiday without decorations! And when I think of Easter, I think of pastel colors, easter eggs, bunnies and baby chicks. At this time of the year, you can go to just about any store and you will find easter themed decorations and more. Head to Party City, Marshalls, Homegoods or even any drugstore like RiteAid or CVS and you will be sure to find some cute and festive decorations.

Dye Easter Eggs

This is a classic Easter tradition that is both fun and will provide you with decoration for your dorm, apartment or house. If you are an upperclassman and have a kitch-

en, then you can boil real eggs to dye. If you are currently living in a dorm, this may be a bit of a hard task, however, you can find egg decorating kits that do not require the boiling of real eggs at just about any craft store, like Michaels, Target or Party City. Dyeing Easter eggs is one of my favorite Eater activities and it can be a really fun activity to get all of your friends at school involved in. In the end, you and your friends will have a lot of unique and colorfully decorated eggs to display around your rooms.

Get Lots of Candy

The last suggestion I have to start celebrating the Easter holiday a little early with your friends is to stock

up on easter themed candy. From Peeps to jelly beans to chocolate eggs and bunnies, there are plenty of options to choose from. You can even buy popular candies like Reses, M&Ms and Kit Kats, but with Easter-themed packaging to add a little festivity to your week.

You can put the candy out to share in your room, common area or kitchen for your roommates to share this week. You can even buy some plastic eggs to put your candy in for a little extra fun!

These are just a few ways to celebrate Easter a little early before heading home for the holiday and I wish every Stag a restful, relaxing and fun Easter break!





Fan Favorites and Flops: Ranking Easter Candy



By Roisin McCarthy
Contributing Writer

A balanced Easter diet is a chocolate egg in one hand and a yellow peep in the other.

The purest feeling of joy is ripping through an easter basket full of chocolates, jelly beans and sour candies.

Some classic Easter candies are Cadbury eggs, Peeps, Reese’s Eggs, Jelly Beans and the infamous chocolate bunnies.

However, there is truly only one candy that reigns supreme on this sugar-filled holiday.

Without further adieu, here is my ranking of the best easter candies ...

#1 Reese’s Eggs

There is only one thing better than a Reese’s: a Reese’s in the shape of an egg. It’s the perfect shape and size for a one-bite candy. The pairing of chocolate and peanut butter is a classic duo.

Sophomore Erin Resnick can’t deny her love for Reese’s eggs, saying “They make me feel really yummy inside. I love the texture, the creamy texture. I think it’s the perfect amount of inside and outside chocolate. The eggs take the cake over the Reese’s pumpkin because it’s a great bite, you know what I mean?” Yes Erin, we all know what you mean.

#2 The Chocolate Bunny

This is a classic. Being able to bite off

the head of the chocolate bunny to see the hollow inside is a nostalgic feeling; “It’s a tradition! My parents get me a chocolate bunny every year. It makes me feel nostalgic as it is a wholesome gesture,” says Katherine Enriquez ‘25.

The chocolate bunny is an easter delicacy loved by all ages. This easter treat is deserving of a high rank!

#3 Cadbury Egg

I understand that this might be controversial putting the Cadbury egg in the third place ranking. I personally don’t enjoy this easter treat as much as others may. Feeling happy while eating candy is important and this candy gives so many people joy!

Cadbury eggs fly off the shelves at this time of year providing many people with the chocolate fix they crave.

#4 Peeps

If peeps were a year-round candy, I would never indulge in them. However, they are an iconic Easter marshmallow sweet treat!

In a whole calendar year, I only have one box of peeps to help get me into a spring mood.

Tip for eating Peeps: let them sit out overnight so they are not soft but crunchy.

My peep-obsessed brother, high school senior Colm McCarthy raves, “Peeps are some of the best marshmallows out there.

The little chickens and bright colors stand out on the shelf at the store and taste amazing.” I also suggest trying a peeps s’more! Peeps are extremely versatile.

#5 Jelly Beans

Gross, disgusting, foul and nauseating are perfect words to describe the taste of jelly beans.

Sophomore Emily Ashcenbrenner states, “I dislike all jelly beans.” Buying a bag of jelly beans is a waste of your hard-earned cash.

Why are there so many odd flavors? Flavors range from caramel corn, buttered popcorn, chili mango, chocolate pudding and many more abnormal flavors.

Candy should not taste like popcorn, ever! Easter bunny, please do not put jelly beans in my basket this year.

I hope your easter eggs hunt is full of your favorite candies!





SONGS OF THE SPRING: SEVEN CATCHY TUNES TO ADD TO YOUR PLAYLIST



By Jacqui Rigazio
Assistant Vine Editor

The sun is slowly but surely making its way out from behind the clouds, and you know what that means, Stags!

Springtime is upon us, and the campus has been popping with students basking in the warm weather—or anything above 50 degrees.

A good playlist is a springtime essential, and I’ve got some perfect tunes to get everyone in a sunny mood.

Here are my top picks for songs to blast in the car, on your walks to class or in the quad as you lounge in the sun with your friends.

WHY BY DOMINIC FIKE

Dominic Fike has been my number-one Spotify artist for two years in a row now, and this song always remains one of my favorites of his.

Similar to his hit song “3 Nights,” “Why” has a groovy, happy beat with a catchy chorus that is sure to boost your serotonin on the upcoming sunny days.

RICH GIRL BY DARYL HALL JOHN OATS

This song is the definition of an oldie but a goodie. During the spring of my first year at Fairfield, I was hanging out with some friends

in the Quad on a sunny day and a group of boys walked past blasting this song.

They were smiling and singing along with the song, passing their great vibes on to everyone in the quad.

Now, whenever I listen to it I am reminded of the happiness that springtime on a college campus brings. This tune never fails to make me smile!

STRAWBERRY SUNSCREEN BY LOSTBOYCROW

I just discovered this song recently but I have it playing constantly.

This is a super lighthearted, happy and feel-good tune perfect for spring days!

The melody is dreamy and makes me want to dance down the street on a sunny night. Ya feel?

SUNDRESS BY ZOO CULTURE

This is, without a doubt, my go-to sunny day song. The opening beat never fails to instantly lift my spirits. I could be in the worst mood ever and this song would cheer me up in a heartbeat.

To me, this song sounds like what a sunny day feels like. Definitely a must-listen for the warmer days approaching!

3 AM IN CHICAGO BY BRENDAN BENNETT

This is more of an upbeat tune that is sure to get you happy and hyped up.

This is one of my and my hometown friends’ favorite songs to blast in the car as we attempt to rap every word.

The catchy chorus combined with the fun beat definitely makes this one of my top

picks for springtime.

CAN T WAIT UNTIL THE DAY COMES BY FUR

This one is a little more underground, but I can’t gatekeep it any longer!

This is the perfect groovy song to get anyone in a sunshine state of mind.

I promise that if you listen to this one you are going to crave warm weather more than ever.

This song and “Sundress” have similar vibes in my mind, so do yourself a favor and add this to your springtime playlist right now!

DOWN WITH THE KING BY GOOD KID

While I would categorize this as more of a summertime anthem, it is perfect for those warmer spring days.

This upbeat indie-rock tune gives me so many memories of clear blue skies, smiles and sunkissed skin.

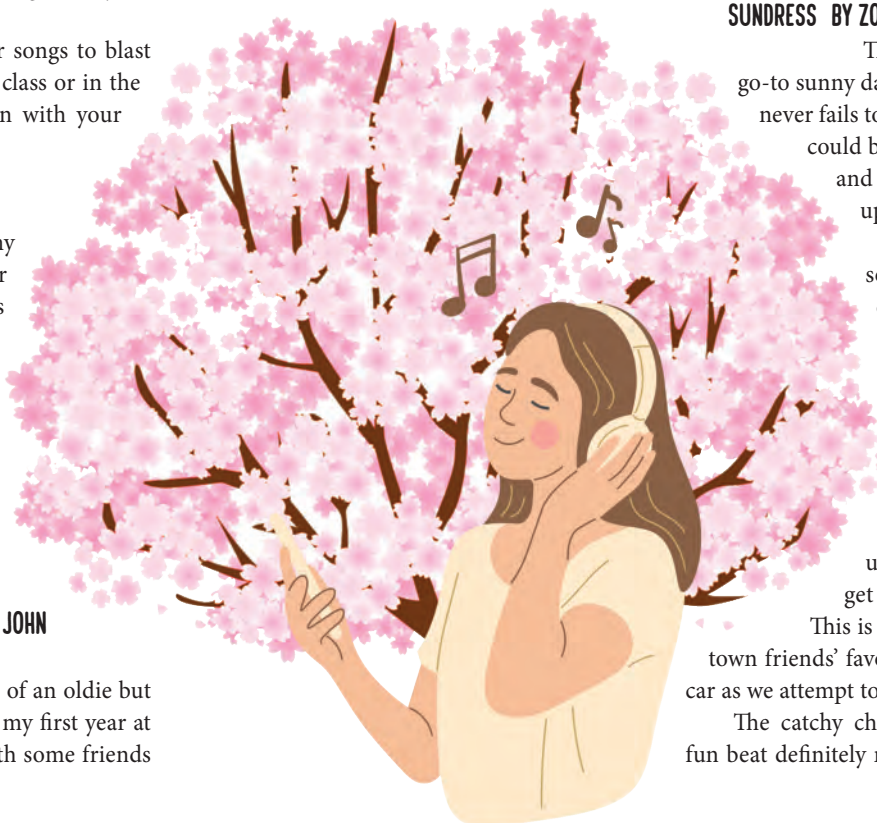
Nothing beats that! This has become a sunny day staple for my friends and me—whenever one of us plays this tune, we know spring has sprung!

And there you have it: my master list of springtime songs!

Please give these songs a listen if you want to put yourself in the spring mood.

And trust me, playing “Rich Girl” in the quad on a beautiful, warm day is sure to create really wholesome memories.

Happy listening, and happy spring Stags!



"Daisy Jones & The Six": Book Vs. Show

By Abigail White
Head Vine Editor

Attention all Taylor Jenkins Reid fans! Amazon Prime just released the last batch of episodes for its adaptation of “Daisy Jones & The Six” and it is living up to expectations. As a big fan of the book and of Taylor Jenkins Reid herself, I was more than thrilled to learn that this story would be adapted for the screen. With the streaming platform releasing two to three episodes every Thursday, starting on March 3, I have been hooked every week.

As background, “Daisy Jones & The Six” follows the rise and fall of 1970s rock band, The Six, originally the Dunne Brothers, and their partnership with singer-songwriter, Daisy Jones. As they begin to perform and write together, lead singer Billy Dunne, and Daisy find that they share a strong bond. But with Billy married and certain members of the band jealous of his control, things are bound to fall apart.

This book is one of the most unique I’ve read in terms of the format and the storytelling. It is told completely in transcribed interviews of the band members and people who were close to the band at the time of their success.

Some of these people include Camila Dunne, Billy’s wife, Teddy Price, the band’s producer, Simone Jackson, disco pioneer and Daisy’s best friend and Rod, the band’s tour manager. While some may not be a fan of this style of writing, finding it choppy and short, I was encapsulated by it.

I have always loved books that tell stories from multiple perspectives, so I was fascinated to hear the differing sides to the story of the band’s rise to fame and their eventual downfall. There are always two sides to a story and “Daisy Jones & The Six,” through its transcribed interview format, delivered conflicting views of the band’s highs and lows.

Having read a few other books by Taylor Jenkins Reid, I have found that she is a master of portraying complex relationships in her writing. “Daisy Jones & The Six” is no exception. Through the interviews, there

was such complexity to the characters. With the subtle disagreements between band members, the tension that slowly builds and the themes of love, drug abuse, desire and loss, Reid crafts a story that is beautifully layered.

Being one of my favorite reads at the moment, I will admit that, though I was excited, I was also a bit nervous to hear that it would be adapted for the screen as a series on Amazon Prime Video. With Taylor Reid as one of the producers for the show, released sequentially every Thursday begin-



Amazon Prime released an adaptation of popular book "Daisy Jones & The Six" on March 3, 2023.

ning on March 3, 2023, this show is a must-watch if you are a fan of the book.

Though I am still partial to Reid’s work as an author, this is a story that is suited so well to the screen. As it follows the rise and fall of a band, the live performances are central. In the series, fans of the book get to hear the music that’s so central to the plot.

It is one thing to read the lyrics on a page, but it is another entirely to see it performed live, to hear it come to life and fill a stadium with cheers and applause. It is one thing to read the resentment between band members that begins to form in the interview-style writing of the book, but it is another to see the looks on their faces as they perform together. To hear the anger in their voices and watch the scenes play out on the screen.

Probably the best part of the screen adaptation is the music. I even discovered that the album “Aurora” is fully recorded with the cast members singing and is available to listen to on Spotify. For the past few weeks, I have been listening to the soundtrack non-stop, with some of my favorite tracks being “The River,” “Look At Us Now” and “Regret Me.” I highly recommend that everyone go and give this music a listen on Spotify, even if you have not started the show. It will make it that much more fun to sing along to when you watch the performances in the show.

Another cool aspect of the show is that rather than tell the story in written interviews, it is told through recorded interviews, playing into the visual aspect, yet maintaining the integrity of the book’s storytelling. It was also a great way to introduce Billy’s daughter, Julia, as the storyteller behind the camera. It was just as it was in the book except in the show, she is behind the camera rather than the pen.

I think that the series did a wonderful job of staying true to the original story of the book, while also enhancing it with the cinematic and music elements. There were a few minor shifts in the plot that I felt were a bit unnecessary in the series. For example, Pete, the bassist was not included as a character in the show at all. I understand that he did not have a major role in the book,

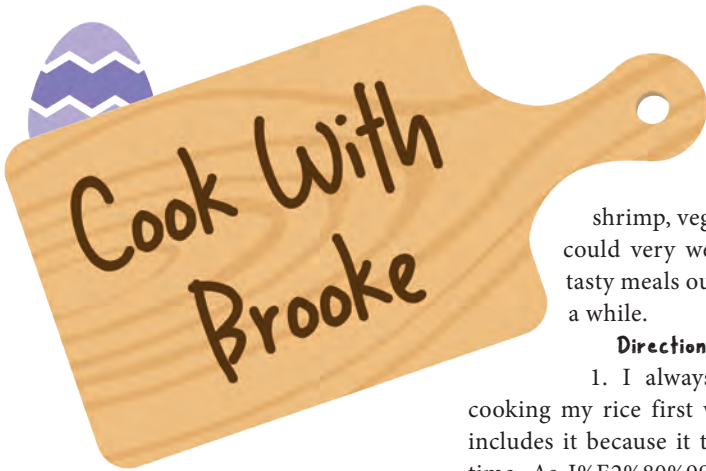
however, it made it so that The Six was not actually composed of six members. Another aspect of the series that was a slight change, but one that I felt was unnecessary was where Daisy met her ex-husband, Nicky. In the book, she travels to Thailand after feeling lost and heartbroken from writing the band’s hit album, “Aurora.” It is there that she meets Nicky, an Italian prince, who she marries on a whim. However, in the show, Nicky is the descendant of Irish royalty, and she meets him on a trip to Greece. Again, it is not a big shift and does not really affect the storyline, however, I just do not understand the motive or intent behind this slight change.

One of the biggest differences between the book and the show, that I was not a fan of myself, was the relationship dynamic between Billy and Daisy. A big part of the book focused on the love that Daisy and Billy shared for each other, even though they knew they could not have each other. In the book, I felt that a lot of initiative was taken on Daisy’s part to begin a relationship, while Billy would refuse, knowing that he was married and it was wrong.

However, in the show, it was Billy who initiated the relationship every time, making it seem as though Daisy was the one who was being more rational, despite her love for Billy. Though it made for some drama in the series, I was personally not a fan of these roles reversed, and felt that it undermined Camila’s strength as a character throughout her marriage with Billy.

Overall, the show made me love the book that much more. Seeing the characters, the music and the plot come together on the screen was truly amazing. I can’t confidently say which I like better (the book or the show), as I feel they both complemented each other so well.

I am usually one to say that the book is always better, but in this case, I think that Amazon Prime did a fantastic job of portraying the characters that so many know and love on the screen. And I will definitely have the soundtrack on loop for a long time to come!



Brooke Lathe
Executive Editor

Introducing the epitome of a college student meal: shrimp fried rice. Not only is this dinner so easy and cheap to make, but it’s actually pretty nutritious as it has the perfect balance of veggies, carbohydrates and protein—which is probably why I’ve probably eaten it six times in the

past three weeks. If you bulk up on all of the ingredients (a.k.a a large bag of frozen shrimp, veggies and rice), you could very well get four to five tasty meals out of it that will last a while.

Directions

1. I always like to start by cooking my rice first with any dish that includes it because it takes quite a bit of time. As I’ve mentioned before, I love my Mini-Dash rice cooker and I generally use 2 cups of white rice to 1 cup of water and it will be done within half an hour.
2. Wash and devein six shrimp and sprinkle a teaspoon of garlic powder on top. Cook them in a saucepan for about seven minutes or until they are fully cooked.
3. Take the shrimp out of the pan and

chop them into small pieces.

4. Add a cup of frozen vegetables to the saucepan along with one scrambled egg. Stir the pan for about ten minutes.
5. Dump the rice into the pan after it’s finished. Then mix the soy sauce and sesame oil into the batch.
6. Top with a drizzle of sriracha and chopped green onions!

Shrimp fried rice has easily turned into my go-to dinner after a long day as it is both filling and low effort.

If you’re not a fan of seafood (insert eye roll), then you can simply use chicken, steak or even tofu instead. Also, if you have a larger appetite than me, you can always heat up some frozen egg rolls to match the vibe. Happy cooking!

Ingredients

- 1/2 cup rice
- 6 Shrimp
- 1 tbs. garlic powder
- 1 cup frozen mixed vegetables
- 1 egg
- 5 tbsp. soy sauce
- Sriracha
- Green onion (optional)

Get The Best Of TikTok Before The Ban

By Jacqui Rigazio
Assistant Vine Editor

As I'm sure any of you TikTok users have heard by now, our favorite social media platform is on the chopping block.

The U.S. Congress is currently in the process of placing a ban on TikTok and people are not having it.

While I will be the first to admit that I definitely could use a break from TikTok, there are so many aspects of the app that I would miss.

From dances to celebrity news, here is what I would miss the most from TikTok if it were banned:

Dances

As a dancer myself, my For You Page is always filled with



people moving and grooving. And I'm not just talking about the current dance trends (the Renegade is NOT real dancing), but actual talented dancers whose movements fascinate me.

I have so many incredible dance vid-

eos saved to my favorites on TikTok just to watch over and over again in awe. My favorite TikTok dancers for the past couple of months have been Andrea Posner and Caleb Green.

This is an iconic dancing duo that I would definitely miss if TikTok were no longer on my phone.

Hauls and Reviews

I'm a sucker for a good product review or shopping haul video.

This is where I get a lot of my fashion tips, tricks and inspiration. Not only do I find these super entertaining, but they often lead me to find quality products and items online.

I especially love the Amazon must-have videos. As a college student, finding quality clothing for cheap is essential.

A lot of my favorite Amazon products and clothing items have come into my collection after seeing them on TikTok.

If TikTok were banned, who is going to let me know of the latest Amazon deals?!

TikTok Celebrities

And no, I don't mean Addison Rae and the D'Amelio sisters. I'm talking about TikTokers whose content actually makes me laugh and smile, like Chris Olsen and Meghan Trainor.

This iconic TikTok friendship is one for the books.

Chris and Meghan are a friendship that we needed but didn't deserve.

Between Chris's humor and eccentric personality, Meghan's girl-boss attitude and her adorable son Riley, their content always puts a smile on my face.

Without my daily updates on Meghan and Chris' lives, I don't know what I'd do.

Travel Vlogs

As someone who is always itching to travel but isn't financially capable yet (college students, who's with me?) I find myself living through others' TikTok travel vlogs.

Whether it's a month in Italy or a day trip to New York City, I can't get enough of seeing all of the cool things that people do while traveling.

People also offer a lot of amazing tips on how to travel for cheap, and since I am studying abroad next spring you better believe that I save each and every one of these TikToks for future reference.

I also see a lot of day trip vlogs to places like New York City, Boston and Maine.

As a Massachusetts resident, these are some of my favorite places to visit for a fun trip with my friends and I am always looking for new adventures to take on.

I owe it to TikTok for giving me the ins and outs of every place before I visit it myself.

Comedy

If nothing else, TikTok is always good for a solid laugh. Easily my favorite thing about TikTok is the amusement that it provides me within seconds.

From funny trending sounds to comedians and stand-up comedy, at least three scrolls on my for you page guarantees a laugh.

Not to mention the countless TikToks my friends will send to me that have us laughing for hours.

So many funny TikTok sounds have be-



come inside jokes for my friends and I and I would definitely miss TikTok's universally known humor if it were banned.

TikTok Drafts

Above all else, my own saved TikTok drafts probably take the cake of what I would miss the most.

My TikTok drafts are full of silly videos of my friends and me doing different dances, challenges and trends.

I have countless saved TikTok drafts of failed dances that my sister and I have tried that are always so funny to look back on.

My college friends and I always make TikToks to trending sounds, but these will never leave the drafts because no one would find them as funny as we do.

I'm sure I'm not alone in saying that my TikTok drafts are something that I would pay money to retrieve if they were lost.

Who knows what's in store for the fate of TikTok, but until we find out I'm sure to be scrolling my way through the app while I still can!

"WHAT DO I DO WITH MY HAIR TODAY?"

By Amy Magagnoli
Contributing Writer

In all honesty, hair is what makes or breaks our outfit for the day.

Personally, when my hair looks the best, I feel the most confident about myself.

As winter is finally coming to an end, it is time to take off our beanies and show off the beautiful hair we have, without the use of any hot tools.

My first and favorite hairstyle for the spring is a slicked-back pony.

The slick back pony can be styled as a high or low ponytail and is perfect for a clean, simple and comfy look to wear to class.

If your hair is too frizzy on the ends and you cannot achieve that silky ponytail look, you could also transform your slicked-back pony into a slicked-back bun or braid, which looks just as stylish.

These slicked-back options happen to be my favorite, as they allow me to not be distracted by my hair throughout the day.

All you have to do to achieve this hairstyle is simply dampen your hair, apply some of your favorite gel and use a bristle and edge control brush to achieve that clean, slicked-back look.

When done correctly, all three of these hairstyles will last you the entire day.

Some affordable products I use to achieve this "slicked-back" look are the following:

Eco Style Professional Styling Gel Krystal (\$5.70 on Amazon)

3 Pcs Slick Back Hair Brush Set Bristle Hair Brush Edge Control Brush Teasing Comb (\$7.49 on Amazon)

Nexus Maximum Hold Finishing Hair Spray (\$15.98 on Amazon)

Bed Head by TIGI Hair Wax Stick For Cool People (\$18.49 on Amazon)

IGK GOOD BEHAVIOR Spirulina Protein Smoothing Spray (\$34.00 on Amazon)

Another one of my favorite hairstyles is simply just leaving your hair natural.

Some individuals like me that have curly or wavy hair that constantly frizzes, know that this can be difficult.

However, with the right products, you can achieve that wavy, beachy look that you desire.

It is very important to try and leave your hair natural in the spring, as the winter can cause your hair to be extremely dry.

So, when spring comes around, it is a good idea to leave your hair natural as much as possible to gain some strength back so it looks its healthiest in the summer.

To hide some heat damage, you can al-

ways add some braids in the front, to hide the pieces in front that usually get the most damaged from hot tools.

Another way to style your hair naturally is with one of your favorite headbands, which allows the hair to stay away from your face and stay put together.

Some products I would recommend when leaving your hair natural are the following:

VERB Ghost Oil – Vegan (\$20.00 on Amazon)

VERB Leave-In Mist - Vegan Leave-In Spray Conditioner (\$20.00 on Amazon)

It's A 10 Haircare Miracle Leave-In Conditioner Spray (\$24.37 on Amazon)

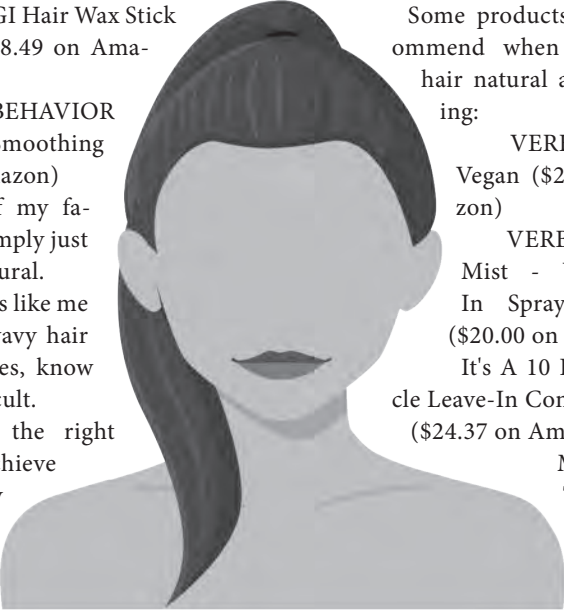
Moroccanoil Treatment (\$48.00 on Amazon)

IGK GOOD BEHAVIOR 4-in-1 Prep Spray (\$29.00 on Amazon)

Amika the wizard detangling primer (\$25.00 on Amazon)

Olaplex No 6 Bond Smoother (\$30.00 on Amazon)

Aveda Damage Remedy Daily Hair Repair (\$20.98 on Amazon)



Ouai Hair Oil (\$30.00 on Amazon)

MATRIX A Curl Can Dream Moisturizing Leave-in Cream | Conditioning Treatment (\$24.00 on Amazon)

Davines OI Oil (\$26.00 on Amazon)

Some headbands that I would recommend are the following:

Cosmos Stretchy Cotton Yoga Sport Headband (\$6.49 on Amazon)

DRESHOW 10 Pack Boho Headbands for Women Vintage Cross Elastic Head Wrap Hair Accessories (\$12.99 on Amazon)

YONUF Boho Headbands For Women Fashion Wide Headband Yoga Workout Head Bands Hair Accessories Band 6 Pack (\$9.99 on Amazon)

The final hairstyle I would recommend is a simple braid.

Some more creative braids include a "fishtail" braid, a french braid, a dutch braid, etc.

Each of these three braids will allow you to keep your hair pulled back from your face, in a creative manner.

Overall, I hope this guide can help you bring out your most confident self during the spring semester, as well as embrace the beauty of your natural hair without the use of any hot tools.

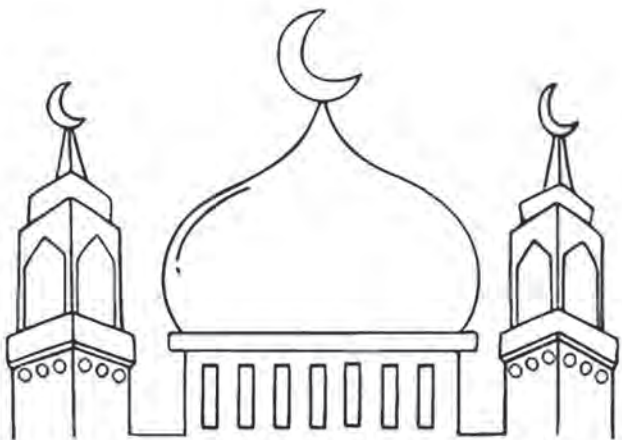
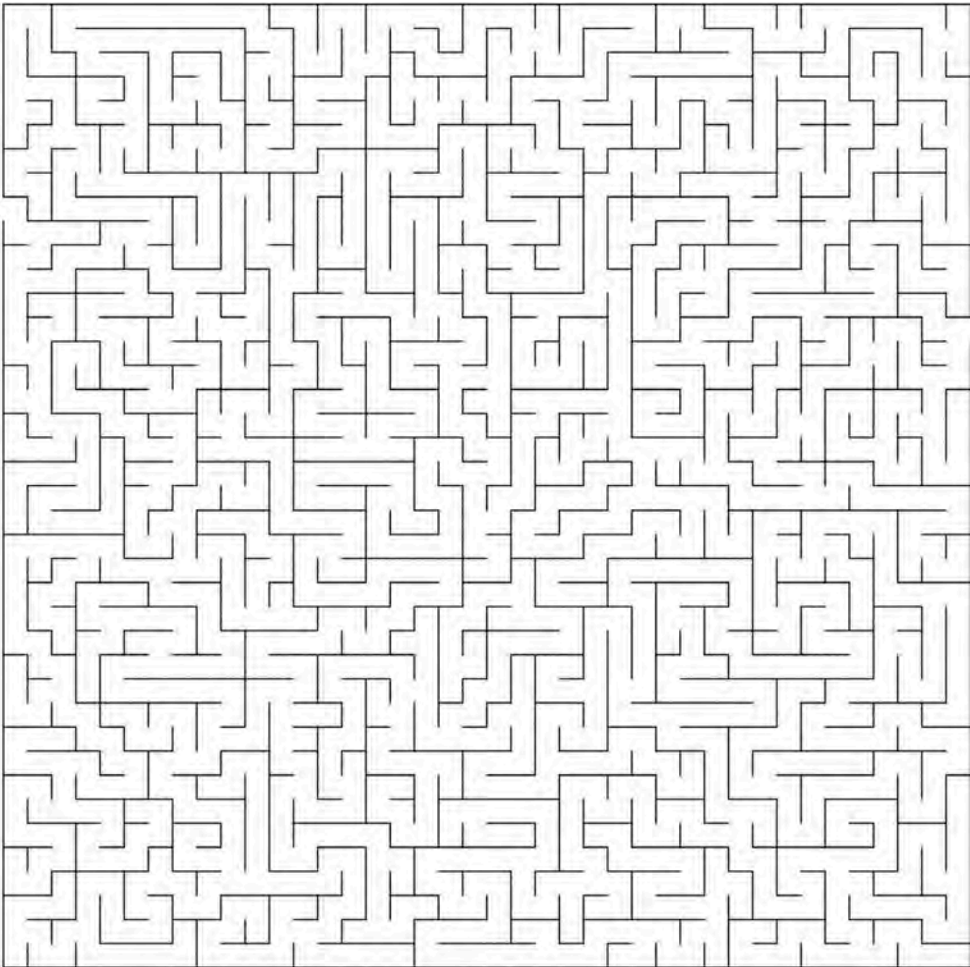
As confidence is key, stay confident this semester, with the best, simple and easy hairstyles.



COFFEE BREAK

SATIRE, GAMES, PUZZLES AND MORE

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



Ramadan and Passover Coloring!

The Mirror Easter Egg Hunt

On these pages, you will find,
hidden eggs of the Easter kind...

Within every section,
there will be a collection...

As you read, count each one...
it is sure to be a bundle of fun!

If you successfully hunt them down,
DM the total to @fairfieldmirror on
Instagram to secure your crown!

Rhymes Provided By:
Kathleen Morris
Assistant News Editor

Official Rules:

- 1.) Search for images of hidden eggs within each section.
- 2.) Count up the number of eggs you find!
- 3.) Direct Message the total to @fairfieldmirror on Instagram.
- 4.) The first person to submit the correct total will win a prize!
- 5.) Submissions will be accepted until 4/19/23.

SPORTS

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



April 5	April 6	April 7	April 8	April 9	April 10	April 11
Women's Tennis vs Marist College Fairfield, Conn. 3 p.m. Women's Lacrosse Quinnipiac University Fairfield, Conn. 3 p.m.	Baseball at Manhattan College Ponoma, N.Y. 7 p.m.	Women's Golf Hartford Hawks Spring Invitational Bloomfield, Conn. All Day Softball at Quinnipiac University Hamden, Conn. 12 p.m. & 2p.m. Baseball at Manhattan College Ponoma, N.Y. 7 p.m.	Women's Golf Hartford Hawks Spring Invatational Bloomfield, Conn. All Day Women's Tennis at Niagara University Niagara Falls, N.Y. TBA Men's Tennis at Niagara University Niagara Falls, N.Y. TBA Softball at Manhattan College Riverdale, N.Y. 11 a.m. Men's Lacrosse at University of Delaware Newark, Del. 12 p.m.	No games scheduled	Women's Golf St. John's Spring Invatational Hastings on Hudson, N.Y. All Day	Women's Golf St. John's Spring Invitational Hastings on Hudson, N.Y. All Day Men's Tennis vs Marist College Fairfield, Conn. 3 p.m. Baseball vs Quinnipiac University Fairfield, Conn. 3 p.m.
 Photo Contributed by the Sports Information Desk				 Photo Contributed by the Sports Information Desk		

Schlickmann Honored With Prestigious Award

By Ryan Marquardt
Head Sports Editor

In its 58th year, the National Association of Collegiate Directors of Athletics announced its 28 winners of the Cushman & Wakefield Athletic Director of the Year Award on March 27, 2023. The award itself covers seven divisions of college athletics including the NCAA FBS, FCS, Division 1-AAA, II, III, NAIA/Other Four-Year Institutions and Junior College/Community College, according to the official announcement. Among this year's winners is Fairfield's own Vice President for Athletics Paul Schlickmann.

In the announcement, NACDA Chief Executive Officer Pat Manak stated that "The Cushman & Wakefield Athletics Director of the Year Award has grown to become a universally recognized and respected honor for leaders in college athletics over the last two decades," and continued to say, "this year we are proud to honor many seasoned veterans, as well as a few new faces, who have faithfully guided their departments through the steady waves of change the industry has overcome in the last few years."

Manak concluded that "This deserving group of athletics directors are a source of inspiration not only for their peers but for young



Vice President for Athletics Paul Schlickmann was awarded AD of the Year award on March 27, 2023.

administrators everywhere who are climbing the ladder to follow in their footsteps." In response to his award, Schlickmann stated that he is "honored and humbled to be selected for this prestigious award in the company of such a distinguished group of colleagues. This is truly a university and department award, reflective of the incredible support and collaboration fostered by President Mark Nemec and our senior leadership

team in the pursuit of modern excellence." He continued by sharing he is "inspired by the relentless hard work and dedication of our coaches, staff and exceptional student-athletes in their daily pursuit of our cultural commitments to Compete, Care, Lead and Grow. Their success is our reward. It is a distinct privilege to be a Stag!" Schlickmann took the time to give thanks

for his recognition. "Thank you to NACDA and Cushman & Wakefield for this special recognition." Schlickmann has been with the Stags for five years, having both the title of Director of Athletics in 2017 and then achieving the position of Vice President for Athletics in the summer of 2022. Since he has been a Stag, Fairfield has won 16 conference titles and 14 regular season titles while also having at least 50% of the student-athletes at Fairfield earn a spot on the Dean's List in each semester of Schlickmann's tenure. Schlickmann has also led multiple fundraising campaigns at Fairfield, setting a record with \$1.3 million raised last April on STAGiving Day. The fundraising has led to many new athletic projects for Fairfield, including the completely donor-funded Leo D. Mahoney Arena, which opened this past November. In addition, he has also helped introduce a new academic success suite in the Walsh Athletic Center, indoor hitting and pitching facilities and a scheduled replacement of the turf at Rafferty Stadium this summer. Schlickmann is also currently serving four-year terms on both the NCAA Division I Council along with the NCAA Division I Men's Basketball Oversight Committee.

- In this week's issue...
- Men's and Women's Tennis Honors Seniors With Wins (Page 14)
 - Opinion: A Love Letter To Leo D. Mahoney Arena (Page 15)
 - Baseball Faces New Conference Member For First Time (Page 15)
 - Womens Lacrosse Opens Up Conference Play With Dominant Win (Page 16)

Men's and Women's Tennis Honors Seniors With Wins

By Trevor Russell
Contributing Writer

Both the Fairfield University men's and women's tennis teams took on Mount St. Mary's University at home on Sunday, April 2. It was a special day for the Stags as it was Senior Day, where the Fairfield seniors were recognized for their great contributions to the men's and women's tennis programs and the campus community during their collegiate tenures. Both teams looked to capitalize on the positive energy in their first home appearance of the season at the Walsh Athletic Center courts to come away with victories.

The Stags did not disappoint, as the men's team swept Mount St. Mary's, 7-0. This victory puts the men's program at 1-1 in conference play for the year. The team

performed well in both doubles and singles matches on the day, coming away with a win in doubles play as well as in all singles matches. Graduate Student Tolunay Sumer and Jonathon Olive-Blanco '23 dominated in topflight doubles with a 6-2 win to start the day, and the win was secured with a 6-4 victory in the number 3 contest led by Graduate Student Kaya Gore and Alex Aguiar '26. The Stags did not give up a single set in singles matches with strong performances by Sam Hodges '25, Keanan Shah '24 and Griffin Schlesinger '23. Olive-Blanco, Sumer and Gore all had resounding victories as well to round out the team's clean sweep on the day.

"It was good for the men to put in a gritty performance and get back in the win column," said Head Coach Jeff Bricker according to the game's official recap. "We

are banged up, but if we keep pushing, we will get to where we want to get. Now to get some rest before Siena on Tuesday!"

The women's team also had a great performance, in which they won the day 6-1 over their opponents. The women's team now stands at 2-0 on the season in Metro Atlantic Athletic Conference Conference play. The team mirrored the men in doubles play with Francesca Karman '23 and Graduate Student Lize-Alet Morkel coming away victorious with a 6-2 win in the first match of the day. Laina Campos '23 and Lucie Tuttle '25 won the third match 6-2 as well to secure the doubles victory for Fairfield. Katarina Plumtree '24 highlighted the singles matches for the Stags, as she won a resounding victory with 6-0 and 6-3 wins. Seniors Karman and Campos would also get singles victories on the day, a fitting result

for the occasion.

"It's great to get a win on Senior Day!" said coach Bricker after the match according to the game's official recap. "Laina and Francesca have been big parts of our program for the past 4 years—it's great to get a win for them today. Overall it was a good team effort to get to 2-0 in the MAAC."

The teams were supposed to face off with Sienna at home on Saturday to start the weekend, but those matches got rescheduled for April 4. The men's team plays their next match against Niagara University in Lewiston, N.Y. this Saturday where they will look to come away with another conference victory. The women's team will face off with the red foxes of Marist College today at 3 p.m. before joining the men's team on the road on Saturday.

WOMEN'S TENNIS



The women's tennis team honored their senior and graduate student players, Francesca Karman and Lize Alet Morkel.

MEN'S TENNIS




The men's tennis team honored their seniors and graduate students, Jonathon Olive-Blanco, Tolunay Sumer, and Kaya Gore.

Weekly 5x4

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

Because we have witty things to say ...

- What are your plans for Easter break?
- Who would you call your biggest role model?
- What is your favorite building on campus?
- What is your favorite streaming or entertainment application?




Tommy Coppola
Editor-in-Chief

Binge watch NCIS and start my final projects in the process.

For sure my parents.

The bathroom next to Lessing field.

Marvel, Star Wars and more? Disney+ is the right answer.




Brooke Lathe
Executive Editor

Spend time with my family and write (per usual)!

Shonda Rhimes. My answer for anything will always be Shonda Rhimes.

The Barone Campus Center because of The Mirror office—duh!

Whichever company green lights production on one of my future shows. ;)



Max Limric
Managing Editor

Chill and do a few-days-late birthday celebration with family.

Unsure. Maybe my mom? I feel like I look up to a lot of people as role models.

Ya the BCC. They got food, ping pong tables, The Mirror, really anything you need.

Netflix is the OG, but Disney+ and HBO have some goodies.



Julian Nazario
Copy Editor, Head News Editor

I will finish research papers for three classes and hopefully watch Netflix.

Have to agree with Tommy and say both of my parents.

Sorry BCC, but the Media Center is all I need in my life ... if I could actually use what they have there!

They don't have good shows anymore, but Hulu is my go-to for TV shows.



Kathleen Morris
Assistant News Editor

I am excited to reunite with my extended family over a delicious brunch!

Lady Gaga, as she uses her platform to promote kindness and mental health awareness.

The Dolan House, which is home to the Murphy Center for Ignatian Spirituality!

Kanopy, which streams classic cinema and indie films to students for free!

Opinion: A Love Letter To Leo D. Mahoney Arena

By Brooke Lathe
Executive Editor

Unfortunately, with the end of the basketball season comes the end of the Leo D. Mahoney Arena ... that is, of course, until this upcoming November.

As Alumni Hall was knocked down at the end of my first year, I patiently awaited the year-and-a-half-long renovation process with both excitement and doubts. I had always loved participating in the student section for my high school athletic games as I have a strong affection for school spirit—but once arriving at Fairfield, I was anxious that without a football team or a proper stadium, student pride would cease to exist.

On Nov. 18, 2022, however, I couldn't have been proved more wrong. I was able to secure student tickets for the Friday night opening game of the Leo D. Mahoney Arena 24 hours prior to tip-off—an accomplishment worth noting as it was sold out within the first half an hour. And, at 6 p.m. the following day, I put on a bright red Fairfield shirt and walked over to the arena where I was given a meal voucher, pom pom's, a foam finger and a rally towel. Free food and merchandise: what could be better?

With a hotdog in hand, I made my way over to the bleachers and found a spot within a sea of red with my friends and housemates. When it was time for the women's opening lineup to be listed off, music boomed, lights wandered throughout the crowd and hundreds of fans screamed at the top of their lungs. It was one of the most thrilling experiences as a Stag and I wasn't even the one on the court.

Ever since then, I made it a point to attend as many home basketball games as possible. I scoured both the men's and women's schedules, adjusting my availability around their matches; and after their



The stands in the Leo D. Mahoney arena were full for many of the basketball games this year.

three-month-long season, I can proudly say that I could've been seen jumping up and down in the stands for twelve games (although I only have 50 points on my Super Stags app because I kept forgetting to log

my attendance, such a bummer).

But what I find super funny about my love for school spirit and attending Leo D. Mahoney events, is that it actually turned into a love for basketball. When it

came time for winter break and I was unable to cheer on my Stag peers in person, I purchased an ESPN+ subscription so that I could watch their games through my computer screen and continued logging on for the rest of their season. #1 Stag basketball fan? Maybe not, but I sure am close.

Nevertheless, the arena quickly became one of my favorite places on campus and I looked forward to every single game. I would come early with my friends so we would secure a meal voucher and watch both teams warm up. We would place bets on whether or not the chosen raffle winner would make the daunting half-court shot. We would scream whenever we appeared on the big screen. It seemed like endless fun.

The only two things that I will be nit-picky about are the ticketing and concessions. There were a handful of times that the fairfield.venue.net site was incredibly slow and did not show the upcoming games, so I had to personally message an athletics email. And, the concessions somehow only seem to sell burgers with cheese, forgetting that some of us are dairy free! But, I will say that when I reached out to the athletics, I would receive a student ticket within the hour and the hotdogs are pretty dang delicious so I couldn't complain. Overall, I truly believe Leo D. Mahoney is close to perfection.

I'm already anxiously awaiting the arrival of the 2023-2024 basketball season as I know that I will undoubtedly continue making core college memories within those bright red stands.

I highly suggest to any of those who haven't had the opportunity to go to a game to purchase a ticket for next year's opening matches so you can see what all the hype is about. Not only will you find that it's your new favorite weekend activity, but I'm sure you can also spot me chanting "Go Stags" while wearing some pretty cool red pants and a Fairfield tee.

Baseball Faces New Conference Member For First Time

By Erin McGetrick
Contributing Writer

As the semester starts to wind down and the weather gets increas-

ingly warmer, our spring sports teams can be seen practicing all around campus. Over on the north side, the Fairfield Baseball team has begun their season in full swing.

On Tuesday, March 28, the Stags kicked off the week on their home turf against the St. John's Red Storm. Fairfield fought to an impressive 11th inning, the Red Storm

one-point ahead at the bottom of the ninth.

With a walk and a steal to second from sophomore Nick Sturino and loaded bases from graduate student Mike Handal and Mike Bechetti '23, the Stags were able to tie the game as senior Charlie Pagliarini walked to send Sturino home.

Anthony Brienza of St. John's University was struck out by sophomore Grant Smeltzer but was able to advance to second base due to a throwing error.

Brienza managed his way to third and when the catcher accidentally touched the ball with his mask, the runner was able to score on an error for a Thunderbirds win during the 11th inning. The final score was 4-5.

The three-game series with Mount St. Mary's made history with the opposing team being new to the MAAC conference and facing Fairfield for the first time ever.

On Friday March 31, our Stags certainly met their match in Emmitsburg, Maryland.

The Mountaineers' Aiden Tierney hit a bunt single which let the players on second and third run home, Tierney himself running home in the next play. The opposing team was up 3-0 in the first inning alone.

The Stags did not back down. Junior Matt Bergevin hit his fourth home run this season to left field in the top of the sixth and senior Charli Pagliarni smashed his eighth homer this season to center field in the eighth.

Graduate student and pitcher Jake Noviello kept the Mountaineers at bay after five straight innings, letting the Stags catch up.

With two home runs in the bottom of the sixth, the Mountaineers were able to defeat the Stags 6-1.

Despite a shaky start, the Fairfield Stags were able to end their week and their three-game series with Mount St. Mary's on a high note.

In a 16-16 tied game on Saturday April 1, graduate student Mike Handal hit a homer to right center in the ninth inning to change the score to 17-16.

Three other home runs were hit in the game from senior Charlie Pagliarini and sophomore Nick Sturino.

In their next game on Sunday April 2, the Stags were on fire and defeated the Mountaineers 13-8.

When we return from Easter break, the Fairfield Stags will play Quinnipiac on Tuesday April 11 at the Alumni Baseball Diamond.



Photo Contributed by The Sports Information Desk

Junior Matt Bergevin is batting .333 so far this season with five home runs and 24 runs batted in.

Women's Lacrosse Opens Up Conference Play With Dominant Win

By Billy McGuire
Assistant Sports Editor

The Fairfield University women's lacrosse team collected two blowout wins in the past week, storming past Iona University and Marist College in the process.

The Stags played their first conference game of the season on Wednesday, taking a short trek to New Rochelle, N.Y. to face off against Iona. Hybrid attackman and midfielder Olivia Doody '23 got the party started with an unassisted goal five minutes in to get the Stags on the board first. Doody then lent some help to graduate student midfielder Ellie Grefenstette, who buried one through at the six-minute mark to make it 2-0 in favor of the Stags. After Iona cut the lead in half, only a couple of minutes later, the Stags regained their two-goal advantage with a goal from attackman Amanda Kozak '24 with 32 seconds left in the quarter.

The Stags came into the second quarter looking for more juice, and they sure found it with midfielder Rylee Harrell '24 netting one with attackman Libby Rowe '23 picking up her first two goals of the game as the Stags found themselves up 6-1 at the 9:37 minute-mark in the second quarter. Iona stopped the bleeding briefly with a goal of their own at the 8:29 mark before Kozak fired back just over a minute later to put the Stags up by five once more. Hybrid attackman and midfielder Elizabeth Talluto '23 expanded on the Stags lead to six with her first of the game forty-six seconds after Kozak's goal at the 6:11 mark. The Stags did not score again in the half as Iona managed to sneak in two to cut the Stags lead down to four heading into the half.

Fairfield came out of the half in dominating fashion, as Talluto started the five-goal rally within a span of seven minutes, beginning the rally at the 11:55 minute-mark to net her second tally of the contest. Following

through was Doody, scoring her second of the game just under three minutes later off a pass from Kozak to strengthen the Fairfield lead to

seven. Rowe then secured the hat trick a minute later, at the 7:37 mark with no help for her third hat trick of the season. Talluto then joined the hat trick party a short while later with five minutes to go in the quarter, needing no help to continue her torrid scoring pace that she has displayed throughout the season thus far. Grefenstette also contributed to the tail end of the rally, finding a way to get her second of the outing with some help from Harrell to put the Stags comfortably in the driver's seat, 13-4.

Iona did not let this five-goal rally completely nail themselves in the coffin, as they instigated their own four-goal rally that saw Iona score two man-up goals at the tail end of the third quarter at the hands of a costly

Fairfield penalty. They also came out of the gates hot in the fourth, chipping in two of their own to make the Fairfield lead five. After Grefenstette and Rowe each swooped in one more of their own, the dagger was officially implemented. Fairfield went on to win, 15-9.

The Stags returned to campus for their first home conference matchup against Marist College on Saturday, April 1. The Stags fooled the

Senior midfielder Maggie Fort has six total points on the season with five goals and one assist.

Red Foxes all game long, as they ran away with a resounding 20-4 victory. Talluto managed to build off her stellar performance on Wednesday as she managed to secure another hat trick not even halfway through the first quarter, obtaining the feat at the 8:14 minute mark to give the Stags a 4-2 lead after scoring her first two goals thirty-eight seconds into the game and at the 11:32 minute-mark, respectively. This quick offensive spark could not have been possible without the services of Grefenstette, who provided assists on each of the three goals while scoring her own on a man-up opportunity at the 12:26 mark, with Talluto, ironically, providing the assist.

More Stags stepped up to help Talluto and Grefenstette as Grefenstette helped put Doody's name on the scoresheet just under two minutes later to increase the Stag's lead to five. The Stags further strengthened their advantage to seven with goals from Harrell and Doody. After a Marist temporarily loosened the deficit with a goal of their own, Rowe put in her first of the afternoon to regain the Stags their five-goal possession as they concluded the first with an 8-3 lead.

The second quarter was arguably the Stags' most dominant of the season thus far, as they not only scored a touchdown with seven goals of their own, but goaltender Casey Collins '23 managed to not allow any shots in her house throughout the quarter. Leading the offensive charge for Fairfield to kick off the second quarter was Grefenstette, who scored her second goal of the outing at the 13:31 minute mark. Kozak followed on a man-up opportunity to collect her first of the afternoon off of a Talluto pass, with Grefenstette soon finding the back of the net as well to become the second Stag of the afternoon to obtain a hat trick. Talluto found

the back of the net a fourth time at the 7:01 minute mark to increase the Fairfield lead to nine, with Grefenstette helping out for the fifth time on the outing, which preceded a Doody goal just under two minutes later at the 5:25 mark to give the Stags their first double-digit lead of the afternoon.

Fairfield was not done quite yet, as attackman Grace Slater '25 scored her ninth of the season and the first on the day to add the lead to eleven with a dish from Doody. The Stags went into the half with a 15-3 lead, and they did not stop adding to their lead with shots from Rowe and Doody at the 14:03 and 11:39 minute marks in the third to collect their second and fifth goals of the game, respectively.

After Marist snapped their near two-quarterly goal drought with a goal of their own at the 5:49 minute mark, Slater chipped in her second of the game shortly thereafter just under three minutes later with 3:09 to go. The Stags scored two more goals, as attackman Brooke Mariotti '25 snuck one through to get her first goal of the season as the Stags hit 20. That was all the Stags wrote, as they took the win, 20-4. With the win, the Stags move to 2-0 in Metro Atlantic Athletic Conference play.

After her strong performances through her first two games, Doody was named the MAAC player of the week. During the two games, Doody managed to put in seven goals and five assists to go along with 12 points, while picking up a pair of ground balls and committing two turnovers. Doody and her teammates will continue to meander through their conference season with home tilts against Quinnipiac University on Wednesday, April 5 at 3 p.m. and Siena College on Saturday, April 8 at 1 p.m. Both games will be held at Rafferty Stadium. For more information on the Fairfield women's lacrosse team and Fairfield athletics as a whole, please visit www.fairfieldstags.com.



Senior attack/midfielder Olivia Doody was named the Metro Atlantic Athletic Conference player of the week after putting up 12 points through the team's first two in-conference contests.