

THE MIRROR

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Shea Burns/The Mirror

DPS staged a "Mock Crash" near the traffic circle by the BCC. The "Mock Crash" is part of a planned list of events for the inaugural DPS appreciation week running from April 8 to the 11th.

DPS Engages with Community in Inaugural DPS Appreciation Week

BY SAMANTHA RUSSELL
Executive Editor

As the weather becomes warmer and student activity increases on campus, university safety becomes even more important. To acknowledge those who work to maintain safe Stags, Fairfield University's Department of Public Safety (DPS), a DPS Appreciation Week is taking place from April 8 to April 11.

Fairfield University Student Association's (FUSA) Health & Wellness Committee has collaborated with DPS to coordinate a series of events demonstrating and celebrating the efforts of Fairfield's public safety team. An appreciation week for DPS has never taken place before, and Sergeant Mike Santos conveyed his gratitude for the recognition.

"We're very happy about it," he said on behalf of the department. "It's nice to know that people realize we are a part of the community," and even the education process, he added.

DPS is composed of 29 full-time highly-trained first responders, stated by the university's website. The public safety department conducts foot, vehicle and bicycle patrols and provides state certified Emergency Medical Technicians, a Sexual Misconduct and Assault Response Team and a 24 hour escort service.

Five events took place

throughout the week, starting with a DPS Open House on Monday, April 8 from 3:30 p.m. to 5:00 p.m. Guests were invited to visit the DPS office in Loyola Hall and talk with officers, not without free pizza and a raffle in addition to discussion.

On Tuesday, April 9, a DPS Virtual Training took place from 12:30 p.m. to 2:00 p.m. in the Barone Campus Center (BCC) room 200. For an hour and a half, students had the opportunity to partake in DPS's Virtual Reality Training System and were offered safety materials such as whistles and pens.

Santos reported the event as "very well attended." He continued, "I think students got a new understanding of our responsibilities on campus."

Santos has worked as a DPS officer for 35 years. He described that the department has evolved in terms of incidents and investigations. Crime has expanded past mere acts of vandalism and intoxication and faulty fire alarms. Investigations have also grown to be taken more seriously, and occur much more frequently.

"The mission here is to keep everybody who steps on this campus safe ... outsiders and insiders," he said.

On Wednesday, April 10, "Learn Your Limit" takes place. From 11:00 a.m. to 2:00 p.m., an educational demonstration about

the severity of car crashes will occur at the Tully Orchard and Traffic Circle. Community members are invited to attend as the importance of seatbelts and the consequences of intoxicated driving are reinforced.

Staying with the topic of safe alcohol consumption, a "Thirsty Thursday" will be held April 11 from 6:30 p.m. to 7:30 p.m. in the lower level of the BCC. Students are welcome to stop by for some mocktails – nonalcoholic drinks – with DPS and FUSA's Alcohol & Drug Awareness Representative.

To initiate some camaraderie and finish off the week, a cornhole tournament challenges students to take on DPS in the classic American pastime. Through Life@Fairfield, students can sign up for the tournament with their team members. The game takes place on April 11 from 11:00 a.m. to 2:00 p.m.; if a student team can claim victory over the security professionals, they are entered into a raffle for a variety of prizes, ranging from a Stanley cup, a Spikeball net and Beats headphones.

The vision statement for DPS declares: "Our vision is built on integrity and service: to ensure that our students, faculty and staff continue to learn and work in a safe environment that grows from Honor, Dedication and Commitment."

Students Voice Spring Concert Disappointment

BY MAX LIMRIC
Editor-in-Chief

Minutes after FUSA announced 2 Chainz and Kaliiii as the Spring Concert performers, students took to Fizz to voice excitement, as well as overwhelming disappointment.

On the day of the announcement, Fizz, the anonymous student forum, was abuzz with students wondering when FUSA would announce who the performers were going to be. Students shared posts reading, "Dear FUSA, You're kinda late to the party, in terms of telling us who's performing this year!"

At 4:02 p.m. on April 5, FUSA sent the email with the subject, "You'll Want to Open this FUSA Email ..."; however, students expressed regret at the choice of a performer this year.

Fizz's most popular post for three days straight read "Upvote if you're not buying 2 Chainz tix." The post received 1,900 upvotes at the end of the day Tuesday and continues to be one of the most popular posts of the week. This post is tied with "Upvote if [you're] disappointed with the FUSA performers, which also received 1,900 upvotes.

Tickets went on sale for all class years on Saturday, April 6 at 12 p.m., less than 24 hours after the announcement was made.

Students then quickly brought into question the ticket prices, sharing on Fizz, "My \$75,000 in tuition really couldn't cover any of that \$55 ticket?"

Seniors Maddy Kitlas and Riley Nicholson both agree they will not be attending the concert, citing the price increase as a primary reason. "There's been a price increase since when it was at Bridgeport arena and senior week is too expensive already," they state.

Students on Fizz then suggested extreme measures, in what could be a joking manner, "Upvote to defund FUSA until they get us a decent concert."

FUSA President Aliyah Seanuth '24 explains the rise in ticket prices. "Bringing the concert back on campus is more costly than off-campus due to labor, production, security cost and more." She hopes that by rebranding the Spring Concert to MainSTAGE, it will "provide Fairfield students with an overall exciting, fruitful and memorable experience going forward. She concludes, "We hope that this rebrand draws anticipation to the concert each year

the same way a longstanding festival might, ultimately engraving the tradition."

Many students question 2 Chainz popularity. Junior Melina Kaniclides believes that "2 Chainz is really talented, however, I think it would have been cool to have someone who is more recognizable for their individual work than features on others' music."

Seanuth points out that 2 Chainz is a Grammy award winning artist with numerous hits. "We feel that songs such as 'I'm Different', 'It's A Vibe' and 'No Lie', as well as his collaborations with artists such as Drake, Ariana Grande, Lil Wayne and Nicki Minaj, ensure that he will have an electric performance for the first concert in the arena."

Posts on Fizz remind students of Fairfield University's size compared to other schools that host big-name artists. "Don't forget we're Fairfield, not a 40,000 undergrad campus. How high of expectations did y'all have?"

Other schools with a similar undergraduate population to Fairfield, such as Marist College with 5,510 undergraduate students, is hosting Saint Motel and Baby Tate, a relatively unknown combination of artists who receive substantially more monthly listeners on Spotify compared to 2 Chainz. Quinnipiac University will host Flo Rida, who performed at the Spring Concert two years ago.

Still, Kaniclides looks forward to attending the concert in the new arena: "I am thrilled that the Spring concert is being hosted in the arena this year and I cannot wait to attend!"

FUSA utilized survey results to inform their choice to move the concert on campus and Seanuth referenced results from FUSA's post-concert survey last year, in which students indicated wanting the concert to be on campus.

As of right now, Seanuth claims that "ticket sales have been strong for the first concert in the Leo D. Mahoney Arena. We've sold over 500 tickets thus far and expect to sell out." She concludes by encouraging students to "secure tickets before they are gone. Sales end on Wednesday, April 17th!"

Even though many students express disappointment, others harbor optimism for the concert, as Jenna LaRoche '25 declares that "even though I don't know any 2 Chainz songs, I'm going to vibe regardless."

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Compiled by Kathleen Morris

Information contributed by the Department of Public Safety

4/3

2:20 p.m.

A student got trapped in an elevator in the Barone Campus Center. DPS was able to get the person out and the elevator was repaired in a few hours.

4/3

4:45 p.m.

An accidental private property damage occurred at the Conference Center when a tree limb hit a student's windshield. DPS investigated the incident, which was sent to Risk Management.

4/3

6:40 p.m.

Fairfield University's flagpole broke, marking another accidental property damage. It is still broken and awaiting repair.

4/4

11:03 a.m.

The Walsh Athletic Center experienced an elevator rescue and was able to get all students out before DPS arrived at the scene. A repair was requested for the elevator.

4/5

10:35 a.m.

A counterfeit forgery was found in the Jogues parking lot. The student at fault had an orange permit sticker that didn't come back to the car it was supposed to be on, and the student was referred to the Dean of Students.

4/6

1:55 a.m.

Resident Assistants reported to DPS an act of vandalism in Champion Hall to DPS. The wall near room 120 presented a male phallus symbol with an arrow pointing to room 120. DPS is looking for suspects on security cameras.

4/6

2:00 a.m.

RA reported their handheld radio went missing.

Career Fair Takes Place Two Months Following Postponement

BY BRIDGET KEOHANE

Assistant News Editor

After being canceled a few weeks ago due to a snowstorm, the Annual Spring Career and Internship Fair is set to take place on April 10, from 12-3 p.m. in the Leslie C. Quick, Jr. Recreation Complex (RecPlex). All class years and majors are encouraged to attend and will be given the opportunity to connect with over 70 employers present.

The Career Center has stressed the importance of preparing for the interview and job search process by offering various workshops on networking, building a resume and creating Stags4Hire and LinkedIn profiles. At the fair, students are able to exercise these skills through interactions with employers.

In terms of rescheduling the fair to a date almost two months later, Deirdre Bennett, Fairfield University's Associate Director of Career Center and Employer Engagement, remarked "Rescheduling the fair went very smoothly. We are fortunate to have such helpful colleagues in the RecPlex and Conference and Event Management who helped us secure a new date and update the numerous work orders. Fortunately, we did not incur additional costs with the rescheduled fair. The number of employers is reduced, but the quality and range of employers is still excellent."

Previously, over 90 employers were scheduled to be present at the canceled fair scheduled for Feb. 14. This is about 20 more than the amount scheduled for the new fair. However, Bennett emphasizes that despite the decrease in employers set to be present, there is still a large variety of companies for students to network with, along with over 150 recruiters: "What is notable is the range of industries that will be represented. Recruiters from the worlds of fashion, social services, health care, tech, finance, grad schools and governmental industries will all be in attendance."

At the fair, students will also be able to talk to career counselors at the "Ask An Advisor" table to discuss navigating the fair and the career planning process. However, some students have questioned if the fair is taking place too late this year, in reference to internship application deadlines.

While different industries have different deadlines for summer internship positions, Indeed cites that the application process typically starts around November, but no later than January. In addition,

the earlier students apply, the more likely they are to be considered for a role. Most networking should be done before the application process as well.

With the fair taking place in April, students looking for a summer internship may face the challenge of being behind in learning about the networking and application process for certain companies. Junior Leslie Abbott remarked "Since originally planning to attend the previous fair in February, I've had to apply to internships for the upcoming summer on my own. After some work, I was able to secure one, so I don't plan on attending the rescheduled fair. Even though the fair is later than usual, I think it is still an opportunity for students who are thinking about an internship for next summer."

“

What is notable is the range of industries that will be represented. Recruiters from the worlds of fashion, social services, health care, tech, finance, grad schools and governmental industries will all be in attendance.”

-Deirdre Bennett, Director of Career Center and Employer Engagement

Bennett adds that "students who are unsure about what they want to pursue would get a lot out of the fair. Since there are so many industries, students can consider options they never thought of or eliminate options they had been considering."

While the fair is taking place later than usual, students are still given an opportunity to connect with employers they spoke with at the fair. Each organization's table will have a QR code for students to scan. Following the event, both students and employers will receive an email from Handshake recapping all the connections made that day.

The Career Center also encourages students to look ahead to their Alumni Job Shadow and Career Exploration programs this year, which give students another opportunity to network through Fairfield alumni.

Students Set Internet Ablaze After Natural and Technological Disasters

BY CLAIRE DEMARCO

Copy Editor

This past week, Fairfield experienced several rather unusual events, causing the student body to take to the internet to voice their shock and frustrations over the events of the past week.

The first instance of nature interfering with regularly scheduled campus activities was when Wednesday's violent rain and wind storm caused a campus-wide power outage. A Stag Alert was sent on Wednesday at 5:38 p.m. describing that the campus-wide power outage was due to a "traffic accident on North Benson Road" stating that "crews are working to restore power as soon as possible."

The power had been out for about 20 minutes on campus and in town by the time this alert was sent, and students had already been finding their homework and meal plans interrupted by the sudden outage. What soon became more of an issue for the student body was the note that "this can affect networks and systems." After about two hours out, another Stag Alert was sent, as power had been restored at 7:12 p.m.

There was no further note about the continuing network issues until the next day, on Thursday night. The 8:47 p.m. Stag Alert read that "ITS is working to restore periodic ongoing network issues affecting both wired and wireless connections across the North Benson Road Campus due to the power outage we experienced yesterday." The message alerted students to the fact that there may be "intermittent connectivity or complete outages" throughout campus.

Students, however, were already well aware of the fact that Wi-Fi was down, and were not very happy with the interruption to daily and academic life. Taking to the app Fizz, students were quick with gripes about the restoration of power, yet lack of stable, or any, internet connection.

One anonymous post read "This school better pay for my hotspot" while another joked that "This Wi-Fi is as stable as my income." Noting the interruption to schoolwork, which usually takes place only with internet access, a post questioned "How am I supposed to be an academic weapon with no Wi-Fi," with another more candidly stating "No wifi either. I'm gonna cry. 2 tests tomorrow."

Junior Christina Silvestri echoes the same sentiments, stating, "the Wi-Fi outage prevented me from completing a few of my assignments. In my townhouse, we were without Wi-Fi from the time the power went out through the next morning." Students were unhappy with the day-long period of no Wi-Fi, hoping to begin Friday as a normal day of classes before the weekend.

However, another weather-related interruption was soon to follow, as students woke up Friday morning to an unusual event in Connecticut – an earthquake of 4.8 magnitude. Another Stag Alert shortly after the event at 11:23 a.m. read that "In the past hour, Connecticut campuses may have felt movement due to a 4.8 earthquake that took place in New Jersey. Campus Facilities reports no damage to buildings and there are no reports of injury. Classes and activities will continue as normal."

Students, many of whom are from the Northeast and are not used to earthquakes, once again took to Fizz to express their shock through jokes. One anonymous post wrote "Dear Professor, due to the traumatic earthquake I will not be attending class today due to the emotional distress it caused me."

Many students wrote anonymous posts expressing the shock of the past few days' events, one stating that "Fairfield gets a fire, a downpour, heavy winds and an earthquake. What's next? A tornado?" while another wrote "what is going onnnnn first the crazy weather, power loss, no internet, and now an earthquake. What's next?"

Another member of the Class of 2025, Grace Lombardi, commented in real time on experiencing the earthquake in class, stating "In the moment, we had no idea what was happening. Nobody expects an earthquake here."

Students felt the effects of a rather strange week and certainly had their fair share of genuine jokes, but also some frustrations and shocks over it. No matter what happens on this campus, whether it be about the student body, or major world events, it seems students have found a forum in Fizz where they can express themselves. Even joking about the app itself, one student posted, "Fizz is faster than the national news" after seeing the way students flocked to it in the wake of the outage and earthquake.

THE MIRROR

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Campus Initiative Aims to Combat Period Poverty

BY ERICA SCHINDLER
Assistant News Editor

Throughout the first half of April, donations of period hygiene products will be collected on campus as part of Fairfield University's first feminine hygiene drive, a collaboration between several university organizations including the Fairfield University Student Association (FUSA) and the Alumni of Color Network. Products collected will benefit the Center for Family Justice in Bridgeport.

When you think of poverty, food or shelter might be the first thing that comes to mind. But getting access to another necessity – period products – can also be a struggle for those experiencing poverty. According to the Journal of Global Health Reports, “500 million people lack access to menstrual products and hygiene facilities” in the United States alone.

An issue that often goes overlooked, period poverty can be defined as a lack of access to safe and hygienic menstrual products. This issue is faced by many low-income girls and women worldwide, including right in Fairfield County, and a new on-campus initiative is working to put a stop to it.

Fairfield alum Luckario Alcide '21 is leading the initiative on behalf of the Alumni of Color Network, which is also working with other organizations on campus to host the period hygiene drive. The initiative was started by the alumni group to celebrate Women's History Month.

“This is an honest effort to get Bellarmine campus students, North Benson campus students, and alumni involved in a collaborative project that serves not only the community but themselves as well,” Alcide said. “As a representative of the Fairfield University Alumni of Color Network's service committee, I see the value in community engagement and service. We want students from diverse backgrounds across the two campuses to know that they can make an impact by any means possible within the campus community and in the local community.”

Collection boxes can be found in the Barone Campus Center, at both the information desk and outside of the FUSA office, according to Life@Fairfield. Drop-off sites also include the Center for Social Impact (Canisius Hall 200), the Student Health Center and the security office at the Fairfield Bellarmine campus. Those looking to donate pads, tampons and other products can do so by dropping items off in a collection box or by making a purchase from the drive's Amazon wish list.

The wish list includes pads of various sizes, tampons, menstrual cups, hand sanitizer and more – all products that would benefit someone experiencing period poverty. Fairfield student Grace Lombardi '25, a behavioral neuroscience major and health studies minor, expressed the importance of the period hygiene drive.

“To have to spend large sums of money on products we need is wrong when people already don't have enough money for other necessities,” Lombardi said. “...It's considered a healthcare need.”

“To have to spend large sums of money on products we need is wrong when people already don't have enough money for other necessities.”

-Grace Lombardi '25

Along with the Alumni of Color Network, Joel Espada, Manager of Community Partnerships at Fairfield, played a key role in organizing the feminine hygiene drive. He hopes that the drive will bring awareness to the issue, while also giving students a chance to give back to those in need.

“We hope that through this drive we can celebrate the invaluable contributions and accomplishments women have made throughout history, but also bring awareness to those marginalized and/or oppressed, who are far too often easily forgotten by society,” Espada said. “It is also an opportunity to unify both campuses (Bellarmine and North Benson) for a good cause and give back to the community.”

The drive is an ongoing project, with donations being collected until April 12th. At the conclusion of the initiative, there will be an opportunity for Bellarmine and North Benson students to get together and finalize the project.

“This initiative will conclude with a donation sorting party at Fairfield Bellarmine with Bellarmine/North Benson students gathering together to arrange the donations while enjoying music and snacks,” Espada explains.

The sorting party will be on April 24 at 6 p.m. at Bellarmine Campus. Espada encourages students to get involved and contact alumni@fairfield.edu for more information.



A FUSA initiative provides free quality feminine hygiene products in bathrooms across campus. FUSA and th Alumni of Color Network are collaborating to host a feminine hygiene product drive which benefits the Center for Family Justice in Bridgeport.

Fairfield Foodie Days Connect with Downtown Businesses

BY SAMANTHA RUSSELL
Executive Editor

Grab your Stag gear and bring your appetites – Fairfield University is collaborating with local food and drink establishments to launch its inaugural “Fairfield Foodie Days” from Tuesday, April 16 to Thursday, April 18. Downtown favorites such as Firehouse Deli, Crumbl Cookies and the Seagrape Cafe will be offering Fairfield students, faculty, staff and alumni discounts and assorted promotions simply by presenting Stag merchandise.

“As part of our community outreach, the Fairfield University Marketing Team wanted to offer a fun way to encourage students, faculty, staff and alumni to explore the Town of Fairfield,” reported Vice President of Marketing Jennifer Anderson '97, MBA '02, adding that the three-day festivity provides the opportunity to “enjoy food and drink establishments [people] may not have tried.”

“As part of our community outreach, the Fairfield University Marketing Team wanted to offer a fun way to encourage students, faculty, staff and alumni to explore the Town of Fairfield,”

-Jennifer Anderson '97, MBA '02, Vice President of Marketing

To receive the advertised offers, guests need only to wear Fairfield University merchandise or present their Stag Card to participating businesses. Anderson revealed that over 30 food and drink joints signed up to issue special offers, while also gaining more business themselves.

Local Kitchen and Beer Bar will be offering one free order of Bavarian Pretzels, Fairfield Pizza a 10 percent discount and Dunkin', a Fairfield essential, a free medium hot or iced coffee with any order. A full list of participating businesses and their limited-time offers can be found at fairfield.edu/fairfieldfoodiedays.

Anderson emphasized the support this initiative gives towards university community engagement, particularly in a town that students call home for four years and alumni

for long after.

“Fairfield is a large town and we want our University community to explore all it has to offer,” she stated. “We are always adding new ways to connect with the community, participating in Town of Fairfield events and hosting our own public programming on our Main Campus and at The Fairfield University Store.”

Not only does presented Stag attire permit unique discounts but it, according to Anderson, “floods Stag Country with Fairfield Red.” In tandem with Fairfield Foodie Days, both the on-campus and downstore bookstore will be hosting a 50 percent off sale on select items, certainly encouraging some spring-time shopping.

Red and blue tags will mark sale items which, according to Stag Spirit Shop manager Colleen O'Neill Helfrich, cannot be combined with other offers or coupons and are only available in-store.

Fairfield University's Marketing & Communications Department worked with the Town of Fairfield to promote and pitch this scrumptious celebration to the Fairfield community and to local businesses and their management.

After speaking with the Town's Economic Development Office, who organize the annual Fairfield Restaurant Week, Anderson and the Marketing Department discovered that March and April are typically less active months for downtown food and drink. The vice president continued to say that, because of this circumstance, they decided on April as the most beneficial time to drive local business through something like Fairfield Foodie Days.

Anderson hopes that this program will return as an annual event, and “looks forward to next year when we hope even more businesses sign up to participate.” Establishments who wish to be added to the list of participating vendors can contact Associate Director of Community & Public Relations Robby Piazzaroli at rpiazzaroli@fairfield.edu.

Piazzaroli expressed wholehearted enthusiasm given from participating businesses, all which demonstrate a vast array of cuisine to satisfy anyone's palette. He seconds Anderson's claim that such an engaging event helps to promote local businesses and “show members of the Fairfield University community what they're made of.”

“We were thrilled with the response from restaurants,

cafes, shops, and stores across town,” he revealed. “Many of them do not fit into the stereotypical category of “restaurant,” so they jumped on the opportunity to participate in an event that celebrates all kinds of foods, served in all kinds of ways.”

Furthermore, he praised the “grassroot efforts” of the university's Marketing & Communications Department for working so fervently to make in-person connections with as many local establishments as possible.

As the dates roll closer, Marketing & Communications has high hopes for a strong turnout of satisfied Stags and positive community engagement. Anderson stated, “We look forward to our University community visiting local businesses and enjoying the fun promos to really make it a success.”



The Fairfield Foodie Days are advertised in the Traffic Circle outside of the BCC. April 16-18 students can try a variety of foods from downtown business on Fairfield's campus.

Opinion

Editor: Roisin McCarthy
Assistant Editor: Natalie Dripchak

Do Universities Prioritize the Mental Health of Students?

By TJ CRIARES
Contributing Writer

Many aspects of late teens and early twenties life revolve around academic success while also finding a good job to achieve a more independent lifestyle.

As life gets busy and these expectations arise, conversations surrounding mental health may often take a backseat and are not considered to be a top priority.

Being in a university setting can make this time more enjoyable, but it also introduces additional priorities like making friends and improving social status.

This raises the question of whether universities provide enough resources to aid students in navigating these responsibilities. Could it be that the very nature of a college campus environment contributes to feelings of stress and anxiety?

Most campuses offer counseling resources to support students in the challenges they might be facing, but the stigma attached to seeking help may deter individuals from seeking support.



Photo Courtesy of Fairfield University

Many college students around the world struggle with mental health issues. Colleges should strive to create better, low-stress environments for students to thrive in.

The reasoning for this stigma surrounding mental health struggles is not entirely clear, but a main reason could be attributed to the perceived social consequences among students.

The silence surrounding mental health often acknowledges it as a sign of weakness, when in reality, it should be seen as a sign of strength and courage.

Many universities push their resources to ensure that students are prioritizing their mental health similar to school and social activities. Universities must continue to make this effort and reduce the stigma surrounding mental health.

Part of this prioritization should include emphasizing that experiencing phases of mental health challenges is a natural part of life.

This realization can be reassuring for many college students as they recognize that many of their peers are encountering similar difficulties.

This aspect is important in discussions about mental health, but another crucial consideration is where these issues and perceptions stem from.

In terms of academics and career pursuits, there are lofty expectations to both balance and advance in both areas. The anxiety surrounding these responsibilities can intensify when we see our peers outperforming us in a specific area.

One of the most toxic tendencies that affects not just college students, but all of us internally, is falling victim to the comparison game.

When we witness others excelling in sports, job searches, or making connections, we begin to doubt our worth, furthering the interference of our mental health. In a way, we are our biggest bully.

These concerns can be eased when we acknowledge the human nature of everyone engaging in some level of comparison.

These are the types of reassurances that should continue to be encouraged across college campuses as the



Photo Courtesy of Fairfield University

Fairfield University offers counseling services for students to utilize when they are experiencing mental health issues. Services can include therapy dogs and group sessions.

chapter of adulthood comes with these increased expectations.

It is important to remember that every college is different and some are definitely better than others at prioritizing mental health. However, all universities can utilize the same strategy: adjusting the perception associated with treating mental health and emphasizing its importance as much as academics and careers.

School and friendships can change over time, but our approach to how we treat our minds and maintain positive outlooks on life will surround us forever.

While stress and anxiety can be unavoidable at times, help is always available for everyone. This understanding is vital as students navigate through their college journey and beyond.



The Toxic Reality of Self-Help Books

By NATALIE DRIPCHAK
Assistant Opinion Editor

Self-help books are something that most people have heard of, but the real question is, do people actually like reading self-help books?

I think I have read one self-help book throughout my entire life and to be honest it wasn't anything special. The book dragged on for hundreds and hundreds of pages when I honestly could have gotten that advice from my parents.

I think the idea of self-help books is great. Wanting to improve yourself is something that everyone should want to do. Some of these books have great information and good advice but are these books really changing people's lives? When I see a self-help book in Barnes and Noble or the library I look skeptically at it. I think "okay that might be something I would read but would it really do me any good?"

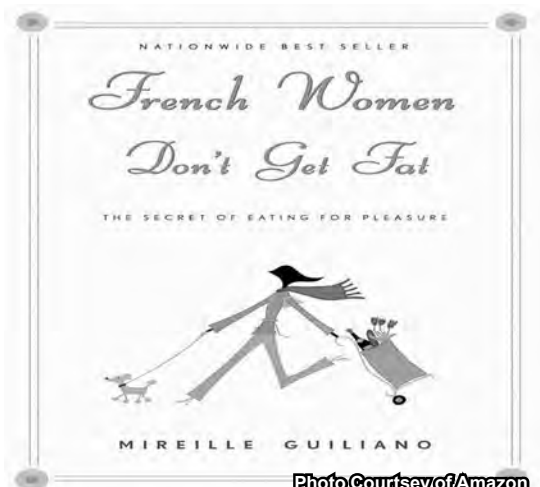


Photo Courtesy of Amazon

"French Women Don't Get Fat" is a prime example of how self-help books capitalize off of consumers' insecurities. Self-help books are not essential for people to better themselves.

There are some self-help books that also have misleading or toxic titles. For instance, there is a popular book by Mireille Guiliano called "Why French Women Don't Get Fat".

For starters, this statement is very general and is not all that true. No matter where you are in the world there are going to be people who are overweight and not their healthiest, and French women aren't the exception.

Of course, different cultures have different eating habits and different ways of life which may be the reason why it seems that other countries have a "thinner" population, but writing a book on why women in a specific country don't get fat isn't true for everyone.

Another reason why self-help books in my opinion are a waste is because a lot of the information that is in these books is information that the general public already has a decent understanding of.

Books called "Your Twenties" and "How to Stop Worrying and Start Living" are all books that people don't need to read because they can figure out these obstacles for themselves.

Of course, reading these books won't do major harm and maybe will give advice that was never given to you before but there are other ways to get advice and information.

Instead of reading a book about "Your Twenties" how about you enjoy your twenties for yourself and experience it for yourself? If you are really feeling lost you can talk to friends and family to help guide you.

Being in your twenties or any age for that matter is all about living and learning and making mistakes.

Without doing these things you aren't really living. Instead of living through a book of another person's experiences, you should live your own life and create your own experiences.

Self-help books I think are for the people in society

who have no idea how to live their life. Learning how to live your life though starts by living your own life.

You have to experience things by yourself on your own terms to be able to understand how to navigate your life.

Self-help books like this article I am writing are all based on opinions and personal experiences. So who am I to say that self-help books aren't helpful?

To some people, they are the best thing in the world and to others, they couldn't care less about them.

Everyone on earth is living and experiencing life for the first time and it can be hard, sad, frustrating, lonely and confusing to go through it by yourself.

That being said, a self-help book isn't necessarily going to change your life. You have to initiate the change for yourself.

Initiating change into your own life can be scary. It takes a lot of guts to be able to change your life in a dramatic way.

For instance, getting over a bad breakup or creating a healthier lifestyle. No matter what change you are making to your life, it takes a lot of courage.

Self-help books can be a huge help for some who need that extra encouragement to go out there and change their life for the better, but they are not a necessity.

Self-help books are profited on those who are insecure with their own current life situations. This is not a demographic people should want to be a part of.

Taking your life into your control is a way to break free from the toxicity of self-help books.

If you take anything away from this article it should be to live your own life the way you want to live it because you don't need a book telling you how to live a life that isn't yours.

There Is Division in Our Education System

By ROISIN MCCARTHY
Opinion Editor

Our education system is divided and fundamentally broken as it is built to cater to those with privilege. The average cost of a private elementary school in Connecticut is \$23,349 per year while a private high school has an average of \$41,936 per year.

These costs make private schools exclusive, deeming them as a “better” education than public institutions.

As someone who has attended private schools throughout life, it always made me consider why our system is so broken and unfairly benefits those who can afford private education.

It isn't fair that some students get to receive a “better” education than others.

Many public elementary, middle and high schools don't have all the resources that private schools do have due to the immense amount of funding and high tuition bills.

Funding, in my opinion, is the main reason why our education system is broken and unjust.

In Connecticut public schools, nearly \$12.4 billion is spent on K-12 public education in Connecticut each year.

The money that pays for this spending comes from three primary sources: local, state and federal tax dollars.

This all gets divided up between all the public schools in the state which amounts to 935 schools in 169 school districts. Connecticut's public houses around 486,990 students that are taught by 39,049 teachers.

Fairfield Country Day School's tuition for students is \$47,200 per year. This all-boys school contains only 197 students.

The high tuition rate and the extremely small class sizes create more recourse for students, which promotes exclusivity in the education system.

The resources private schools have compared to the public are prominent.

Private schools have a better teacher-to-student ratio. Private schools don't tend to struggle with teacher shortages, whereas public schools fight to find teachers to lead large classes.

Smaller classes in private schools amount to more support for students.

Due to private funding, private schools don't lean towards following curriculum implementation by their state, that public schools do.

This has children at the same age learning different curriculums.

Although that might not seem like a huge deal, but shouldn't all students start off their education with a somewhat similar foundation of education?

With private funding, it gives private schools extra resources and room to give students a different type of education.

Private schools have an immense amount of extracurricular activities for their students. Fairfield Country Day School has immersive art and athletic programs that interest all students.

In many Connecticut public schools, students do not get to choose from a long list of after-school activities that can help promote a healthy lifestyle, creativity and relationships with peers.

Students who attend private elementary, middle, and high school are more likely to attend a private college or university.

Students in private schools going through the college process tend to have a college counselor who holds their hand through the journey of applying to schools.

It is easier for private school students to do well on SATs and or ACTs due to the extra private tutoring they can receive.

This frustrates me because education is universal, and is something that every person deserves to receive.

Affordability of education in the United States continues to be a significant problem that needs to be addressed and it starts as early as pre school. Education should never be considered a privilege, it is a basic right.

Although private education is a beautiful thing, it creates an elitist mentality for many within schools, without even knowing.

Our education system is teaching children at a young age that division is our reality. Elementary school should be a place where children learn how to create unity.

I feel that our education system needs less division and more inclusion. It should not just be benefiting one socio economic class. It needs to benefit all, since education is meant to help our society grow.

Private and public education creates a socioeconomic divide at an early age, feeding into class divides in a negative way.

Public schools and private schools need to receive the same funding so they create resources that benefit all.

It is only fair that we all receive the same education starting at elementary school. Equal education opportunities are imperative to our growth as adults.

The creation of private education has hindered the core of education which in turn has divided us in ways we cannot even see.



Photo Courtesy of Reston Lifestyle Magazine

Education should be the same whether you go to private school or public school. Receiving an education is not a privilege, it's a right. Society should strive to create equal education opportunities.

Fairfield University Lacks Unique Campus Traditions

By TRENT OULLETTE
Contributing Writer

When you were deciding where to attend college you most likely consumed lots of information about the culture of each university you applied to. You probably heard about how unique of an experience potentially attending each college would be as you went on campus tours, received promotional mail and perused university websites.

The special aspects of these student experiences may have come in the form of a long-standing tradition, one-of-a-kind activity, or distinctive campus locale.

Campus traditions, when truly unique to one college, offer the students of said college a collective experience only they fully understand and share throughout their four years as part of the community.

While traditions are not the reason one would ultimately choose a college to attend, they do help to define the experience of each university and its campus community. Unfortunately, I have recently been convinced that Fairfield University lacks any meaningful or objectively unique student traditions.

Last week, a friend of mine brought this point up in conversation. This friend had recently returned from a trip to England where he visited his friend at Durham University. While there my friend had the opportunity to participate in one of the school's traditions.

The university, which sprawls across a large portion of the town, has numerous bars strewn around its campus for students to enjoy.

At one of these bars, there exists a campus tradition in which students, along with their friends, purchase a shot which they will then hold in their mouths as they run across campus to another university bar.

The run from one bar to the other is close to a mile in length and is treated as a race between all those holding a shot. Once all the participants have reached the second bar, they down their shots together.

My friend who had participated in this tradition recalled how random students they ran past in town were yelling quips towards his group despite not knowing any of the participants.

He explained how there was a sense of collective understanding and enjoyment regarding the alcohol-fueled activity amongst the campus community.

The student body recognized that the activity was something unique that only their university was able to offer as part of the college experience.

Through this story, he was able to illustrate his frustrations with the lack of uniquely natural traditions at Fairfield. Some may point to gatherings such as Santacon or Sham Jam as unique campus traditions, but this is far from the truth.

These two events are far from unique as many other colleges throughout the country celebrate nearly identical events each year.

The same could be said about PresBall or the Spring Concert. The way I see it, the closest thing Fairfield University has to a truly unique and student-body-recognized tradition is riding the Stag Statue. Nearly all students understand and appreciate the sight of a first-year climbing the statue, but is this really the best we have to offer as a campus? Currently, I believe it is.

This is not to say that I do not enjoy being a part of the Fairfield community, but rather to highlight an aspect of campus culture that, if improved, could drastically enhance the student experience at the school. The remedy seems simple: just introduce some new and unique traditions to campus.

While this sounds simple, you cannot create a tradition out of nothing. They typically develop organically and are then adopted and popularized by a community over time. If the university came out tomorrow and declared a new campus tradition, I find it hard to believe it would catch on with the students.

I believe the most likely scenario for a new tradition to develop is a group of friends doing something absurd around campus, other students seeing it and deciding to imitate said activity.

From there it may spread through word of mouth, Fizz, or some other medium. I suppose the job for anyone, including myself, who wishes to see some traditions develop is to try the half-serious ideas that are concocted when shooting the breeze with friends.

College traditions make a lasting imprint on all those who graduate. Even if some odd activity that you decide to try with your friends does not catch on with the larger campus community, you can at least say you tried to create a unique college experience for yourself and those around you.



Photo Courtesy of Fairfield University

Fairfield University lacks tradition within the student body. This can be a major concern for many students because it undermines that sense of community on campus.

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THE VINE

Editor: Caitlin Shea




Mr. Bennet was so odious, reserved, and capricious, that he had been insufficient to her character. Her mind was mean understanding, little life was to get her daughter Bingley. He had always intended that she should have followed in the same manner. Observing his sudden address to her, she was surprised to find that she had no knowledge of the matter.



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From Bestseller to Blockbuster:



Best Book-to-Screen Adaptations

BY CHRISTINA SILVESTRI
Contributing Writer

One of the many reasons I love to read is because it feels like I am watching TV in my head.

I revel in taking the words from the page and adapting them into a whole universe in my mind.

I love putting my own spin on the aspects of the clothes that the characters wear, or what their home looks like.

While imagination is powerful, there is nothing quite like when you hear your favorite book is being adapted into a film.

Finally getting to see your beloved characters and scenes come to life is so exciting that more times than not, the final product is underwhelming.

I have taken the time to list the ones that I watch time and time again.

“Me Before You”

This 2012 Jojo Moyes novel follows Louisa Clark, a 26-year-old who is still finding herself.

Her latest odd job is being a caregiver to Will Traynor, an impossibly stubborn 35-year-old quadriplegic.

The two bicker constantly but soon learn to enjoy each other's company.

While Louisa is still navigating her personal life, Will still struggles to accept his new way of life after his accident.

The film adaptation of “Me Before You” was released in 2016 and stars Emilia Clark and Sam Claflin.

I thoroughly enjoy this movie and simultaneously want to gouge my eyes out.

Let me say this first, the movie is very similar to the book with only slight differences such as Will's age (he's younger in the film) and his disposition (in the books, Will is far more agitated on a daily basis).

What I appreciate about the film is the exceptional acting and the overall emotional impact of the film.

It is hard to watch “Me Before You” and not shed a few tears

“Soul Surfer”

“Soul Surfer” is a 2004 memoir written by teen Bethany Hamilton following a shark attack that left her with only one arm.

On top of the struggles that automatically come with losing an arm, Bethany was on the path to becoming a professional surfer.

However, she does not let what she has lost dictate her future.

She overcomes assumptions made by those around her and ultimately achieves her dream.

There are so few differences between the 2011 major motion picture and Hamilton's work.

Bethany and her family are all said to have played an active role in production, voicing their opinions on aspects of the film to ensure accuracy.

While accuracy is not always the goal

of book-to-screen adaptations, I believe that in the case of true stories, it is appreciated more.

“Soul Surfer” is the ultimate summer feel-good film.

“Emma”

Jane Austen's 1815 novel tells the story of Emma Woodhouse, a young woman high in society in Regency Era England.

Emma lives alone with her father and prefers to spend her days playing matchmaker for the people of Highbury.

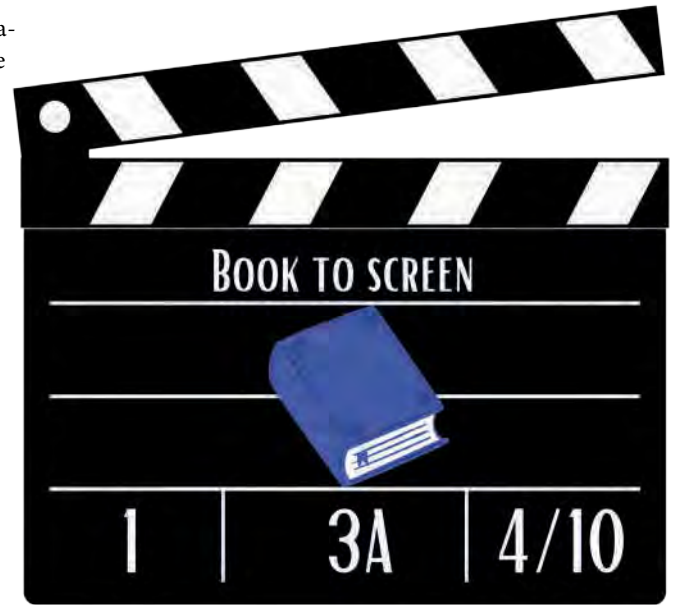
While Emma is highly intelligent, her matches are not always as perfect as they seem.

Though there have been a few adaptations of Austen's novel since its publication, the most recent 2020 film stands out to me.

Aside from being visually stunning, this film is highly elevated by means of comedy and direction by Autumn de Wilde.

While the original novel contained many witty lines, it is the characterization done by the actors that liven up the story.

Anya Taylor-Joy delivers a fabulous portrayal of the titular character but it is Bill



Nighy (Mr. Woodhouse) and Josh O'Connor (Mr. Elton) who are scene stealers even with their low screen time.

If reading or even watching the classics scare you, start out with de Wilde's “Emma” - it will not disappoint.

While I can go on and on about books and movies, two of my favorite things, I feel I should stop myself here.

Whether it is accuracy or pure entertainment you are looking for in film adaptations, I highly recommend always reading the book first.



Cowboy Carter Review



BY ABBY WINEY
Contributing Writer

Beyoncé has entered a new era after her iconic release of “Cowboy Carter”, a country-inspired album with a Queen Bey twist. When Beyoncé first released “Texas Hold Em” and “16 Carriages” I was prepared to wear my cowboy hat, - and cowboy boots and shout YEEHAW while listening to her new songs. I was sure that the entire album would be completely country. After her release, I've listened and listened... and listened some more to the point where I've concluded that Beyoncé put her own spin on country classics. This album cover is certainly eye-catching as it shows Beyoncé with bleach blonde hair blowing in the wind as she's holding an American flag while riding a large white horse. Of course, she is wearing a cowboy hat along with a leather red white and blue riding outfit. Her beauty queen pageant sash reads “Cowboy Carter” the title of the album. With a whopping 27-song tracklist, Beyoncé's songs could serenade you for 1 hour 19 minutes. Now let's get into my favorite tracks on the album!

“LEVI'S JEANS”

This is my all-time favorite on the album. The unexpected blend between Beyoncé and Post Malone is the collaboration

I didn't know I needed. From my lyrical analysis, Levi's Jeans is actually a sexual ballad. Levi's Jeans represents a person hugging Beyoncé “all night long”. This song not only highlights Beyoncé's smooth velvet voice but truly gives Post Malone his time to shine as well as we often forget how beautiful his voice is. Funny enough, “Levi's stock rose 20% Thursday, boosted by a new Beyoncé song called “Levi's Jeans.”

“YA YA”

When I heard the tune of These Boots Are Made For Walkin' by Nancy Sinatra sampled in this I was SO excited. The switch up from the classic banjo beginning to a hip-hop tune shook me to the core. Beyoncé knew what she was doing with this absolute bop. She also plays homage to The Beach Boys with a tiny tune of “She's picking up good vibrations.” If you need a perfect song to dance around your room and use your dry shampoo bottle as a microphone, Ya Ya is certainly your song.

“DOLLY P and JOLENE”

The interlude of the one and only Dolly Parton in Dolly P is absolutely iconic. With the Jolene music beat in the background Dolly Parton blesses the album with a little interlude introducing Beyoncé's spin on the

iconic song Jolene.

“Hey Miss Honeybee, it's Dolly P

You know that hussy with the good hair you sing about?

Reminded me of someone I knew back when

Except she has flamin' locks of auburn hair

Bless her heart

Just a hair of a different color but it hurts just the same”

The song then goes into Beyoncé's rendition of Jolene. While carrying the same tune and premise. Beyoncé puts her own spin on the song changing lyrics here and there but still basing her song off of “Jolene.” Following the same story as the original song. While I will always be a huge fan of Miley Cyrus's Jolene, Beyoncé sure does put her own character into her version which I absolutely loved. I think the Dolly P interlude also makes it 10 times more cool and exciting.

Overall I think Beyoncé ATE on this album. She completely broke barriers by showing she can still be awesome while also switching up the genre of music she is pro-

ducing. She is such a decorated and poised artist who deserves respect and recognition. I'm keeping my fingers crossed that she can pull an Album of the Year win at the next Grammys!



Queen B looks fierce in her new cowboy get up.
Photo Courtesy of Pitchfork



Unearthing College Students Joy

BY MAX LIMRIC
Editor in Chief

Joy is everyone's birthright. We all deserve to find and maintain joy throughout our lives – especially in college when enjoyment and purpose can often slip through the cracks. To me, joy is listening to my mother's cackle, the first spring flower, a long day on the beach – but what happens at school, when those joyous activities can fade into memory? Where then do college students turn for joy when much of the semester becomes a longing for warm weather and relaxed days?

For inspiration, I read "Unearthing Joy" by Ghody Muhammad and listened to Farine Paris, who spoke at the Residential College's Ignatian Seminar about joy. Their insights sparked a desire to find out about the unique ways that college students find joy amidst packed schedules and stressful semesters. As a result, below are two interviews of a Fairfield University sophomore and junior who were willing to share how they seek out and encounter joy in their collegiate lives. Specifically, I chose a sophomore and junior because they're often the ignored classes — they're not brand new to Fairfield, but they're also not about to join the real world just yet.

In what is often called the "forgotten year of college," I wondered how sophomores manifest joy. In order to find out, I cornered Marabel Jaime '26 before she scurried out of the Explorations of Education course we enjoyed together.

After I explained the premise of this article and before I could even get out my first question, Jaime exclaimed her excitement at the ability to share her joyful practices: "Happiness is my favorite topic, I'm so glad to speak about it!" she radiates. "I feel most joyful when I'm in a relaxed environment with my friends and I've completed a lot of the work I have for the week so I'm not stressing," she offers, referencing the pressure college students feel when homework, exams, and papers pile up.

But her college courses are not just a source of stress. "Some of my teachers, like

Mary Forde, bring joy," she explains while referencing the teacher of our Education course. Jaime is majoring in Psychology and minoring in Education, and her love for the classroom and working with youth isn't only evident in coursework, but also in the extracurriculars she seeks out throughout the academic year to find joy.



Photo Contributed by Marabel Jamie

Marabel Jaime finds herself the most joyful while helping out in the classroom.

"I work at the DayCare twice a week on campus and seeing all the littles bring me joy. When the kids are always so excited about the little things, it brings me happiness." She continues, "When I go, they're always excited to see me and it makes me feel appreciated." By honing in on her passions, Jaime is encouraged to continue finding joy through the excitement of the kids and the appreciation she feels from the children she cares for.

But I wondered. What happens when it's not all going her way? "When something is weighing me down, I try to make myself feel more put together to get my mind off what's putting me down," she responds. "I'll go to the gym and take a workout class," referencing the benefits that physical activity has on mental health. But the gym isn't always a joy and sometimes ... she just needs a good movie, "If I'm very down I'll watch a movie

in bed to calm down and take a break from work."

Joy comes and goes, but to maintain joy, Jaime keeps to a balanced schedule, "so I'm not cramming everything at the last second. Everything is spaced out and I can keep time to relax. Instead of procrastinating, I work gradually." By staying on top of her work and making time to see others, happiness flows from Jaime, "seeing people happy makes me so happy. Even seeing people going for walks with their dogs on campus, sunny days, bring me joy. Just seeing people in the Quad on a Spring Day!" she sighs, easily speaking about joy as she shares it with others.

Now, we're onto arguably the toughest year of college ... junior year (I may be biased since I'm a junior), but juniors delve into their majors this year, taking on internships and leadership positions among their peers, and it can become stressful. On top of all that, juniors still have one year left after what can feel like an eternity or just a few minutes! So, let's hear how Kate Enriquez keeps a positive mindset while plowing through this year knowing she's still got one more.

"I feel joyful at college when I'm spending time with others while participating in extracurricular activities together! I'm a part of multiple clubs and boards on campus, where I've met the most cheerful people." She then references the friendships that are a result of her engagement with clubs on campus: "I've truly been able to create long-lasting friendships while being a part of these clubs and I always find joy in meeting new people!"

Being a part of many clubs and extracurriculars can become time-consuming; thus, to maintain a positive mindset and care for oneself, Enriquez turns to dance. "Fairfield University Dance Ensemble brings me such joy because I've been able to carry on my love of dance with me at college while dancing with the best of friends!" she declares.

Moreover, Enriquez is a Communica-

tion major and Educational Studies Minor, which manifests in the joy she seeks on

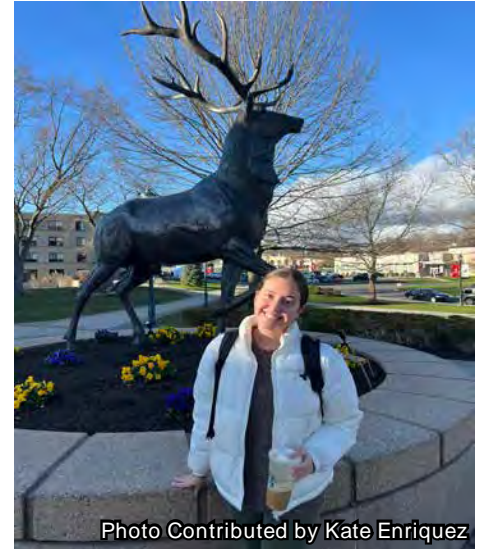


Photo Contributed by Kate Enriquez

Kate Enriquez shares her smile in front of the stag statue.

campus. "I've really enjoyed being a part of the Caroline House Jr. Board where I have been able to have a leadership position! Being able to fundraise and put a smile on the face of children at Caroline House truly warms my heart," she believes.

Enriquez believes her main source of joy originates from the positive attitude she diligently cultivates and maintains with the help of others in a reciprocal relationship. "I like to think that my constant joy brings joy to others! I thrive off of other people's happiness and positivity." She adds, "Whenever someone is in a joyful mood, it almost always makes me joyful too!"

Now I recognize that this list of joys is not all-encompassing in any sense. What about those who find joy in partying on the weekends, or those who retreat to a quiet cafe, or those who immerse themselves in a good book? And what about those struggling to find joy? Still, I hope this article can begin a conversation about joy with those who mean a lot to you – and you may just end up learning more about one another.

Spring Into Action: New Activities To Try

BY ISABELLA SAGARESE
Contributing Writer

With the sun shining brighter and the air growing warmer, now is the perfect time to immerse yourself in the joys of spring activities. Whether you prefer the great outdoors or the coziness of the indoors, there are a plethora of activities to explore. Here are some delightful spring activities to brighten your days:

Paint your own flower pot

Creative or not, taking a moment to unwind and painting your own flower pot can bring vibrant colors and flair to your home or garden! To spark your imagination, you can even look up some inspirational photos on platforms such as Pinterest. The best part of this project is that it can completely fit your own aesthetic!

Trip to the New York Botanical Garden

Step into vibrant flowers and flourishing greenery in New York City. From small

plants to towering trees, the garden is perfect for all ages. Immerse yourself in nature, and if you would like to, take some Instagram photos with the backdrops of stunning floral displays.

Plant a spring garden

One of my favorite things to experience in the spring is planting my own spring garden with my dad. Inspired by his love of cooking, we plant basil, mint, thyme, parsley, and tomatoes. You can experiment with different plants and herbs that work best for your lifestyle and growing conditions.

Have a picnic

Gather a soft, outdoor blender, and a picnic basket filled with sandwiches, pastries, and refreshing drinks, and head to a peaceful spot in your favorite park or even your own backyard. Last summer, I had a picnic in the park overlooking a small lake.

The birds chirping, the sun coming through the trees, and the gentle breeze make the picnic experience so peaceful.

Go for a bike ride

Whether you are looking for a workout or leisure, biking offers you both! Whether you are looking for solitude or company with friends, biking can bring relaxation or excitement. You can engage in conversations while pedaling alongside friends, or have a competitive race. Immersing yourself in nature around you can be a great way to have some alone time. Biking's versatility is what makes it such a perfect spring activity.

Bake your favorite dessert

While spring rain showers fall outdoors, it is the perfect opportunity to stay inside in your warm kitchen. "April showers bring May flowers," but they also offer the perfect reason to cook your favorite food or bake

your favorite dessert. One of my personal favorites for a rainy day is Taylor Swift's famous chai cookies.

Outdoor movie night

Underneath the twinkling stars, with a projector and a simple white sheet, you can effortlessly create a backyard movie theater right outside your house. You can invite your friends, pass around popcorn, and even make smores!

I hope these activities bring in a bit more sunshine to your Spring!



Spring Into Style: Exploring Fashion Trends

BY FIONA WAGNER
Assistant Vine Editor

As the frost of winter fades away, the fashion world eagerly embraces the warm weather. The fashion scene undergoes a transformation, ushering in a kaleidoscope of colors and styles for the spring of 2024. From nostalgic nods to our past to bold new innovations of the future, spring fashion is always something to look forward to. Here is a guide to everything spring fashion, whether it's trends, styles, or new looks.

The Power of Pastel

Pastel colors such as lavender, mint green and powder blue dominate the spring wardrobe. Pastel hues evoke a sense of lightness and freshness, which is something everyone needs after a long cold winter. I think a nice pastel dress can never go wrong. Two places I would recommend shopping are Hollister and Lulus. Pastel colors are very soothing, as they symbolize the emergence of blooming flowers and sunny days. I think we will be seeing a lot of pastel colors this spring, especially shades of pink.

Linen/Striped Pants

I have seen trends of linen pants in the past and think that they would make such a great staple in the spring. The lightweight and breathable nature of linen makes it perfect for warmer weather, while the timeless appeal of stripes adds a touch of sophistication to any ensemble. I have seen girls all over Pinterest wearing them and every time they look so put together. It's easy to style nice linen pants with a cute blouse or tank top. You could even dress it down with a graphic tee. Again, Hollister has a really good section of pants and so does Target. There are also probably a lot of cute pants on Amazon.

Babydoll Tops

Another spring staple for me is babydoll tank tops and shirts. I think they are so adorable and love that they have made a comeback in the past couple of years. These tops offer a flattering and breezy fit perfect for spring weather. Their playful vibe which is often accentuated with ruffles, lace details, or floral prints, adds a delightful touch of whimsy to spring outfits. Both PacSun and Target have some really good options.

Capsule Pieces

I have recently learned what the term "capsule wardrobe" meant. Basically, capsule pieces are essential clothing items that form the foundation of a versatile and functional wardrobe. They are known for their timeless appeal and quality construction. The point of these clothes is that you can wear them 20 years down the road and they still would work. I think for the spring, collecting some capsule pieces of clothing is a great idea. You can't go wrong with a solid pair of jeans, a white button-down shirt, or a little black dress. These are just some examples of staple pieces that you could style for any function. The point of a capsule wardrobe is that the clothes stay intact, so you want to buy good quality items. I think both H&M and ZARA are two clothing companies that are good quality. Even though they can be on the pricier side, it can be worth it if you keep the clothes for a long time.

In the end, fashion is whatever you want it to be. With a diverse array of styles and options, the spring season invites fashion

enthusiasts to explore, experiment, and embrace their unique tastes freely. I hope this list gave you some ideas of how to express yourself in style this spring season!



The Perfect Podcast Recommendations

BY CAITLIN SHEA
Head Vine Editor

The 21st century has brought about a lot of changes in technology.

These changes have had an enormous impact on the way we as humans tell and share narratives.

In recent years, podcasts have emerged as a dynamic and influential medium, transforming the way we consume stories and engage in social discussions.

When working on an essay, project or an article for The Mirror, I know that playing one of my playlists or listening to an engaging podcast can help me focus better.

With spring on the horizon (as foretold by the groundhog) podcasts are also good to have when relaxing on the quad or taking a walk around campus!

Here is a list of some of my podcast recommendations.

"The Broski Report"



Photo Courtesy of YouTube

Brittany Broski on her 60's themed set for her podcast "The Broski Report".

Skyrocketing to fame after her viral "Kombucha Girl" TikTok, Brittany Broski has shown the internet that she is so much more than a one-hit wonder.

Fostering a community known to her fans as Broski Nation, Brittany has expanded her reach across all social media platforms.

Creating a YouTube channel where she posts hilarious commentary videos, Broski has made her mark hosting her own pop culture show titled "Royal Court" where she posts monthly interviews with the internet's most famous celebrities and has most recently started her own podcast known as "The Broski Report", each of which I can not recommend enough.

Acting as a sort of digital diary, this 60's themed podcast is the perfect mix of pop culture, girl talk, and deep discussions on the state of the world.

When listening to this podcast, it feels as though I am on Facetime with a friend!

If you want to laugh so much that your face hurts, this is the perfect podcast for you!

"The Basement Yard"

Name a better duo than Joe Santagato and Frank Alvarez, I bet you can't!

From childhood best friends to podcast partners, The Basement Yard is an hour of hysterical banter.

Discussing topics that range from aliens to whether or not a taco is a sandwich, this dynamic duo will have you laughing for hours on end.

I know that I can't scroll on TikTok without getting at least one of their clips on my for you page!

Want to experience these goofballs in person?

Well, you are in luck, they just announced a tour and could be coming to a city near you!

"Very Really Good"

On a similar note, Kurtis Conner's "Very Really Good" directly reflects its title.

Known for his six-second comedy shorts on Vine, Kurtis brought his talents over to YouTube where he now has over 4.9 million subscribers who watch his quick-witted commentary videos each month.

Started in 2018, Conner's podcast only further proves the strength of his funny bone as he sits in his 90's themed room and discusses the most recent internet drama.

His mustache and mullet combo are sure to leave you with a permanent smile on your face!

"Theo Von"

Self-proclaimed comedian and life survivor, Theo Von's "This Past Weekend" is a humorous journey into the mind of Theo himself.

Providing a unique blend of wit, storytelling, and spontaneous derailments, each episode hosts a diverse range of hilarious guests as Theo explores their viewpoint on life.

With a perfect dose of Southern charm,

this podcast is a must-listen!

"The Mirror Show - To The Max"

Now, one could argue that I am being biased, or that this show is not even technically a podcast, but I would counter that this radio show is one of the best to air on "WVOF" radio!

Hosted weekly from 6 to 7 pm on Wednesday nights by our lovely editors, this show offers an hour of good vibes, good music, and good discussion about the most recent Mirror issue!

If you are around, I highly recommend giving it a listen.

Now while my taste may be drastically different from yours, each of these podcasts provides the perfect mix of humor and meaningful discussion, and is definitely going to put a smile on your face!



Photo Courtesy of Spotify

Stream "The Basement Yard" on Spotify today.

PINTEREST 101: A GUIDE TO CREATING CUTE AND CRAFTY BOARDS

BY SOPHIA COSSITT-LEVY
Staff Writer



One of my favorite places to scroll is Pinterest.

I love seeing different ideas and getting inspiration for all sorts of things like outfits, decorating and places to travel.

So, here are some of my favorite things about Pinterest, as well as some tips for keeping your boards as aesthetically pleasing as the app.

Create a common theme for your boards.

This doesn't mean that you can't have boards for a variety of things, just keep the titles similar.

For example, during my Pinterest remodel, I changed my titles to be all lowercase and added a corresponding emoji.

So, my board with travel tips and places I want to visit is titled 'travel' and I have a little airplane emoji right after.

Make sections within your boards.

Not every board needs a section, but if you have a lot of pins, or it's something like home decor, you might want to categorize.

This way, you can find your pins faster. I have one board that's all about books, and I have a section with books I want to read, a section for each of my favorite book series, a section with quotes from books, and a section with common reader problems (such as not having enough bookshelves).

Use Pinterest with your friends!

I'm the biggest fan of shared boards. I think they're so fun.

One of my friends and I saved a bunch of ideas for



a Valentine's Day party to a board we could both work on, and my future roommates and I are saving ideas for decor for our dorm next

year.

It's nice to see what everyone likes and to get an idea of what my suite could look like.

Inspire your creative projects.

Obviously, most people use Pinterest

projects.

I'm always writing, and one of my favorite ways to prompt a story is to use pictures or paintings.

I have a board titled 'art' (with a painter's palette emoji) that includes sections for architecture, paintings, photos, and sculptures (these all have appropriate emojis, except for the sculpture one because there are no sculpture emojis – maybe someday I'll get my perfect sculpture emoji).

Paintings and photos specifically have led me to some of my best short stories, so I'm always saving pins to those sections. I also know of many other writers who use Pinterest boards to inspire their characters.

They save pins of the clothes they would wear or people that remind them of their characters.

I personally haven't done this, but I think it's a great way to help visualize what you want to create, especially if you're a writer or visual artist.

So, those are some of my favorite tips and tricks for Pinterest.

Hopefully, they gave you some inspiration for your own boards.

If you want to see more of my Pinterest, give my account a quick visit: @sophiac20 (but please don't judge too much – my boards are still being renovated and rearranged!).

Fright or Flop: Immaculate

Movie Review

BY HEATHER KENNEY
Contributing Writer

Sydney Sweeney's debut into the horror genre with "Immaculate" is interesting, to say the least. The film follows Cecelia, played by Sweeney, as she joins an Italian convent. From the outset, the convent's eerie atmosphere is established when a young woman's escape attempt is brutally thwarted by shadowy nuns.

Once Cecelia arrives at the convent, she must recite vows for the church. After doing so, she has a conversation with Father Tedeschi, who had been the one to seek her out and invite her to the convent after the closing of her home church.

It is then that we learn why Cecelia is so devout in her faith; she fell through a frozen lake as a child and even though her heart had stopped for seven minutes, she miraculously survived.

After sharing her story with Father T, she excuses herself and ventures into a crypt from the chapel, coming across a nun draped on the floor.

The head nun of the convent, Mother Superior, finds Cecelia in the crypt, completely ignores the woman on the ground and shows her a nail that was somehow salvaged over 2000 years from Jerusalem. She claims that it is the actual nail that was used to pin Jesus's hand to the cross

when he was crucified. Suddenly, Cecelia passes out, dreaming about red, faceless nuns poking and prodding at her before waking up mysteriously in her bed.

Once Cecelia begins adapting to her life as a caretaker of older nuns in the convent, things begin to take a turn for the worse.

She throws up out of nowhere and is taken to the convent's doctor. Then the priest, Mother Superior, and the cardinal of the parish confront her and ask if she had ever had "sexual congress" with a man, to which she denies vehemently.

After the doctor confirms that her hymen is intact, it is labeled as a miracle, a second "Immaculate" conception. Creative title, right?

Cecelia is never allowed to leave the convent even when she requests to see a real doctor due to fear of something happening to the baby.

As an audience, this is strange since the entire convent has begun worshipping her and that would make us think that everyone would value her health as she is carrying what they've deemed "a miracle."

Her request is brought on by an attack by none other than sister Isabelle who kept repeating that it was "supposed to be her." Cecelia questions this, but no one tells her anything, of

for inspiration, but it's especially fun if you're working on creative or artsy



Sydney Sweeney dives head first into a new genre, showcasing her versatile acting skills.

course.

The film's attempt to blend horror with religious themes falls short of its intended impact, with sporadic jump scares and instances of body horror failing to sustain suspense. Despite its unsettling moments, "Immaculate" lacks coherence, making it difficult for audiences to fully

engage with the story. Sweeney's performance stands out as a highlight, showcasing her talent as a leading actress. However, she is not a very believable nun. With its confusing narrative and lack of resolution, "Immaculate" doesn't reach its potential. If I had to rate it, I'd give it a respectable 2.5 out of 5 stars.



COFFEE BREAK

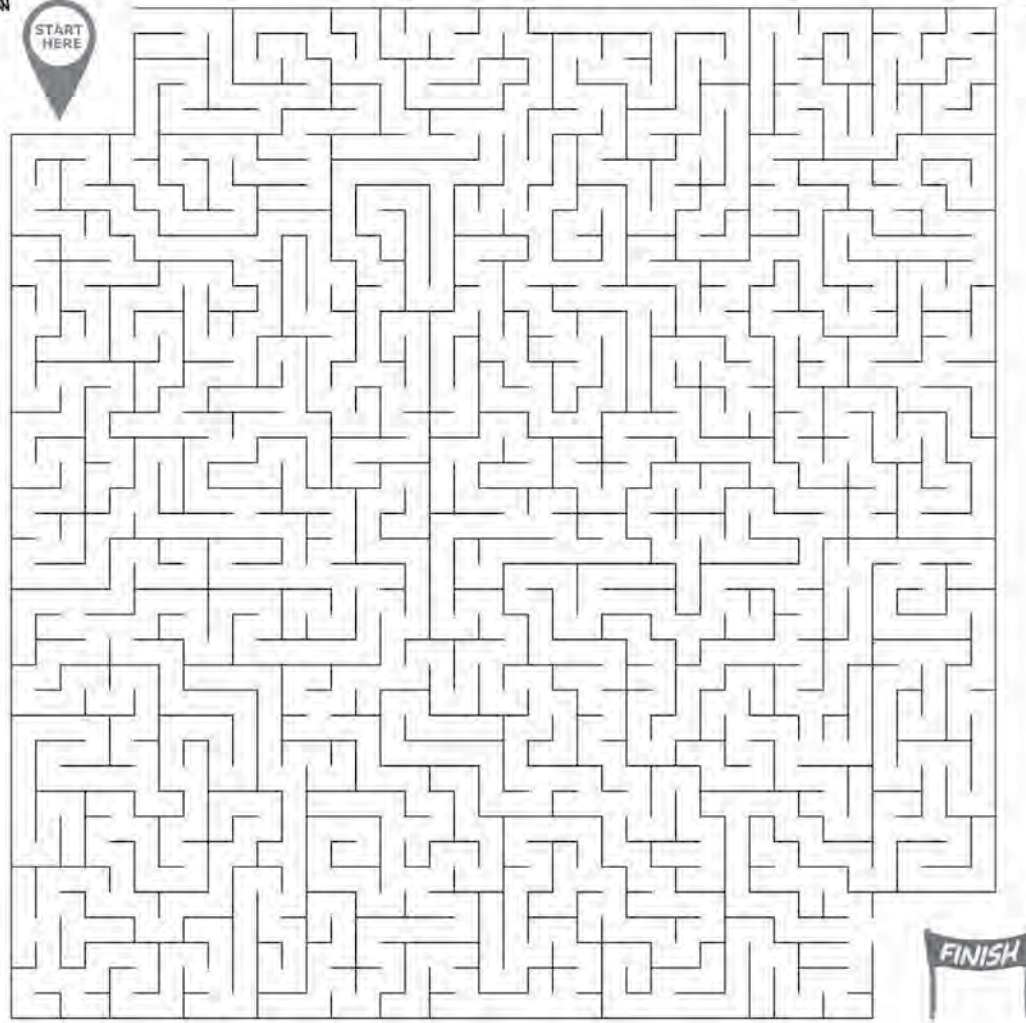


GAMES, PUZZLES AND MORE

Editor: Matthew Robles



MIRROR MAZE



MIRROR WORD SEARCH

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 IXLJWASYXJJYXHTGRUVG
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Bellarmino
Loyola

Fairfield
Dolan

Jesuit
Stag

SPORTS

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



April 10	April 11	April 12	April 13	April 14	April 15	April 16	
Men's Tennis at Marist College Poughkeepsie, N.Y. 3 p.m.	Women's Tennis vs Quinnipiac University Fairfield, Conn. 3 p.m.	Baseball vs Saint Peter's University Fairfield, Conn. 3 p.m.	Women's Golf Navy Spring Invitational Annapolis, Md. All Day	Women's Golf Navy Spring Invitational Annapolis, Md. All Day	Men's Golf Abarta Coca-Cola Invitational Easton, Pa. All Day	Baseball vs Hofstra University Fairfield, Conn. 3 p.m.	
Women's Lacrosse vs Quinnipiac University Fairfield, Conn. 3 p.m.	 <p>Photo Contributed by the Sports Information Desk</p> <p>Men's golf will compete in the Abarta Coca-Cola Invitational in Easton, Pa. this weekend.</p>		Women's Rowing Knecht Cup Cherry Hill, N.J. All Day	Men's Golf Abarta Coca-Cola Invitational Easton, Pa. All Day		Men's Tennis vs Quinnipiac University Fairfield, Conn. 3 p.m.	
Softball vs Manhattan College Fairfield, Conn. 3 p.m.			Men's Rowing Knecht Cup Cherry Hill, N.J. All Day	Men's Rowing Knecht Cup Cherry Hill, N.J. All Day			
Baseball vs University of Massachusetts 3 p.m.			Women's Tennis vs Niagara University Fairfield, Conn. 11 a.m.	Women's Rowing Knecht Cup Cherry Hill, N.J. All Day	Women's Rowing Knecht Cup Cherry Hill, N.J. All Day		
			Women's Lacrosse vs Manhattan College Fairfield, Conn. 12 p.m.	Softball at Niagara University Niagara Falls, N.y. 11 a.m.			

Rowing Has Strong Showing in Pennsylvania

By RYAN MARQUARDT
 Head Sports Editor

The Fairfield University men's and women's rowing teams took a trip to Bethlehem, Pa. to take on Lehigh and Iona followed by a match-up against Iona and Loyola.

The men's varsity eight was the first event to take place with the Stags placing fourth. They finished with a time of 6:47.8 only 12 seconds behind first place Loyola. The varsity eight was made up of Michael Hamilton '24, Sam Elliott '27, Zalan Kovacs '27, Connor Carroll '27, Ean Ray '27, Ryan Wrynn '25, Jerry Malloy '24, graduate student Brady Stergion and the coxswain Matthew Tarabocchia '24.

The men's second varsity eight posted the match winning time of 6:57.4 which beat Loyola by four seconds

and Lehigh by 15. The second varsity eight team consisted of George Voegelé '25, Michael McCarthy '24, Frank DiNatale '25, Jack Cartnick '25, Spencer Chidley '24, Nick Tapinis '26, Brendan Martin '24, Luca Tarricone '27 and coxswain Maddy Gross '27.

The men's varsity four also competed and came in second place with a time of 8:02.3 which was bested by only the Iona Gaels by 18 seconds. Brian Peknick '27, graduate student Alex Hemmat, Tom McLaughlin '26, James Penczak '27 and coxswain Tom Flynn '24 competed for the Stags.

The women's varsity eight placed second, finishing in 8:11.1. They were edged by Lehigh who beat them by just three seconds. In their second event the team came in first against Loyola and Iona with a time of 7:33.0 The team was

made up of Arianna Welton '25, Shawn O'Brien '27, Emma Szachta '25, Megan Blair '24, Victoria Conrad '27, Molly Squire '27, Emily Regan '24 and Sarah Wendling '25 with Marianna Kalin '25 as the coxswain in the first race and Lexi Tomlinson '26 in the second.

The second varsity eight was made up of Shaylin Tombs '26, Mia Van Mater '26, Miranda Schmidt '26, Megan Rourke '24, Kelly Cullen '26, Zuzanna Janusz '27, Kathryn Bergstrom '24 and Sophia Savage '27 with Tomlinson as the coxswain. They were able to place second with a time of 8:21.1 once again losing by just three seconds. The Stags were able to take the first spot in the second race later in the same day with a time of 8:15.1.

The varsity four won both of their races beating Lehigh



Photo Contributed by the Sports Information Desk

The men's varsity eight placed in fourth in their race this past weekend.

by 20 seconds and defeating Loyola in the second race. The team was made up of Lauren Hoppe '27, Caity Gregitis '27, Ava Forgione '27, Grace McDonough '26 and coxswain Alisa Tsavaris '27.

The second varsity four rowed against Loyola and won. Caroline Tomlinson '27, Julie

Pedrazzi '26, Liv Burghardt '26, Alex Harrington '27 and coxswain Grace Tyszka '27 competed in the race.

The Stags will get back in the water on April 13th and 14th in the Knecht Cup.

In this week's issue...

- Stags Secure Second MAAC Series Win (Page 14)
- Stags Gear Up For Student Faculty Charity Game (Page 15)
- Women's Golf Places Second at FDU Invitational (Page 15)
- Ethan Hibbard on Stellar Start to Spring (Page 16)

Stags Secure Second MAAC Series Win

By **CRYSTAL ARBELO**
Assistant Sports Editor

The Fairfield University baseball team defeated Metro Atlantic Athletic Association foes, the Canisius Golden Griffins, this past weekend in a three-game series. Winning two games out of three, the Stags moved their record to 12-16 overall and 5-1 in conference play. Following a three-game sweep of the Iona Gaels, the Stags have been stirring up a hot streak, going undefeated within conference play until game two against the Golden Griffins.

Game One

Pitching put together a strong front for the Friday opening to the series. Left-handed starting pitcher Blake Helmstetter '24 started off with some of his best stuff, collecting back-to-back strikeouts in the first inning and totaling four punchouts within the first three innings.

Helmstetter's first two scoreless innings saw the pitcher patiently awaiting run support, and the Stags delivered. By the bottom of the second, Payten Wawruck '26 was settled at first base following a single. With two outs on the board, left fielder Matt Lussier '27 stepped up to the plate and worked his way to a 3-2 count before smashing one just left of the right-field foul pole, earning two runs and what would be his first career home run.

Scoring resumed for the Stags in the fourth when graduate student second baseman Zach Selinger hit a single and kept his own momentum going by stealing second after a classic read on a pitch in the dirt. Right fielder Matt Bucciero '26 then

sent a ball out to right field and earned himself an RBI triple after some hustle. Lussier hit one up to right field but it was caught, the Golden Griffins' form of revenge for the triple, but Bucciero got the last laugh while reaching home plate on the sacrifice fly. The Stags remained with those four runs for the rest of the game, despite teasing more tallies with two men on base in the bottom of the sixth.

The Golden Griffins only managed to grab one run at the top of the ninth. Still, the Stags pitching evaded the possibility of a tying run being scored thanks to RHP Peter Ostensen '24 punching out two back-to-back and third baseman Dean Ferrara '25 making a textbook play at third to end the game.

Noteworthy plays from the Stags were scattered throughout the game, yet the overarching theme was the fortitude of pitching that the Stags have garnered. Piecing together a final line of 6 IP, 5 H, 0 ER, 3 BB and 6 K, Helmstetter tossed his 100th pitch in the sixth to get out of a bases-loaded threat with a fly ball. Ostensen put up a line of 3 IP, 3 H, 1 ER, 0 BB. Together, both pitchers managed to strand 13 runners.

According to the game's official report, head coach Bill Currier said, "I thought our pitchers did well pitching with people on base with two outs."

He continued on the pitching, "We didn't play the best defense but our pitchers overcame that and it was nice to see them picking up the infielders."

Game Two

Saturday afternoon's

continuation of the series saw a rockier start for the Stags. The first two innings were a struggle on both defensive and offensive ends, with four stolen bases in the second inning alone; half of the 12 runs scored in total by the Golden Griffins came in this window.

Trying to muster up a response to the six runs scored, the Stags were caught in a loop of leaving one man stranded. The cycle was broken in the bottom of the third when shortstop Luke Nomura '26 took advantage of four-straight misses to the strike zone and walked, eventually stealing second and then coming home after Ferrara doubled down the left field line.

Canisius did not hesitate to put up a fight. They scraped together singles and their only baserunner stole his way to third, eventually scoring on a ground-out to make it 1-7.

The Stags once again responded, this time a little bit quicker, by capitalizing on shaky defense. Wawruck made his way around the bases and was brought home after an error.

Back-to-back scoring between both teams continued into the fifth inning. Canisius added another run to their tally on an error, the Stags scored two more thanks to an RBI single from Wawruck and an error that brought Bergevin and Bucciero home.

The score remained 4-8, despite a scoring threat from Fairfield in the bottom of the ninth that culminated with a ground out to strand two.

Left-handed starting pitcher Bowen Baker '24 managed to strike out five during his four active innings, earning a final line of 5 IP, 6 H, 7 ER, 4 BB and 5 K. Graduate student

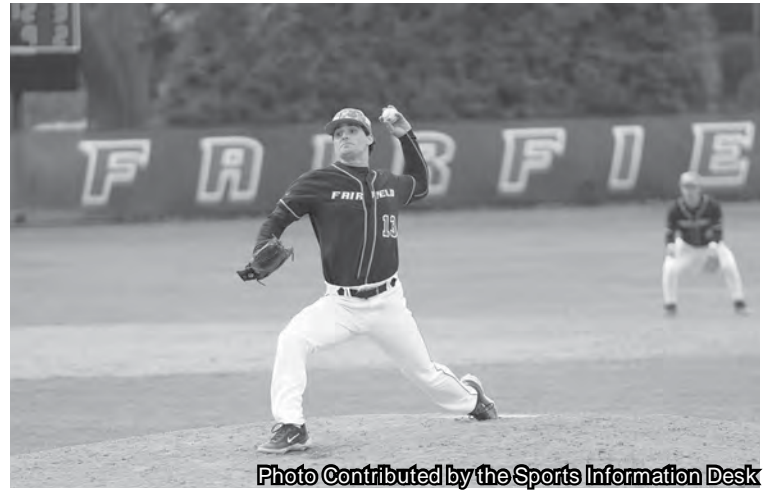


Photo Contributed by the Sports Information Desk

Graduate student Chris DiFiore has pitched 16.2 innings and has a 4.86 ERA this season.

left-handed reliever Chris Difore entered the game in the fifth inning and pieced together a line of 5 IP, 6 H, 0 ER, 1 BB and 3 K.

Game Three

Starting right-handed pitcher Colin McVeigh '24 put together yet another commanding performance to close the series out and pick up a series win. Utilizing a repertoire of three pitches, the righty struck out a career-high 14 batters and gave up just one run through eight innings.

Run support was bountiful, and the bottom of the third opened up the scoring for the Stags with a sacrifice fly from outfielder Paul Catalano '24 that brought Nomura home.

The Stags attacked again in the fourth inning, scoring four runs in total. Bucciero picked up an RBI double, Nomura stole second after a single and Catalano brought the crowd home with a 2 RBI double.

It was 5-0 heading into the fifth, and the Stags kept the scoring streak going with an RBI single from Bucciero. The sixth featured a home run

from Lussier past the right field fence to make it 7-0.

The Golden Griffins got a single run in the top of the seventh, off a RBI groundout, to make it 7-1, which it remained through the final out.

McVeigh's final line was 8 IP, 1 H, 1 ER, 0 BB and 14 K, all through 95 pitches. Right-handed reliever graduate student Jack Erbeck pieced together a ninth inning with just one hit, with a final line of 1 IP, 1 H, 0 ER, 1 BB and 0 K.

Currier commended McVeigh's outing, saying, "He threw a very good game and was efficient. He had three pitches going and he certainly commanded his pitches well."

The offense earned credit as well, "I thought we had some key hits to score some runs and it wasn't an easy day to hit with the wind coming in. We did a good job making some barrel contact today."

The Stags return to action in a midweek standing leading up to this weekend's series against MAAC opponents Saint Peter's. First pitch is scheduled for 3 p.m. on Friday.

The Weekly 5x4

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



Which Fairfield faculty member will ball out the hardest in the student-faculty game?

Describe your eclipse-viewing experience in five words or less.

If you lived in the Avatar universe, what kind of bender would you be?

Give an update on your favorite MLB team two weeks into the season.



Max Limric
Editor-in-Chief

I heard there's a secret player. Maybe Fr. Mac? The Holy Spirit may just give him the boost needed to dunk?

Stormy seeming clouds from Canisius.

I believe I ebb and flow with change like the water nation, but I may also be steadfast and sturdy like earth benders?

Be so for real. How about them Red Socks? The Yard Goats doing good?



Samantha Russell
Executive Editor

I just know Professor Barguiarena would show up to play.

Boston, cocktails (legal), sisters

Something's telling me I should say fire.

The Red Sox are actually winning so I'm getting hopeful for the season. Home opener was today (Tuesday!)



Kathleen Morris
Managing Editor

If President Nemec hits the court, I think he'd be an asset to the team.

Outside BCC, Dunkin' in hand.

I would be a water bender, versatile and graceful (for the most part.)

It's been a solid start for the Red Sox. It's only a matter of time until they outrank the Yankees!



Claire DeMarco
Copy Editor

I feel like Dr. Horan has a competitive spirit.

Such fun with friends!!

Earth. I'm a Taurus, duh.

I'm optimistic about the Pirates this year!



Crystal Arbelo
Assistant Sports Editor

Dean Johnson will put up 30.

The sun went :)

I'd obviously be the Avatar.

Danny, no. What the heck man :(

Stags Gear Up For Student-Faculty Charity Game

By **DANNY McELROY**
Assistant Sports Editor

Leo D. Mahoney Arena isn't done hosting basketball games this school year quite yet.

On Wednesday, April 9, the stands will be packed once again for a new campus event, as the Sports Analytics Club and the Fairfield University Student Association are teaming up for a student-faculty charity basketball game.

Senior Paul LoGrippe, the president and founder of the Sports Analytics Club, as well as one of the main organizers of the event, says things have been in the works for a while as a means of giving back to the local community.

"I love Fairfield as my home, I'm from Long Island but I love it here just as much," he said. "I wanted to do something to bring the community together... once I brought this idea to FUSA, they hopped right on it and partnered with me, and they've been a huge help."

The game will act as a fundraiser for the Wakeman Boys and Girls Club in Southport. The organization provides underprivileged children in the area with educational opportunities and athletics programs they otherwise would not have access to.

As part of the event, youth basketball teams from Wakeman will be on site and participating in a scrimmage during halftime of the main game.

"I met with President Nemeck in the early stages of this, and I wanted to align not only the Fairfield community



Photo Contributed by The Sports Analytics Club

The sports analytics club and FUSA are hosting a charity student vs faculty basketball game on Wednesday.

but also our leadership with a good cause," LoGrippe said. "In that discussion, we were able to come to the decision that the Wakeman Boys and Girls Club would be a great choice."

The option to give donations to Wakeman will be open throughout the night. Any amount given will enter fans

and students into raffles for the opportunity to participate in a number of minigames and challenges between quarters of the main game, including half court shots and a three-point contest.

As for the game itself, it will be played in 7 minute quarters between a team of student

volunteers and an all-star cast of university staff and faculty, including Dean of Students Will Johnson and women's basketball head coach Carly Thibault-DuDonis.

LoGrippe also made sure to tease the appearance of a special someone students might be eager to see out on the court.

"I would say look out for a very, very high up person in the university," he said. "Not sure I'm allowed to say the name yet, but get excited for that!"

Women's basketball guard Janelle Brown '24 will host the event on the microphone in the arena, and several of her teammates are pitching in as well as coaches for both teams and as referees.

Ultimately, LoGrippe believes that his time spent organizing, with the help of FUSA and other members of the Sports Analytics Club, will culminate in a unique experience for the community, benefitting not only our campus but also the boys and girls of Wakeman.

"At least right now, we don't really have something that all the students, faculty, and the whole community can get behind," he said. "I think it can be really empowering to have the student body and faculty rally behind a cause and raise money for the area around us."

Though he'll be graduating next month, LoGrippe is hopeful that Wednesday's festivities will be the start of an annual tradition that brings our Fairfield community together.

"I'm excited to see the students hopefully support this initiative," he said. "I think it could be really cool and a really fun thing that could go on every year."

The game will kick off at 5 P.M. in Mahoney Arena. Entrance is free for all students and fans.

Women's Golf Places Second in FDU Invitational

By **RYAN MARQUARDT**
HEAD SPORTS EDITOR

On Sunday April 7th and Monday April 8th the Stags women's golf team traveled to Hamburg, New Jersey to participate in the FDU Invitational. The Stags tied for second in the 15 team pool with Hofstra at a score of +70. The second place finish was the best for the Stags this spring season. The Stags bested fourth place Merrimack by just three strokes and home team Fairleigh Dickinson by seven who rounded out the top five. Quinnipiac won in a dominant showing at +40, winning by 30 strokes according to the official results of the event.

The Stags had their worst round of the tournament on day one shooting 316 which was 28 over par and saw them sitting at fourth. After day two where the Stags shot 19 over par and moved up to third place. Then on the Final day the Stags shot 23 over par which was good enough to tie them for second place.

Fairfield led the tournament in average score on par threes tying with Quinnipiac for an

average score of 3.36, shooting 27 over par throughout the tournament. The Stags found second place on par fours with an average score of 4.40 and third place on par fives with the average score of 5.23.

The Stags led the tournament in eagles with two, both of which came from graduate student Maria Beltran, the only other team with an eagle was Bryant. Fairfield had the sixth most birdies with 20 and the third most pars with 147.

The player field was led by Leeyen Peralta from Quinnipiac who shot +2, even par, and -2 in the three day event putting her at even overall. Following her was Aimee Uchida who shot -3, +3, +3 to finish at three over par. Rounding out the top three finishers was Cynthia Zhao from Hofstra who shot +1, +3, +3 putting her at seven over par on the tournament.

The Stags top player was Beltran who shot six over par in round one but followed it up with back to back days of two over putting her at 10 over par. She tied for sixth place overall in the tournament. The second



Photo Contributed by The Sports Information Desk

Graduate student Julia Towne tied for tenth place in the tournament this weekend shooting 14 over par.

place Stag was graduate student Julia Towne who tied for tenth overall with a final score of 14 over par. She shot six over on day one followed by back to back four over par days to finish her tournament.

Sitting in solo 19th of the 83 player field was Katelynn Wacławski '26 who finished 22 over

par after shooting seven over on the first two days and eight over on the final day. Following Wacławski was fellow sophomore Juliette Prud'Homme who finished in a tie for 23rd place with a score of 24 over par. In a four-way tie for 28th place was Julia Rabadam '25 with a score of 27 over par. Rounding out the

Stags was Grace Kryscio '24 who finished in a tie for 54th place shooting 38 over par.

The women's golf team will compete again this weekend at the Navy Spring Invitational, for more information visit fairfield-stags.com.

Ethan Hibbard On Stellar Start to Spring

By **CRYSTAL ARBELO**
Assistant Sports Editor

While most students enjoy spring weekends on campus by hanging out in the nicer weather and looking forward to the end of the semester, Ethan Hibbard and the Fairfield University baseball team spend theirs on a campaign that has only just started.

Hibbard, the starting catcher for the Stags, is an instrumental part of Fairfield University baseball. This season, Hibbard has knocked out 12 home runs, 42 RBI, maintained a batting average of .418 and earned an OPS of 1.314; he leads the MAAC with all four stats and ranks within the top 20 in the nation in batting averages.

Just last month, Hibbard was named the MAAC Player of the Week for two consecutive weeks after tying a single-game program record of nine RBI in the first week and the single-game program record of three home runs in the next. When asked about what it means to be recognized as an individual, Hibbard explained that

recognition is welcomed, but he has a bigger goal in mind.

“Personal accolades are nice, they make you feel good for a bit. Team awards mean more to me. MAAC player of the week is cool, but I want to be known as a MAAC Champion.”

Hibbard is not shy with his goals and expectations for the team. He wants them to go all the way and believes this 2024 team can do just that. After the Stags have picked themselves back up after a slow start to the season, Hibbard declared, “There’s only one goal for the rest of the year and that’s winning a ring!”

When witnessing the talent of a player like Hibbard, it is natural to try and imagine the upbringing of the athlete, who inspired them and how they discovered their affinity for



Photo Contributed by the Sports Information Desk

Ethan Hibbard has a .982 fielding percentage with four errors so far this season, he had two last year.

the sport. For Hibbard, former Yankees’ catcher Jorge Posada has been an inspiration since he was younger. Hibbard elaborated on looking up to Posada when growing up, “As a Yankee fan, he was always the backbone of world champion teams. He played hard and made big plays in big moments!” Posada was part of five World Series-winning teams, so the standard for winning came naturally to a Yankee fan like Hibbard.

Like many other baseball players, Hibbard started in the little leagues. His affinity for catching stems from then.

“I was the first kid in little league to put on the catcher’s gear and I’ve never taken it off!” Hibbard went on to explain how he openly invites the obstacles that his position poses.

“I was always up to the challenge of being a catcher and a leader on and off of the field. Catching’s big challenge is controlling the pitching staff and being the catalyst of the defense. It’s a very rewarding position when everything clicks!”

For Hibbard, choosing baseball was a given. Throughout high school, he always had baseball at the forefront of his mind while also playing basketball and soccer on a varsity level.

“I went to a very small high school and I always knew that baseball was what I wanted to pursue. I played soccer and basketball to stay in shape and be in competition all year round,” Hibbard admits.

Some numbers carry immense significance in baseball. Players often try to wear the same numbers as their idols, and Hibbard is no exception.

“I wore number 3 and number 28 growing up because of Babe Ruth and Buster Posey,” Hibbard shared. “I wear 31 now and there wasn’t a real significance to it, but now I’ll always be 31.”

Hibbard has been with Fairfield University for his entire collegiate career, starting in 2020. “I chose Fairfield because of the beautiful atmosphere and winning culture within the baseball program,” Hibbard reflected.

Off the diamond, he is pursuing his master’s in electrical and computer engineering. “I’ve always wanted to be an engineer. Building legos and little robots growing up made me fall in love with creating something out of nothing,” Hibbard enthused. “I chose to come back to Fairfield for my MS in ECE because I feel like my professors have always supported me and care about my success.”

When prompted to share a little about managing

the demands of his master’s program, Hibbard credited the close-knit community of the School of Engineering. “I’ve been in the same classes as a few of my close friends and we get through the hard times in class together!”

Support for Hibbard reaches far beyond the classroom. As a team, the Stags have shown nothing short of resilience after a 0-10 start to the season. “This season didn’t start well for us, we wanted more from our early southern trips,” Hibbard mused. He went on to reflect on the more recent parts of the season, “We turned it around and now the vibes are as high as ever in the Stag dugout! We are gunning for the MAAC championship!”

Hibbard kept it simple when describing the emotions of both winning and losing. “Winning is fun! Getting together with the guys and enjoying ourselves as a group is the best way to celebrate a series win! Losing sucks, learning from mistakes and building on positives is the best way to bounce back,” he noted.

The Stags’ bounce-back is no small feat, and Hibbard hopes to garner more support from the Fairfield community as the season goes on. “I think more people on campus should have their eyes on the baseball team.” He then circled back to the winning culture that brought him to Stag country in the first place, “We’ve had success the past few years and we’re looking to finish the job this year!”

The Stags are in search of their fourth-straight MAAC regular season championship with 18 conference games left to play. In true leader fashion, Hibbard left a promotion for the team at the end of his interview, “Everyone should come to support the team this upcoming weekend against St. Peter’s!”



Photo Contributed by the Sports Information Desk

Graduate student catcher Ethan

Hibbard has a .418 batting average in 110 at bats with 12 home runs and 42 runs batted-in. He has 11 walks and 20 strikeouts with a .496 on base percentage. Compared to his 2023 stats of .294 batting average in 109 at bats with 10 doubles, 9 home runs and 35 runs batted in. He also had 18 walks and 28 strike outs with a .398 on base percentage.