

Fairfield Names New Residence Hall After Female Religious Leader In Historic Move



The new building, located behind Regis Hall, will open its doors this August 2023 for sophomore students participating in the Sophomores Give Back program.

By Kathleen Morris
Assistant News Editor

On Friday, Feb. 17, the Office of Residence Life released the “Housing Lottery Resource Guide” for the 2023-2024 academic year. Within the section entitled “Class of 2026 Sophomores Give Back Six-Person Suites in Bowman Hall,” the Office revealed an exciting announcement: “New to Fall 2023: Fairfield University is excited to open Sister Thea Bowman Hall.”

The announcement marks a historic moment for Fairfield University. Bowman Hall, formerly referred to as Regis West, will be the first Residence Hall named after a Black female religious leader.

Bowman Hall is being erected behind Regis Hall, joining a collection of dormitories in an area known as “The Quad”. Meredith Smith, the Assistant Vice President and Director of Residential Life, noted the inspiration and congruence between the buildings’ names.

“In keeping with the naming consistency of Quad residence halls, Sister Thea Bowman was nominated by our Jesuit colleagues and chosen for her efforts to make the Church a place of inclusion and belonging for Black Catholics,” Smith communicated.

On Sept. 21, The Mirror published an article that cited Fairfield University’s Vice President of Facilities David Frassinelli, reporting that the construction of Bowman Hall will be completed in August 2023.

Upon completion, Bowman Hall will welcome students from the Class of 2026 who applied and were accepted

to the Sophomores Give Back program.

Sophomores Give Back, which started as a pilot community this past year, enables students to create a positive impact on Fairfield’s campus and the surrounding community.

Smith elaborated on the structure of the program by asserting that “students have the opportunity to give back in one of three tracks: through service with Campus Ministry, peer mentorship in the First-Year Living and Learning Communities or involvement in their direct residential community with the Inter-Residential Housing Association.”

The program emphasizes a commitment to service and unity, two ideals that align with the mission of the building’s namesake.

At the age of 15, Sister Thea Bowman left her Mississippi home to pursue religious vocation in LaCrosse, Wis. Bowman, a granddaughter of slaves, became the only African American member of the Franciscan Sisters of Perpetual Adoration, a community of women committed to “building Christ’s Kingdom of justice and peace,” as stated on the congregation’s website.

Her spiritual awakening commenced in the 1960s, a period in United States history plagued by racial conflict and division.

The legacy of Sister Thea Bowman is shaped by her deep cultural awareness, as she became a “highly acclaimed evangelizer, teacher, writer and singer sharing the joy of the Gospel and her rich heritage throughout the nation,” according to sistertheabowman.com.

Bowman spent 16 years as an educator, which led her to earn an honorary Doctorate in Religion from Boston College

and the title of Consultant for Intercultural Awareness for the Diocese of Jackson, Miss.

In these roles, Bowman utilized her platform to promote racial equality and spread the message of God’s love. Sr. Thea’s passion was unwavering, even as she was confronted by a breast cancer diagnosis in 1984.

Despite the disease resulting in the metastasis of her bones, “Sister Thea would arrive [to presentations] in a wheelchair with no hair (due to the chemotherapy treatments), but always with her joyful disposition and pleasant smile.”

Rev. Kevin O’Brien, S.J., the Executive Director of Fairfield Bellarmine, expanded on

“By honoring her [Sr. Thea Bowman] in our newest residence hall, we emphasize how central diversity and inclusion is to our mission as a Jesuit university.”

- Rev. Kevin O’Brien, S.J.

the deeper implications of the building’s name.

“As a Black woman, religious sister, educator and musician, Thea Bowman expressed the dynamism and vibrancy of the African-American tradition in the Catholic Church,” O’Brien reflected.

“By honoring her in our newest

residence hall, we emphasize how central diversity and inclusion is to our mission as a Jesuit university. While the name is important, even more vital is that we live out what Sr. Bowman stood for a faith that does justice, inclusion that embraces belonging and a religious and intellectual tradition that is living because more voices are heard.”

Additional Updates From Residential Life

In addition to the unveiling of Bowman Hall, Regis and Faber Hall will be updated for August 2023.

“For this coming summer, the University will continue summer renovations on The Quad,” Smith disclosed. “Regis Hall will be renovated this summer and will have new common areas/lounges and air-conditioning.”

Furthermore, “Faber Hall will be renovated to provide more housing options for students and updates to the Dining Commons including a new space for Campus Ministry Programming,” Smith declared.

Peter Newman, the current Area Coordinator for Faber and Claver Hall, expressed his love for Faber. “It has a lot of unique qualities, a great set of common area amenities and an incredible history behind it being the former Jesuit residence on campus prior to the Jesuit Community Center’s construction,” Newman exclaimed. “It has been a great experience supporting this building and those in it!”

For more information about the Office of Residential Life and the 2023-2024 Housing Lottery, visit their office located in the Lower Level of the Barone Campus Center 096 or their website at fairfield.edu/undergraduate/student-life-and-services/student-services/residence-life/.

SPRING BREAK HOURS

FRIDAY, MARCH 10TH - SUNDAY, MARCH 19TH



FRI 3/10: 4PM-7PM
SAT 3/11 - SUN 3/12: CLOSED
MON 3/13 - FRI 3/17: 10AM-2PM
SAT 3/18: CLOSED
SUN 3/19: 4PM-10PM



FRI 3/10: 11AM-7PM
SAT 3/11 - SAT 3/18: CLOSED
SUN 3/19: 4PM-9PM



FRI 3/10: 8AM-2PM
SAT 3/11 - SAT 3/18: CLOSED
SUN 3/19: 4PM-8PM



SAT 3/11 - SUN 3/19: CLOSED

FOOD TRUCKS

THURS 3/9 - MON 3/20: CLOSED

STAGSHospitality



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

2/22/23
12:20 p.m.
A person exited a vehicle and dumped the contents of a filing cabinet in the parking lot of the Walsh Athletic Center. The Department of Public Safety’s investigation revealed the person was a student, who cleaned up his mess.

2/22/23
6:55 p.m.
A student reported the theft of a catalytic converter from a vehicle while parked in the parking lot of the townhouses. The Department of Public Safety and the Fairfield Police Department carried out an investigation. The suspected vehicle was located in New Haven. The crime is still under investigation.



THE MIRROR

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RecPlex Announces Start of Third Annual “Stags Go Move Challenge”

By Samantha Russell
Assistant News Editor

Through the entire month of March, the Leslie C. Quick, Jr. Recreation Complex will hold their annual Stags Go Move Challenge, a fitness competition intended to keep Fairfield University students active and engaged with their physical and mental wellbeing. From March 1 to March 31, 2023, participants will track their daily minutes of “movement” on the Stags Go Move website. “Movement” is defined by “any intentional exercise that causes at least a small increase in breathing or heart rate,” as stated on the challenge’s FAQ page.

Any exercise that entails cardio, strength and resistance, yoga and pilates, and sports and fitness will count towards qualifying minutes of movement. Whether you enjoy pacing the treadmill, practicing your downward dog, or hitting the courts for intramural basketball, this challenge is for you.

The Stags Go Move Challenge was adopted in 2021; Danielle Anderson, the RecPlex’s Coordinator of Memberships and Operations and head of the challenge, says that it is meant to “encourage movement and well-being at all fitness levels.”

“Moving has many mental and physical benefits,” she said, “and the challenge encourages participants to move more.”

The competition is open to all full-time and part-time university students, and getting involved only requires a few, simple steps. On the Stags Go Move website, students can sign up through their university emails and begin directly tracking their exercise.

Students also have the opportunity to sign up as a team as opposed to individually. Anderson suggests that forming a team provides an “additional level of competition and comradery.”

The maximum number of students allowed on a team is six, and their minutes are shown on the team section. Despite inputting time as a team, however, group minutes are only counted as one submission.

Once a student or team is ready to submit their minutes, they are asked to include the type of exercise that was performed, as well as the amount of time it was performed for.

Aside from attaining a healthy body and mind, students can get rewarded for their participation throughout the month.

Each week, a winner will be selected at random to receive a prize, which can include items like AirPod Pros, Bluetooth speakers, custom t-shirts and baseball caps, various exercise equipment, Stag Bucks and gift certificates. Names are chosen from a digital wheel, and all students who input their minutes



Kylar Erezuma/ The Mirror

The initiative started as a result of the COVID-19 pandemic and has continued as the student interest has also increased in the years since the start.

are automatically entered into the raffle.

Opportunities to increase one’s winning odds do exist. By creating and managing a team, following @fairfieldurecreation on Instagram, and posting pictures of your workouts using the hashtag “StagsOnTheMove,” students can up their chances of being recognized for their physical commitment.

Brynn Murphy ‘25 commented on her positive experience with the Stags Go Move Challenge. In line with its intended goals, she said she felt encouraged not only to work out daily, but to stay motivated.

“I think the challenge was a great experience because my friends and I would remind each other to go to the gym or go on a walk and record it, which was a great bonding experience for us and just so much fun,” she proclaimed.

Moreover, she included that the possibility of prizes added to her motivation. She reminisced about the jump rope that she won, as well as the massage gun that her friend won, as evidence of that appealing aspect and the true joy of the challenge.

Additional perks of this challenge lie in its accessibility and inclusivity.

Students are welcome to input minutes anytime, anywhere – and not solely on university grounds. There is also no limitation on daily number of minutes, so students are encouraged to rack up those exercise points and achieve due credit.

In the case that a student forgets to log their minutes, they are able to go back into the website and, under “Log Workout,” input their information for previous days. Under the “workouts” tab, a student can view their workout history and figure out which days they have logged their exercise.

With spring break just around the corner, the Stags Go Move Challenge comes at a perfect time. One of the competition’s major elements focuses on keeping students active

throughout their week off from school.

While other players cannot see one’s individual workouts, the website’s homepage utilizes true, competitive nature by displaying the growing total minutes and average minutes for each class, graduate students and part-time students.

“I think the challenge was a great experience because my friends and I would remind each other to go to the gym or go on a walk and record it, which was a great bonding experience for us and just so much fun.”

- Brynn Murphy
‘25

The competition also hosts a leaderboard in which students can view their own name among others. If a student sets their profile as “private,” only their first name will be visible on the board.

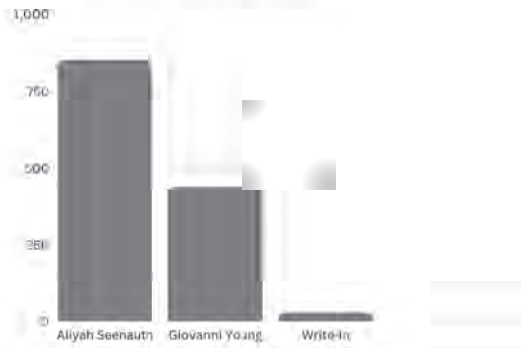
In previous years, Stags Go Move Challenge has been rather popular, and its numbers continue to grow. According to Anderson, in 2021, 313 students registered and 240 students participated. In 2022, 393 students registered and 359 students participated.

Fairfield University’s RecPlex remains dedicated to a healthy mind, body and spirit. With this challenge, they successfully extend that mission to the student body.

Students interested in participating in the challenge can go to stagsgomovechallenge.org to register for free and share their progress.



Aliyah Seenauth Becomes FUSA’s First Black Female President



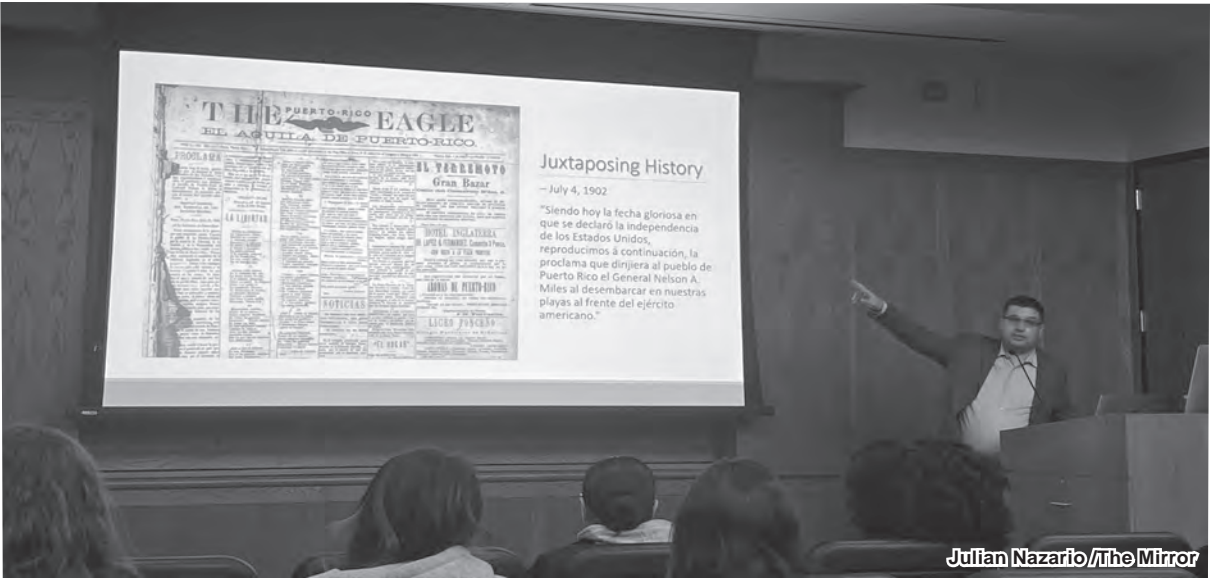
Read the story online at FairfieldMirror.com

UNC Professor Gives Lecture on “Translation as History”

By Julian Nazario
Copy Editor, News Editor

Fairfield University received a visit from Christopher D. Mellinger, Associate Professor of Spanish Interpreting and Translation Studies at the University of North Carolina at Charlotte, on Feb. 27 for a day of lectures regarding translation in the healthcare field and as history. His day at Fairfield started at 12:30 p.m., when he participated in a workshop that, when translated to English, is titled “Access to the Healthcare System through Translation and Interpretation: Challenges and Opportunities”. After his workshop, he continued his event series with a lecture at the DiMenna-Nyselius Library Auditorium in which he discussed the topic of “Translation as History in the Caribbean: Competing Perspectives”. Mellinger started his lecture by stating that translation as a tool and a service goes beyond the idea of changing a text or conversation from one language to another, but rather is a complicated job that holds an immense amount of influence on how people perceive the world and their surroundings. “I think a lot of times we think about translation or interpreting as a practice or something that we are doing as a representation from one language to another,” Mellinger said while adding that “translation is something that can be complicated, that can be used in different ends and for different means and can influence a lot of what people do, think or feel.” The event, which was sponsored by the Departments of Modern Languages and Communications, the Humanities Institute and the Latin American & Caribbean Studies program, was centered around the topic of translation as history in Puerto Rico.

“Believe it or not, there was a significant print culture for a long time throughout the world. Newspapers are not only a place to get news but also a way to share ideas and exchange ideas,” the professor from UNC mentioned while describing bilingual newspapers’ role in historical moments, like Puerto Rico in the early 1900s. He described how translation, in the way of written text being translated between languages, can be used and analyzed in at least two different ways: translation in history and history of translation. According to Mellinger, “translation in history” serves as a mechanism to examine the role of translation during historical periods and how it was used, while “history of translation” serves to explain how history contributes to translation studies and the people and culture of a certain place. “Unfortunately, one of the challenges, when we think about this topic, is that there have been some translation historians who have said that these are incompatible approaches and therefore we should think about them separately. Unfortunately, the world is not that easy and in fact, they collide with each other.” Additionally, he emphasized that translation doesn’t use the same approach in



Dr. Mellinger referenced local newspapers to point out how translation can influence politics and culture.

different places and thus, it helps us to better perceive and understand cultures and people. Using Puerto Rico as his case study, Professor Mellinger highlighted that because of the colonial political situation that Puerto Rico underwent during the 19th and 20th centuries, there has not been as nearly as much academic work as compared to other countries, like Cuba, which is one of the reasons he has done research in translation in the US territory. In the period from 1898 to 1917, Puerto Rico underwent a language transition period that forced all aspects of society to incorporate translation between Spanish and English, which is exemplified by how the island experienced seven different policy changes in regard to the language of classes. The most critical, according to Mellinger, was the change of the island’s name

from the Spanish “Puerto Rico” to “Porto Rico” which reflected how the English language would pronounce the original name. He also talked about how translation in newspapers can serve to either build distrust or respect and credibility between the newspaper and the audience and the newspaper with other competitors. Additionally, he described how during this period of time, the territory’s newspaper used the incorporation of translation to the island as part of their news, with one of the main papers giving the interpreter of a criminal court case one entire paragraph. Mellinger closed the event by inviting students and faculty to immerse themselves in discovering how translation has influenced the creation of words in Spanish and saying that he would like to keep studying translation but in the bilingual diaspora out of Puerto Rico.

Fairfield Brings Awareness to Racial Injustices Through Screening of “Free Renty”

By Erica Schindler
Contributing Writer

On Wednesday, Feb. 22, a screening of the documentary “Free Renty: Lanier v. Harvard” took place at Fairfield University. Held in the DiMenna-Nyselius Library auditorium, the screening was followed by a Q&A with Tamara Lanier, filmmaker David Grubin and local attorney Josh Koskoff. The event was organized by Fairfield University history professor Cecilia Bucki and was sponsored by the History, Black Studies and Peace and Justice Studies departments. The documentary began after a brief introduction from the professor. The documentary was released in 2021 and is the winner of numerous awards. It surrounds Tamara Lanier, a Connecticut woman and descendant of an enslaved man known as Papa Renty. “Free Renty” documents part of Lanier’s years-long fight against Harvard University. As chronicled in the film, the university possesses daguerreotypes (photographs) of Lanier’s great-great-grandfather Renty and his daughter. The daguerreotypes were taken in South Carolina and commissioned by scientist and Harvard professor Louis Agassiz. The photos were taken as “evidence” to justify the practice of slavery in that period. “This is an injustice and you need to correct it,” Lanier said of Harvard’s actions. As shown in the documentary, Agassiz’s daguerreotypes feature Renty, his daughter Delia and another father-daughter pair sitting half-naked in front of the camera. As she explains in “Free Renty,” for years, Lanier had asked Harvard to give her the daguerreotypes. She wanted Renty’s image to be with her and her family. Lanier also wanted to stop the university from displaying them in Harvard’s Peabody Museum using them for events and promotional material. Throughout the film, Lanier and her daughters told stories about Renty that had been passed down from Lanier’s mother. Lanier often spoke of Renty’s character, including how he taught himself and others how to read while enslaved, and explained



Tamara Lanier discussed her efforts to correct Harvard’s injustices toward her ancestors.

why she felt that Harvard’s possession and use of his image were so disrespectful. The documentary follows Lanier, her family and her legal team on the journey of building their case against Harvard after Lanier had decided to sue the university for the original daguerreotypes. At the event, audience members sat in suspense as the film walked them through the long process. “Free Renty” concludes with footage of a virtual trial that was initially postponed due to the COVID-19 pandemic. After four months, Lanier’s case against Harvard University was dismissed. Following the film screening, Lanier, Grubin and Koskoff rose from their seats in the audience and went to the front of the auditorium for a question and answer period. As chronicled in “Free Renty,” Koskoff took over Lanier’s case, working alongside attorney Benjamin Crump, after his father passed away. He answered questions from the audience pertaining to the legal battle. Koskoff updated the audience on the current situation with the case. After he and Crump took Lanier’s case against Harvard to the Massachusetts Supreme Court, it was eventually ruled that Lanier can sue Harvard for emotional distress over the daguerreotypes. “What resonated with me is that the decision left the daguerreotypes with Harvard,” Lanier said. “And I was disappointed in that.

I felt like it was leaving a loved one behind.” Although this victory is not what Lanier was hoping for, Koskoff emphasized during that question-and-answer moment that this was a legal victory. “It’s an unbelievable David and Goliath story,” Koskoff said. “First of all, the fact that you [Lanier] were able to convince anybody to take your case. And then to get this far. I mean, it really is, it’s a historic case. And it’s buried because of the disappointment of the daguerreotypes a little bit which would have been more newsworthy.” While taking questions from the audience, Lanier, Koskoff and Grubin each spoke of their thoughts on the case and outcome. Grubin talked about his filmmaking process and the ideas that the documentary focused on. “The ideas in the film are at the intersection of institutional racism, white supremacy, sexual violence [and] reparations,” Grubin said. Near the conclusion of the screening event, the three speakers talked about the future of Lanier’s fight against Harvard and what the future holds. Koskoff explained that the case now involves the present-day, particularly exposing the university’s mistreatment of Lanier. While the daguerreotypes are still owned by Harvard University, the movement known as “#FreeRenty” has taken off among Harvard students. With more litigation to come, it remains to be seen if the university will be ordered to pay damages to Lanier and her family.



Stag Snow Day!

Finally... after a few weeks of warm weather that seemed to hint at an early start to Spring... Fairfield received a snow day! Mere days before March, the first big snowfall of the season arrived with 5.5 inches of snow. The seasons have seemed to switch this year, with Spring weather of almost 60 degrees Fahrenheit temperature arriving in early February; then a snowstorm blowing in at the start of March. With Spring now only 20 days away, it’s unlikely Fairfield will see another snow day—so, make sure to take advantage of this one! Happy Winter Stags, for however long it lasts!

Opinion

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TikTok Is A Surprising Outlet For Book Lovers

By Liz Morin
Opinion Editor

I've always been a pretty strong reader—I remember in elementary school, my teachers started giving me the harder 8th-grade level books because I was flying through stories so fast.

That being said, I've always been more of a writer than a reader, so when I was in high school and I started to become busier than I had been in elementary school, I used my free time for writing. I took a lot of English classes in high school, which were all reading-heavy, but I wasn't doing much pleasure reading.

This past summer, I came across "booktok," which seemed to be a section of TikTok for avid readers. They discussed new books they had read and characters they enjoyed and were given recommendations for books to read. The video that appeared for me recommended a book called "It Ends With Us" by Colleen Hoover, a romance author.

Now I had no strong interest in romance novels, I was always more of a dystopian/science fiction fan. I brushed by it and kept scrolling, but over the span of a few weeks, the book kept appearing on my feed because the TikTok

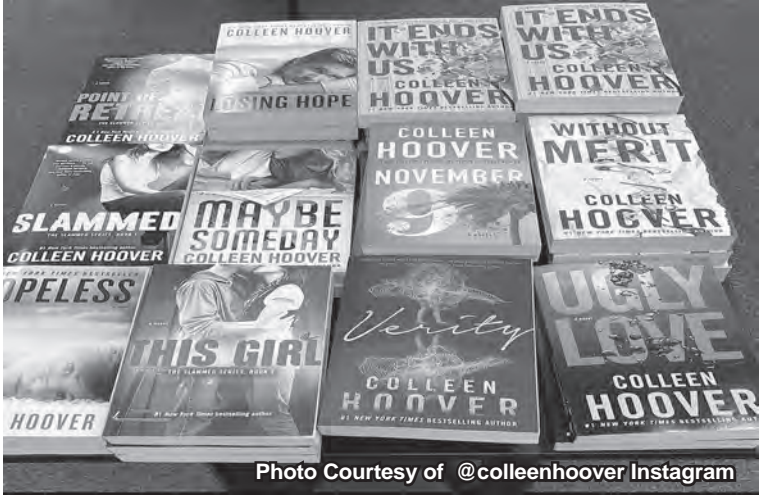
algorithm had now recognized I had clicked on the "booktok" hashtag. I eventually caved and purchased a copy of it.

I don't want to spoil the book, but it really isn't a romance novel. When you start the book, you would think so, but by the middle, I was hooked. I read it in one sitting. It may not have been Steinbeck or Tolstoy, but it had good characters and a plot I wasn't expecting.

So I found myself going back to "booktok" for the rest of the summer, and I read some great books, mostly from Colleen Hoover and Taylor Jenkins Reid. However, I also read some books that I wish I had never even started.

I suppose that that's the nature of a recommendation; some people will agree with you that it's good, and some people are going to disagree. Something about this new rise of "booktok" threw me off, though. I fell victim to this as well, so I'm not calling anyone out, but I found that every time I went into a bookstore, I only wanted to pick up books I saw from TikTok. Sometimes I still do.

I wasn't the only one doing this, though. I talked to numerous people who were only reading books they saw on TikTok, even if



Colleen Hoover is the most popular author on "booktok" with her novels securing spots on the New York Times Best Sellers List and her novel, "It Ends With Us," being adapted into a movie.

they weren't super great books.

What was even more alarming was that they thought these books were the greatest they'd ever read. I do enjoy TJR and (some) Colleen Hoover, but even I can stop and admit that these books aren't masterpieces.

With people only picking up books they see on social media, this can harm smaller authors who have created books that could be deemed masterpieces or very high quality. It overall limits the knowledge of books that people have because they feel like they have to read what everyone else is reading.

Next time you walk into your local Barnes and Noble, note the small table at the very front of the store. It reads, "As seen on TikTok". Pushed aside are the tables for new authors or recently published books. It's definitely a marketing technique from Barnes and Noble because, obviously, if most of their buyers are coming from TikTok, they will promote everything from TikTok. It's just something to keep note of next time you go.

I do give complete credit to "booktok" for getting me back into reading. It provided a cool and

aesthetically pleasing way of looking at books beyond what we were taught in high school, which was just to read and take notes.

I know that it's a great outlet for other people who are in my situation, and I think that any outlet that promotes reading is an inherently good outlet.

Phones consume so much of our time today that even with a burst of reading popularity in the media, it's still rare to be able to have a conversation with someone about a book they read recently. I do hope "booktok" spreads and gains more attention from people on TikTok.

I would say "booktok" is a great place to learn more about books. That being said, I think people on this platform should be more open-minded and acknowledge that there are so many other amazing books to read beyond the small section of books on the internet.

It is an amazing platform for new readers or people looking to get back into reading, but once you've read some of the popular books on there, branch out! Don't limit yourself to reading what everyone else reads.

Who knows, maybe you'll discover the next big "booktok" read.

The Value of a Grade Diminishes After High School

By Fiona Killeen
Contributing Writer

Thinking back to my high school and middle school days, I recall a substantial emphasis being placed on obtaining high grades and receiving honors.

Even though I may not have bestowed this standard for academic rigor, it was maintained by my school's educators.

I remember, as early as elementary school, walking out of the cafeteria to

scan the list placed on the principal's office window that highlighted who had achieved high enough grades to be given honors status.

There was even a further distinction made between those who had accomplished high honors versus honors.

For a young child, in an age when grades weren't submitted to online websites where they could be checked and monitored, the anticipation of figuring out whether or not I had achieved honors was stress-inducing.

Flash forwarding to college years, and even considering post-college, the same focus on obtaining straight A's or honors seems to be lessened.

Of course, there are still distinctions, such as the Dean's List, which would encourage students to continue on a path of prioritizing academics.

However, there are aspects of college that seem to indicate students should expel less mental energy over the idea of striving for straight A's.

Since Fairfield permits students to take two course credit or no credit, students are encouraged to take more challenging courses without being consumed by the thought of ruining their GPA.

Recently, the topic of artificial

intelligence and education has become more popularized. Websites have emerged, such as Chat GPT, which serves to compile information to create stories, answer questions and even record essays.

While instructors, especially at the college level, have implemented software that can flag and identify submissions that use artificial intelligence to cheat, some students will still continue to use these unfair means of academic dishonesty.

Once a student graduates, depending on their post-graduate plans, they will likely need to interview with job recruiters.

Through the effects of online learning during the lockdown, many educators started to discount letter grades since they were aware that many students were using the independence and lack of supervision of virtual learning to cheat.

It would be no surprise to job recruiters that grades can be inflated or even inaccurate representations of a candidate's competency over the material.

Additionally, there is an even larger potential disconnect between exams and assignments and how they don't reflect the capability of a student to perform well in an occupational environment.

Many types of assignments don't encourage a student to learn how to commu-

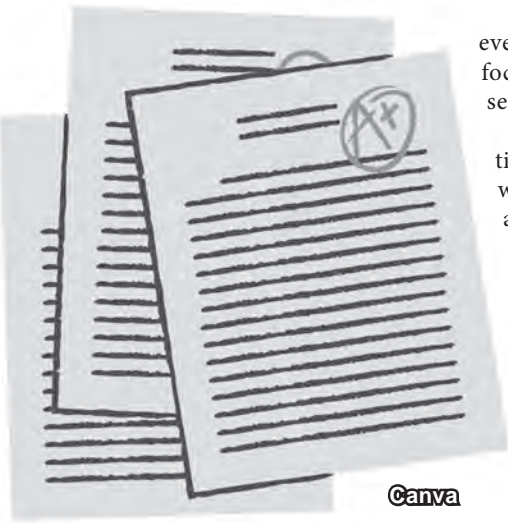
nicate or even handle conflict with future co-workers effectively. Of course, there is an argument to be made that group projects can foster some of these interpersonal skills.

When the overall majority of assignments don't include group work, the detachment between possibly necessary strategies for being a strong worker and coursework that doesn't promote this expertise becomes more apparent.

Knowing your post-graduate plans can have a strong influence over whether or not you need to strive to get straight A's. If you are someone who is preparing to apply to graduate school, you will clearly need to maintain an impressive transcript.

Some students may also be rewarded scholarships that require them not to dip below a certain grade minimum. I think the question of whether or not students should aim to leave college with perfect scores is not entirely answered with a simple yes or no. Rather, I believe that this question requires a more thoughtful response that is tailored to the specific goals and aspirations of each student.

Regardless of whether or not you meet the academic expectations you place on yourself, immense amounts of educational stress should not be experienced at the expense of your mental and overall state of well-being.



Canva

Finding Balance is the Best Way to Limit Technology Addiction

By Lily Leonard
Contributing Writer

“Life passes you by in the blink of an eye,” is a popular saying, but so is, “A picture is worth a thousand words” ... and what about “What are the special moments if there’s nobody to share them with?”

We’re stuck in a constant revolving door. One that wants us to cherish every moment that life has in store for us, but also one that wants us to take full advantage of the technology our generation is lucky enough to have access to. Or unlucky enough. That’s still up for debate.

It seems as though there’s an unspoken rule or invisible wall that’s been put up,



saying that authentic experiences and technology use are mutually exclusive, so much so that they cannot exist in the same realm as the other. There’s a privilege in growing up during such an innovative shift, but at what price?

I’m as guilty as they come when it boils down to social media and cell phone use. I also get sucked into the milky way of social media, where screen time seems foreign.

And while I wish that I wasn’t on my phone so much, I also know that technology is inescapable, so I can either use it to my benefit or fall victim to the isolation that exists outside of that bubble.

Consider my daily life as a student: I have from two to three classes a day, all of which require me to take notes in order to pass the class. The subject matter that I take notes on is displayed to me on a screen.

The student database where I submit the work I’ve done—that’s also online. Where do I check my grades? Online. The list goes on.

Just for the sake of extending an olive branch—how about looking at the job search process? In order to apply for a job, you have to find one you’re qualified for.

Nowadays, 99% of those are online. Building a resume, cover letter and profile are also online. Now, in the wake of the Covid-19 Pandem-

ic, we’ve seen just how valuable online literacy is, as we’ve shifted nearly every institution to operate online.

Networking is an umbrella term in the technological world. The intrinsic value of technology and social media lies in the connections they bridge.

While we’re entering a time of building personal brands, social media companies have not lost sight of the importance of human connection.

Technology and social media are the new medium by which we share memories, ideas, opinions, thoughts and perspectives, all of which are what enable progress in our lives.

It would be foolish to insinuate that the world would operate at the same pace or that our generation would be better served without the technology we have today.

Like anything, balance is a skill that is necessary for all aspects of life, not just technology and screen time. Where our genera-



It’s difficult to fight technology addiction when so much of our lives are online now, from work to school to socializing with friends.

tion could be better served, I might add, is in learning what it means to find balance.

While it’s feasible to argue that social media and technology have their downfalls—which they do, it’s much easier to encourage becoming a part of the solution rather than enabling the problem.

The world is transforming, and times are changing right in front of us, there’s no

AP Classes Have More Value Beyond College Credit

By Kaitlyn Conroy
Contributing Writer

Sophomore year of high school, I was getting ready to sign up for junior-year classes. It was the year students were allowed to start taking Advanced Placement classes at my high school.

I thought about the two college-level classes I wanted to take the following year, and I remembered my cross-country teammates talking about this one AP class they were currently taking.

I was intrigued by this class every time they brought it up, so I decided to sign up for it. The class was AP US History (APUSH). I know what you might be thinking, “Kaitlyn, you are such a nerd.” I cannot help my love for history!

At my school, APUSH was one of the hardest AP classes someone could take. However, I was up for the challenge. My APUSH class had about 14 or 15 students in it. On the first day, my teacher told us this class would be challenging and a lot of work.

He also reminded us that this was a college-level class and that we would also be challenging our minds because we had the brains of sixteen and seventeen-year-olds—not the minds of college students. These claims were not untrue at all. The class was challenging.

I was so used to getting outstanding grades on my essays, but in APUSH, my essays did not do so well. I was constantly seeing my teacher for help on my writing and how to do better on tests.

Even though the class was challenging, my teacher made this class so enjoyable for me. He basically made history

more fun than it already is!

During the Great Depression unit, we spent a whole class period pretending we were living during the Depression era. I remember it being so fun, and it taught us hands-on how people lived during that era.

I also got to write a research paper on a topic of my own choice. I chose to write about rock and roll in the 1950s and 60s.

Writing that paper taught me how to research properly and how to format a research paper at a college level. That class prepared me for the multitude of history courses I would take in college.

I was prepared for the amount of work I would have to do and the expectations that came with writing essays.

Looking back, I am glad I took the number of AP classes I took in high school. I did not do as well on the AP exams as I wanted to.

However, these classes taught me valuable lessons I still utilize during college. I learned how to manage my time with work, how to write at a college level, and how to study the best way for me. Taking those classes was so worth it.

However, I took the exams during the height of the pandemic. The tests were stressful on top of the stress I already had due to Covid-19, college decisions and more.

I took my APUSH and AP Language and Composition exams online in 2020. The next year I took two more exams in person but was not as prepared for them as I wanted to be.

I got a score of 3 on all my exams, and I knew that I could not use those for college credits. I do think that getting to use a score of four and five for college credits is a great

opportunity for students going into college.

It gets one or two classes out of the way. Even though I could not participate in that, I still think it is a good opportunity for students.

I believe that AP classes are worth it. At least for me, they really prepared me for college. I learned so much in those classes that really helped me when I took similar classes here at Fairfield.

I even credit my APUSH class and teacher as a reason why I chose to study history in college.

AP classes allow you to find what you like to study and what you do not like to study. I really do urge high school students to take at least one because it will prepare them for further education if they choose to pursue it.

The exams are not fun to take, but if you do score well on them, maybe you can use that score for college credit.

I do think colleges should still take the credits because students work hard for those scores, and they deserve that college credit!

2022 AP Exam Score Release Begins Today

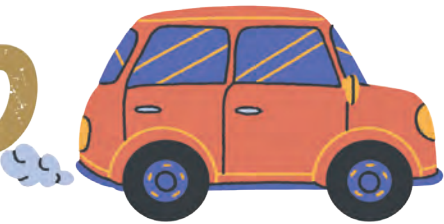
Photo Courtesy of @collegeboard Instagram

AP Exams are typically taken in May. The grade on the exam determines if a student receives college credit.

THE VINE



BEST WAYS TO "WEEKEND" IN FAIRFIELD



By Jacqui Rigazio
Assistant Vine Editor

The fast-paced routine of classes, schoolwork, exams and clubs can sometimes make the weeks feel overwhelming. The stretch to the weekend is definitely a grind, but always so worth it. The weekends provide a much-needed break from the routine of classes and homework, and being in Fairfield, Conn. offers plenty of fun activities to make the weekends exciting. If you're looking to get off campus to spice up your weekend, here are five recommendations of weekend activities that you can do near Fairfield.

BEACH TRIP

Fairfield is known for its convenient location just two miles from the beach, so we Stags have to take advantage of this while we can! With warmer days right around the corner, beach visits are a must. Gather your friends to lay out on the sand and read a book or have a beach photoshoot.

If you really want to feel like the main character, have a beach picnic at sunset. Order a pizza or your favorite takeout and enjoy your meal as the setting sun casts its pink and orange glow across the

sky. There is no better way to soak in the relaxing vibes of the weekend!

ROCK CLIMB FAIRFIELD

If you're looking to get adventurous and try something new on the weekend, hit up Rock Climb Fairfield! This rock climbing gym is located right in Fairfield, Conn. and is one of Connecticut's largest climbing gyms. This is the perfect activity to try if you and your friends are looking for something new and exciting.

No matter if you're a beginner or an experienced rock climber, Rock Climb Fairfield is sure to be a crowd-pleasing activity. They host many different events and also offer day passes where you will have a quick orientation and can stay for as long as you'd like. Rock Climb Fairfield is definitely one to put on the weekend bucket list!

DAY TRIP TO WESTPORT

The town of Westport, Conn. is right around the corner! If you're

looking to explore a new place but want to stay close to Fairfield, this is the perfect option for you!



Westport is vibrant and adorable. The brick-lined sidewalks and quaint shops give the town a charming and classic feel. This is

the ideal place to spend the day walking around, popping into shops and trying out new restaurants. Planning a visit to Westport with your friends is a great way to add something exciting to your weekend.

Make sure you have enough storage in your camera roll because there are so many great photo opportunities that are sure to bless everyone's Instagram feeds!

HIKE SLEEPING GIANT

If you're itching to adventure outdoors, Sleeping Giant is the way to go. Located in Hamden, Conn., this mountain has been a popular destination for college students around the New Haven area who are looking to get their nature fix.

The 1.5-mile trail leads you up the mountain to the stone observation tower at the top. At the peak, you have an amazing view of the Long Island Sound and the surrounding New Haven area. Planning to hike Sleeping Giant is the perfect way to take advantage of the weekend and fully appreciate Mother Nature.

NEW YORK CITY

One of Fairfield's obvious perks is the close proximity to New York City. Only an hour and

15-minute train ride from campus, New York, N.Y. is a staple weekend destination for all Stags. While this trip will require you to spend some cash, there are many ways that you can take advantage of the city for cheap. Walking around New York to take in all of the sights is free and an excellent way to spend your day.

Times Square and Central Park are two iconic tourist destinations that provide so much entertainment without spending a penny! There is no question why New York City day trips are some of our Stags' favorite ways to spend their weekend.

There are clearly so many exciting weekend activities to choose from right around our university! Gather your friends together to spend the evening at the beach, rock climb, go for a hike, explore Westport or venture into the city. These activities are guaranteed to make the most out of your weekend.

Whichever activity you choose, you will definitely have a blast and make lifelong memories with your friends.

Save these ideas for the next time you're arranging your weekend plans!

THE LATE SHOW EXPERIENCE: HOW I SAW STEPHEN COLBERT FOR FREE

By Roisin McCarthy
Contributing Writer

On President's Day weekend I took a day trip to the Big Apple. However, this wasn't your typical Fairfield student trip to the city. My roommate Erin and I had the amazing opportunity to attend a taping of "The Late Show with Stephen Colbert". You're probably thinking, "oh wow, how could these two average Fairfield students get the chance to see Stephen Colbert live and in the flesh?" After watching countless YouTube clips of every late-night show imaginable, it only made sense to scavenge the internet to find out how we might get lucky enough to obtain a ticket to any late-night show taped in New York City.

After the research Erin and I did, we were led to a website by the name of "Iiota". "Iiota" provides users the opportunity to join waitlists for daytime talk shows, late-night shows, sitcoms and more! We put ourselves on every waitlist for tapings in New York and, lo and behold, we were chosen to go see Stephen's show on Feb. 20!

The taping of "The Late Night Show with Stephen Colbert" was like nothing I could have ever imagined. Erin and I waited outside of the Ed Sullivan Theater, located slightly outside of Times Square, for 40 minutes where we obtained stylish red wristbands. We felt exclusive and very official. When we entered the building, we were

greeted by hospitable staff and crew who led us to our seats.

Before Mr. Colbert started his show, a comedian by the name of Paul Mecurio ran out to get the crowd hyped up! Following the hilarious comedy act, The Late Show Band serenaded us with upbeat songs that got us all jamming. Whilst the band got us moving and grooving, out of nowhere Stephen Colbert came running on and started dancing to the beat. It was truly a shocking moment to set eyes on him. Immediately, he started interacting with us, even letting the audience ask him questions! He was a very kind and welcoming host.

The show taping was not as I expected. It started with Stephen Colbert's cold open which was shown on the monitors. Following the cold open, the cameras cut right into Stephen's monologue. Some insider info: he messed up a snippet of his monologue and restarted one part. He made us all chuckle by saying, "don't put that on Twitter!" After his silly monologue, he wandered over to his desk where he and a producer chatted and wrote on his notecards while the band played.

Stephen started the show with a bit between him and a writer which helped set the tone of the show. After the opening bit, the first guest entered. The highly anticipated guest of the evening was the one and only Bernie Sanders. Unfortunately, he was not

wearing his mittens, but he and Stephen were loving each other nonetheless. Something that I learned about taping a late-night show is that they do the full interview first, followed by Stephen recording the outro to the commercial break twice, and then filming an intro to return from the commercial break. Stephen lets the guest talk for roughly fifteen uninterrupted minutes, longer than the segment would air on live TV. They film the commercial transitions after this longer segment, and edit them later in what they call "post-production". Never would I have thought I would watch Stephen Colbert's interview with Bernie Sanders, I can check that one off the bucket list!

Taping of late-night shows usually consists of a musical guest, however, on this night they had pre-taped their musical guest a week in advance. Instead of watching an artist's performance, Stephen brought out another guest by the name of Hank Azaria who is an actor in the Apple TV show, "Hello Tomorrow". Since Frank's interview wasn't airing until Thursday night, the show taping ended right after his interview. Stephen bid us farewell and

we all exited the theater grinning ear to ear.

This was truly an amazing experience! If you ever find yourself wanting to take a trip to NYC, put yourself on a waitlist on "Iiota." Make a day out of it with your friends, you will make lasting memories and have a great story to tell!



Photo Contributed by Roisin McCarthy

Fairfield students attend The Stephen Colbert Show after scoring tickets from the website "Iiota".



By Brooke Lathe
Executive Editor

This year will be my first year going somewhere for our spring recess, and I am incredibly excited. My freshman year was still affected by the spread of COVID-19 and last year I didn't take the initiative to look for anything until it was too late.

In these past couple of weeks, I have booked a nice five-day break with my roommate and friend in Florida.

And while it feels very relieving that I am headed somewhere warm amidst a chaotic semester, it was honestly a little stressful when trying to figure out every detail. So, here are some tips I took into account when organizing my trip for a low cost while also maximizing our fun.

Cheap Flights

First thing's first: getting there. Avelo is a charter airline which is located outside of New Haven—only 33 minutes away from campus—and is known for its low-cost flights.

The catch is, there aren't very many options. Right now, they only have flights going to Florida, South Carolina, Illinois, Tennessee, North Carolina and Maryland. However, one flight for example is \$87 from New Haven, Conn. to Fort Myers, Fla. on a Tuesday.

If you scour through all of the locations and dates, you're bound to find a roundtrip that is inexpensive and allows you a good amount of time to settle into your temporary stay.

Dear Brooke,

Spring vacation is in two weeks. How do I plan a nice vacation with my friends on a budget?

Travel light

Checking in luggage can often cost up to an additional \$50 whereas you can bring a carry-on for free (depending on your airline).

If you're only going somewhere for five or six days, you can without a doubt stuff everything you need into a portable bag rather than having to go through baggage claim.

Another problem that has been recently arising is luggage getting lost in transit (if you're going to have a layover), so I would rather not take the risk and suggest having it with you at all times.

Airbnb

Depending on how many people you are traveling with and your location, an Airbnb might be a more cost-effective stay. Research the surrounding Airbnb's in your area, look up the house rules and then past reviews from the previous renters.

If you have a smaller group, you can also share a hotel room together, which is what I'm doing since one of us has hotel points that give us a discounted stay.

Maybe one of your group members has this perk, too! Some additional benefits of a hotel are you don't have to worry about doing chores before you leave and there is an extra layer of protection with staff security. In the end, decide what is best for you and your group.

Meal time

Depending on where you're staying, you have the potential to budget for food as well. In an Airbnb, you can buy lots for the

week and split it among your group which may lead to a very small amount that you all pitch in. The hotel you choose might offer an unlimited buffet, cheap mini restaurants or include free breakfast.

If you are like me and really enjoy eating out, you can split a bunch of appetizers with your friends which will inevitably fill you up and only take a little bit out of your wallets.

Personally, I think you should pick one night to go to a very nice restaurant that you all find looks good and splurge there. There's nothing better than indulging in a tasty meal and laughing with your friends over dinner!

Outside Activities

If you're going somewhere

warm, chances are you don't need to spend money on activities—you can just do them outside for free.

Almost every day on my March vacation, I will be laying on the beach reading a book. I'll have access to the water, shade, entertainment and more.

My friends from home and I like playing card games which is another idea I think most people don't associate with the beach but is really fun.

Another suggestion is to research "free outdoor activities + your desired location".

I'm positive you'll find something fun on a budget.

But I personally believe a vacation is a time to do nothing but relax, so laying on the shore like a beached whale sounds like perfection to me.

Whatever you decide to do and wherever you decide to venture, I suggest starting to plan as soon as possible—like, now.

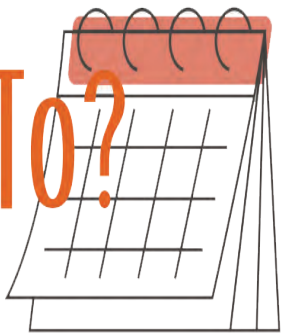
The longer you wait, the more prices will increase, the more hotels will be harder to book and the more seats on flights will disappear. But as always, just be safe, be smart and have fun.

Are you seeking any advice?

Email Brooke at brooke.lathe@student.fairfield.edu or direct message our Instagram @fairfieldmirror to be featured!



LONG WEEKEND RECAP: WHAT WERE STAGS UP TO?



By Erin McGetrick
Contributing Writer

Last Monday was Presidents' Day, meaning no classes and a three-day weekend for students to enjoy.

Presumably, this would involve parties at the Townhouses or chaos over on Fairfield Beach due to the freedom of an extra night.

However, the campus was eerily quiet and practically deserted.

Over on Fizz, the social media app that centers around specific universities and allows students to have open discussions, an anonymous user wrote, "Campus is so empty, it feels so strange."

Another user replied, "I'm just acting like I'm the only person here at this point."

The notion that college students wouldn't want to stay on campus and use all three days to their full potential is a little odd.

Especially when many other universities use the extended weekend to their advantage.

Another anonymous Fizz user claims,

"The people here are lame," which they wrote in response to a student asking if people were going home or staying on campus. "[At] normal schools, there would be massive parties since it's a long weekend."

So, why did a large chunk of the

student body not hesitate to leave at the first opportunity?

Perhaps because not many students are too far from home.

According to College Factual, 27.5 percent of undergraduate students live in Connecticut with 26 percent from New York and 21.3 percent from Massachusetts. If you're close enough, you might be tempted to get a quick break.

The distance is the reason why nursing student Elise Kilmartin '24 decided to stay.

"I live over two and a half hours away," she stated. "I didn't feel like driving all that way just to drive back two days later."

Loneliness also seemed to be a prime suspect in deterring students from remaining in Fairfield.

If friends or roommates weren't staying, why should you?

Nicole Dorsey '24 certainly felt that way, currently living with six other girls in an

apartment in Dolan Hall who were, for the most part, all leaving.

"Almost all of my roommates who live further away took the opportunity of a long weekend to go home," she says. "I didn't want to be alone on campus."

In the room right next door, Emma Jardin '24 is giving the same reasoning. She states matter-of-factly, "Because everyone is going home."

Although, she would be left in a tricky spot if she decided to stay.

"The thought of being alone at school without a car seemed lonesome and boring," sharing a juniors' collective fear: not having access to a car on campus.

It may be hard to believe, but students might've had rather wholesome reasons for spending time at home.

Emma seems ecstatic to see her cats and her family, exclaiming, "I miss my parents!"

A little break from college life is sometimes necessary due to intense workloads and repetitive weekends.

If you have the opportunity, why not take it?



Manage It All, Stress Free This Semester!

Amy Magagnoli
Contributing Writer

As midterms are around the corner, the spring semester has been starting to get extremely stressful, and most of all busy.

As a student who is taking six courses this semester, completing an internship, working and enjoying maintaining a healthy lifestyle, I can understand how hard it is to learn how to balance all your responsibilities while also being successful in everything you do.

This semester I was able to develop exceptional planning skills that have led me to success.

To begin, the most important item you need to have in order to manage your time successfully while completing all your daily tasks is a planner. In my first two years of college, I never kept my work organized nor even opened the planner I would purchase at the beginning of the semester. However, this semester my workload has drastically increased and has become a lot more challenging, which makes a planner an ab-

solute necessity.

Every Sunday, before the school week begins, I write down everything I need to complete for each day of the week and make sure to highlight each when it is completed. The concept of highlighting an assignment once it is complete happens to be very rewarding as well!

Even though I was not organized in the past, this year was when I came to the realization that organization is key. Make sure to keep your planner as organized as possible, and you can even be creative as well, by using all different colors for different courses.

The next way I am able to manage my time successfully during the week is by utilizing the calendar and reminder app on my phone to plug in when exams are.

As we are always on our phones, this is an extremely helpful tool that reminds you when important dates are and how to stay prepared.

In order to stay prepared for exams and assignments, you have

to be disciplined to work on them little by little each day.

I know how far a due date may seem, but it is extremely important to start an assignment when you first initially are assigned to it. This allows you to have so much room to ask professors questions, and truly take your time in order to be successful.

As someone who loves to procrastinate, it can only last you so long. Once your workload gets heavier and more challenging, procrastination will catch up to you, and once the cycle starts it is extremely hard to break.

Make life easier on yourself, and even if it's for as little as ten minutes, start your assignments as early as possible. Even if this means working on an assignment while sitting in the waiting room at an appointment, or in the passenger seat of the car, it's very important to utilize some of the downtime you get as a way to be productive.

Lastly, the most important thing to focus on while managing

your time wisely is making sure you have enough time to take care of your mental health. Taking care of your mental health is important in helping your mental mindset stay positive while completing all of your weekly tasks in an efficient manner.

Every day it is important to take some time to do something that makes you happy, even if it is for a short amount of time. From

reading to drawing to exercising, we have to make time during the week to focus on ourselves.

Overall, plan accordingly.

Make sure to take some time over the weekend prior to going out to prepare yourself for the week. Take a couple of hours this upcoming Sunday, to write out your weekly schedule, grocery shop, get some work done and practice some self-care.

I know it is easier said than done, but I promise you will not regret it.



The Hunt For Treasure Continues In "Outer Banks" Season 3

Abigail White
Head Vine Editor

The hunt for treasure continues with Netflix's release of the newest season of the original adventure drama, "Outer Banks". That's right. "Outer Banks" is back and the Pogues and Kooks are at each other's throats once again in the race for treasure. Since the release of season three on Feb. 23, there have been mixed reviews, both good and bad. And while this was not my favorite season of the show, I still found myself hitting the "next episode" button until I had binged the entire season. I think that this season contains everything that makes "Outer Banks" the lovable show that it is: action, drama, romance, danger and a hunt for treasure.

This review will contain some small spoilers, so if you have not caught up with the latest adventures of the Pogues and the Kooks, I suggest you stop reading here.

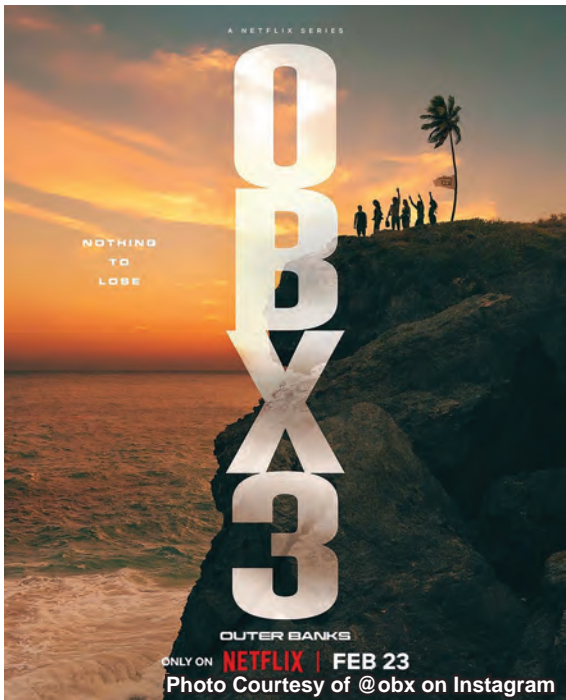
Right off the bat, season three reminds viewers of some shocking plot twists and developments from the previous season's finale that may have been forgotten. It picks up in "Poguelandia," the self-proclaimed land of the Pogues (John B, Sarah Cameron, JJ, Kiara, Pope and newest friend Cleo). After losing the Cross of Santo Domingo to Ward and Rafe Cameron, the cross they had spent the majority of season two hunting for, the crew finds themselves stranded in the Caribbean.

Rescued from the island by a passing plane, this season hits the ground running and is action-packed as they realize they have been set up and captured by Carlos Singh, who believes they have a diary in their possession that will help obtain a large amount of gold.

One of the biggest shocks that came to fans at the end of season two was the reveal that John B's father, "Big John" is alive after being presumed dead for over a year. As he has spent his entire life searching for treasure, he brings John B into his mission to crack the code and find the road to El Dorado. Oh, and we learn that Sarah's father, Ward Cam-

eron, is alive as well and hiding out in Guadalupe. And though he attempts to make amends for his past crimes in this season, he will once again wreak havoc on the plans of the Pogues and betray his daughter's trust.

I will admit that it took me a few episodes to settle into this new season and get my footing with the complex plotlines. However, once I did get my footing, I was hooked!



Netflix released new season of hit drama adventure "Outer Banks" on Feb. 23, 2023.

side of the OBX.

With the Cross of Santo Domingo melted down to be sold by Sarah's brother Rafe, the Pogues realize that this is treasure they will never get back and they turn their attention to the 500-year-old mystery of the road to El Dorado. Alongside "Big John," the Pogues work to decipher the pieces of the puzzle they have, including the diary and family heirlooms of Pope's, in order to win the race against Mr. Singh to the site of the treasure.

Half of the fun of the show is solving the mystery of the hidden treasure of El Dorado alongside the team, so I won't spoil the outcome of this mission here. Will the Pogues find the treasure? Will they succeed in beating Mr. Singh on their quest to El Dorado? You will just have to watch season three of "Outer Banks" for yourself to find out!

While I always enjoy a good treasure hunt, especially with the beach as the setting, my only complaint is that I feel season three becomes a bit repetitive of the previous two seasons at times. With few introductions to new characters and similar plotlines in the battling hunt for treasure between the Kooks and the Pogues, I believe the show could have done more or taken a different direction.

Nevertheless, I thoroughly enjoyed binging this new season of "Outer Banks" and found myself getting more and more hooked the more the season progressed. I just wish I was hooked from the start. The setting of the OBX made me long for summer days and I am already eagerly anticipating the next season!

And of course season three left us on a cliffhanger when the team of Pogues is approached by a man in possession of a captain's log and they learn it contains the mysterious exact locations of where the ship has sailed and where it has stopped. Who is the captain of this ship, you may ask? The answer to this question: Blackbeard.

The show was just approved for a fourth season, so fans can look forward to this new adventure in the OBX in the near future!

Current Trends: Here To Stay Or Fading Away?

By Christina Silvestri
Contributing Writer

A college campus is the ideal place to stay up-to-date with popular fashion, slang terms and social media trends.

The young adults of Generation Z are currently at the forefront of content creation. These teens and twenty-somethings are now the ones deciding what words will be incorporated into movie scripts five years too late and make children of the future cringe in response to their parents feeble attempts to remain hip.

As someone who uses slang conversationally with other Gen Z members, I will compile a list of which parts of my vocabulary are sure to NOT stand the test of time.

Let's start with the obvious. "Slay" - (v.) to do something ex-

tremely well. For example, "Grace is going to slay her biology exam today and get an A."

My friends and I use "slay" so much we debated giving up saying it for Lent this year.

Next, I introduce "Mother" - (adj.) a put together, nurturing person who would bake you cookies and give you the best advice.

Ex. "Rihanna's Super Bowl Halftime show was fantastic, she was so mother."

Finally we have "Rizz" - (n.) one's knack for flirtation also can be used as a verb in reference to flirting.

Ex. "Steve said to Joe, 'That guy just got that girl's Snapchat, he's got mad rizz.'"

Now onto fashion trends, starting with the fall favorite shoe, the Boston Birkenstock

This old classic has been revived this past fall and winter season.

The slip-on clog is, as Grace Lombardi '25 says, "Amish-chic, but in a cute way." They may not be everyone's cup of tea, but they are the best practical unisex shoe for people both young and old.

Baggu bags are the new it-bag. These nylon crescent bags come in an endless assortment of colors and patterns.

They are practical and come in a wide range of sizes.

Baggu also offers more simple reusable bags the brand claims "isn't just for the grocery store."

Baggu targets an audience of young consumers, which is presented in their marketing style.

The @baggu Instagram page is filled with vibrant colors and patterns spotlighting models with the bags.

The last fashion trend is nothing new, I am going to call it the "college girl uniform".

I am sure most readers can already envision what this looks like.

When going out to parties girls will oftentimes text their friends and ask "What are you wearing tonight?"

The response, nine times out of ten, is "jeans and a cute top." On a Friday night, it is certain that if you wait in the quad and watch, you will see at least three groups of girls in some variation of this aforementioned outfit. I do not claim to be exempt from this trend. It is a staple for a reason.

Bottomline: it is comfortable and cheap.

A girl can have one or two pairs of her favorite jeans and pick her favorite little tops (most likely from Amazon) and be set for a semester of nights out!

Now here is the question: Do I think these are just fads or are they here to stay?

I stand by the fact that they are trends, and that is okay!

Without a certain style of speech or clothes reaching a peak, nothing would have the opportunity to be vintage. Thinking of how 70s fashion and then 90s trends circled back to the 2010s; those were all out of style and uncool at some point in time.

The trend cycle is ever-turning, that is a fact. So use the "cringey" lingo while it's popular and wear the (as Grace says) ugly shoes while you can. One day, it may make you cool again.

Fashion Forward Tips And Tricks

By Giana Russo
Contributing Writer

The weather has been unpredictable lately, which can make it hard to choose what to wear.

Deciding to dress in a winter coat before your 11 a.m. lecture may be a grave mistake because by the time class is let out, the temperature has gone up by 20 degrees Fahrenheit.

Here are some wardrobe essentials that can make any temperature bearable.

A Light Sweatshirt

Whether it's a zip-up or a crewneck, light sweatshirts are the best option to use as a jacket, specifically with an unforeseeable forecast. If you care more about comfort than style, throw on a pair of sweatpants, a comfortable shirt and a hoodie.

If you get hot at any point in the day, you can take the sweatshirt off, and if you're cold, stuff your hands in the pocket and put up the hood.

If you care more about being fashionable, pair an earth-toned zip-up with a pair of jeans and a shirt, creating a more alternative-but still comfortable-look for the day.

Ripped Jeans

I've found that wearing jeans with holes is the best way to balance temperature. If it's too warm for pants but too cold for shorts, it is the perfect in-between option. Ripped jeans are easy to style and luckily come in different colors

and washes.

It is important to note that, while dark wash jeans match virtually any color, a light wash should never be paired with a dark top. Instead, try a white or pastel tint to match it nicely.

Sneakers

When I say sneakers, I mean any sort of shoe that is not fuzzy on the interior but also doesn't expose your feet.

This can be Converse, Vans, Air Forces or even a simple running shoe. These shoes allow your feet to breathe, while simultaneously keeping them from being too cold.

The wide variety of options also permits the wearer to experiment with different styles and aesthetics.

Retro New Balances can be paired with khakis

and an oversized t-shirt, whereas high-top Converse can be worn with large cargo pants and a cropped top.

Dealing with this crazy time of year means that you can't forget about balance. Just like homeostasis struggles to maintain your temperature internally, you have to do the same externally.

This means, if you decide to wear something heavier on the bottom, you should balance it out with a lighter top, and vice versa.

Clothing is one of the best ways to express yourself, and no matter how uncertain the weather may be, everyone deserves the opportunity to individualize themselves through fashion.



- WHEN DID SEASON ONE OF OUTER BANKS PREMIERE? _____
- _____
- WHAT IS THE NAME OF THE COUNTY THE SHOW TAKES PLACE IN? _____
- _____
- WHAT DO THE MAIN CHARACTERS REFER TO THEMSELVES AS? _____
- _____
- WHAT ARE THE UPPER CLASS ISLAND RESIDENTS REFERRED TO AS? _____
- _____
- WHERE IS THE GOLD FROM SEASON ONE SAID TO BE HIDDEN? _____
- _____
- NAME THE MEMBERS OF THE CAMERON FAMILY: _____
- _____
- WHAT IS SAID TO HAVE HAPPENED TO JOHN B'S FATHER? _____
- _____
- WHAT IS THE RESTAURANT KIARA'S FAMILY OWNS? _____

Nick Silvia, Contributing Writer

Marching On

Let's be honest, March is one of the most boring months of the entire year with almost nothing to do. That said, I've conveniently compiled a list of important dates to remember (ie. Google searched for about 20 seconds) for anyone who doesn't want to take an extended 31 day nap, or what some might call a coma.

- March 1 - Zero Discrimination Day, shouldn't this just be every day?
- March 3 - Employee Appreciation Day, show your professors how much you appreciate them by not showing up to class and giving them the day off.
- March 6 - National Oreo Day, you might also know this as National Insulin Awareness Day.
- March 9 - World Kidney Day, why does this exist? Are you kidney-ing me (elite joke).
- March 10 - Mario Day, celebrate by eating mysterious fungi and jumping on turtles.
- March 11-March 18 - Fairfield University Spring Break. Every day is Spring Break if you drop out.
- March 12 - Daylight Savings, turn the clocks back an hour. You don't need to verify that just trust me.
- March 14 - Pi Day.
- March 17 - Saint Patrick's Day.
- March 20 - International Day of Happiness. Unbelievable amount of irony that this is on a Monday.

Happy Marching On, Stags!

SPORTS

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March 1	March 2	March 3	March 4	March 5	March 6	March 7
No games scheduled.	Women's Basketball vs Saint Peter's University Fairfield, Conn. 5 p.m. Men's Basketball vs Quinnipiac University Fairfield, Conn. 7:30 p.m.	Softball vs Saint Francis University Charlottesville, Va. 10 a.m. Baseball at Richmond University Richmond, Va. 1 p.m. Softball at Virginia Charlottesville, Va. 3 p.m.	Men's Golf South Jersey Spring Kickoff Ocean View, N.J. Men's Lacrosse at Providence College Providence, R.I. 12 p.m. Women's Lacrosse at University of Vermont Burlington, Vt. 12 p.m. Softball vs DePaul University Charlottesville, Va. 12:30 p.m. Baseball at William & Mary University Williamsburg, Va. 1 p.m.	Men's Golf South Jersey Spring Kickoff Ocean View, N.J. Women's Tennis at Bryant University Smithfield, R.I. 11:45 p.m. Baseball at Virginia Commonwealth University Richmond, Va. 12:30 p.m. Softball vs George Mason University Charlottesville, Va. 12:30 p.m.	Men's Swimming NCAA Zone A Diving Championship Morgantown, W.V. Women's Swimming NCAA Zone A Diving Championship Morgantown, W.V.	Men's Swimming NCAA Zone A Diving Championship Morgantown, W.V. Women's Swimming NCAA Zone A Diving Championship Morgantown, W.V. Men's Basketball MAAC Championship Atlantic City, N.J. Women's Basketball MAAC Championship Atlantic City, N.J. Men's Lacrosse vs Bryant University Fairfield, Conn. 7 p.m.



Photo Contributed by the Sports Information Desk

Men's basketball begins their MAAC playoff tournament this week coming in with a record of 12-17 on the season.

Women's Basketball Honors Seniors With Key Victory

By Ryan Marquardt
Head Sports Editor

Fairfield University's women's basketball team honored their seniors on Thursday, Feb. 23 by defeating Marist Col-

lege 73-57. The Stags shot an impressive 55% from beyond the arc which was better than their 52% field goal percentage on the night.

Fairfield honored four players, Gradu-

ate students Callie Cavanaugh and Andrea Hernangomez and seniors Jocelyn Polansky and Mackenzie Martin.

Cavanaugh put up 18 points on the night and led the Stags to their 14th win of the year to go along with their 10th conference win in the process, which clinched them a spot in the Metro Atlantic Athletic Conference (MAAC) Quarterfinal round and a top five seed. Cavanaugh's 18 puts her at a total of 1,044 career points, ranking her 30th in Fairfield's women's basketball history.

"I'm really happy for our seniors and happy for our team having a good performance on Senior Night," Head Coach Carly Thibault DuDonis said in the game's official recap. "I'm happy to see us shoot the ball with confidence and we did a great job of executing and getting great shots and then locking in defensively in the second half."

The Stags started off slowly against the Red Foxes, going down early only to put up a 10-0 run to finish out the first quarter with the lead, 20-16. Once the Stags took the lead, they would not give

it back. They extended it to 10 halfway through the second after a Cavanaugh putback.

The Stag's hot three-point shooting was led by the likes of Mimi Rubino '24 and Kate Peek '26, who each made three from downtown followed by Izabela Nicoletti Leite '24 and Janelle Brown '24, who each made a pair of threes and all contributed to the Stags shooting 60% from the three in the second half.

Other contributors included Lauren Beech '25, who put up her career-high of 14 points in the contest and Brown, who went 4-for-4 from the field and 2-for-2 from the charity stripe.

"There's not enough words to describe what this class has meant to the program. I'm sad that I only have a year with them thus far. They're great humans, great people, they do things the right way, and I couldn't ask for a better senior class in year one for me." Coach Thibault DuDonis stated in the game's official recap.

Fairfield can now look forward to a week off before they face Saint Peter's in their last game of the regular season.



Fairfield's women's basketball team honored their seniors and graduate students.

- In this week's issue...
- Men's Lacrosse Dominates Pioneers, Drops One To Richmond (Page 14)
 - FUSA Helps Charlie Capalbo's Legacy Live On (Page 15)
 - A Celebration of Female Athletes at Fairfield (Page 15)
 - Baseball Takes Series Over George Washington (Page 16)

Men's Lacrosse Dominates Pioneers, Drops One To Richmond

By Ryan Marquardt
Head Sports Editor

On Wednesday, Feb. 22, the Fairfield University men's lacrosse team held their home opener against rival Sacred Heart University. The Stags showed a dominant performance, putting up 17 goals and only allowing five to the Pioneers.

The game started off slowly with the score being just 1-0 at the end of the first quarter. Things heated up, however, in the second quarter as the Stags netted six past Pioneers goalie Alex Pazienza who would end the day with 15 saves.

Going into half, the Stags were up 7-2 and continued their dominance in the third and fourth quarter putting up five goals in each and only allowing three. According to the game's official recap, this was the largest margin of victory and the fewest goals allowed by a Fairfield team since their 18-5 victory at New Jersey Technical Institute back in March of 2019. This was also the largest margin of victory for Fairfield on Conway Field at Rafferty Stadium since its opening in 2015.

Stags head coach Andrew Baxter, who extended his undefeated record against Sacred Heart, stated in the game's recap that "I wouldn't call it a complete game, but it's certainly as close as we've come to that so far. We learned a lot from our first two games, and it was a good step to see our guys implement what we've been working on out on the field tonight."

Fairfield had ten different goal scorers Wednesday night. They were led by midfielder Will Consoli '26, who got four past Pazienza and had an assist for a five point day and the best of his young career as a Stag. Following Consoli was Jack McKenna '25, who added to his already impressive numbers on the season with a hat-trick and two assists with Bryce Ford '24 also having a five point day with two goals and three assists.

The other goal scorers consisted of Max

Paparozzi '23, with two goals and an assist. Jake Coleman '24, Kevin Dolan '26, Rob Moore '25 and Reilly Sullivan '24 all scored one goal and added an assist. Jake Gilbert '26 and Cam Barisano '24 each also had one goal to finish out the Fairfield goal scorers. Dolan, Sullivan and Barisano's goals were all the first of their Fairfield careers.

Freshman goalie Will Snyder made nine saves in the Stags win. The Stags were also helped by their riding effort, forcing nine Pioneer failed clears their starting defense trio of Matt Rice '25,



Senior attackman Max Paparozi has started the season hot with 12 total points, seven of them being goals with the other five assists.

Eli Adams '26, who helped Fairfield force 20 Sacred Heart turnovers on the day. Dylan Smith '25 also dominated at the faceoff X, winning 16 of 22 draws and adding eight ground balls.

This was the Stags second win and moved their record up to 2-1. Fairfield more than doubled Sacred Hearts shots with 47 compared to 23. Fairfield also dominated on the ground game, with the Stags having 38 ground balls to Sacred Heart's 22.

The Stags then followed up their strong home win with a loss in Richmond against University of Richmond on Sunday, Feb. 26 to even their record at 2-2. In a very tightly contested battle throughout, the most glaring shortcoming for the Stags was them getting outshot 39 to 26, which led to the final 10-8 score.

Richmond has started out their season

hot, going 3-1 through their first four games with their only loss coming at the hands of last season's national champion University of Maryland. Richmond received votes this week in the United States Intercollegiate Lacrosse Association's coaches poll to be ranked in the top 20 in the nation.

Ford followed up his strong performance against the Pioneers with another five-point game, including a hat trick of goals. McKenna and Paparozzi each netted two, with McKenna earning an assist as well. Consoli rounded out the Stags scoring with a goal of his own, tallying seven in his freshman season so far.

The goalies on each side were the story of this game, with each having stellar days in net. Snyder totaled 11 saves with seven coming in the second half, giving the Stags a chance in the contest. Richmond goalie Jared Vigue also had eight saves, including a clutch stop at his doorstep with just 2:23 left in the game and a 9-8 Richmond lead. Fairfield did not have a possession after his stop.






Neither team could pull away throughout the contest, with the largest lead being two at any given point in the game. Fairfield took the lead in the second quarter, only to be stopped by a three-goal run from Richmond, leading to the score being 7-5 at the break.

In the third, not much changed as each team exchanged goals with Fairfield closing the gap to an 8-7 game. In the fourth, McKenna put in his second of the match to tie it up. However, just two and a half minutes later, Richmond took the lead for the final time and did not give it back.

Fairfield is set to travel to Providence College on Saturday, March 4 to play the Friars and then head home for back-to-back games in Rafferty Stadium on March 7 and 11.

Weekly 5x4

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

Because we have witty things to say ...	 <div>Tommy Coppola Editor-in-Chief</div>	 <div>Brooke Lathe Executive Editor</div>	 <div>Max Limric Managing Editor</div>	 <div>Julian Nazario Copy Editor, Head News Editor</div>	 <div>Ryan Marquardt Head Sports Editor</div>
	What is your favorite sea creature?	Stingrays are pretty cool.	My dream is to swim with a manatee.	Octopuses are cool, but baby seals are the cutest.	Dolphins and seahorses (blame my mom!)
	What's the best part about a snow day?	I woke up to the noise of a plow at 6 a.m., so I'm having trouble finding a positive in this.	Dairy free hot cocoa and getting a head start on homework.	Ehh nothing really, I'm not the biggest fan of snow days. I'm not mad about no class though.	First snow day ever ... why did my politics professor move the class to ZOOM!!!!?
	If you could go back and live in a different era, which era would it be?	I would go back to the medieval times, but only if I could bring modern technology.	I've watched "Grease" around 200 times in my life and every single time I wished I was right there with them.	Tough question, I'm not really a historian like that. Maybe the groovy era, I can get down with a good vibe.	Same as Max, but a friend told me to say the Roaring Twenties (for the vibes).
	What is your favorite AP class that you have taken in high school?	AP Spanish Language and Culture was easily my favorite.	AP Language and Composition. I'm an English girly. What can I say?	I did not take any AP classes in high school, and I think I'm glad that I didn't.	Nothing like memorizing 12+ court cases, thanks AP US Gov!

FUSA Helps Charlie Capalbo's Legacy Live On

By Brooke Lathe
Executive Editor

Right at the bottom of the Daniel and Grace Tully Dining Commons stairs, the Fairfield University's Student Association could be seen selling black and red hockey jerseys last Wednesday, Feb. 22 and Thursday, Feb. 23.

The sports gear displayed bold, white lettering revealing the number 30 along with the name "Capalbo" in memory of former Stag Charlie Capalbo, an inspirational member of Fairfield University and Fairfield Hockey team who tragically lost his battle with T Lymphoblastic Lymphoma (TLL) and Acute Myeloid Leukemia (CNS AML) in April 2022.

Charlie's story is long and grueling as he was first diagnosed with TLL in March 2017 when he was wrapping up his high school varsity hockey season and doctors found

a tumor between his heart and lung. After over a year of fighting, however, he was able to start playing hockey again and enrolled for his first year at Fairfield University—it was not only the perfect distance away from his home but also from Yale New Haven hospital where he was being treated. Unfortunately, in March 2019, Charlie was given his new diagnosis of CNS AML while also continuing to fight TLL.

All while Charlie was a Stag and underwent chemotherapy and recurring battles, the Fairfield community attempted to aid Charlie in any way that they could. There was a live music fundraiser at the Fairfield Theatre Company in 2019, the University started a 22 push-up social media challenge, One5 and The Brick Walk hosted a fashion show, the Inter-Residential Housing Association hosted a charity dodgeball tournament ... the list continues.

More recently, on Feb. 18, the Fairfield co-op high school hockey team retired Charlie's #30 jersey in a ceremony at the Wonderland of Ice in Bridgeport where his number will hang outside of the locker rooms for years to come.

FUSA President Jordan Gale '23 initiated the idea of collaborating with the campus Club Hockey team and selling the Capalbo jerseys as a fundraiser this past week "after feeling like FUSA did not do enough last year to honor Charlie's legacy," Gale stated.

"Charlie was not just a student at Fairfield University or a member of the town," Gale shared, "He was a son, friend, teammate and role model for so many, and we wanted to make sure that his fight and legacy is not forgotten."

The jerseys were sold for \$50 each, which could be purchased through cash, Venmo or the use of a StagCard, and were offered to both

students at Fairfield University and members outside of the institution looking to support Charlie's legacy.

While FUSA had planned to sell the jerseys over the course of three days, the fundraiser ended sooner than expected as all of the jerseys were sold out by early Thursday afternoon. In the end, FUSA raised approximately \$2,700 in just two days.

All of the revenue that was obtained through the jerseys sales are going to be divided and donated amongst the Dana-Farber Cancer Institute, the Jimmy Fund for Pediatric AML and the Fairfield Club Hockey team. Specifically, the donations sent to the Dana-Farber and Jimmy Fund donations will be going directly to research the exact type of cancer Charlie fought.

"We are hoping that support for his family and the charities that we have selected will radiate as we

are working to host an event to memorialize Charlie and his legacy in April," Gale continued.

In the coming months, FUSA is looking to coordinate a memorial event around the time of the one-year anniversary of Charlie's passing. "We are currently working on the best way to engage the student body and our community in a way that will memorialize Charlie's fight against cancer, which inspired so many," Gale explained.

If students or other members of the community missed the opportunity to purchase a jersey, FUSA is in the works of potentially placing a second order for a possible memorial event for Charlie in April.

As a result, Gale encourages those interested in receiving updates to follow @fusa47 on Instagram and to check your emails as more information will be provided in the coming months.



FUSA sold Charlie Capalbo hockey jerseys in the Barone Campus Center this past week in honor of Charlie, who passed away after a battle with cancer in 2022.

A Celebration of Female Athletes at Fairfield

By Mary Bevans
Contributing Writer

The beginning of March marks the start of Women's History Month: an international celebration of women around the world as well as their contributions and achievements. One area in particular that is deserving of recognition is that of women in the world of sports—a domain that is typically dominated by male athletes. Here at Fairfield, we have our fair share of high-achieving female athletes and coaches whose accomplishments have greatly contributed to putting Fairfield into the limelight when it comes to success in sports.

One majorly successful group is our women's lacrosse team, who won the Metro Atlantic Athletic Conference Championship last year after defeating Monmouth 14-11. These Stags clearly know their way around the field and are led by Coach Laura Field, who has been at Fairfield for the past eight years. This year they are starting out the season strong with a current record of 2-2, and are set to play the University of Vermont on March 4 at

12 p.m.

Women's Swimming and Diving recently made a splash at the 2023 MAAC Championship where they clinched a win with 609 points along with Coach Jacy Dyer securing a women's swimming coach of the year award. Across the board, our Stags dominated in breaststroke, relay and freestyle among others. This triumph marked the fourth championship win in the last five years for the Stags and is sure to be one of many more to come.

The women's basketball team had an incredible victory last year after winning the MAAC Championship in 2022, bringing home the trophy for the first time since 2000 and allowing them to move on to the first round of the National Collegiate Athletic Association championship against the University of Texas at Austin. Despite a close loss, they showed incredible grit and determination, clearly leaving everything on the court while holding their heads up high. Now, they're set as the number 5 seed for the upcoming championship on March 7-11, as they enter with a current 14-13 record. Now led by Coach

Carly Thibault Dudonis, the Stags are ready to take on the challenges this new tournament will bring.

While these are certainly the most well-known teams on campus, it's definitely not the extent of female student-athletes at Fair-

field. There are many more female athletes across all other sports at Fairfield including volleyball, golf, field hockey, cross country, soccer, tennis and softball among others. We must continue to root for our peers as they push themselves and their teammates. They

accomplish so much but often go under the radar. Therefore, this Women's History Month takes a moment to celebrate your fellow female Stags who put the work in day in and day out and achieve incredible results.



Photo Contributed by The Sports Information Desk

Fairfield's softball team has started off their season 3-2 and has five upcoming games this week.

Baseball Takes Series Over George Washington

By Billy McGuire
Assistant Sports Editor

After an excursion last weekend to the Peach State to kick off their season, the Fairfield University baseball team packed their bags and headed south once again, facing George Washington University in a three-game set at Tucker Field at Barcroft Park in Arlington, Va.

The Stags began their three game set on Friday, Feb. 24, with graduate student Jake Noviello getting the starting nod. After taking a 1-0 lead at the top of the second off of a groundout from graduate right fielder Mike Handal that brought home second baseman Mike Becchetti '23, they proceeded to surrender three runs at the bottom of the second and an additional four runs at the bottom of the third, putting the Colonials in a comfortable spot leading 7-1.

Fairfield got some reassurance at the top of the fourth after third baseman Charlie Pagliarini '23 belted one down the left field line to bring the lead down to five. GWU regained their six-run lead by adding one at the bottom of the fourth inning in addition to capitalizing by adding one more at the bottom of the sixth, placing them firmly in the driver's seat with a 9-2 advantage.

The game appeared to be out of reach for the Stags, who were on the verge of a lopsided defeat. The Stags, however, refused to back down, proving to the Colonials that the game is not over until it is over. They pulled off a six-run rally at the top of the seventh inning. The coming-out-party occurred as seven of the first eight batters of the frame reached base safely, with Handal being the first runner to cross home plate off of a double to left-center from graduate shortstop Noah Lucier. A two-run single off the bat of catcher Mike Venuto '23 trimmed the lead down to four, bringing home both outfielder Paul Catalano '24 and Lucier in the process.

A passed ball proceeded to bring graduate utility player Griffin Wilson home while Venuto advanced to second, cutting the lead further down to three. Pagliarini then ripped a shot down the right field line to make it a two-run game, with Lucier crossing home in the process. The Stags added one more run in the frame when first baseman Matt Bergevin '24 flew out to right with Becchetti scoring, heading into the eighth in a much more comfortable position than they were in comparison to the seventh.

After a scoreless inning tossed by righty Jake Memoli '26 and lefty Bowen Baker '24, the Stags' job was not yet finished. They relayed that message by tying the game off of a Watson single that featured designated hitter Nick Sturino '25 coming home, evening the score at nine. Baker, returning at the bottom of the eighth, went on to silence the GWU offense by striking out two, sending the game into the ninth with momentum all of a sudden swinging in the Stags' favor.

Fairfield then successfully thwarted control of the game from the Colonials at the top of the ninth, as Pagliarini capitalized on his tremendous offensive performance by blasting his second homer of the game, a go-ahead bomb that gave the Stags their first lead since the top of the second. Lucier put the dagger in the Colonials' hearts by chopping a single to center that advanced Handal home, increasing the Stag's lead to two. Jack Erbeck '23 came in at the bottom of the ninth to earn the save, his first of the season with Baker also obtaining his first win of the season.

"I think combined with the relief effort of guys coming in and getting outs for us with the clutch hitting with Pagliarini being the offensive catalyst of the game gave us this win," Head Coach Bill Currier said, according to the game's official recap. "It was just a combined effort of guys not giving up and feeling that we can come back on anybody. It's a good character build for us."

After a day's rest on Saturday, the Stags played a doubleheader on Sunday, Feb. 26, with the first pitch being thrown at 11:00 a.m. The first game did not go the Stags' way, as the offense struggled to get anything going against GWU starter Chris Kahler, who pitched a complete game by throwing 137 pitches while giving up only six hits and two runs in the process.



Photo Contributed by The Sports Information Desk

Senior infielder Charlie Pagliarini has 11 hits and eight RBIs throughout six games this season.

A silent offense and defensive miscues early on hurt the Stags, as they fell behind 4-0 after three innings. While cutting the lead in half off of a Venuto double and a Pagliarini fly out to center which brought home Venuto, it wasn't enough. The score remained unchanged throughout the remainder of the outing as the Colonials took one from the Stags, 4-2.

The second game proved to be a lot more eventful than the first for the Stags, as they took advantage of an exhausted Colonials team and trounced them to a whooping 15-2 margin. Becchetti added a single at the top of the first to make the score 1-0, while Venuto hit a double to right at the top of the second to increase the margin to two. The next two frames saw the Stags add three runs apiece, increasing their lead to eight. Sturino began the third inning rally with a walk, followed by a Lucier single and a wild pitch that Bergevin took advantage of by running home. The Colonials' defensive gaffes continued in the fourth, as Bergevin reached base on an error that saw Venuto scoring, which preceded a Sturino walk and a single off of catcher JP Kuzcik '26.

Pagliarini continued to cement his role as being Colonials' kryptonite by adding a single to right-center to increase the lead to nine. After the Colonials scored their only two runs of the game at the bottom of the sixth, Fairfield went on a rampage at the top of the seventh, adding six more runs to set the margin at 13. A two-run single by Becchetti got things going, before a Bergevin fly-out to right to bring back Venuto gave the Stags their first double-digit advantage of the weekend.

A double from Catalano, in the game as a pinch hitter, soon followed, before a Kuzcik fly-out and a Lucier double succeeded. The game went on to remain scoreless for the remainder of the frame, as the Stags returned to Fairfield on a positive note by taking the series, winning two out of three. Colin McVeigh '24 achieved his first win of the season, throwing for five scoreless frames while giving up only three hits and striking out two in the process.

The Stags will return to Virginia next weekend, as they will take on the University of Richmond, William & Mary and Virginia Commonwealth University from March 3-5, respectively. For more information on the Fairfield University baseball team and Fairfield athletics as a whole, please visit www.fairfieldstags.com for more information.



Photo Contributed by the Sports Information Desk

Senior infielder Mike Becchetti has 10 hits and five runs batted in through the first six games of the Stags 2023 campaign with one home run, a .357 batting average and one stolen base thus far.