

THE MIRROR

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Photo Contributed by Aliyah Seenauth '24

The Seenauth-Vargas platform focused on student diversity, health and wellness and Stag spirit.

Aliyah Seenauth '24 Elected as FUSA's First Woman of Color President

By Julian Nazario
Copy Editor, News Editor

Fairfield University, a predominantly white institution, elected Junior student Aliyah Seenauth on Feb. 28 as the first-ever woman of color to serve as the 76th Fairfield University Student Association president with an overwhelming majority of the votes cast by students of all classes.

A week after her win, Seenauth confessed that she remains in shock after the contentious election.

"I am still in shock, I've definitely processed it but I don't even know if I'm excited, overwhelmed... I'm still very in shock," expressed the newly elected FUSA President.

She also pointed out the waves of congratulations and kindness she received from students, faculty, staff and friends once she was announced the election winner and how it resembles the "point" of her campaign.

"It means a lot to me because it feels like my whole point of it all was to feel like I'm not doing it by myself. So it's like for everyone else to be very supportive of me, I really appreciate it," said Seenauth while describing how little things, such as appearing on the Mahoney Arena jumbotron as FUSA's president-elect and vice president-elect during last week's doubleheader games "means a lot".

However, the most considerable excitement over her win comes from her family, which she describes as feeling "excited" and "over the moon".

Another focus that Seenauth wants to highlight is the ability she now has to "give back" by opening the room for more students of color to be part of her historic win.

Karen Donoghue '03, FUSA's first female president and current Vice President of Student Life, congratulated Seenauth's win and reflected on the significance of being a "first".

"As we continue to celebrate women's history month, I want to congratulate and applaud Aliyah's most

recent victory in the FUSA election. Aliyah has accomplished something that has never been done at Fairfield, breaking down a barrier for future women of color. This 'first' message to other women of color [is] that they should believe in themselves and follow their hearts and minds to do great things."

Donoghue continued by saying that "my hope for Aliyah is now that she has broken down a barrier, she helps other women and women of color do the same at Fairfield, and continues her path of success."

Fairfield's Black Student Union president, Mekaylia Ingram '25, describes Seenauth's win not only as a win for student minorities but also as a personal gain.

"Being a Black woman and having Aliyah as President means so much to me," said Ingram. "She represents not just Black women, but many other students of color, first-generation students, students in healthcare and just the student body as a whole.

"It means a lot to me because it feels like my whole point of it all was to feel like I'm not doing it by myself."

- Aliyah Seenauth '24, FUSA President-Elect

She has been a force since she stepped on campus and has stopped at nothing to enhance the student experience."

Her Vice President, Junior student Zach Vargas, revealed more personal and behind-the-scenes details on the duo's campaign and the significance of the win to him.

"I think the first emotion that I felt [after the win] that is the most positive one is relief. With the process, there was a lot of fun. From

our preliminary conversations regarding our initial desire to run to getting our photos taken to planning out our Instagram. It was very, very exciting," commented Vargas. "It didn't feel like a chore, but based on the events that transpired and stuff that turned against us, everything was a battle, and us winning meant that battle was over."

A Campaign Filled with Challenges

This election cycle saw the rise of Fizz, the anonymous made-for-college-students application that has rapidly spread through campus, and unsurprisingly, students also used it to talk about the 2023 FUSA presidential election. However, the comments, which escalated after the FUSA debate, were mostly personal attacks involving the Seenauth-Vargas campaign, which prompted the FUSA Court and both campaigns, with Seenauth being the first one, to release statements condemning the harmful comments.

"During the course of this election, we have seen a substantial amount of cyberbullying on the social media platform 'FIZZ' on the basis of race, gender, identity, appearance and more [...] The Court, as well as FUSA, finds this to be completely unacceptable and will not stand for it continuing," said the Election Commissioner and the FUSA Court in a statement sent to students on Feb. 27.

When discussing the challenges that her presidential campaign confronted, Seenauth emphasized how Fizz's arrival coincided with the presidential election. So for them, it was not a shock to see how the student population started to approach the election in the app, but not that the harmful comments posted wouldn't happen if the individuals were saying those things in person.

"We were distraught about comments that were posted on Fizz and all honesty because we knew they didn't speak truth to who we are. But we felt we had to learn in a very hard way that people are gonna say whatever they want," said Seenauth.

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Stagathon Breaks Fundraising Record for Maria Fareri Children's Hospital

By Kathleen Morris
Assistant News Editor

On Mar. 6, Fairfield's sixth-annual Dance Marathon culminated as students, who sported T-shirts reading "Kids Can't Wait," lifted large white posters to reveal seven colorful numbers: \$31,584.53.

The numerical total represents a yearlong fundraising endeavor to benefit the patients and families of Maria Fareri Children's Hospital, located forty miles from campus in Valhalla, N.Y.

The Fairfield Dance Marathon, known as Stagathon, was hosted at the Dolan School of Business Event Hall and is part of an effort of over 400 universities involved in raising money for the Children's Miracle Network Hospitals.

Hilary Sparling, the Manager of Central Development Initiatives for the Westchester Medical Center Health Network, explained that "Maria Fareri Children's Hospital is a 136-bed advanced pediatric center that cares for the Hudson Valley and Fairfield County, Connecticut's most seriously ill and injured children."

"Maria Fareri Children's Hospital is home to the area's only Pediatric Intensive Care Unit, Level I pediatric trauma and burn care programs, and its Regional Neonatal Intensive Care Unit," Sparling said. "The mission of MFCH is to set the standard for family-centered care within an environment that promotes healing and wellness to children and their families"

Alaina Tarrallo '23, the Executive Director and self-proclaimed "cheerleader" of Stagathon, encapsulated the mission of this year's marathon in a single slogan: "Grow Together."

"When we are little we are all asked, 'What do you want to be when you grow up?' Our mission is for every child to be able to grow up, grow strong and grow smarter," Tarallo articulated.

Tarallo reflected on the incredible stories of the Miracle Children, including a nine-year-old retinoblastoma survivor named Trevor. This fall, Trevor had the opportunity to tour Fairfield Engineering's facilities and the new Innovation Annex.

Tarallo shared, "He wants to be an engineer when he grows up, but I want to be like him when I grow up."

"These kids are the coolest humans I know," Tarallo exclaimed. "Many of our Miracle Children have gone through more trials than many of us will go through in our whole lives. They are strong, resilient, optimistic and brave."

The DSB Event Space was bursting with music, provided by DJ Tristan '26. Tarallo describes the joyous function as "a big dance party to celebrate our Miracle Kids and families."

Sparling reiterated Tarallo's message, as she conveyed that, "the children truly feel like rockstars at the event and seeing the smiles on their faces is particularly poignant knowing the hardships they've experienced."

Tarallo explained that the impact of the event is two-fold, serving both as "a final fundraising push" and an opportunity for Miracle families to "share their stories of their time at Maria Fareri, which is the most inspiring part of the day."

A key component of fundraising is raffle ticket sales, with items donated by a collection of local businesses. The sponsors this year included Nichols MD of Fairfield, AR Workshop, Fairfield Dermatology, Playa Bowls, Background Coffee, Crumbl Cookies, The Two Oh Three, The Granola Bar, Garden Catering, Frank Pepe Pizzeria Napoletana, Pure Barre and Kendra Scott.

Rebecca Ziobro, a sophomore and Stagathon's Finance Chair, emphasized the significance of contributions made by the Fairfield community.

"An important goal that I, along with my committee member, Luke Davidson '26, had this year was to raise greater awareness for Stagathon's mission among our neighbors in the Town of Fairfield," Ziobro commented.

"Over the last month, we went door to door in a few neighborhoods surrounding campus, fundraising and gaining support for Maria Fareri. Our neighbors were very generous towards our mission, and we are so very thankful for their support."

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Kyler Erezuma/TheMirror

The event served as a gathering place for both students and patients.

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New FUSA Leadership Highlights Importance of Diversity in Student Body

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She also pointed out that the comments made it difficult to feel motivated about running for FUSA president.

"We knew we wanted it very badly and we were going to do whatever we had to do but there were times when we felt lost and felt we didn't really have as much support as we wanted to."

Meanwhile Vice President-elect Vargas pointed out that at some point, he started to ask himself whether staying in the election was worth it with how personal the attacks they both received through Fizz were getting. Obviously, they didn't go through that path "but the fact that we had to grapple with that was not something that we were ever expecting to have to deal with."

He also described how both of them experienced a state of isolation amid the growing number of hateful comments on Fizz and the stress and pressure that comes as part of the campaign.

"And then I think one feeling that we both felt was isolation; everyone that we reached out to provided answers, but we didn't know where we could go except for each other. But we were probably tired of each other at some point because we just kept talking about the same thing, the same rendition of the same message of Fizz," confessed Vargas.

In terms of the content of the comments, Vargas expressed that the attacks weren't just directed only on both of them, but at all the students they represent.

"It was people of positions of extreme privilege, taking advantage of an anonymous app to speak on a bias that they're probably not very educated on. Because for me, you can't blame people for not being uneducated, but you can blame them for not wanting to educate themselves," noted Vargas.

Lastly, in response to the multiple anonymous posts on Fizz expressing that "the election must've been rigged,"

President-elect Seenauth rejected the false claims and pointed out that the association's election process tradition of 76 years.

"I trust the student association to the fullest, so I know it wasn't rigged. I know and I think everyone else should know that this is handled very constitutionally. The court is very on it; they've been on it the whole time throughout all the election days," recognized Seenauth while asking students to trust and have faith in the process and the organization.

Prioritizing Student Wellness and Diversity

As one of their campaign initiatives, the Seenauth-Vargas ticket highlighted the creation of a health and wellness student committee within FUSA. She explained that by creating the committee, "we are hoping to have a representative that vouches for different areas of health and wellness." These areas include, but are not limited to physical and mental health, drug, alcohol and sexual assault awareness.

The Committee will carry out programming and fundraising initiatives and the applications for Committee Chair and Representative are available on Life@Fairfield.

With the expansion of Fairfield University to Bridgeport, Conn. with the opening of the Bellarmine Campus, Seenauth revealed that FUSA is in the process of amending its Constitution to have Bellarmine representation in the Executive Cabinet.

For Vargas, it is important to create awareness in the student body about the existence of this new campus and he shared how he has started to mention Fairfield Bellarmine in his admissions tours.

Another concern many students have been discussing is the lack of Social Justice courses available as part of the Core Curriculum offerings. Both Seenauth and Vargas



Photo Contributed by Aliyah Seenauth

Aliyah Seenauth and Zach Vargas won the presidential election with 64.6% of the vote.

were emphatic in saying that they are working "to get more of those classes available" and noted that "they will not be eliminated."

Vargas also reminded students that the Core Curriculum is not meant to be an obstacle, but "it's something that you need to take part in order to be the most well-rounded person you can be."

Aliyah and Zach got to know each other through a mutual friend, and it was not until they both started to work together as part the Team 26 of New Student Leaders that their relationship was fostered.

During the interview, Seenauth described how she casually mentioned to Vargas over the summer the idea of being her running mate and after deciding that she wanted him to run with her as vice president, she sent him a text message the week after winter break finished.

"So I just kind of texted him the

week after we got back from winter break. And I asked him if he wanted to do it. That's it," said Seenauth in a cheerful tone while describing the process of deciding to run for president and selecting her vice president.

Vargas was quick to emphasize the relationship they both have created since working together over the summer as part of their NSL jobs and even joked about how long the text message he received from Seenauth was by comparing it to a letter.

Seenauth closed the interview by reaffirming her excitement about her new position and delivering a message directly to students.

"We're very excited and I'm very open to talking to anyone, and we want to build comfort between students and us and we want people to come to us with whatever they want. I want everyone to consider us their friends."



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

3/3/23
2 a.m.

A student was driving recklessly on campus. After being stopped by the Department of Public Safety, it was determined that the student was intoxicated. The student was documented with the Dean of Students and a sober driver took over.

3/4/23
1 p.m.

Approximately 30 students were documented for possession of alcohol and/or open containers.

3/5/23
8 p.m.

Two students were found in possession of marijuana and paraphernalia in Campion Hall. The Department of Public Safety investigated due to the odor. The items were confiscated and students were documented with the Dean of Students.

3/6/23
12 p.m.

A catalytic converter was stolen from a vehicle in the parking lot of the Townhouses. The Department of Public Safety was able to identify the suspected vehicle. The information was handed over to the Fairfield Police Department for investigation.

Catalytic Converter Theft Update from DPS

“Thefts of catalytic converters from vehicles continues to occur throughout Connecticut, including in the Town of Fairfield. Catalytic converters – which help clean automobile exhaust – have become a target for theft in large part because of the price of precious metals, like palladium and platinum, that are used in the parts.

A catalytic converter theft occurred on campus in the area of the Townhouses on Monday morning, March 6th. A suspect vehicle has been identified and the Fairfield Police Department is investigating the theft. As a deterrent, the Townhouse gate on North Benson Road, and the Jogues gate on Round Hill Road, will temporarily be closed. Please use other campus gates for ingress and egress.

If you observe unknown individuals lurking about vehicles on campus please immediately notify Fairfield University Public Safety at 203.254.1234 or Fairfield Police Department at 911.”

Fairfield Students Partner with “Big Brothers Big Sisters” to Provide Mentorship to Bridgeport Children



Photo Contributed by Shasity Rios

As a part of the program, Fairfield students serve as mentors to students enrolled at either Bryant or Wilbur Cross elementary school.

Campus Ministry continues their partnership with Big Brothers Big Sisters to establish meaningful relationships between Fairfield University students and younger children, as well as build each child’s true potential.

Founded in 1904, the organization seeks to match “Bigs,” or mentors, with “Littles,” to create lasting effects on the lives of young adolescents. The Big Brothers Big Sisters Mentorship Program at Fairfield University aims to achieve that goal within Bridgeport schools.

“We work at [three] local schools where the social worker identifies kids who could be helped by having a relationship with a Big,” said Kathleen Byrnes, the Campus Minister for Community Engagement at Fairfield. “Our students travel Mondays and Tuesdays to the schools and hang out with their littles doing some activity or playing games.”

Matches of Bigs and Littles are established in the fall. Fortunately for the hopes of long-lasting relationships, Fairfield University students can be matched with their Littles for their entire collegiate career, so long as they remain in attendance at Fairfield.

According to Byrnes, Fairfield University currently has sixty students serving as mentors to Bridgeport students.

Before February 2022, the organization was divided into two Connecticut sections: Southwest, or the Bridgeport area, and Hartford. Just about a year ago, however, the divisions merged to create a state-wide Big Brothers Big Sisters organization, including all 169 of Connecticut’s municipalities.

This integration not only merged mentors but their impact as well.

At Big Brothers Big Sisters of Connecticut, the mentorship team is dedicated to “defend, inspire and empower the potential of Connecticut youth,” as told by their official website.

According to Program Director Shasity Rios, however, their main mission is to advocate for “their children.”

“We need to be connected and aware of the community around us,” she said. “We are not saviors to anyone. Our youth has potential.”

The job of mentors is to simply bring out that potential.

Mentors refer to their Littles as “their children,” and the group as “their family,” because of the astounding and authentic relationships that are created during the program. The pairs develop a true bond with each other, and within that bond irrefutable care and support are shown.

Being a mentor means recognizing that your children have the power to succeed, as well as stepping in when apparent gaps and challenges hinder that success.

Across Connecticut, over one thousand adolescents benefit from the mentorship program and its contributions. 94% of littles identify their Big as an important or impactful person in their life.

Rios did not hesitate to name

both of these statistics a “great achievement.”

Moreover, the connection between Jesuit and university values, and the Big Brothers Big Sisters Mentorship Program, is a topic in which Byrnes expressed great impact, significance and community relation.

“I love that you asked about the Jesuit connection,” she said, “because our work engaging with the community outside our gates is how we bring to life our value of being men and women with and for others.”

As a Jesuit institution, Fairfield University and Campus Ministry work to uplift various, crucial values, namely scholarship, diversity, justice, truth and freedom.

The Fairfield University Mission Statement writes, “As a Catholic institution, we welcome individuals of all beliefs and traditions who share our passion for scholarship, justice, truth and freedom, and we value the diversity their membership brings to our community.”

By providing this mentorship to children who require aid, assistance or mere connection, students are fulfilling that honorable responsibility.

Byrnes further relayed a Jesuit quote that offers an extra push to their service.

“The founder of the Jesuit Volunteer Corps used to say we should be ‘ruined for life’ as a means of expressing that once we meet those in need and connect with them on a personal level, we can’t help but figure out ways to be involved,” she declared.

Apart from drawing out the best in their Littles, the program works to uncover particular skills in the children, such as communication and relationship development.

Big Brothers Big Sisters took a substantial hit with the Covid-19 pandemic, which noticeably affected their numbers within the program. Their merger in 2022 was, to some extent, meant to rejuvenate that loss of participation.

The pandemic also, however, left children without the social interaction they needed to fully develop. As a result, the program currently focuses on reigniting those social and relational skills.

“They are building skills that we may not see as that important, but we have seen that throughout the pandemic ... kids cannot interact with people, develop relationships,” Rios explained.

Post-pandemic, 6% of Littles reported issues with depressive symptoms, which is a dramatic decrease from mid-pandemic numbers.

“We know our Littles are feeling supported,” Rios said, whether that support comes from after-school programs, community programs or one-on-one activity time.

In light of that statistic, Rios deemed the program “incredibly beneficial.” Improvements in self-esteem and self-advocacy for littles are additional criteria the program seeks to achieve.

Littles are not the only party who benefits from the mentorship program. Both Byrnes and Rios emphasized

the ways in which Big Brothers Big Sisters Mentorship Program provides their mentors with not only a learning experience but a chance to figure out their own identity.

Oftentimes, this program is not at all what mentors come in thinking it will be.

“I’ve had Bigs come into this program thinking they are going to change the world,” Rios said. Then, a Little faces specific challenges or discloses things happening at home, and the mentors hold a completely new revelation.

“This child has a whole other world,” Rios said.

Alexa Fetaya ‘26 has been a mentor at Big Brothers Big Sisters for six months. She described her experience as “one of the most rewarding and best decisions [she has] ever made.”

Because she grew up as the oldest sibling in her family, Fetaya always wanted a mentor of her own. While she volunteers at the mentorship program, she channels her “nurturing, guiding and charismatic” self for her new Little Brother, as well as every other little.

“I leave each program humbled and excited to see what these amazing children will accomplish,” she said. “They are all bright, energized, curious and creative students and it is always a pleasure to be around all of them.”

It is a program she looks forward to each week, and she adores the shared desire between Bigs and Littles to get to know each other. She noted that the kids especially look forward to their visits, and greet their Bigs with ecstatic hugs and cheers.

The mentorship program introduces Fairfield University students acting as Bigs to the community that they are serving. Byrnes points out the importance of community engagement, which she hopes will travel with students for the rest of their lives.

In addition, she hopes the program provides students a way to get involved with their community while “doing something they love.”

Through being a mentor, students have the chance to figure out later life goals or to fulfill an already present life goal. Many mentors volunteer with Big Brothers Big Sisters because they wish to replicate an empowering mentor they had as a child, or, like Fetaya because they know how it feels to not have one—and want to eliminate that experience for another child.

The mentorship program has recently added monthly dinners to their arrangement as well. At these dinners, students are able to reflect upon their service, connect with others and learn more about the work they are performing—all over a home-cooked meal.

Byrnes noted that their next dinner is on March 26, and welcomes all students to join.

Mentors receive training and are constantly being challenged at new heights. Melissa Novak, the Site-Based Program Manager of the program, extends vital support to both the bigs and the littles.

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BIC Corporation CEO Visits Fairfield Dolan for Lecture on Business Leadership

By Tommy Coppola
Editor-in-Chief

The latest rendition of the Fairfield Dolan Dean's Executive Forum saw Dolan School of Business Dean Zhan Li, D.B.A. and his co-moderator Instructor of the Practice of Management Chris Hamer, B.B.A., M.S., facilitating a conversation with Gonzalve Bich, who is the Chief Executive Officer of the BIC Corporation.

The event was held both virtually and in-person on Wednesday, March 1 at 5 p.m. Students looking to attend the event, titled, "Pens, Lighters, Tattoos?" had to register for the event online, but according to Li, some students were specially invited to sit in the audience and connect with Bich after the event.

"Traditionally, we hold three speaker events each year," Eve Liptak, Manager of Dolan Communication and Events, mentioned in regard to the Dean's Executive Forum. According to Liptak, herself and Li collaborated to create the "immersive" event.

The goal of the Dean's Executive Forum, shared Liptak, "invites thought leaders and distinguished executives to discuss issues that have profound impacts on business and/or societies."

The event kicked off with Li welcoming students, faculty and members of the BIC team to the event. Li began the presentation by speaking about Bich's credentials and introducing his co-moderator, Professor Hamer. According to Li, Hamer has 15 patents and is an innovative, entrepreneurial leader in the Dolan School of Business.

Li credited his guest with being the third generation of Bich family members to lead the company, continuing a 75-year legacy. Bich shared that at the helm of the company, he is looking to ensure social responsibility and sustainability. One way he aims to do this is by attaining carbon neutrality by 2050 and reducing the plastic in packaging of BIC products.

One key to his mindset with BIC is "reimagining everyday essentials". He shared that he sought to be "part of every heart and home" with BIC, and continued to corroborate this point by sharing how his brand can be such a personal part of someone's identity with the product line "BodyMark".

Li's first question to kick off the discussion was about Bich's tattoos, and what they meant to him. As a father of four, he has his children's names tattooed, citing that some other ones are personal to him. The "passion project" of Bodymark, as Bich stated, is vegan, temporary, and allows the user of the marker to change their self-expression and self-value as they please.

Like the name of the presentation reads, BIC also produces stationary products, lighters and more. He mentioned the importance of producing certain products locally, and shared how over four million lighters are produced a day in their plant in Milford, Conn.

He also spoke to the way that the COVID-19 affected their business, and shared that their lighters sold extremely well while everyone was quarantined at home. The local production, according to Bich, allowed the company to stay open and produce during the pandemic.

In line with giving back to the community and staying socially responsible, Bich shared the efforts of the company to understand who is using their products in the community and how they can best support them. Collaborating with schools and emphasizing a great care for education and learning are two ways that he achieves this alongside his company.

Li and Hamer were curious as to the ways that Bich maintained a leadership mindset. Although he said that he was not looking for or waiting for the CEO position to fall into his lap, he took it graciously anyways with "eyes wide open". He spoke to the value of devoting yourself to



Photo Contributed of @fairfielddolan Instagram

The Dolan School of Business welcomed BIC CEO Gonzalve Bich for an inspiring speech on business expertise for Dolan Dean's Executive Forum. From left to right: Dean Zhan Li, D.B.A., Gonzalve Bich and professor Chris Hamer, B.B.A., M.S.

something you love that can change the future.

Being curious, learning something new every single day and being agile are some of the few main traits that have helped him find success as a CEO. "Being a great leader means being a great follower," Bich shared.

Liptak took questions that students submitted via the webinar and asked a handful to Bich. Questions by students ranged from internship inquiries to curiosity as to how their advertising efforts have changed with time.

Although BIC was founded with a large presence of advertising, according to Bich, he now focuses on celebrity personalities to help out with ad campaigns. Snoop Dogg, Martha Stewart, John McEnroe and Eric Andre are just a few stars that BIC has worked with.

At the conclusion of the event, both Li and Hamer concluded by thanking Bich for speaking at the forum and giving Dolan School of Business students high-quality yet

"down-to-earth" advice on how to be a leader. "Corporations and organizations want to recruit talented students of Fairfield Dolan," Liptak shared. "So, the Dolan Dean's Executive Forum provides a platform and opportunity for corporations and their executives to engage our students."

Liptak spoke to what she hopes that students gain from such an event. "It connects students with business leaders, builds upon the current Dolan School of Business curriculum, and elevates the Fairfield Dolan student experience," she shared.

Li echoed this claim, and emphasized where he hopes Dolan students will "utilize this opportunity to build professional connections with our speaker to broaden their professional network. And, we know that some of the students would become thought leaders or CEOs in the future because they are inspired by our speaker."

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Opinion

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Fairfield Needs to Stop Overreaching Into the Lives of Students

By Sophia Spinelli
Contributing Writer

In recent events, and one could argue in recent years, Fairfield students have found themselves under the extremely close supervision of the Fairfield University Administration.

As a senior, I would trace this rigidity back to the fall semester of 2020, the start of my sophomore year. COVID-19 hit, and we were inevitably following strict guidelines under the University's conduct.

Despite living on top of each other in the same dorm buildings, we were only allowed two guests in our room at a time. To further hinder our social development, the RecPlex was shut down,

and the Daniel and Grace Tully Dining Commons was made grab-and-go style for the majority of the year.

We were rendered unable to gather and thus stripped of the opportunity to develop relationships that were formed first-year.

During my junior year, I lived in a townhouse. Long gone were the days of the Department of Public Safety knocking on our doors at 11 p.m. telling us to go back to our respective rooms ... or so we thought. Students were generally closed off from any and all interactions.

Impenetrable friend groups had been made as a result of isolation the year before. Our social muscles had not been flexed in a while, which created a general sense of social anxiety in daily

life. It wasn't until this year, my senior year, that I noticed people finally open to pre-pandemic socialization. However, it seems that not even the seniors living off campus are free from the University's stringent regulations.

This is the first year that we are truly liberated from the social norms that plagued us during the pandemic. College students are finally regaining confidence and freedom in socializing as a natural form of development. This being said, many people, especially the underclassmen, have not had adequate opportunities to learn how to interact healthily in a party setting, a crucial step that is learned early on in a college experience.

In regards to on-campus living, it doesn't seem that the social scene has improved. One sophomore said, who wishes to remain anonymous, "I think that the school cares more about restricting the bonding time and overall enjoyment of their students rather than their actual safety."

Life off-campus has proved to be different until the infamous Santa Con situation of 2022. Santa Con can arguably be deemed the first "normal" beach party to occur since the pandemic began. Thousands of students, affiliated with Fairfield University, and many unaffiliated, flocked to the beach.

The large crowds created chaos and left the surrounding area in disarray. In the following days, the student body's inboxes were full of emails with ominous

warnings of future consequences to be had.

Two months later, the student body received an email from Dean Johnson on Feb. 13th. He states that the "University's decision," or ramifications surrounding the affairs of Santa Con will ultimately affect Clam Jam. Seniors and Juniors are prohibited from buying extra tickets for friends outside of Fairfield.

Furthermore, Sham Jam celebrations were restricted for all grades. Seniors were encouraged to stay off the beach and go to the Grape, despite a limited amount of tickets being sold. Juniors are restricted to the townhouse area for a "limited amount of students to gather and socialize," per Dean Johnson's email.

Students are forced to a designated place that does not even have enough room for the whole grade.

In the same email, one statement explains that "Impromptu gatherings in other parts of campus will be closely monitored." The freedom to gather with friends and partake in normal weekend activities has been taken away completely.

As a community, I believe we should consider a few questions. If the administration feels that the events of Santa Con necessitate a consequence, should the seniors be punished, even though those living on The Point who had no control over the masses? Is it possible that the chaos of Santa Con was a result of students finally having freedom after so much time under strict regula-

tion?

A few students shared their thoughts on the subject, and it seems that similar opinions are held across each grade.

Sean Sullivan, a current senior said, "It's an unfair punishment since the Fairfield seniors were not the ones who created the Santa Con disaster. There were many outsiders who came and disrespected the beach."

Clay Edmonds, another senior living off campus said, "Freshman year at Fairfield was my favorite year throughout my entire college experience ... It seems as though the university is trying to strip away what is quintessentially the 'college experience.'"

Overall, social life at Fairfield University has been a whirlwind. As a graduating senior, I've seen the implications of expecting students to act like adults while implementing rules that are suitable for children.

Supervision of this kind is not warranted for college-aged students, and taking away social freedoms is detrimental to their development.

I argue that it leads to outbreaks such as the one at Santa Con. As the pandemic proved, the effects of close monitoring and prohibition of socialization are lasting. I hope to see improvements in the way the administration handles future events, and that students are granted the ability to grow and learn from their social experiences without hindrance.



The University heavily monitored the attendees of Sham Jam 2023.

The Magis Core is Lengthy for a Valuable Reason

By Fiona Killeen
Contributing Writer

As a student at Fairfield University, I am sure you have heard complaints and grievances over the lengthy Magis Core. The Magis Core curriculum exposes students to a variety of different subjects while also promoting expertise in writing and awareness of social justice topics.

At Fairfield, the core is composed of 15 courses, adding up to a total of 45 credits. For reference, my Psychology major requires 38 credits. There is no denying that Fairfield's Core curriculum is extensive in length. However, I do believe that there is immense value in a lengthy core curriculum for the right student.

Two years ago, the thought of discerning what major I wanted to pursue left me feeling anxious and uncertain. Flash forward to last year when I needed to record a major for my college applications, I settled on psychology, knowing it was a subject that piqued my interest but still felt dubious about how I would use it post-grad.

Fairfield's Core curriculum was enticing to me since I knew I would be exposed to a wide variety of classes that, left to my own devices, I would not choose to take.

While I may have been more resolute in my major than people who went in undecided, the Core allows me to consider subjects that I could add on as a possible second major or minor.

This is considerably helpful for assisting students in contemplating what they want to actually do with their major and how they want to apply it to an occupational setting.

I also believe that as a Jesuit university,

a core curriculum is essential to integrating the values of the order. In First Year Experience, we learned that Ignatian spirituality proposes the idea of being "men and women for others." This means that we should engage in service and further our understanding of the social responsibility that we all hold.

This is especially applicable to social justice related issues and how it is our obligation to acknowledge these matters and use our voices to promote equality.

The core curriculum includes social justice signature elements. These courses incorporate race and intersectionality theory, which allows students to honor the values of the Jesuits. Without these classes included in the core, it would be up to the student to decide to engage with these topics. While many may still choose to do so, others may be less inclined.

It is no secret to anyone that Fairfield is a predominantly white institution and one that has faced challenges in the past regarding diversity and inclusion. The core successfully blends academics while also trying to improve students' social consciousness.

Whether it be requiring students to take a visual arts course when they are a STEM major or mandating that all students complete social justice related classes, the Core constantly challenges students to be more well-rounded and critical thinkers.

Another element of the Jesuit faith that is fundamental to the use of a lengthy core curriculum is the concept of "cura personalis." The Latin phrase translates to the "care of the entire person."

As a Jesuit institution that follows this belief, Fairfield strives to prioritize tending to the student body's health, social and individual needs as strongly as they emphasize academic standards. I believe that this relates to the Core since personal discovery can be tied into cura personalis. To me, caring for the entire person also means fostering an understanding of one's sense of self.

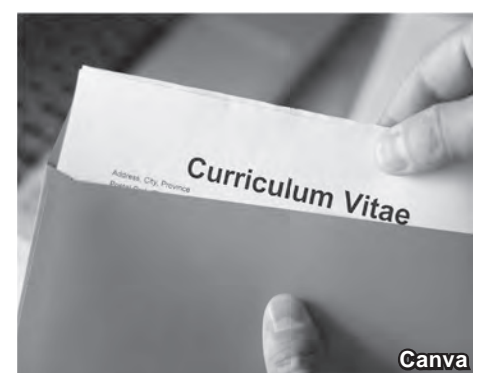
Last semester, I took an introductory philosophy course that culminated in a final paper that instructed us to write a letter to either our future self or a future descendant regarding advice learned from the major philosophers we studied throughout the term. The predominant theme throughout the course was discerning what constituted the "good life."

Through studying philosophers such as Plato and Epicurus, I gathered an understanding of the necessary components of achieving the good life, such as embracing truth and not prioritizing materialistic pursuits.

If the Core were not a factor in my degree, I likely wouldn't have sought out taking a philosophy course, but by taking this class, I gained a practical understanding of how to approach morality and life in general.

While some may argue that the Core prevents students from taking major-related courses sooner, I would assert that it is more important to be certain about your major before fully delving into it. By requiring us to take liberal arts courses, we are given the time to determine our likes and dislikes for subjects we wouldn't interact with if we just jumped into our majors.

Of course, most people know prior to com-



Core Curricula are common in universities, but the length of them varies per school.

ing to college the subjects that they would never pursue long-term. However, there are subjects taught at the college level that many of us may not have taken during high school.

Personally, I know that I never had the opportunity to take a philosophy course prior to coming to Fairfield. Even though I may never make the switch from psychology to philosophy, I believe there are still notable benefits to being exposed to the different ways of thinking and inquiry that these courses teach.

I am sympathetic to the annoyance of the student body regarding needing to take seemingly unrelated courses that don't apply to their major.

However, the next time you feel unmotivated or disconnected from your core classes, I urge you to try to extract some usefulness or practicality that could be potentially applied to your overall outlook, especially one connected to the Jesuit beliefs.

Letter to the Editor: Reflecting on the One Year Anniversary of the Black Stags Matter Protest

By Eden Marchese
Contributing Writer

Did you miss it?

I recently wrote an email to faculty and staff on campus regarding the passing of the year anniversary of the Black Stags Matter protests on campus and wanted to write something here as well.

Since the protest, there have been promises made and fulfilled, promises made and broken and in many ways, people have moved on with their lives as if nothing happened. It has been over a year since the protest, and with little more than a whisper of people demanding change, campus has returned to something it finds most of its comfort in: white comfortability and white ignorance.

A year ago, many parts of campus came together to vocally support Black and Brown students on campus in the face of an institution that was suggesting the campus should side with white supremacy because, make no mistake, to be “neutral” is to support the oppressor.

There is nothing neutral about standing by as students say they do not feel safe on this campus. There is nothing neutral about

standing by as they say that they don't feel safe in their own dorm rooms.

Now that we will have a Vice President of Diversity beginning over the summer, we cannot believe that the fight is over.

If we throw all of our problems onto the new VP without putting in the work ourselves, we will see history repeat itself as it has since the founding of Fairfield University. If we continue to say, “It's not my problem,” we will see history repeat itself. If we do this, we will have failed.

You are still needed. You still have a responsibility as a human being, as someone who is a part of a Jesuit institution, to fight for the rights of the students here. Violence does not just occur in the moments like what some of us saw last year. The violence against Black and Brown students, faculty and staff occurs in every second of silence, every second of complacency.

If any of this was news to you, I ask that you look through past articles of “The Fairfield Mirror” from when the protests were occurring. Do not throw this work and weight onto Black and Brown faculty, staff or students if you do not know what life can be like for students here. There are hundreds of resources online for you to access and “The

Mirror” also offers a glance at the experience.

If this isn't news to you, if you were at the protests, if you were someone who heard about it and stayed in class, even if you are someone just listening now, I leave you with this:

This is your fight too. Even if you believe that none of this will affect your life, even if you would rather stay in a world of blissful ignorance, there is always work to be done. The best thing that institutions have against change is that we are only here for four years. They only have to worry about us fighting to make things better until we graduate and then things can “return to normal.”

This is something that this university has seen happen countless times and something that I fear will happen again. Regardless of where you stand, you chose to come to a Jesuit university. You are called

to set the world on fire and that means every part of the world, not just the parts that you're comfortable saying are wrong.

We have immense power as students, don't let anyone tell you otherwise. Change can be scary, but we have the ability to help create something new, something beautiful. We can make this campus a place where students feel safe, comfortable and like they belong.



Kyler Erezuma/The Mirror

The Black Stags Matter protest occurred April 20, 2022 and was hosted by Fairfield University's Health and Wellness Committee.

Not Enough Of Us Are Working Toward Our Dream Job

By Brooke Lathe
Executive Editor



Whenever I find myself giving an inspirational speech or explanation of my educational background, which is not too often, I always seem to bring up something that my doctor once said to me after I excitedly told her my plans for my future: “You're going to need to find yourself a sugar daddy.”

As an English Creative Writing major with the hopes of one day becoming a

screenwriter, I've heard it all. And, it's nothing that I haven't thought to myself before. I know the industry is hard to get into. I know that I will have to sacrifice a lot of things to get where I want to be. I know Los Angeles is where a lot of the jobs are. I know!

I'm prepared for these scary changes because it is my dream. But unfortunately, I think a lot of us are scared to attempt the same sacrifices for our passions because others unintentionally scare us out of it or we even psych ourselves out of it.

A recent research study shows that “Only 1 in 10 Americans says they're working their dream job. Of those surveyed, 7 in 10 don't think they're on track to get their dream job.” Why is this? I personally know a lot of friends whose parents refused to pay for an education they didn't think would “provide” for their child, which is incredibly challenging and saddening.

But I am also no stranger to watching many loved ones struggle in careers they despise, and in addition to feeling sympathy

for them, I feel a drive—a drive to get literally as far away as possible from that kind of life for myself. Because what is a life worth living if you are quite literally miserable? I hate to break it to you, but no money is worth wasting precious years of your youth.

I think people are also so scared of branching out and reaching for the stars because they are stuck in their comfort zone. Acknowledge this, and please run out.

A quote that I live by daily is by Bishop John A. Marshall, which reads: “If you're not uncomfortable, you're not growing.” This has been my push for so many things: studying abroad, declaring my second major, applying for my first job ... and so much more! So, write this down, hang it on your wall and read it every day. I can not express this enough.

Furthermore, I recently watched Steve Jobs' 2008 Stanford University Commencement speech for one of my classes and at the address, Jobs shared three personal stories.

The one that caught my attention

most, however, was that he would start every single morning with the same question: “If today were the last day of my life, would I want to do what I'm about to do today?”

He continues by explaining a near-death experience and how this allowed him to have the courage to follow his heart and intention because those are the parts of you that already know what you want.

Jobs then ends his speech by saying “Stay hungry. Stay foolish.” Luckily, I've already had this mindset instilled in me since my first year of college, but I think it's important for other people to hear.

Success is not achieved overnight, as shown by so many influential figures in our time. Keep working at your goals and remind yourself of the statistics from above.

Do you want to spend 50 years in a job you hate just to build savings that will get you nowhere when you're practically elderly, or do you want to spend every day indulging in your passions? The work toward building this life starts now.

“JOURNALING: THE FREE THERAPY YOU DIDN'T KNOW YOU NEEDED”

MAX LIMRIC
MANAGING EDITOR

Dear Diary ... Sike, that's not the manner of journaling I adhere to.

Before the start of this academic year, the closest I'd come to journaling was the daily To-Do lists I kept in a notebook. Sure, it kept a collection of the academic assignments and events in my life, but it did not offer insight into my personal life or feelings. Thus, I decided to make a change. I received a Moleskin for Christmas and vowed to write in it daily. Yet, it felt like another chore—one I didn't need.

But after a class this semester required us to write a 15-minute entry daily, my taste for journaling grew. I discovered that it's basically free therapy—a therapeutic exercise and a way to validate your thoughts as you get them down on paper. Not only did we write daily, but we explored alternative ways to journal, one of which clicked—online journaling.

The app, Day One, transformed my journaling experience.

Now, I know the last thing we all need is more apps or rising screen time, but Day One is nothing like that. Offering thought-provoking prompts or simply a blank page to write on, it combines easy access to technology with the need to express our thoughts and feelings.

For those of you who are forgetful, Day One will give you a daily reminder to record your day or your feelings. But not in an overbearing way, as you pick the time it reminds you. Likewise, with no advertisements and a simple white and light-blue screen, you feel removed from the pressure and overstimulating aspects of social media and other apps meant to addict you and grab your attention.

Now, this is not an advertisement for Day One, even though it may seem like one because I know I will never give up my hard copy journal, as a pen on paper carries meaning. But for those days that I can't be bothered to pick up the pen

to craft a look into my life, an online journal allows me to capture my life in quick snapshots—literally—as you can even add a picture from your day.

In regards to the act of journaling, the best advice I received about journaling comes from a Christian Spirituality class. I had written a journal entry in which I described how I wanted to journal about happier and positive moments in my life, instead of journaling solely about annoyances in my life. I've since lost the feedback on my entry, but I remember it went along the lines of: “Don't censor yourself, write whatever comes to mind.” I couldn't agree more, the journal is for you, you do not have to put on a facade for anyone or fake your emotions; instead, be realistic about what you feel: good or bad.

Journaling should capture your feelings and be a snapshot of your life—even if you only journal once a month, that entry will solidify your life in that moment and tell its story for years to come.

THE VINE

EDITOR: ABIGAIL WHITE





SPRING BREAK STAGTIVITIES

By Max Limric
Managing Editor

Stag's spring break is coming up quickly, with only days before we get more than a week off of school! So let's see what Stags are getting up to over their much-needed time off!

Many Stags are packing their bags and preparing to travel over break.

As a group, The Glee Club will venture into Italy. First-Year Nathalie Bates is going to bless the ears of Italians and others residing in Italy as the Glee Club sings their way around Rome, Assisi and Florence.

She states, "we're singing too many songs to count, but one of them is Te Deum by Haydn which is super long ..."

Sophomore Frances Harmon also takes part in the Glee Club and will travel with them to Italy to also bless their ears with her voice.

When asked what she's looking forward to, she said she's "excited for everything." Sophomore Aimee Sardilli is joining the fun as well and looks forward to singing at The Vatican—impressive stuff.

Others are tired of the cold and even though winter hasn't seemed as harsh this year, they're still excited to escape and embark on trips to warmer climates.

Sophomore Veronica McAdams can't wait to travel to San Diego with her mom. In San Diego, they are "staying on the Coronado Naval Base" as they visit her uncle who is an admiral. She claims he "is in charge of the Pacific Ocean."

Whatever that means ... Personally, that seems like a large area to be in charge of.

Miami is another hot destination, as Aubrey Silverman '25 is heading down south with her mom and planning to stay in their apartment "for a nice little three-day getaway."

Another aspect of Spring Break to look forward to is a break from school work—which is probably coveted by everyone on campus.

First-Year Jonathan Vicente states what we're all thinking: "I am looking forward to a break from my studies." Simple, yet the correct answer.

He mentioned spending time with his dog and watching movies with his family as well. He adds, "I also plan on heading down to the city with my girlfriend to go to the Met."

However, some students are not abandoning their "grindset" mentalities over break and plan to work at home.

Junior Garrett Nelson states, "why spend money when you can earn it?" and is going to work at his local ACE hardware store over break.

Sophomore Lauren Martland agrees with his sentiments, as she'll "be working ... and then hitting the town!" She just couldn't forget to mention her excitement for the Newport St. Paddy's Day Parade!

Another Sophomore, Jennifer Fajardo will work in the Office of Undergraduate

Admissions over break and will give tours to prospective students.

Local travel serves to make for an equally thrilling break (Local meaning there's no plane ride necessary.)

Senior Maria Boyle is going to Washington, D.C., which she claims is "kind of a random destination."

She's visiting a friend who lives there and because she's only been there once before, she looks forward to seeing all the monuments she missed her first time.

Junior Thomas Drillien bought tickets to a John Mayer concert in Boston.

He just can't wait to drunkenly belt out the lyrics to his favorite John Mayer song, "Waiting on the World to Change." He promises he's only going to have a few drinks—and will be doing so legally, as he's getting pretty old.

But Spring Break won't be fun for everyone, as Danny Onorato '24 has to get his wisdom teeth removed.

Whether you're getting loopy on anesthesia, bathing in the Miami rays or visiting your uncle who rules over the Pacific Ocean (Poseidon!?), make sure to relax and enjoy every second of your time off!



This Or That?



A Study Guide To Surviving Midterms

By Giana Russo
Contributing Writer

Happy Midterm season, everyone! With exams looming and time flying when we need it to slow down the most, everyone is attempting to figure out their best studying habits. Whether you have stuck with the same routine or you're trying something new, here are some options to mix up the way you study these next few weeks.

STUDY WITH FRIENDS OR ALONE

Some people work a lot better when they are surrounded by other people. Having students working equally as hard can motivate someone to do work, rather than being stuck getting started. However, others may find this distracting and prefer to study alone. It is important to put yourself in an environment where you will get the most out of your time. If that means renting out a room in the library with your friends or powering up your laptop alone in a lounge, you do you.

FOCUS ON ONE ASSIGNMENT OR MANY

Busy-minded individuals occasionally prefer to go back and forth on assignments. Even though there is not much completion, there is a lot of progress. Other students, like myself, are determined to finish assignments, specifically, so they can check them off a list. Seeing completion, rather

than progress, can help motivate you to get even more assignments done.

TAKE MANY SHORT BREAKS OR ONE LONG ONE

Focusing for long periods of time can be difficult, and some students prefer to split up their time to work more efficiently. By taking many breaks, they are regaining spurts of energy that allow them to work for a longer period of time as a whole.

Alternatively, long breaks are better suited for concentrated students, sometimes with a fast-approaching deadline. One big break means working for longer, but this can be helpful for those who can sit down and focus.

WORK WITH MUSIC OR QUIETLY

Working with music can eliminate silence that causes the mind to drift. It can be a driving factor to work hard if the music itself reflects that and energizes the listener. On the other hand, changes in pitch or surrounding sounds can cause distractions. Additionally, lyrics can

confuse students that are writing papers and need to concentrate on word choice. Ultimately, this depends on your ability to focus and whether or not you prefer to work in a quiet environment.

STUDY IN AN ACADEMIC BUILDING OR IN YOUR DORM

Students can feel stifled in their dorms, or too comfortable to get any work done. Academic buildings, such as the Dolan School of Business, Marion Peckham Egan School of Nursing and Health Studies, the DiMenna-Nyselius Library or even a classroom in Canisius Hall provide a classroom environment that encourages you to work hard.

Nonetheless, others find studying in their dorms comforting; away from the prying eyes of fellow peers and the distractions of a new environment.

GET SOME REST OR CAFFEINATE

For some people, a good night's rest is all they need to wake up refreshed and ready to work.

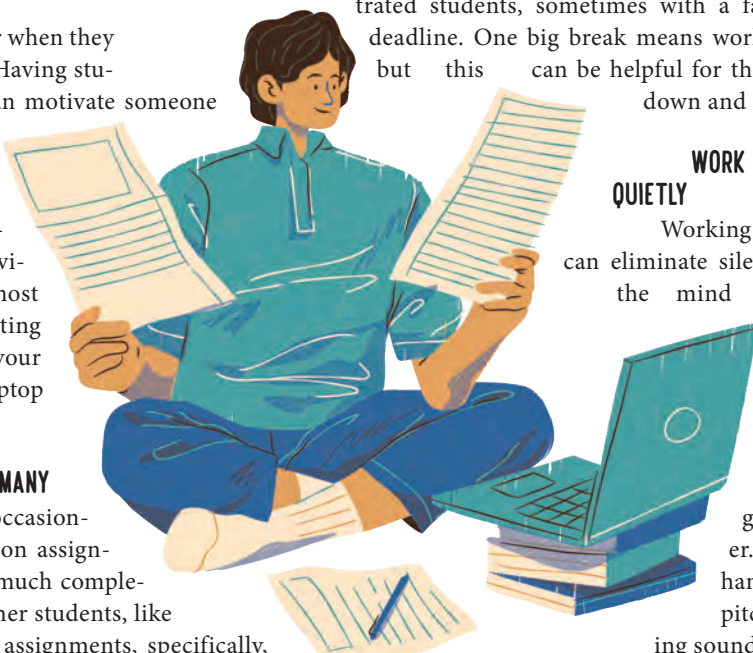
For others, burning the midnight oil is their go-to in order to complete big projects. Whatever you do, do it healthily.

Don't oversleep, or you might become extra tired throughout the day, but don't over-caffeinate and cause your nerves to go into a frenzy.

Either of these, if done properly and in moderation, can aid in your studies!

Lastly, though I'm sure it will fall on deaf ears, try not to procrastinate.

That being said, as long as you find the proper study habits that work for you, midterms will be a breeze. I wish everyone good luck!



"JUST SALAD" JUMPS TO NEW FAIRFIELD LOCATION WITH GRAND OPENING



By Abigail White
Head Vine Editor

Attention all salad lovers! The NYC-based fast-casual chain, Just Salad, is celebrating the grand opening of its new Fairfield location.

This climate-conscious brand, founded in 2006, has over 70 locations across the globe including New York, New Jersey, Connecticut, Florida, Illinois, Pennsylvania, North Carolina and Dubai.

Now, with the new location, Fairfield residents can enjoy Just Salad's healthy, delicious, climate-conscious salads as well.

"Just Salad is excited to bring

its mission of everyday health and sustainability to the Fairfield community," said Nicole Natoli, brand spokesperson for Just Salad, in a statement to The Mirror.

"We're proud to officially open our first-ever store in Connecticut and look forward to serving its residents with fresh, healthy and climate-conscious food choices."

The company "soft" opened its new location in Fairfield, Conn. on Jan. 30, 2023, and celebrated its Grand Opening Thursday, March 2 through Saturday, March 4, 2023, with a series of in-store promotions.

Throughout the three days, customers could enjoy "\$5 Meal

Day," meaning that every in-store order was just \$5.

Tuesday, March 7 was "VIP Bowl Day," in which Just Salad offered \$5 meals to all Reusable Bowl customers who made in-store purchases.

Wednesday, March 8 is "Community Workers Day." This means that \$5 meals will be offered to Community workers who make in-store purchases on this day.

A large part of Just Salad's mission is to promote sustainability and climate-conscious eating.

It is home to the largest restaurant reusable program and is the first restaurant chain in the U.S. to carbon-label its food and provide a Climatarian category on the menu.

One of the ways in which this is implemented is through Just Salad's two reusable bowl programs: the "MyBowl" program and the "BringBack" program.

The "MyBowl" program allows customers to purchase a bowl for just one dollar extra, and it is theirs to keep and reuse every time they eat at Just Salads.

And, bonus, with the purchase of their own bowl, customers will receive one free topping every time they bring their bowl back



Photo Contributed by Just Salad

Just Salad celebrated the grand opening of its Fairfield Location March 2 through March 4.

to the store.

The "BringBack" program allows customers the convenience of ordering on the Just Salad app, selecting "BringBack Bowl Pickup" and having their food ready to pick up in a green returnable bowl.

Customers can enjoy their meals and bring back their bowls to return in a drop-off bin at any participating location.

In terms of menu options, Just Salads has quite a variety of salads, soups, smoothies, wraps, warm bowls and even avocado toast.

Some of the highlights of the menu include the seasonal winter salads, the "Iconic Salads"—the Crispy Chicken Poblano, Thai Chicken Crunch and Tokyo Super-greens—and the "Earth Friendly"

menu board which features salads with a low carbon footprint.

When browsing the menu online, customers can apply filters based on their "lifestyle".

These filters include keto, gluten-free, Climatarian, paleo and vegan.

Customers can click on these filters and browse the delicious selection of salads that meet their dietary needs.

Just Salad, located at 2267 Black Rock Turnpike, is open Monday through Friday, 10:30 a.m. - 9 p.m. as well as Saturday through Sunday, 11 a.m. - 8 p.m.

So be sure to head into town to try out some delicious and climate-conscious food.

What combination could be better?



Photos Contributed by Just Salad

Just Salad offers salads, smoothies, warm bowls, avocado toast and more.

The Past And Present Of St. Patrick's Day

By Kaitlyn Conroy
Contributing Writer

The season of St. Patrick's Day celebrations is upon us. Soon you will be seeing a flood of people dressed in green attending parades and parties.

For me, I will be celebrating in New York City, watching the parade and going to a party afterward; one of the many ways to celebrate this special holiday.

The holiday celebrates St. Patrick, a fifth-century missionary who helped in bringing Catholicism to Ireland.

While the holiday is a National Holiday in Ireland and is celebrated, I am more familiar with the Irish-American celebration of St. Paddy's, and the rich history behind it.

When Irish immigrants came over to America in the 19th and early 20th centuries, they faced discrimination from Americans. These immigrants left Ireland due to the Great Famine and oppression from the British.

They had to work dangerous and dirty jobs, and many of these immigrants lived in extreme poverty in major cities. Irish immigrants were also Catholic and this w

as a large reason why they faced discrimination, as many Americans at the time were Protestant.

St. Patrick's day became a day for these Irish immigrants to celebrate their Irish heritage.

St. Patrick's Day parades were held way before this new wave of Irish immigrants. In fact, the first St. Patrick's Day parade was held in St. Augustine, Fla. in 1601.

However, they gained popularity through the attendance and participation of Irish immigrants. Through the years, the holiday became more popular and widespread, and now a great deal of Americans celebrate it in some way.

Some of the most popular parades in the United States take place in New York City, Chicago and Savannah, Ga.

People celebrate the holiday in many different ways.

I myself like to celebrate by baking Irish soda bread. It is my favorite bread, and incredibly easy to make.

On St. Patrick's Day, my mom likes to make corned beef and cabbage. Corned beef is not actually a traditional Irish meal, but

is actually more of an Irish-American tradition.

The meal is a symbolic reminder of what our Irish ancestors had to eat when they immigrated to America.

Corned beef was a cheap meat and one of the only meats immigrants could afford at the time. Growing up I was an Irish Dancer, and I used to dance in St. Patrick's Day parades every year.

It was such a great way to celebrate my heritage. After the parades, we would all come together for a huge St. Patrick's Day party at the local Hibernians club.

Nowadays, I love to attend parades and parties for the whole month of March.

For Irish Americans all over the country, St. Patrick's Day is a day for us to celebrate our history and heritage.

The Irish have had a long and tumultuous history, and we celebrate the triumphs over the hardships our Irish ancestors had to face both in Ireland and in America.

So, go out and celebrate this special holiday because everyone is Irish on St. Patrick's Day!



Snow Day Spreads Joy To Fairfield Students

By Mary Bevans
Contributing Writer

With this past winter delivering very little snowfall, students had slowly been losing hope for the possibility of a snow day—with a couple of dustings over the past couple of months leaving much to be desired. However, on Monday, Feb. 27, a cold front that swept across the country brought the first big snow of the season—delivering half a foot of snow to an excited campus community.

In-person classes and offices on campus were closed, finally allowing for the first Snow Day of the 2022-23 academic year.

As the snow fell Monday night, students flocked to the developing winter wonderland out-

side.

One particularly favored snow day hot spot on campus—Bellarmine Hill—was buzzing as students gathered with sleds and makeshift sleds in tow. Sleds big and small as well as cardboard boxes, lids, oven trays and even mattresses were used to journey down the snow-ridden hill. Some were more successful than others.

On Tuesday, the fun continued as students built



snowmen around campus, and continued with sledding and even skiing on Bellarmine Hill.

Although this may be the only snowfall sizable enough to warrant a snow day this semester, it's safe to say that this unexpected joy the campus community was able to share brightened spirits and even turned the semester around for some.

For many, this evening marked a time when students felt more connected than ever to fellow students and the campus community.

Molly Durrant '23 spoke on this feeling: "Some of my favorite moments at Fairfield are moments like that night on the hill where the campus community comes together to experience friendship and joy."

The weather in the coming weeks is currently predicted to be on the warmer side as we approach springtime, but that doesn't mean the possibility of another large snowfall is completely ruled out.

We can only hope for another—the knowledge of Dean Johnson's chili recipe depends on it!



NEW JONAS BROTHERS JAMS ON THE WAY!

Jacqui Rigazio
Assistant Vine Editor

Calling all Kevin, Joe and Nick fans everywhere! That's right, the iconic JoBros are once again in the process of creating another album to bless our ears and souls. The album, cleverly titled "The Album," is set to be released on May 12, 2023.

As a die-hard Jonas Brothers fan since the beginning, it's needless to say that I'm eagerly waiting for these new tracks to drop.

In preparation for their new album,

let me take you on a stroll down the JoBros memory lane.

Kevin, Joe and Nick first formed their band in 2005. While we know them as the Jonas Brothers now, back in 2005 their manager actually wanted their band to be called "Sons of Jonas." Thank God this band name didn't make it out of the drafts.

It is well known that the Jonas Brothers' claim to fame came from Disney Channel. The boys began working with Disney in 2006 which put their talent in the spotlight.

Unfortunately, their first album "It's About Time" had poor sales, but the brothers definitely made up for it with their second album "Jonas Brothers".

This album will always hold the most special place in my heart, as it was constantly playing in my mom's 2008 Subaru Impreza during my preschool and elementary school years. When I say I was raised on the JoBros, I mean it.

Their song "S.O.S" is one of my all-time favorite Jonas Brothers songs to this day. When I attended their concert back in 2019 I nearly cried when they played "S.O.S".

The intense nostalgia and full

circle moment that I felt while listening to them perform my favorite childhood song live was truly an unforgettable moment.

Not only were we blessed with "S.O.S" on this album, but we got other bangers such as "Hold On," "That's Just The Way We Roll" and "Still In Love With You," just to name a few. Honestly, this album will always remain at the top of my JoBros charts.

From here, the brothers released four albums, starred in the iconic "Camp Rock" movies, went on tour and even started their own show on Disney Channel entitled "Jonas".

While fans could only assume that their lives were a dream at this point, the brothers revealed how it was actually tearing them apart in their 2019 documentary "Chasing Happiness".

They shared how growing up in the spotlight during the prime of their young adult years caused a divide between the group.

During this time, the boys started working on separate projects. Nick started a solo career, Joe formed his band DNCE and Kevin happily settled into married life.

Just days before their fifth album was supposed to drop in 2013, the brothers officially split up the band due to "creative differences".

It was later revealed in "Chasing Happiness" that Nick's solo career was the main reason that the band broke up. As devastated as I was at this split, I could never stay mad at Nick.

After six years of a JoBros drought, the brothers unexpectedly dropped "Sucker," their first song together since the split. This song and music video was nothing short of iconic.

The brothers' return to the music in-

dustry was the comeback of the century. Not only was "Sucker" stuck in everyone's heads for months, but the music video featured the three brothers and their wives dancing around a mansion.

For O.G. JoBros fans like myself, this was the most beautiful comeback I could have ever asked for.

June 7, 2019, was the day that I had been waiting for since I heard of the split in 2013. The Jonas Brothers released their comeback album "Happiness Begins" and it was a hit. No skips, in my opinion.

Their new sound blended elements from Nick's solo career, Joe's work with DNCE and their previous JoBros vibe. It was nothing short of beautiful. I may have shed a tear.

The emotions and growth that the brothers went through during their six-year hiatus shone through in this album and clutched the hearts of JoBro fans everywhere.

I had songs like "Strangers," "Only Human" and "Comeback" on repeat in that same 2008 Subaru Impreza for the entire summer of 2019.

Talk about full circle; "Rollercoaster" has got to be my favorite song off of this album, as it expresses the brothers' journey from being poor in California to finding happiness and success in their bond with each other.

Clearly, the Jonas Brothers have been on quite the journey since 2005, and I am here for every second of it.

Their 2019 comeback has made the band better than it ever was, and their music just keeps getting better. I'll stand by these brothers to the very end.

But until then, I'm counting down the days until "The Album" releases on May 12!



Photo Courtesy of @jonasbrothers on Instagram

The Jonas Brothers are set to release their new album "The Album" on May 12, 2023.

The Soundtracks To Spring Break

By Roisin McCarthy
Contributing Writer

It's that time of year! School's out for the week and it's time to crank the jams on your spring break travels. Music guides us and holds our hands through all the emotions of life. Crafting the perfect playlist for a spring break adventure can be challenging, but I got your back! Let me introduce you to some killer tunes with a variety of different styles that will be the soundtrack to a needed week off.

Everyone has different spring break vibes, and I'm here to provide multiple playlists that relate to all spring break moods. If you are traveling and find yourself tanning on the beach or hitting the slopes, here is an upbeat playlist to get you moving and grooving.

"Another Day In Paradise" by Quinn XCII
"Close to You" by Dayglow
"Adventure of a Lifetime" by Coldplay
"Someone to You" by BANNERS
"Best Song Ever" by One Direction
"Brand New" by Ben Rector
"Little Lion Man" by Mumford & Sons
"Ain't No Mountain High Enough" by Martin Gaye, Tammi Terrell
"American Teen" by Khalid
"Pennies From Heaven" by Louis Prima

For those of you who are in your feels, and your spring break will consist of sleeping, eating and bingeing movies, here are a couple of moody songs that will mellow you out.

"Stick Season" by Noah Kahan
"Two Ghosts" by Harry Styles
"11 Blocks" by Wrabel

"The View Between Villages" by Noah Kahan
"Boston" by Augustana
"Homegrown" by Zac Brown Band
"Illicit Affairs" by Taylor Swift
"Put a Little Love On Me" by Niall Horan
"Get Well Soon" by Ariana Grande
"Something in the Orange" by Zach Bryan

My Country music lovers, I am here for you! Let me suggest some amazing country songs that will aid you in your travels and are easy car karaoke jams.

"One Thing At A Time" by Morgan Wallen
"Dance Her Home" by Cody Johnson
"Drink Had Me" by Jordan Davis
"To a T" by Ryan Hurd
"1, 2 Many" by Luke Combs, Brookes & Dunn
"There Was This Girl" by Riley Green
"I Like The Sound Of That" by Rascal Flatts
"Nights On Fire" by David Nail
"Tennessee Orange" by Megan Moroney
"Stay A Little Longer" by Brothers Orsborne

If you are going through a breakup or love isn't on your side, I've got some songs for you. These songs will have you screaming in anger because you know you deserve better!

"Better Than Revenge" by Taylor Swift

"Gives You Hell" by The All-American Rejects
"Needed Me" by Rihanna
"IDGAF" by Dua Lipa
"Break Your Heart Right Back" by Ariana Grande
"Lights Out" by bludymph
"Sorry" by Beyonce
"I Forgot That You Existed" by Taylor Swift
"No Scrubs" by TLC
"I Hope" by Gabby Barrett

Sometimes it's hard to figure out what music mood you are in, trust me I've been there. Let me suggest some random songs that you never would've thought to listen to during spring break!

"Heaven" by Niall Horan
"Sun To Me" by Zach Bryan
"Knew Better/Forever Boy" by Ariana Grande
"Don't Throw it Away" by The Jonas Brothers
"Love Me Back" by Bebe Stockwell
"Un Año" by Reik and Sebastián Yatra
"The Story" by Brandi Carlile
"Someone New" by Hozier
"Reflecting Light" by Sam Phillips
"She Calls Me Back" by Noah Kahan

No matter what your spring break plans are, I hope these songs guide you through your time off!



Social Media: Success and De-stress

By Christina Silvestri
Contributing Writer

Social media, like anything else, follows a quickly turning trend cycle. For instance, MySpace was popular circa 2005, then Facebook later in 2008 and so on. With those sites on the outs, the 2020s have some new apps that have people in a frenzy.

Generation Z, composed of people born from 1997 to 2012, has the power to decide which forms of social media are prominent at the moment. While Instagram and Snapchat are still heavily used, there are some new frontrunners. As an avid member of Gen Z and a social media user myself, here are the two platforms I find to be the most popular right now.

TikTok

TikTok is a short-form video-sharing platform created by the Chinese company ByteDance. The app launched in 2016 but was not available worldwide until 2018. TikTok has an exponentially diverse assortment of content; anything from dancing, cooking, comedy and lifestyle videos. Part of what makes TikTok so popular is the fact that the app is able to curate your feed to show the viewer exactly what they want to see. This means that if you double tap or "like" a video about the latest season of "Outer Banks," for example, you are sure to get ten

more just like it. This ensures that the viewer will continue to scroll for long periods of time, which is something that lots of college students do. TikTok is definitely the app that causes the most screen time. In my experience, young people make TikTok videos to funny "sounds" and dance to the current top hit before a night out or in between classes.

BeReal

BeReal is a photo-sharing application in which a notification is sent to everyone with the app loaded at a specific time every day. At that time, the user has two minutes to snap a photo using both front and back cameras: this is your opportunity to "BeReal".

The goal of this app is to combat the idea that social media posts are planned out and fake. Not knowing when the notification will go off forces you to show your most authentic self.

This app is my favorite because being in a setting with a bunch of people who have BeReal, you can always hear at least three people yell "it's time to BeReal!"

That being said, social media is not all good and is not all bad. Finding a good balance is key. I find social media to be an easy way to decompress after class. It

is so easy to come back to your dorm, lie on your bed and scroll on TikTok for hours until your next class. However, between social media and doing homework online, the screen time can get too much. To contest this, I put a time restriction on my favorite apps through the settings on my phone. For example, after an hour of Instagram, my phone will lock me out of the app until the next day.

Another screen-reducing option is to go for walks. This may sound simple, but when I am using social media I often am looking for a distraction.

A healthier way to procrastinate is to go on a walk and listen to music or a podcast. This way your brain is busy and your eyes get a rest. A final idea is to keep your phone on "Do Not Disturb". This way, you will not get notifications from your social media apps and

therefore be less tempted to pick up your phone. I usually do this when working on papers or studying for midterms and it has definitely worked.

Social media will continue to change and new apps will become outdated. Soon BeReal will be as forgotten as the beloved app, Vine (2013-2017).





COFFEE BREAK



SATIRE, GAMES, PUZZLES AND MORE

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

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SAINT PATRICK'S DAY WORD SEARCH

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I R A Y Q H E N H G P I I O L



Bagpipe Green March Clover
Leprechaun Rainbow Gold Luck
Seventeenth



Where is the Mirror Staff Heading for Spring Break?

-  Florence, Italy
-  Newport, RI
-  NYC, NY
-  San Juan, Puerto Rico
-  Dallas, TX
-  Fort Lauderdale, FL



SPORTS

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March 8	March 9	March 10	March 11	March 12	March 13	March 14
Men's Tennis vs Sacred Heart University Trumbull, Conn. 11 a.m.	Men's Swimming CSCAA National Invitational Championship Elkhart, Ind. 9:30 a.m. Women's Swimming CSCAA National Invitational Championship Elkhart, Ind. 9:30 a.m. Women's Tennis vs Sacred Heart University Trumbull, Conn. 11 a.m. Women's Basketball vs Siena College 2023 MAAC Tournament Atlantic City, N.J. 3:30 p.m.	Men's Swimming CSCAA National Invitational Championship Elkhart, Ind. 9:30 a.m. Women's Swimming CSCAA National Invitational Championship Elkhart, Ind. 9:30 a.m. Softball vs Ball State University Liberty University Lynchburg, Va. 3 p.m. Baseball at University of North Florida Jacksonville, Fla. 6 p.m.	Men's Lacrosse vs Binghamton Fairfield, Conn. 1 p.m. Women's Lacrosse at Drexel University Philadelphia, Penn. 1 p.m. Softball at Liberty University Lynchburg, Va. 12 p.m. Baseball at University of North Florida Jacksonville, Fla. 2:05 p.m.	Men's Tennis vs Indiana University - Purdue University Indianapolis Orlando, Fla. TBA Softball vs Ball State University Liberty University Lynchburg, Va. 10 a.m. Baseball at University of North Florida Jacksonville, Fla. 1:05 p.m.	Women's Tennis vs South Dakota University Orlando, Fla. TBA	Women's Tennis vs Farleigh Dickinson University Orlando, Fla. TBA Men's Tennis vs Farleigh Dickinson University Orlando, Fla. TBA Baseball at Stetson University DeLand, Fla. 6 p.m.

Women's Lacrosse Bests Vermont in Competitive Game

By Brooke Lathe
Executive Editor

The Fairfield University women's lacrosse team secured their fourth win of the season this past Saturday, March 4, as they dominated the

University of Vermont in a 14-8 victory. Their 2022-2023 record now advances to 4-2.

The first goal of the afternoon was scored by graduate student midfielder Ellie Grefenstette at the 11:44 mark, and only 40 seconds later, Grefenstette netted the Stag's second goal of the

game. With the Stags up 4-0, Vermont's first contributions didn't appear until 5:28 and 1:46 left in the first quarter, which resulted in the second quarter beginning with a 4-2 lead from the Stags.

With another goal from the Catamounts, the Stags were able to accelerate to a 7-3 lead as attacker/midfielder Olivia Doody '23 threw in a point followed by two goals by attacker Libby Rowe '23. With 5:06 remaining on the clock, however, Vermont was able to catch up in a nail-biting finish of the first half, leaving the second quarter with a 7-6 lead.

The Stags returned the field blazing, as attacker/midfielder Elizabeth Talluto '23 successfully netted two more points for Fairfield. And when Vermont secured their seventh point, it wasn't until 13 seconds left in the game that the Catamounts were able to make it back to the net.

In the end, Rowe earned herself a total of three points and two assists, followed by Grefenstette and Doody, who both scored two goals and midfielder Rylee Harrell '24 with her lone goal at the 5:34 mark in the fourth quarter.

Harrell's single point wasn't her only contribution to the Stags on Saturday, however,

as she performed a record-setting showing by collecting 11 draw controls. This not only ties her with Fairfield's women's lacrosse single-game record, but also matched Vermont's team total as the Stags outdrew the Catamounts in a 15-11 total.

Sophomore midfielder Haley Burns also secured herself a career-high on Saturday's game, as she collected four out of the team's 18 ground balls.

Nevertheless, Talluto was the true stand-out of the game, as her three goals in the second half are what secured her a career-high of six points and made her the third player on the Fairfield team this season to exceed 100 career points.

"E [Elizabeth Talluto] managed to not only grab her 100th point but also to set the tempo for the fast start and the second-half surge. She's a crafty player and I'm really proud to have watched her join her teammates in the 100-point club," stated Head Coach Laura Field in the game's official recap.

Fairfield's next game will take place on Saturday, March 11 at 1 p.m. in Philadelphia, Pa. where the Stags will take on Drexel University.



Photo Contributed by The Sports Information Desk

Fairfield's women's lacrosse team has started off their 2023 season with a 4-2 record.

In this week's issue...

- Men's Basketball Honors Seniors in Final Home Game (Page 14)
- Baseball Takes Two out of Three in Roadtrip (Page 15)
- Softball Partakes in Palmer Park Clash (Page 15)
- Opinion: Recapping the Exuberant NHL Trade Deadline (Page 16)

Men's Basketball Honors Seniors in Final Home Game

By Billy McGuire
Assistant Sports Editor

The Fairfield University men's basketball team played host to Quinnipiac University on Thursday, March 2, in its last regular season home-game of the season in front of a loud and energetic Leo D. Mahoney Arena crowd. The Stags closed out their inaugural campaign in their new barn with a bang, toppling the Bobcats, 92-82 in a back-and-forth game that swung in favor of the Stags in the latter part of the second half.

Leading the charge for the Stags was forward Supreme Cook '24, who had arguably his most dominant performance as a Stag. Cook knocked down a career-high 26 points to go along with three rebounds, four assists and two blocks. Cook has been an X-factor for the Stags this season, with his towering 6'9 stature being a condescending presence in the paint on both sides of the court. That night, he found himself on the scoresheet

more often than he ever had and led his team in points in the process. He additionally shot 12-for-15 from the floor, or an .800 field goal percentage, a season high.

When asked about his dominant performance, Cook didn't hesitate to praise his teammates, in particular the seniors, for their rock-steady leadership and support.

"It meant a lot to me," Cook stated in the post-game press conference when asked about his stellar performance. "It meant more to me to send my seniors off the right way. I thank my teammates for putting me in a great position to score and I owe them that. So I just want to thank them for putting me in that position."

"When my guards are hitting shots, it opens up the floor for me. It gives me a little more room to make my moves and as long as they're hitting shots, I think I will be able to kind of do my own thing."

Joining Cook in a major way was graduate student guard Caleb Fields, who sank five three-pointers

en route to 21 points. Fields has also benefited from being a key player for the Stags this season, as his 21 points tied a season-best in which he hit two previous times against Marist and Evansville earlier this year. Four out of Fields' five three-point buckets came in the first half, enabling the Stags to capitalize control over their in-state rivals out of the gate by heading into halftime with a five-point advantage. Fields also shot five-for-eight from behind the arc while dishing out four assists, collecting three rebounds and committing two steals.

Fields, a graduate student who came to Fairfield after spending his undergraduate years at Bowling Green State University, made sure to credit players such as forward Zach Crisler '23, and guards Mark Henry '23 and Jack Mullaly '23, individuals who do not often appear in game action, for their dedication and commitment to ensuring success for their teammates.

"Dudes like Zach, Mark and Jack, they just come to practice every day," Fields explained. "When I came here, I transferred from Bowling Green, and they just took me in and they're great leaders and have a big passion for the game. Even though they know they're not going to play that much, it just shows how much you know that they really care."

Furthermore, forward Allan Jeanne-Rose '23 had himself a career night. His 18 points were a season-best and he made his presence known beneath the rim, collecting nine rebounds, falling just short of a double-double. Jeanne-Rose collected most of his points from his dominance at the free-throw line, shooting 12-for-14 in the process. He also shot 3-for-4

from the field, with his high shooting rates being instrumental in the high-powered offensive performance for the herd.

Additional contributors in the win included guard TJ Long '25, who was the fourth Stag to reach double digits in points with 10. Guard Jake Wojcik '23 and forward Makai Willis '25 each recorded seven and six points, respectively, while guard Jalen Leach '24 came up big late in the fourth quarter. While only recording four points, his two buckets proved to be vital in sealing the deal for the Stags down the stretch.

"Just really proud of the guys, obviously, we had a very historic offensive rank for us," head coach Jay Young stated in the post-game press conference. "We matched up well against a well-coached team in Quinnipiac, who has a lot of offensive weapons and are difficult to guard. I'm just proud of everyone who checked into the game tonight."

The historic offensive rank Young was referring to in this contest was the fact that the 92 points scored by Fairfield tied for the most points scored by the program against a fellow Division I opponent since a 102-98 double-overtime victory over Quinnipiac on Feb. 17, 2018. The last time Fairfield broke triple digits in points in regulation occurred in a 104-85 triumph over Niagara on Jan. 20, 2018.

As a unit, the Stags shot a season-high .552 from the field (32-for-58) to go along with a staggering .833 percentage (20-for-24) from the free-throw line. Both of these metrics outdueled Quinnipiac, who shot .474 from the field (27-for-57) and .792 (19-for-24) from the free-throw line. Moreover, Fairfield won the rebound-

ing battle, bringing down 33 boards in comparison to the Bobcats' 28. They also limited the turnover game, only committing nine turnovers in contrast to Quinnipiac's 12, which played a deciding factor in the contest.

Prior to the contest, the Stags honored their five seniors on the active roster: Crisler, Henry, Jeanne-Rose, forward Chris Maidoh '23, Mullaly and Wojcik. Each player was ushered onto the court by their loved ones, who were then presented with gifts from Young and Fairfield University President Mark Nemeec. Student managers Charles Assetta and John Martin, both seniors, were also honored in the Senior Night festivities. After all players and student managers were introduced to the Red Sea, they were joined by their loved ones, coach Young and President Nemeec for a group picture.

"For us to send our seniors off the right way to close out the new building for the year was successful," coach Young said. "More importantly, you want to be in a good frame of mind when you go on that bus and head to Atlantic City. So it was a good way to close out the building for the year."

With the win, Fairfield improves its record to 13-17 overall to go along with a 9-11 conference record. The Stags will travel to Atlantic City, N.J., to participate in the 2023 Metro Atlantic Athletic Conference (MAAC) tournament as the seventh seed. They will participate in the first round on Tuesday, March 7 against Saint Peter's University at 7 p.m.

For more information on the Fairfield men's basketball team and Fairfield athletics as a whole, please visit www.fairfieldstags.com for more information.



Photos Contributed by the Sports Information Desk

Fairfield's men's basketball team honored their seniors with a win.

Weekly 5x4

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

Because we have witty things to say ...

What are your Spring Break Plans?

Do you have any March Madness predictions?

Who would play you in a movie of your life?

What song reflects your life right now?



Tommy Coppola
Editor-in-Chief

Going to Maine for four days with my girlfriend where I plan to do absolutely nothing.

My heart tells me UCONN, but my brain tells me UCLA.

After a tour, I was told I look and sound like Michael Cera.

"Resonance - Slowed + Reverb".



Brooke Lathe
Executive Editor

Headed to Florida where I will be laying on the beach for five days straight. Woohoo!

Hmm ... I love a good Cinderella story. Maybe our Stags will be one for the headlines?

I've been told I look like Katherine Langford, so let's go with her!

"Uno" by Rex Orange County. Like ... to the tee.



Max Limric
Managing Editor

Relax like a lot, and see my brother in Newport to attend the St. Patty's parade.

Like no, not at all. Let's say Villanova or the Tar Heels? Right?

Since my first week at Fairfield people have said I look like Sterling Knight, I don't even know.

"Last Night" on Earth by U2, "Heroin" by Lana Del Rey and "Last Last" by Burna Boy. A remix of the three.



Julian Nazario
Copy Editor, Head News Editor

Go back home, visit the beach and get a nice break from the cold weather.

Same as Abby. I can predict Fairfield will not play.

I actually haven't thought about this ... hit me up with suggestions!

"Que Tire Pa Lante" by Daddy Yankee.



Abigail White
Head Vine Editor

Traveling to Florence to visit my friends studying abroad!

I don't know anything about basketball.

I've always wanted to be Rory from Gilmore Girls, so definitely Alexis Beldel.

"Motion Sickness" by Phoebe Bridgers.

Baseball Takes Two out of Three in Roadtrip

By Trevor Russell
Contributing Writer

The Fairfield University baseball team played three games this past weekend, with a fourth being canceled due to inclement weather. The Stags were supposed to start their weekend of away games at the University of Richmond on Friday before that game was rained out. That game will not be made up. The Fairfield team looked to increase their record to over .500 on the season after winning their last series against George Washington University.

Moving on to Saturday, the team faced off with The College of William and Mary in a closely contested contest that saw the game come down to the final three innings. The game was tied 1-1 heading into the top of the sixth before graduate student Noah Lucier and Matt Venuto '23 were able to both score off of a passed ball and an RBI single from Mike Becchetti '23, respectively. The Stags scored two more in the eighth when graduate student Mike Handal scored on a wild pitch and when graduate student Griffin Watson drove in a run with

an RBI single.

The ninth was the most productive inning for Fairfield, as the first six batters of the inning would reach base safely. The reigning MAAC Player of the Week Charlie Pagliarini '23, Nick Sturino '25 and Lucier would all hit RBI singles in the inning to increase the lead to 8-3. Grant Smeltzer '25 picked up his first career save after causing a groundout in a tricky situation where the bases were loaded with William and Mary down by four.

Graduate student pitcher Jake Noviello would have a great game for the Stags as well, giving up one run over five and $\frac{2}{3}$ innings. It was a great victory for the Stags against a solid William and Mary squad that they looked to build on in their doubleheader the next day against Virginia Commonwealth University.

Fairfield completed their short road trip to Virginia with a doubleheader against VCU on Sunday, in which they came away with a victory and a loss. These two games were played with a seven-inning format instead of the traditional nine-inning due to the nature of it being a doubleheader. The day started out tough with a 9-3 defeat, which saw the Stags give up nine runs in the first four innings of the game. The Rams crushed a grand slam in the third inning, which was a major blow to the Stags early on. Despite the loss, Watson had a strong performance with two hits and a run, and Matt Bergevin '24 added two RBIs in the process. In addition, pitchers Bo Buckley '25 and graduate student Ryan Smith each contributed a hitless inning to end the contest.

The second game of the day started slowly with neither team scoring much until the top

of the seventh. Fairfield entered the inning trailing 2-1 to the Rams, but quickly got into striking range after catcher Ethan Hibbard '23, Sturino and Handal all got on base to start the inning. After VCU



Photo Contributed by the Sports Information Desk

Senior infielder Charlie Pagliarini has started off his senior campaign strong with a .448 batting average, 13 hits, 10 RBIs and three home runs through the team's first nine games.

made a pitching change, Watson stepped into the box and was drilled in the ankle by the first pitch from the new pitcher, bringing in the game-tying run. After the next batter struck out, Becchetti drove in two with a single up the middle. Becchetti put on an offensive showcase in this game as he recorded three hits. Pagliarini added the final run of the inning after hitting into a fielder's choice which resulted in a run.

After the four-run rally, they entered the bottom of the seventh leading 5-2. Lefty Bowen Baker '24 would come in to toss a scoreless inning at the bottom of the seventh to record the first save of his career. Colin McVeigh '24 kept the team in the game early as he struck out six batters and only gave up two runs over the first five innings.

"McVeigh kept us close with some big pitches in counts and stranded runners in scoring position more than once," Head Coach Bill Currier said, according to the game's official recap. "Bo Baker pitched solid innings in relief all weekend. Becchetti had a very nice weekend with clutch-hitting and solid defense. Hibbard [had a] big leadoff hit in the seventh to start off the comeback."

After this weekend's games, the Stags currently sit at 5-4 on the season.

Fairfield will look to continue their success this season when they head to the Sunshine State this weekend for a three-game stretch against North Florida University in Jacksonville, Fla., and then a two-game stand against Stetson University in

DeLand, Fla. For more information on the Fairfield baseball program and Fairfield athletics as a whole, please visit www.fairfieldstags.com for more information.

Softball Partakes in Palmer Park Clash

By Ryan Marquardt
Head Sports Editor

Fairfield University's women's softball team traveled down to Charlottesville, Va. to compete in the Palmer Park Clash, which is hosted by the University of Virginia. The team was originally scheduled to play five games at the event. However, two contests were canceled due to poor weather.

The first game of their two on Saturday, March 4 was against George Mason University, where the Stags fell 8-7. The Stags went down

early after a three-run inning from George Mason, to which Fairfield answered with seven runs over the next three innings to take a 7-2 lead.

The first Stags run came in the second inning thanks to a leadoff double from outfielder Haley Updegraff '23 and an RBI double from catcher Allie Bridgman '24 cutting the lead to 3-1.

The next inning started a Stags rally with a leadoff single from outfielder Charli Warren '25, followed by a groundout resulting in

Warren advancing to second. Then a center field single from graduate student outfielder Kaitlin Hoffman brought Warren home. The rally continued with an Updegraff single to left field, followed by another Stag run, putting the score at 4-3.

The fourth inning saw another rally and the last of the Stag's scoring effort with another three runs. Another leadoff single from Warren started the rally, being brought home with a Megan Forbes '23 RBI. The Stags were able to load the bases and bring two more runners home to take the 7-3 lead according to the game's official recap.

They held their lead until the top of the final inning, where they saw their lead diminish due to a five-run inning from George Mason, taking the lead 8-7.

The rally sparked after they loaded the bases, followed by Fairfield, walking in one run and then allowing a bases-clearing double. The Stags were not able to score in the final inning resulting in their loss.

In their second game of the day, they played the host of the tournament, the University of Virginia. Warren once again started off the first with a leadoff single followed by an Updegraff double. The Stags then followed that up with three consecutive strikeouts ending the inning scoreless.

Virginia put up five in the first inning and did not stop there, putting up 16 total and dominating the Stags through just five innings. Virginia loaded the bases in the first through

three walks and cleared the bases through the next two batters. Fairfield finished with five errors, leading to their blowout loss. Fairfield's only run came from outfielder Quinn McGonigle '26 hitting a leadoff double, followed by a groundout giving her the opportunity to get home and score in the fourth inning.

The following day Fairfield faced off against DePaul University in a much tighter contest. Once again, the Stags started off well with a Warren walk to open up the first inning, followed by an Updegraff single allowing Warren to get to third and a Hoffman RBI scoring the first run of the day, putting the Stags up 1-0.

After the early run from the Stags, neither team would be able to muster a run for the next five innings. Bridgman was pitching and was able to shut down DePaul for most of the game, gaining five strikeouts through the first five innings.

However, the bottom of the sixth saw Fairfield blow another late-game lead for the second time in three games on the weekend. The Blue Demons were able to score two in the bottom of the sixth, taking the lead 2-1 over the Stags.

In a final attempt to rally at the top of the seventh, the Stags managed to get the tying run on base but were unable to bring her home. The Stags dropped their third straight on the weekend and will head back to Virginia next weekend to play in the Flames Classic hosted by Liberty University in Lynchburg, Va.



Photo Contributed by The Sports Information Desk

Fairfield lost each of the three games they played over this past weekend.

Opinion: Recapping the Exuberant NHL Trade Deadline

By Billy McGuire
Assistant Sports Editor

Once the clock struck three o'clock on Friday, March 3, the National Hockey League Trade Deadline came and passed. It was one of the most active and entertaining trade deadlines in recent memory, as there were a total of 65 trades between the conclusion of the NHL All-Star Weekend and the trade deadline, as teams either loaded up for Stanley Cup playoff runs or sold off players for future assets as they rebuild or re-tool. Let's take a look at the top ten trades that occurred during this season's deadline.

1. New York Rangers acquire forwards Vladimir Tarasenko and Patrick Kane from the St. Louis Blues and the Chicago Blackhawks, respectively

The New York Rangers, fresh off of their first conference finals appearance since 2015 are once again in a prime position to make yet another cup run. Despite having a strong nucleus in place led by the likes of goaltender Igor Shesterkin, defensemen Adam Fox and K'Andre Miller and forwards Mika Zibanejad, Artemi Panarin and Chris Kreider, more depth needs to be infused, particularly on the wings. Youngsters Alexis Lafreniere and Kaapo Kakko, both of whom were drafted number one overall in 2020 and number two overall in 2019, respectively, have had their fair share of inconsistent plays this season. General Manager Chris Drury understood that scoring depth on the wings was a priority, and why not mortgage some future assets to obtain some juice?

The Rangers first added Tarasenko in a trade with St. Louis on Feb. 9, bringing him on board along with depth defenseman Niko Mikkola in a deal with the St. Louis Blues. Tarasenko brings a wealth of experience, scoring at least 30 goals on six different occasions, including 40 in the 2015-16 season. He also has a Stanley Cup under his belt, being a vital member of the 2019 Blues squad that took down the Boston Bruins in seven games in that year's final. He plays the power forward position and isn't afraid to throw his body award when needed to go along with his elite scoring. The Rangers, aside from giving up a conditional first-round pick, didn't give up much else be-

sides bot- tom-six forward Sammy Blais, a prospect and a late draft pick in next year's draft. The Blueshirts have not finished wheeling and dealing after the move, as they then acquired one of the biggest names in hockey, Patrick Kane, in a deal with the Blackhawks. Kane has one of the most polished resumes you could ever ask out of a hockey player, as he is a three-time Stanley Cup champion with the Chicago Blackhawks, in addition to being a Conn Smythe trophy winner, an Art Ross trophy winner, a Hart Memorial Trophy winner and a Ted Lindsay Award winner.

In case you didn't know what these awards stood for, they are given to the playoff MVP, the league's leading point scorer, the regular season MVP and the league's most outstanding player, respectively. Though he is not the same elite difference maker he was once, Kane is still solid and will play a big role with the Rangers, especially given the fact that he has a 16-29-45 stat line in 56 games this season. He is skilled, brings speed and possesses strong playmaking and scoring abilities. He comes with a nearly complete package, and the Rangers are fortunate to get two studs in Kane and Tarasenko down the stretch without giving up a king's ransom for

Andreas Johnsson, Fabian Zetterlund, prospect defenseman Shakir Mukhamadulin and Nikita Okhotiuk, as well as some draft capital, including the Devils' 2023 first-round pick, heading back to San Jose. Adding a power forward such as Meier, who brings a strong scoring touch with 31 goals prior to the move, will be a perfect complement to young, but undersized talents such as MVP-candidate center Jack Hughes and playmaking left winger Jesper Bratt on the top line, each of whom is 5'11 and 5'10, respectively.

From a financial perspective, the Devils have the cap room to accommodate Meier, as he will be seeking a new contract that will pay him handsomely, especially after locking up Hughes, stud two-way forward and captain Nico Hischier and defensemen Dougie Hamilton to long-term contracts.

Coyotes

Arizona, in a deep rebuild, is going nowhere this season, especially given the fact that they play in a 5,000-seat arena that is barely generating any profit. Chyrrun, a player who does have term and a reasonable cap hit on his contract, doesn't want any part of the rebuild and who could blame him for it?

Arizona sent the stout two-way defenseman to the Ottawa Senators in exchange for a conditional 2023 first-round pick, a conditional 2024 second-round pick and a 2026 second-round pick. Chyrrun is signed through 2025 at a very reasonable \$4.6 million cap hit, and Ottawa surely could use some more assurance at its top four as it is slowly coming out of a rebuild. For a core piece in Chyrrun, it is understandable to be somewhat disappointed in the return for a guy like him, but obtaining future draft capital to help the Coyotes build a competitive team in the future, makes a lot of sense. The Coyotes are awful and they will be for the next few years, and it is only fair for both the player and team to do what is best for both of them. Even though the return wasn't as strong, the Coyotes still managed to get some additional draft capital and have the most picks of any team in the league within the first three rounds throughout the next three drafts by a landslide.

Right Wingers Patrick Kane (Left) and Timo Meier (Right) were traded to the New York Rangers and New Jersey Devils respectively around the NHL trade deadline.

Photo Courtesy of @devilsfanpage Instagram

Photo Courtesy of @br.openice Instagram

them.

2. New Jersey Devils acquire forward Timo Meier from the San Jose Sharks
The San Jose Sharks

have put themselves in a position that no hockey team wants to be near: salary cap purgatory. The Sharks did this while signing players who were either past their prime or who were at a later age by signing them to bloated contracts at ridiculous cap hits well into their thirties. Players such as Logan Couture, Marc-Edouard Vlasic and Tomas Hertl fit this trajectory. This has resulted in them being one of the worst teams in the league and has not only made pending restricted free agent Timo Meier an awkward fit for a dismal Sharks club but also unaffordable given his future contract demands. Fortunately for Meier, a logical fit arose on the trade market with the New Jersey Devils, in search of a top-scoring winger who brings more size to a top-six that desperately needs some, came about. Meier was dealt to the Devils in a package that sent forwards

The Devils are also an ascending club and have been arguably the most improved team in the league this season after finishing near the bottom of the league standings last year. This move signifies that once again, the New Jersey Devils are for real and will be for a very long time.

3. Ottawa Senators acquire defenseman Jakob Chyrrun from the Arizona

4. Boston Bruins acquire defensemen Dmitry Orlov from the Washington Capitals and forward Tyler Bertuzzi from Detroit Red Wings
Even though the Boston Bruins have been a playoff contender for the better part of a decade and a half now, they are still one of the biggest surprises in the NHL this season. Fans, the media and hockey experts alike predicted this squad, which is viewed as having an aging core and a barren farm system, to be a bubble team at best in a competitive eastern conference. The B's, to the surprise of everyone, have taken the league by storm, posting a 49-8-5 record, by far the best in the NHL.

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