

The official newspaper of FAIRFIELD COLLEGE PREPARATORY SCHOOL

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Turf meets cleat once again

By Connor Ryan

When it's warm and sunny and that classic union of turf and cleat occurs, you can be sure that the Prep men are back out and ready to tackle another season...(with the Bomb Squad closely following).

Lacrosse, baseball, track and field, tennis, golf, sailing, rugby and crew are all the sports that are played in the spring season. Often said to be the most popular athletic season, the spring, typically, allows for beautiful weather and pristine playing conditions.

All the teams have really hit the ground running, as we watch the numbers slowly come in with optimistic eyes. So far the records have proven that the players, the coaches and the strategy are all coming together to form a winning mixture. More specifics are explained in this issue, but check out the Prep website for constant updating of scores and schedules.

Still warming their hands from the ice rink, no doubt, the Bomb Squad is ready with red in hand to take on another thrill-ride of a season.

CT still rebuilding

BY CONNOR RYAN

It may seem unlikely, but much of southern Connecticut is still in the process of getting its act together after the storm that had everyone pointing fingers.

President Obama recently signed a Declaration of Disaster for the small state of CT because of the destruction that the storm caused, close to a month ago.

Electric companies have fixed just about every issue at this point, but they are looking, now, towards the future. The preparation of strategy is very important in times of panic and crisis.

While the Declaration was signed, it seems that the damage has been controlled, and we hope that no storms come close to CT any time soon.

Cinco de Mayo

BY MATT KINGSBURY

Cinco de Mayo or in English “The Fifth of May” is a Mexican holiday, that celebrates the victory of the Mexicans over the French on May 5th, 1862.

The origin comes from the Battle of Puebla and the Mexicans were severely outnumbered by the French. One of the key moves of the Mexican army was that they used their infantry to weaken the flank of the French when their soldiers foolishly followed into muddy land and would be easily overtaken and defeated.

This victory showed how a smaller army can defeat a much larger army in combat by utilizing leadership.

This holiday is mainly celebrated in Mexico but many people also celebrate it in the United States today, in many different fashions.

A Junior's College Road Trip

BY ZACK CRETA

This past February break my family and I embarked on a rather different kind of trip than our typical winter vacation when we usually head down to the Caribbean. This trip traded in our passports for MapQuest directions to five colleges in five days spanning over four states. Add in the fact that it took place in the middle of winter at its bleak, snow-covered height and let's just say I wasn't exactly running to get my heavy duffle bag in the car.

Maybe I'm just not used to spending so much time on the road but for whatever reason, I really struggled to get through this road trip. So much so that the whole five schools in five days thing really didn't work out so well. All that time traveling from state to state was really exhausting so we actually cut the trip a day short. The days we did spend visiting schools however did prove to be very helpful. Of the four colleges we visited I discovered two that I would like to pursue further and two that I've since scratched off my list.

So in the end, I realize that almost every kid my age goes on the infamous “college road trip” sooner than later. I know I benefited from my trip by experiencing a variety of schools at once, therefore giving me ideas to compare. Yet spending a great deal of time stuck in a car, driving through depressing conditions only to make it to the next college or motel is not exactly something I'm eager to do again any time soon.

So, looking back on this experience, I think from now on I'll stick to single-day trips instead of those multi-day college road trips.

Book Club to head drive

STAFF REPORTS

Certainly, not the largest club at Prep, but one of the strongest, the Book Club will host another book drive this May.

All donations will be donated to “Read to Grow”, an organization that offers books to the needy. Please be open to donating, the power of a book may have is unimaginable.

Look around school for more information.

“Spirit Week” rakes in 2K

STAFF REPORTS

Last Wednesday was Color Day, Thursday was Favorite Sports Team Day and Friday was Prep Pride Day.

All students who participated had to donate at least \$2 to benefit Haiti and Chile relief, Sloan Kettering Cancer Center and Parkinson’s Disease Foundation.

Freshmen donated (approximate numbers) \$370, sophomores \$495, juniors \$510, seniors \$420, faculty/staff \$193.

Sophomore Retreat highlights gifts

BY CONNOR RYAN

Mr. Gualtiere, Fr. Ryan SJ, Mr. Stockdale SJ, Dr. Miller, Mrs. Beyerly, Alex Fossi, Kevin Black, Jack Mische, James O’Brien and myself, recently led twenty sophomores in what has been known as the Sophomore Retreat.

This retreat is the third of its kind as it began with Mr. Gualtiere and Fr. Ryan SJ and the sharing of a “dream”, a missing part of the sophomore year here at Prep. Often times, all that’s head is the Freshman Retreat and Kairos — the Sophomore Retreat has always seemed to slip through the cracks.

However, it’s important to realize that this retreat is just as essential as the other two big ones. From personal experience, I have found it incredibly helpful to center and refresh myself while developing a deeper relationship with peers, my God and myself.

This retreat focused around several different points, that were introduced by student leaders giving a “talk”, sharing a song, reading a Scripture Passage and then allowing retreaters time to reflect and share their own thoughts on the subject.

The idea of community was idea number one. The importance of not just the Fairfield Prep community, but also we explored the different communities we have in our lives.

The second idea, dealt with the issue of finding your gift. First, students heard my thoughts on the subject about where gifts originate and why we receive the gifts that we do. The second part of this was, the sharing of your gift(s).

The third theme piggybacked the last one in that it handled the respect that we much have for our individual gifts. Students were challenged to realize both how they are supportive of friends gifts, but also recognize when the have been dangerous to others gifts.

The fourth talk expressed and showed that there are different ways to pray, different ways of connecting to God. Students were reminded that while there are many different options of prayer, they are all used fairly equally and all are based on personal choice.

Lastly, the retreat closed by wrapping up the major points learned, but also looked towards the future and how we have changed as a people and how we will bring that change back to Fairfield Prep.

Personally, I had a fantastic time with the sophomores and my fellow leaders as we all came together to create a strong communal bond, something truly powerful.

Struggles vs. Hot Starts

First two weeks of MLB season reviewed

BY ETHAN DOERGER

HOT:

Yankees: This was expected. Despite the early struggles of potential MVP candidate Mark Teixeira, the Yankees pitching staff has been dominant. CC Sabathia, the ace of the rotation, has broken away from his annual April struggles to compile a 2.84 ERA in 3 starts, with 18 strikeouts, leading the team in this category. Andy Pettitte has also gotten to a brilliant start, with a 1.35 ERA in 3 starts. On the offensive side, Alex Rodriguez has a .320 batting average with 2 home runs, 10 RBI's, and 11 runs scored. The bullpen has



been strengthened with Joba Chamberlain holding the set-up role again, but inarguably the greatest closer in Yankee history, Mariano Rivera, is still the best pitcher in the Yankee's 'pen. Rivera is one of the league-leaders in saves with 6, converting every single save opportunity. With the way things are going for the Yankees right now, once Teixeira turns his bat on, this team is well on its way to World Series Trophy #28.

Cardinals: The Cardinals have the best record in the National League thus far this season, and with good reason. Superstar Albert

Pujols is once again putting up absurd numbers, slugging 6 home runs with 16 RBI's, both among the tops in baseball. Right hand-man Matt Holliday is right behind Pujols, hitting 4 home runs with a .310 batting average. Chris Carpenter and Adam Wainwright, the one-two punch in the Cardinals' rotation, have gone a combined 5-0 in 6 starts, recording 49 strikeouts combined. With no other rival in their division as powerful as them, the Cardinals could very well get deeper into October than last year's disappointing NLDS loss to the Phillies.

COLD:

Red Sox: Apparently the pitching and defense philosophy the Red Sox adopted in the offseason isn't working as well as general manager Theo Epstein would like. A 5-9 record to start the season, including starting 3-6 at Fenway Park, has Red Sox fans already upset. David Ortiz continues to slump, with a .146 batting average, no homers, and 17 strikeouts in 41 at-bats. The leader of the team in RBI's is Dustin Pedroia, who only has 13 on the season. He is the only player on the team to have double-digit RBI's on the team all season! Slugging catcher Victor Martinez, supposedly the biggest power threat in the lineup, only has 1 home run in 14 games. For Red Sox fans, it has been nothing but Beantown Blues thus far.

Sailing team is family

Joining forces, as they're in it to win it

BY MAX SCHRODER

Prep Sailing is more than a team, it's a family. Whether they are ripping through the waves on a windy day, or kicking back and relaxing, they are always united.

Whether Marek Zaleski is coming in first during a fleet race, or Captain Ryan McHugh and Captain Matthew Jaykus are boxing out their components during a team race, they are in it to win it!

The fall season is the introductory season and much of the

teaching, training, and team selection process takes place at that time.

The primary competitive season is, now, the spring when Prep competes in a regularly scheduled series of races involving other high school teams participating in the Fairfield County Sailing League.

Post season competition via County, State, New England and National is available through a progressive qualifying standard.

Baseball...looking good

Joining forces, as they're in it to win it

BY ETHAN DOERGER

Early on, the concern was whether the Jesuits could score enough runs for pitchers: Nick Vig, Maxwell Freccia, and Matt DeRosa. Apparently, the Jesuits are more than capable of doing so.

The Jesuits have scored 10 or more runs in 4 of their games this season, winning all of those games. Freccia has played a big part in the offense this year, with 2 or more RBI's in 4 games this season. Senior Connor Marr has also swung the bat well, hitting a tape-measure home run against Xavier earlier in the year.

Meanwhile, the senior trio of pitcher:

DeRosa, Freccia, and Vig, have a combined record of 4-1 on the season. DeRosa, a crafty left-handed southpaw, is known for being a strikeout pitcher. In starts against Trumbull and Lyman Hall, he struck out 8 and 9 hitters, respectively, in a combined 11 innings of work.

Freccia, a right-handed pitcher who throws hard, has also done well. The Opening Day starter, he has started 3 games and gave up only 3 runs in each start.

Vig's only start of the season was against Daniel Hand, when he earned the victory. Expected to be the #1 starter, Vig had been in a relief role for the first

few games of the season, while Freccia and DeRosa took the reins

of the rotation.

One thing that Coach Mauritz has stressed each and every game is playing solid defense. He works tirelessly with his players on knowing what to do in each and every situation possible, encouraging his players to communicate on the field.

For example, if there's a baserunner on second, Jamie Richter and

Matt Orlando would both feint towards the bag, making the runner think there was going to be a pickoff throw. Jamie and Matt would exchange signs to decide who would go for the pickoff play and who would go back to field.

Since Coach Mauritz bases his team on the Los Angeles Angels of Anaheim, defense is a crucial part of the team's play. And with the work he has put into his team, it's only a matter of time before the Jesuits start becoming serious contenders for the SCC Quinnipiac Division.



Diving back to first base against Fairfield Prep is Hand's Nick Merullo. Waiting for the throw is Prep's Jack Pritchard. Photo by Chase Smith

“The Encords”

Fairfield Prep’s first acapella choir

BY MAX REIN

The term acapella is derived from the Italian, meaning “in the manner of the church” and consists of vocal music and singing without musical accompaniment.

Fairfield Prep was just introduced to their first acapella group, “The Encords”, in the fall of 2009 under the direction of music instructor, Miss. Christine Dominguez. We were blessed by Miss Dominguez’s presence in the fall of 2008 where she brought her musical teachings to Prep as a graduate with music education from the Peabody Conservatory of Music at Johns Hopkins University.

The choir consists of Prep students and girls from schools in the nearby area, including: Laurelton Hall, Sacred Heart Academy, Fairfield Warde and Fairfield Ludlowe High Schools. Just like any choir, consisted of groups of basses, tenors, altos, and sopranos. I am lucky to be apart of “the Few, the Proud, the Basses,” a joke my fellow bass, Will O’Connor ’12, and I share.

It is a joy and delight to work with girls of course, but it is also astounding to hear the beautiful sounds of music form together, with absolutely no instrumental

help.

“We should be called the Musical Tangents,” Miss Dominguez amusingly commented in rehearsal. It seems because of the amount of fun we

have while singing, we somehow always find a way to get off topic; however, it isn’t all fun and games.

The music is difficult and very hard work, but is still entirely so much fun. “The Encords” were recently seen at Prep’s Winter Concert at the



Quick Center in December of 2009 performing such pieces as “Let it Snow” and “Bring a Torch, Jeanette Isabella.”

They just performed on stage at Lincoln Center on April 27th, performing songs that include “Up the Ladder to the Roof” recorded by the world-renowned Nylons, and “Jenny Rebecca” performed by such stars like Barbara Streisand.

They were joined at Lincoln Center with many other choirs in the tri-state area. Be sure to catch them at Fairfield Prep’s Coffee Shop Concert coming up this May of 2010.

“These singers together sound magical” Miss Dominguez stated again after a rehearsal. Fairfield Prep’s first acapella group, “The Encords”, seems to be turning into quite a hit. Be sure to come hear us any chance you get

‘Joseph’ coming soon

BY CONNOR RYAN

“Joseph and the Amazing Technicolor Dreamcoat” is coming to the Regina A. Quick Center in the Kelley Theatre at Fairfield University. There will be performances on May 7 & May 8, both are at 8 pm, tickets for adults are \$10 and student tickets are \$5. The show will run approximately 90 minutes and will include an intermission.

(from previous page) Feel free to call the Quick Center's box office (203.254.4010) with any questions you may have.

The cast list is shown to the right of this page, including the names of all the cast members are their roles in the performance.

Get your tickets early because you won't want to miss this fun rock opera that will have you entertained all the way through.

iPods for old-Pods

BY QUINN MYERS

The invention of the mp3 player in 1998 single handedly changed the face of music going into the twenty -first century. People no longer had to lug their CD's or records everywhere, or carry around a bulky CD or tape player. They could load music onto their computer, then put it on their mp3 player, and take it anywhere in the world.

While there are many brands of mp3 player's on the market, the most innovative and certainly most dominant is Apple's iPod. The iPod has sold millions of units since it was launched in late 2001, and has revolutionized the way people listen to music. However, the iPods success is extremely on sided. The majority of people who own an iPod are under 30 years old. This leaves the older and elderly group of the population with considerably less iPod usage.

Part of the problem is that the older group of people do not know exactly what an iPod is or how to use it. The other part of the problem is that many older people do not know what to do with their record/CD collection. It's a common question to ask a person how they can put all of that music into one item. It seems daunting, especially for people who have huge record collections.

But for people at Prep, especially teachers, who want to buy an iPod but don't think they'll know how to work it or transfer your music, you should not be worrying. If you want help organizing your music library onto your computer and then an mp3 device, there are nine hundred students who are willing to give you advice on the subject.

True, the iPod is very convenient; but don't forget about your old records and CD's. The sound is truly better on them, and if you're at home, they should take preference over listening to an iPod. With an iPod, a record is just reduced to a file on a computer, and the music loses a part of itself. For example, the sleeves that come with vinyl records are truly special, and they show the artists true interpretations of their music.

So in conclusion, if you're looking for a more convenient way to listen to your music, buy an iPod. But please, do not forget your CD's and LPS. Because that's actual proof that you own the music, and someday, they could be very valuable.

CAST LIST

Narrators

Tori Peri
Phoebe Wright
Allie Maresca

Joseph

Max Rein

Pharaoh

Alex Tortora

Potiphar

Joe Burgess

Mrs. Potiphar

Emily Nichols

Jacob

Bayindir Citak

Reuben

Dan O'Rourke

Simeon

Quinn Rooney

Levi

Dylan Levinson

Naphtali

Charlie Greenwald

Issachar

Carmine Urciuoli

Asher

John Stiller

Dan

Kyle Banquer

Zebulun

Charlie Scofield

Gad

Brendan Roone

Judah

Markus Santiago

Benjamin

Tommy Dolan

Butler

Mary Chimenti

Baker

Elise Kapitancek

Pharaoh's Fans

Emma Linsenmeyer

Emily Nichols

Zoie Chen

Rebecca Pierpont

Abbey Maloney

Elise Kapitancek

Gio Nocolia

Connor O'Brien

Brigitta Schuchert

Zoie Chen

Rebecca Pierpont

Katie Garvey

Sydni Camillo

Alex Garvey

Madeleine Veith

Emma Linsenmeyer

Sarah Yoney

Mary Chimenti

Abbey Maloney

Ishmaelites

Reuben's Wife

Simeon's Wife

Levi's Wife

Naphtali's Wife

Issachar's Wife

Asher's Wife

Dan's Wife

Zebulun's Wife

Judah's Wife

Benjamin's Wife

Gad's Wife

Prep in full bloom

STAFF PHOTOGRAPHS



Prep wants to be your “friend”

Fairfield Prep launches Facebook and Twitter groups

BY CONOR LAHIFF

In case you haven't heard the news, Fairfield Prep has launched a Facebook page as well as a Twitter page in which Fairfield Prep states: “...with news items from our website homepage. Students, parents and friends are invited to become fans of our facebook page and subscribe to our twitter updates...”

Fairfield Prep also has a page for their alumni as well on Facebook, which seems to have had great success.

The iPinion is this: having a separate Facebook page and Twitter account will be a great benefit to

Fairfield Prep. With almost everybody on Facebook now, including your parents and grandparents, the addition of a Facebook page will certainly attract more visitors to Fairfield Prep.

Not only that, but after surveying 20 students (5 from each respective class), 14 out of the 20 students said they will most likely join the page with comments like “it’s a good way to keep in touch with the school” or “it’s pretty cool to get Fairfield Prep

right on Facebook”.

The addition of Twitter is also beneficial because following Fairfield Prep can give status updates right on your cell phone.



Healthy eats

Foods that are in season and great for you

BY SEBASTIEN LAFOREST

Mangoes

- Mangoes are ripe when the skin has a reddish/orange color.
- Mangos are high in vitamin C and vitamin E.
- They are also a great source of potassium which can reduce the risk of high blood pressure.

Flat Leaf Parsley

- Look for fresh green, not yellow leaves that are fragrant.
- Three times as much vitamin C as oranges and twice as much iron as spinach.
- Contains folic acid, which has been found to help prevent colon and cervical cancers.
- Good for heart health.

Avocados

- Like olive oil, avocados are high in oleic acids, which help prevent breast cancer.
- They lower cholesterol, prevent stroke, and allow better nutrient absorption.
- Also high in vitamin E, which helps maintain good overall health.

**MONTHLY TEACHER
PROFILE**

BY CONNOR RYAN

FAVORITE film: The Godfather, Part I

Book: Catcher in the Rye & The Beet Queen

Food: Pasta

Drink: Raspberry iced tea

Season: Winter

Restaurant: Nello's in Milford, CT

Vacation spot: Italy

U.S. President: Bill Clinton

U.S. State: Colorado

Television show: "Glee"

Sport to play: Skiing

Sport to watch: College basketball

Academic subject (aside from English):
World History

Actor: George Clooney

Actress: Glenn Close

Newspaper: *New York Daily News*

Magazine: *Everyday Food*

Film genre: drama

Book genre: fiction

Store: Nordstrom's

MS. LINDA KAYE IS A FRESHMAN

Man in the Quad

What does spring mean to you?

BY ZACK CRETA

"Spring is the start of great days at the beach"

-Mikey Gallerani
(Junior from Fairfield)



"Spring is the start of nice weather as well as the start of a new baseball season!"

-Mr. Whiteman
(a Math teacher from Trumbull)



"Spring means that Summer is right around the corner and the best times of the year begin"

-Derek Gebo
(Junior from Trumbull)



"Spring is the return of life – the trees, flowers, birds and animals – it's also the return of warm weather"

-Mr. Jaffe
(an American History teacher from Fairfield)



ALEX SHRODER '10
MAX SHRODER '10
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Managing Editor

ZACK CRETA '11
News Editor

ETHAN DOERGER '13
Sports Editor

QUINN MYERS '12
Arts Editor

SEBASTIEN LAFOREST '11
Food Column Editor

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Have a comment? See a mistake?
Have a question? Want to get
involved? Have something to say?

Email *Soundings* at
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<http://cagle.com/news/DyingNewspapers/images/zyglis.gif>